

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

Report of the Trustees and
Audited Financial Statements for the Year Ended
31 March 2024
For
Mind in Bexley and East Kent Limited

Mind in Bexley and East Kent Limited

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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

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	Bexley Hub
H Johnston	Strategic and Operations Lead
B Reader	IT Manager
N Crutwell	HR 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 2024

The Trustees present their annual report together with the audited financial statements of the company for the year ended 31 March 2024. 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 organisation's principal 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 residents 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 including suicide bereavement counselling support, advice, training, education and workshops, 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. Throughout the year we delivered support to individuals through more than 70 different community-based projects and through our Talking Therapies initiatives, expanded our provision in East Kent and in this report, we highlight the public benefit and impact of our work from some of our main projects.

During the year we delivered contractual funded services in partnership with NHS England (ICB) and local authority commissioning organisations which includes the One Bexley initiative. During 2023/24, we also continued our IT access HUB for those digitally excluded, developed the household fund initiative and our community food pantry to support residents experiencing financial challenges, which complemented and enhanced our existing services, and allowed us to support more people with enduring mental health issues. We carried out further research on Personal Health Budgets in order to share learning and raise awareness. With the aid of a grant from the Government Community Ownership Fund, we fully completed extensive rebuilding works on our Revival building in Whitstable and Revival opened to the public in April 2023. We also completed the merger with the Herne Bay Umbrella and this has enabled us to extend our reach under the Live Well provision.

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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 and connectedness.

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 communities that we serve, and we can provide many services in a range of different languages. We offer a safe, effective and enabling environment to vulnerable adults which are cost effective.

The Board recorded our sincere thanks to all our management, staff and volunteers, whose commitment and support to residents is incredible and at times lifesaving. Our staff have determination and full commitment to establishing creative and flexible ways to support our service users. The demand for digital support, psychological therapies, welfare rights support, out of hours 365-day Crisis Café provision and basic food supplies from the Pantry have significantly increased. Working collaboratively with our funders, sponsors, partners including Oxleas, Porchlight, One Bexley, Kent CC and LB Bexley, 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.

Principal activities

Our aims and objectives were achieved by various projects/services including our Recovery and Employment Hub, The Bexley Hub in partnership with Oxleas, NHS Bexley Talking Therapies, Employment Support (IPS), Crisis Cafes, Carers Support, Advocacy plus many other preventative services.

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Our principal services during 2023/4 were:

- IMH Advocacy Support Service
- Carers Support
- Community Pantry
- Crisis Café in Bexley and East Kent (Ramsgate)
- Suicide Bereavement
- Digital Inclusion Hub
- Live well Kent (East Kent)
- Kent Community Oasis Garden (University of Kent) (East Kent)
- European Horizon Research Project - Green Me
- Research
- Hosting Healthwatch Bexley
- Talking Therapies
- IPS Employment Support
- Peer Mentoring Support
- Recovery Services based on Co-Production/Volunteering and Peer Support
- Revival Food and Café Whitstable (East Kent)
- Welfare Rights
- Transformation Hub in Partnership with Oxleas Foundation Trust
- One Bexley

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BEXLEY RECOVERY SERVICES

Recovery College

The Recovery College at Mind in Bexley was set up to empower those of us with mental health problems to become experts in our own recovery. Recovery is about a personal journey towards a meaningful and satisfying life, towards living as well as possible, whatever symptoms or difficulties are present. The college offers a learning and strength-based model rather than a clinical approach. Our resources were developed, shaped and co-delivered with people with lived experiences. Our services delivered a holistic, person centred approach to mental health care.

During 2023-24 over 1,505 individuals attended Recovery College groups, courses and workshops. We facilitated 1,842 groups with 11,529 recorded attendances. This equates to 15 in person groups and 20 online groups each week. The workshops and courses we run aim to provide the tools to make this happen and to help you become an expert in your own recovery or that of someone you care for. Our college offers a learning approach that complements other Mind in Bexley services. We worked with those experiencing challenges in their own mental health and wellbeing and their families and we are accessible for any Bexley residents to enrol.

Our principles are:

- 1) It is possible to recover from or live well with a mental health condition
- 2) The most effective recovery is client led

We followed the four phases of learning in our online curriculum. That meant our interventions followed these concepts as a road map to learning:

- Explore: Students discover a concept
- Learn & Practice: Students apply their discoveries
- Reflect: Students review what they've learned
- Reinforce: Students apply theory, concepts, and materials to scenarios and problems. We aspired to empower people to actively take control of their wellbeing journey of discovery through providing opportunity, connectedness and hope

The Recovery College in Bexley has a multi-faceted, diverse and innovation timetable with over 35 in person and online activities each week. Individuals can engage with:

- Psychoeducational workshops and courses
- Peer Support
- Young Adults Project for 18-28 year olds
- Psychosocial groups
- Green Spaces and Eco-Allotment
- Physical Activities

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Example of a prospectus cover



The latest Bexley Recovery College prospectus has our groups, workshops and courses listed under the **Ways to Wellbeing** headings of:

- **Be Active**
- **Keep Learning**
- **Connect**
- **Take Notice**

These are four of the **Ways to Wellbeing** which research has found improve our mental wellbeing and create a happier, more positive life for ourselves.

Trying these things could help you feel more positive and able to get the most out of life.

The **Ways to Wellbeing** are promoted by the NHS, Mind and other mental health organisations.

More information about the research can be found: [here](#)



mindinbexley.org.uk/recovery/



Activities are based on the Ways to Wellbeing



Scam awareness workshop



Walking group

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Feedback

'The Anxiety and Panic workshop was very helpful, I read through the handouts and it really helps, to gain more understanding of this. This really opened my eyes to lots of things we take for granted. I now know what the problem is and how to tackle it.'

'The body image workshop has helped me to realise that I need to start examining my way of thinking about myself and how others perceive me, and, how I view others. I am overweight and just assume that people who are slim, must be happier. It has made me see that this is not necessarily the truth, and that they may have issues with how they feel about their own bodies. I automatically feel that people are judging me, when they probably have more things to worry about than how I look. I will also now look at pictures in magazines etc, in a new light, and not believe that I'm seeing the true version of the image actually taken.'

'I'm very grateful for the Stitch the Mind group. Not only does it get me out the house, I get to meet wonderful people that are welcoming and friendly. I feel very accepted in each group at the Recovery College, I get to learn new skills and get to have conversations that I might not have otherwise. I never feel like I have to stay the length of the sessions of the groups, if I'm not feeling okay I can leave and I don't feel like I have to go to each and every session every week at the Recovery College - I can go when I want, which I like.'

'I was initially referred to the Recovery College Art group by the Erith Centre about 2 years ago and I have subsequently stayed, grown in confidence and made some really good friends along the way. I found sharing experiences and biographies has been a real healing process for me.'

We worked alongside many agencies within Bexley including both statutory and voluntary sector. Mind in Bexley are the leading VSC Mental Health provider in Bexley with representation on operational and strategic boards and meetings. These forums enabled us to develop strong relationships and encouraged collective responsibility. These relationships enabled us to continuously up-skill our workforce to improve outcomes for Bexley residents.

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Bexley Crisis Café

Mind in Bexley's Crisis Café is a safe, welcoming place where people can go outside of normal working hours, instead of A&E or other urgent or secondary services, if they are feeling emotionally distressed or are in a 'mental health crisis' The Bexley model follows these key outcomes:

- Preventing escalation of mental health problems and thereby avoid a mental health crisis
- Preventing unnecessary referrals to secondary Mental Health services, A&E departments, other emergency out of hours services.
- Providing emotional support and resilience building to improve mental health and wellbeing
- Increased independence and self-management
- Reduced isolation
- Signposting to appropriate services to be accessed within an acceptable time frame
- Actively encouraging/recruiting those who have attended the service to act as role models for others on their own personal recovery journey

The Crisis Café opened every evening from 18.00 - 22.00 PM and offered face to face support with regular qualified professional members of staff.

We worked with over 454 individuals with 904 separate interventions during the reported year. There were 133 A&E attendances avoided.

During the year, many service users that accessed the Crisis Café presented with complex needs which included:

- Poverty
- Social isolation
- Trauma
- Housing / homeless
- Substance misuse
- Financial problems
- History of traumatic experiences
- Relationship problems / Domestic Abuse / Raising Safeguarding Issues#
- Suicidal ideation and intent

The Crisis Café worked, and continues to work, with many clients who display complex needs as outlined above with many 'presenting in crisis'. Service Users informed us that our crisis project helped them immensely when in crisis preventing further escalation of their mental health. Over 29% of those attending Crisis Cafe informed us that they would have attended A&E whilst a significant amount stated they would have contacted Primary Care the following day.

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Feedback about the Crisis Cafe

'The Crisis Café saved my life, and you are magical. I now want to volunteer with Mind.'

'It's either A&E and wait hours and pace up and down for hours or I need to talk to someone. I don't want to ring a volunteer or speak with a robot on my phone so, I actually came in to speak to someone at the Mind Cafe.'

'It was nice and very comforting to know that the Crisis Café was there for me to go to if I ever needed it. It's like a safety blanket, I believe. That's how I see it, it's a safety blanket.'

'Because of a past experience with A&E I'm reluctant to go there... I think we should all feel safe enough to go to A&E if needs be and I don't even feel safe doing that. Mind is literally the only place I feel settled with at the moment.'

Bexley Community Pantry

At Mind in Bexley and East Kent, we believe that everyone has the right to dignified access to high quality food. As part of our work tackling the causes and consequences of mental health we're 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 work with individuals by offering good quality, healthy and nutritious food through our low cost membership. The Mind Community Pantry offered access throughout the year by signing up members who for a small weekly contribution receive food to a significantly higher value. The pantry refers individuals to Mind services to access Recovery College, Welfare Rights, Carers Service and Talking Therapies.

During 2023-24 there were 1,724 visits by Bexley residents who purchased £20 worth of food for £4. A team of 8 volunteers enabled the Community Pantry to be delivered 2 days a week and they provided an amazing 1,935 hours during the year.

Feedback from Pantry clients

'I am so grateful for being able to access the Pantry. I work part-time on minimum hourly rate of pay and am unable to do more hours due to childcare issues. Managing my monthly finances is so hard, and unfortunately my grocery shopping has had to be reduced as my rent and energy bills are so high. Going to the Pantry every 2 weeks is such a great help, I am able to get fresh produce which I use to bulk cook healthy meals from scratch which I freeze for the weeks I am very low on money. I don't think people really understand how many families like mine are struggling. Without the support from the Pantry my children would not have good tasty healthy dinners.'

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'Where else can you go for food where you are not looked down upon just because you need help? The Pantry is more than a place to get support with food it is a safe place for me. I suffer from embarrassment and anxiety asking for help but I do not experience any of those grey feelings when I'm in the Pantry. The Pantry and Crisis Café are wonderful and have really helped me keep my head above water. Thank you everyone.'

'I am a very happy client. Thank you for all the help and support you have given me over the past 18 months. When I first attended the Pantry, I was struggling so much, even having trouble finding the £4! Now, I am proud to say that my situation is slowly improving and for the last 5 months I have only been attending the Pantry every 2 weeks and have recently arranged with Viv to attend once a month! Without the help and support of the Pantry I strongly feel I would never have got to where I am now.'

Grateful thanks to all our donors during the year including

- Ferndales Belvedere
- Farm Foods Erith
- Asda Bexleyheath
- The Works Bexleyheath toys for the client's children
- Holiday Inn Bexleyheath
- Morrisons Welling
- Morrisons Sidcup
- Morrison Erith
- Hovis Erith
- AMEY with Paul & Rami Babra
- Mayors Fund for London Take and Bake Boxes
- Sherwood Park Primary School
- St Michael's Church, Welling
- St John Vianney Church
- Canon Neil Bunker
- Routine Fitness
- Mc Brides Accountants LLP
- Trinity Church Bexleyheath
- Members of The Community
- Volunteers of The Pantry
- Staff Members of MiB
- Relations/Friends of clients who attend The Pantry
- Relations/Friends of The Pantry Team
- National Lottery Community Fund

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Cost of Living Grants

Mind in Bexley received a grant of £10,500 from the London Borough of Bexley to assist with those vulnerable and struggling with cost-of-living payments which was impacting their mental health. 70 Community Fund clients each received £150 towards their household bills. We also received a Lottery Community grant to open the Pantry for additional hours and provide cost of living support to residents.

Feedback included:

'It was really useful to put towards bills and shopping I would otherwise not been able to afford'

'Really helpful towards household bills, thank you'

'Thank you so much for the financial support, the money helped no end with my daily costs. This also helped to relieve the pressure with my mental health'

'What a great surprise, so nice of you all thinking of me. Life for me is always a financial struggle with no money spare. I treated myself for a much, needed warm coat and paid off some of my energy bills which I owe'

Digital Hub

During 2023-24, our Digital Hub was open and accessible for any Mind in Bexley service user to have access to digital devices in a safe environment, engage with others online and to be supported by a Digital Champion, if required. Our Digital Champions helps others to understand the benefits of being online and can spend some time showing them how use digital online services. Digital Champions support those who struggle with or have no access to the internet or digital devices. Over 310

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residents benefitted from the service during this year.

Why this support matters:

- service users want to learn digital as more and more things are being done online, particularly by public services such as GPs, councils, energy companies and DWP.
- service users say that this digital support makes a massive different.
- service users report improved mental health and wellbeing as the digital access reduces their stress and anxiety

Support offered:

- Digital drop in 2-4pm Monday is useful for service users to help them access Recovery College or IAPT or solve a digital issue.
- 1:1 sessions with a Digital Champion with lived experience to help learners develop their digital skills and grow their confidence in doing things online.
- Vodafone Sim cards with 20GB data and unlimited calls and minutes are available for any service user who will benefit from these.
- Digital Hub in the community at Blackfen Community Library, Wednesdays 11am-1pm. Learners can drop by to complete an online interactive course with help on hand.

Feedback from Digital Hub clients

'The Digital Hub has given me much insight into how I can learn more about using laptops having had very little knowledge of IT which has enlightened me to things I did not know about and created for me a whole new world of digital technology.'

'I have learnt how to delete things, which helped me to create more storage space on my laptop. I was shown how to enlarge the cursor to a visible size with a choice of colours, I never knew you can access this kind of function. Holly has the patience and explains simply. I would be loss without this kind of session so please continue this service as it will benefit those from Bexley Mind who attend in Blackfen Library.'

'I wanted to go on the internet and do what everybody else is able to do... download forms, make appointments, do some online shopping, and browse the internet. I feel more positive that I can learn these things now otherwise I'll be left behind.'

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Carers Support

During 2023-24 Mind in Bexley carers service provided support, information and advice to 178 individual relatives and friends caring for an adult experiencing mental health problems and/or substance and alcohol use who is either on a hospital ward or living in the community.

The service provided support to carers who:

- are registered with a Bexley GP or live in the Borough of Bexley.
- or are caring for an adult relative or friend who lives in Bexley and is experiencing mental health problems.

During 2023-24 there were 77 new carers referred and over 178 carers received information and support. The Service works closely with the Mental Health Hub and the Family Support Service at the Pier Road Project (Drug & Alcohol Team).

Support included:

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

We provided specific targeted information and advice regarding Carers Rights, Confidentiality and Information Sharing, Carers Allowance. There have been 2,746 support calls to carers and 140 in person support groups.

Feedback on the Carers Service

'You have been such a great support over the last few months and I felt that you really listened to me every week. You were able to turn everything into a positive. All your analogies for every scenario is something I will definitely remember and have started using already. Moving forward I can really work on not feeling so guilty about putting myself first. Thank you so much for everything!'

'Thank you so much for all your support over the past months and weeks. It has really helped to have a listening ear and I wouldn't have been able to get through it without your support. I have also been able to access counselling from the information you provided and it's also good to know you provide an aftercare service'.

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Welfare Benefits

During 2023-24 we helped clients to obtain in excess of **£786,003** in welfare benefit take up. We took on appeal cases at the first tier and upper tribunal, preparing paperwork and evidence, and providing direct representation and support for our clients in online appeal hearings.

Feedback

'I give the welfare rights service 10 out of 10 ! I am more than satisfied .Welfare rights has gone above and beyond helping me with my PIP review and achieved a higher award than I had before for 4 years and without having to attend a medical assessment which is such a relief to my mental health.'

'Welfare Rights Service at Mind have been excellent – I have been trying so hard for 3 years to get the DWP to re assess me for limited capability for work which has caused me to feel so stressed and suicidal – without the support from welfare rights I would not have been heard.'

Employment Support

Our role in the Individual Placement and Support Employment Service (IPS) is to help people who are or have experienced barriers to the world of work because of their mental health issues to regain their confidence, their belief in themselves and their ability to get and hold down a job. During 2023-24, we provided one to one support to 131 individuals by helping people identify, understand and realise their career and workplace ambitions, and learn how to manage their mental health so it does not get in the way of fulfilling their dreams and aspirations. Each person who is referred to the service is supported to develop their own vocational plan and to work through the issues and challenges in achieving it. 31 individuals gained employment, 20 sustained for 13 weeks and 16 for 26 weeks. A further 24 were supported to stay in their current employment.

Feedback on the employment support

'It has been a breath of fresh air, to know that you understand how post-traumatic stress, Bi-Polar and severe anxiety/depression has affected me in so many ways. Many thanks for supporting me to slowly get back on my own two feet and to help me be reintroduced into the work environment, hopefully with the goal of becoming independent once again.'

'The IPS employment advisor has been invaluable in assisting in improving my CV, personal statements, interview skills, and overall confidence. With their guidance, I've created a standout CV that effectively showcases my strengths and accomplishments. Crafting compelling personal statements that align my aspirations with job requirements. Through the use of mock interviews and constructive feedback facilitated the development of my interview skills, making them stronger. Their

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unwavering support has been instrumental in my professional growth and ability to gain employment

NHS BEXLEY TALKING THERAPIES

In April 2023, our IAPT service was rebranded as NHS Bexley Talking Therapies. All notifications and communications were altered and clients and services in Bexley were informed.

Along with this change, all of South East London services were informed of a change in Key Performance Indicators (KPI's) by NHSE.

We were instructed to follow three main targets:

1. Access 2+ (clients that have been discharged having completed two or more treatments). This replaced the Access to therapy target that gathered the number of referrals that accessed the service. The target provided to Bexley (2108) is considered an annual target and is based on population figures as published in 2017. These figures are due to be updated in 2025 and any changes to this target are expected to be communicated mid-2025.
2. Reliable Improvement (clients that have completed treatment reflecting a reliable change in the MDS measures. The target for this is currently at 68% per quarter.
3. Reliable recovery (clients that have completed treatment reflecting scores on the measures that are considered below clinical cut off) This target is currently at 48% per quarter.

To meet these new targets, the service in Bexley had to adapt our workforce numbers and activity to increase efficiency and ability in meeting these targets.

We initiated a SMS texting service on our patient management system which is allowing us to reach each client faster. Recruitment into the Talking Therapy remains a challenge as the demand for Cognitive Behaviour Therapists remain very competitive. Integration with local services is working well and we have an agreed pathway established with Solace Women's Aid and have started an integrative initiative with Pier Road. The common goal of integrating with these services is to provide residents with a seamless entry into Talking Therapies. The closest relationship held is with the Bexley Mental Health Hub, where weekly interface meetings are held with the Managers of the Hub, Adapt and Talking Therapies, where the right treatment and service is allocated for the right problem. This reduces the waiting time for the client.

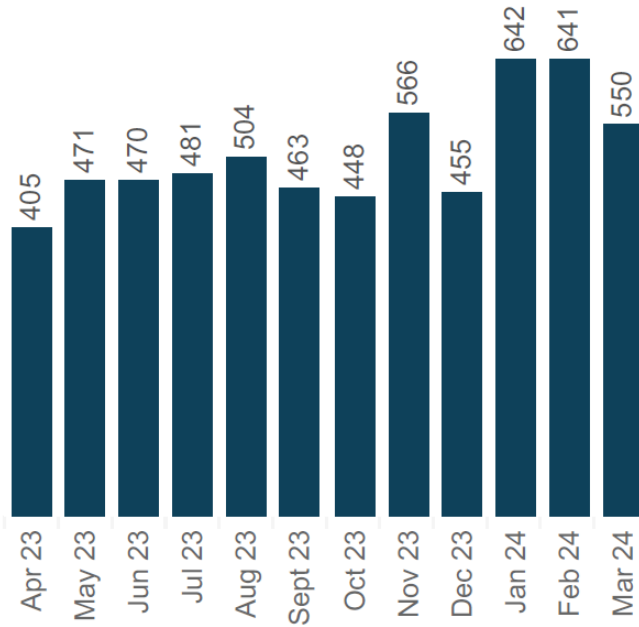
Meetings with the NHS and NHS SEL continued throughout the year as well as with the Bexley Partnership Board and the Bexley Safeguarding Board. These meetings are held quarterly and best practice is shared and learning points noted and processes updated as required.

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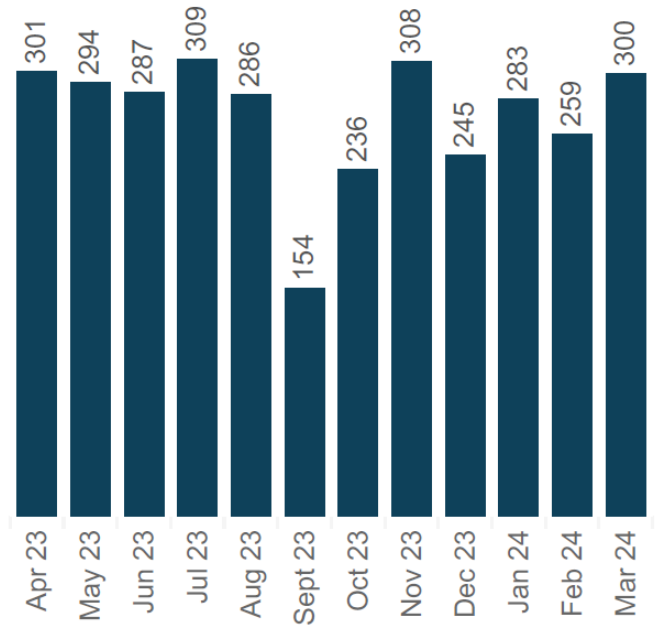
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Data for the Year

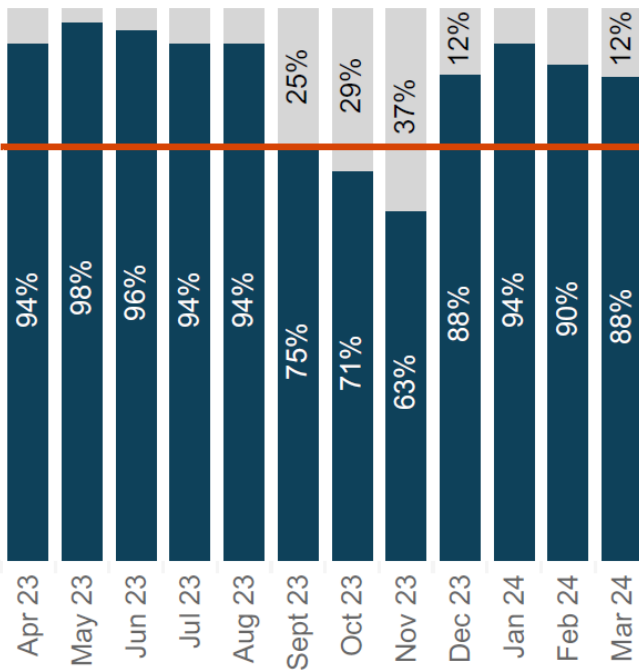
1. Referrals received



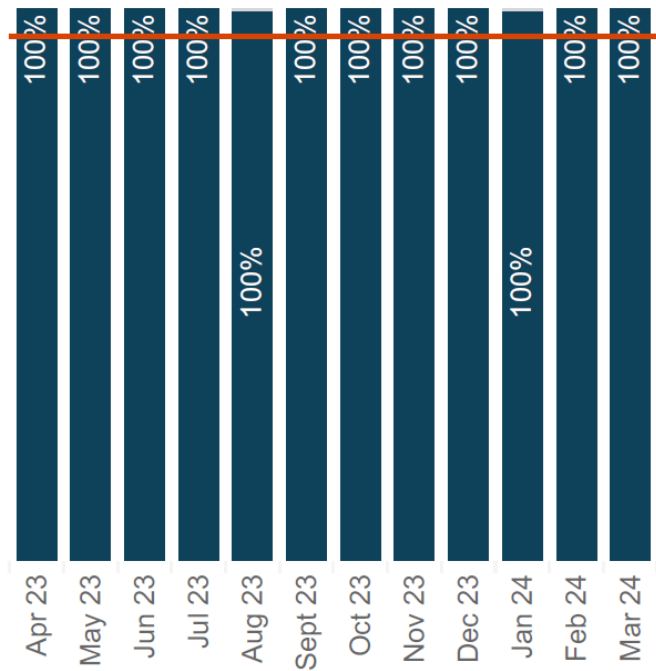
2. Accessing services



3. Accessing services within 6 weeks

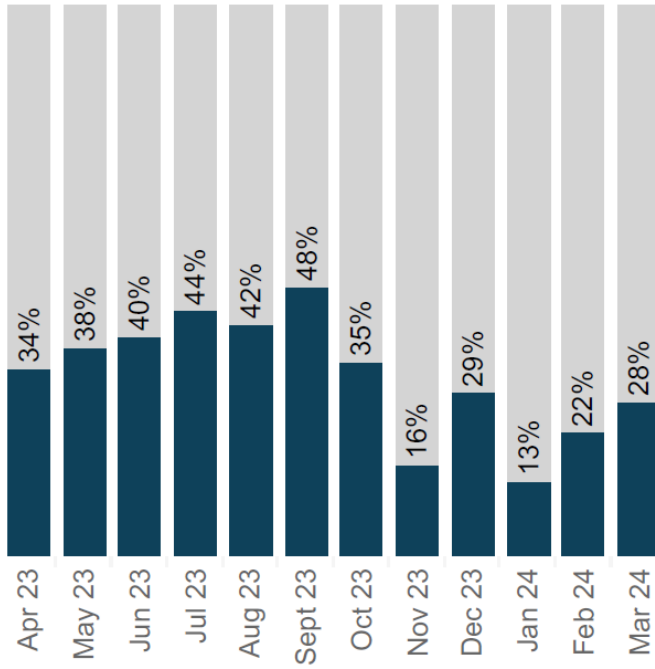


4. Accessing services within 18 weeks

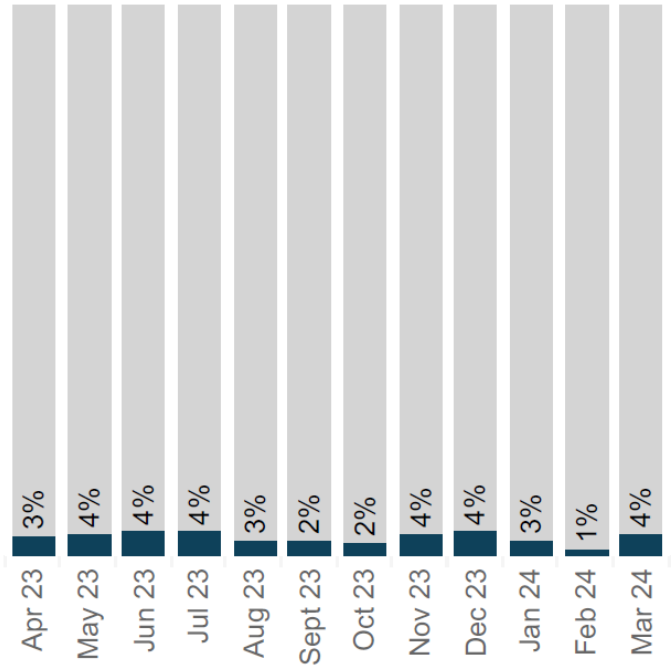


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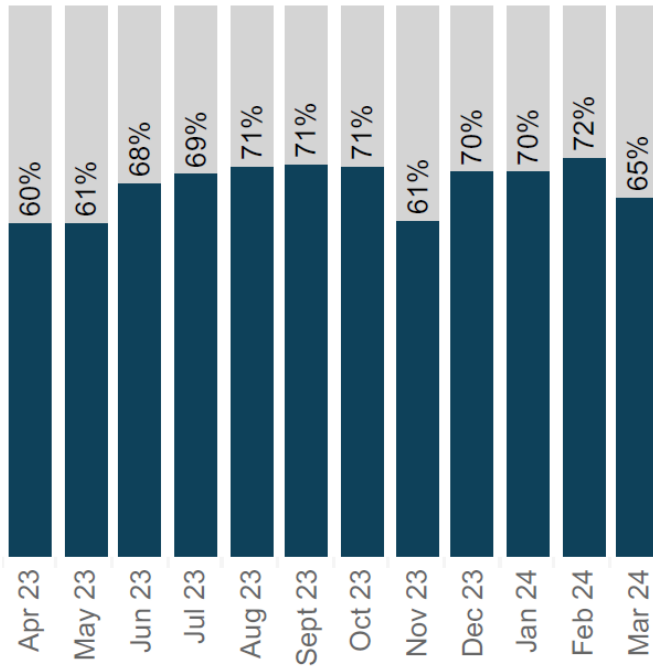
5. Finished course of treatment



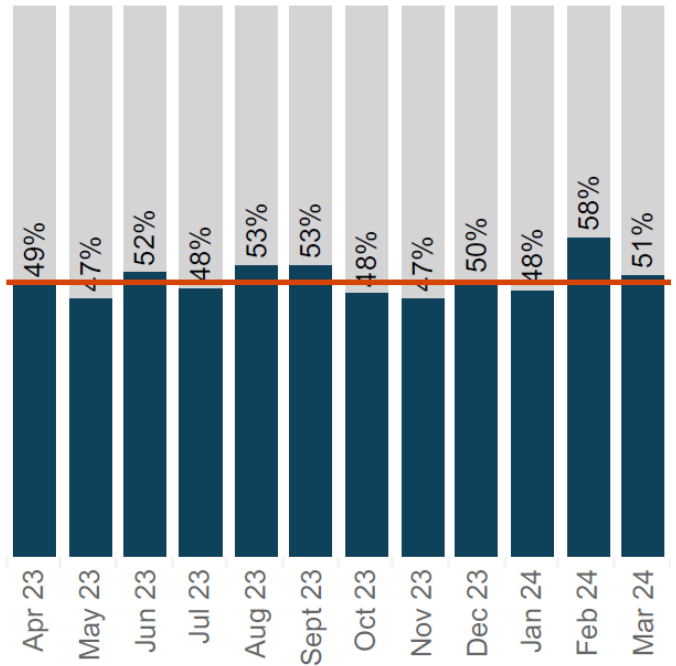
6. Not at initial caseness



7. Showing reliable improvement



8. Moving to recovery



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The Employment Service as commissioned by the Department for Work and Pensions (DWP) supports individuals within the Mind in Bexley Talking Therapies Service. Research indicates that accessing this support alongside Talking Therapies treatment helps to improve symptoms of anxiety and low mood and assist individuals in reaching their employment goals.

From April 2023 to March 2024, the Employment Service (EA) provided 1124 employment sessions, supporting 246 individuals in securing paid employment, training, volunteering, and/or helping them retain their current employment.

The EA Service continues to thrive, with many new changes implemented to improve service provision, referral numbers, and outcomes. These include the development of an information and resource library, weekly clinics at Bexleyheath JCP, new protocols and good practice guidance, Employment introductions at every Therapeutic Group, inductions for all new staff, and new marketing and publicity materials.

We are committed to providing the best possible service to the individuals we serve. Our ambitions for the next year are to increase our outreach activity work across Bexley to bring in even more referrals, develop regular workshops and webinars for individuals based on client needs, and develop signposting options for clients with complex job retention cases who need legal advice or assistance.

The annual target is for each EA is to obtain 120 new starts per annum. We have successfully met the target thus far

Suicide Bereavement Service

The South East London Suicide Bereavement Service (SBS) launched on 2nd August 2021. It is delivered as a partnership between South East London Mind, Mind in Bexley, and South London and Maudsley NHS Foundation Trust. The service is commissioned and funded by the South East London Integrated Care Board under their suicide prevention programme. This ties into the national suicide bereavement support agenda outlined in the NHS Long Term Plan and the Suicide Prevention Strategy for England: 2023-2028.

The national ambition is that all people bereaved by suicide are offered timely, effective, and compassionate support, with commissioned services such as this one at the heart of this crucial provision.

The purpose of this service is to offer a community resource with open access to all people of all ages bereaved by suicide across the London boroughs of Bexley, Bromley, Greenwich, Lambeth, Lewisham, and Southwark. Within its first 3 years of operation, the service supported nearly 400 people.

The support provided includes the following:

Strand	Delivered by	Duration/ frequency	How it works
1-to-1 Support <i>Primarily for the recently bereaved</i>	Support workers & chaplains	Flexible – usually between 5-7 months	Support can be emotional, practical, and/or spiritual (if requested), tailored to the needs of the individual client. Practical support may involve help with the funeral, will or inquest, amongst other things.
Counselling	Counsellors	12 sessions	Weekly sessions with a qualified counsellor to explore emotions and grief responses.

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<i>From 3 months post bereavement</i>			
Support Groups <i>From 3 months post bereavement</i>	Support workers, chaplains, & volunteers	8 sessions, 4-6 groups taking place per year	Face-to-face peer support group with up to 10 participants, led by 2 facilitators. Opportunity to meet and connect in a safe, contained space with others bereaved by suicide.
Walk & Talks <i>Open to all at any stage</i>	All staff & volunteers	Monthly	Informal group sessions held in parks across SEL. Advertised to current clients, former clients, and the public.

The National Mind Guided Self-Help service

The Supported self-help service aims to help people understand and feel more in control of their emotions. It provides its clients with all the tips and tools they'll need to understand themselves better, supporting clients through the programme with regular phone calls. People experiencing mental health problems can be referred to the service by healthcare professionals and sign up online via a single access point

The service as funded by National Mind regards itself as a primary care mental health service, developed in conjunction with GP practices. Delivered by 45 local Minds in England and Wales, covering all regions in each country.

It is reported that 18% of clients who made a referral were already on a waiting list for other mental health services; 13% of clients were young people aged 18-24; 12% of clients were from racialised communities and 51% of clients were experiencing poverty.

Results according to national statistics revealed that:

- 84% experienced a decrease in feelings of depression.
- 81% experienced an improvement in feelings of anxiety.
- 78% reported an improvement of feelings of wellbeing.
- This service launched at Mind in Bexley in October 23.

The programme aimed at offering adults with a free mental health service for 6-8 weeks with weekly one to one support over the telephone provided by a guided self-help practitioner. Adults can self-refer via the website and can choose from one of the following modules:

- Anxiety and panic attacks
- Coping with grief and loss
- Loneliness and feeling lonely
- Low self esteem
- Low mood and depression
- Managing anger
- Managing stress
- Understanding menopause

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One Bexley

One Bexley is a partnership between 8 charities who are working together to support people in Bexley to be healthy and provide support for residents experiencing difficulties.

During the year the team expanded 200% following increasing number of mental health referrals. One Bexley are working with LBB to support with CQC readiness with pending inspection due. We are key members with involvement at both peer reviews and planning briefing sessions. These have strengthened our relationship with LBB, solidified our reputation and provided opportunities to further enhance the model.

Performance Metrics:

Mind in Bexley contributed 15% of the overall completed work during 23/24.

Community Engagement/CSR Highlights:

- Active members of Bexley Direct Payment and Personal Health budgets working groups.
- Engaged with Carers Partnership Board and redevelopment of Carers website

Building on these achievements, we aim to:

- Review our impact and structure as part of our Senior Leadership Away Day.
- Explore associate membership model
- Mobilise the new Pathways contract
- Seek new business opportunities such as the Direct Payment Support Service.

With continued dedication, innovation, and collaboration, we are confident in achieving our vision to work together providing support and services which will empower people and communities to thrive.

Community Mental Health Transformation (Bexley Hub)

In the past 10 years there has been a growing focus on Mental Health Services. The 5 year forward view and Long term plan both set out ambitious plans for mental health services – CYP, IAPT (now talking therapies) perinatal, crisis services, reduction in out of area placements. Funding has focused on these areas and there have been significant changes to those services across the country. The area that continues to experience challenges is the reduction of out of area placements.

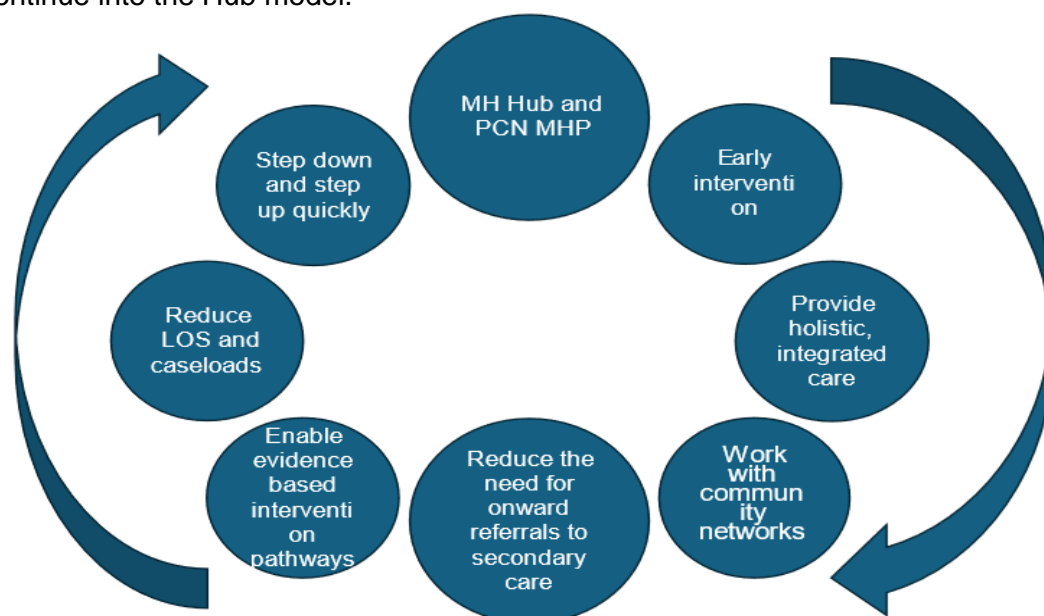
The release of the Community Mental Health Framework in 2019 brought additional funding for service development specifically to improve community mental health services showing a commitment to improve community mental health that had not seen significant investment or transformation for over 30 years. The framework outlines the challenges and case for change. The pandemic and subsequent recovery has hindered process of delivery. We have continued to see challenges of increasing demand and complexities, lack of services available at the right time, growing social economic issues impacting on people's mental health, and a shift in culture regarding mental health support and need.

The CMHSF outlined an ambitious programme of work to develop a 'new community-based offer [that] will include access to psychological therapies, improved physical health care, employment support, personalised and trauma-informed care, medicines management and support for self-harm and coexisting substance use... and proactive work to address racial disparities'

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The vision for Bexley was to develop and implement the MHWB Hub model – an integrated service between Oxleas and Mind in Bexley which would replace the old Oxleas PCP model. The MHWB Hub would sit in primary care – a single, first contact port of call for people who are experiencing mental health concerns. A high-quality service that would be innovative and work differently to meet the needs of individuals in Bexley but also a vehicle for a much-needed change of culture and allow secondary care services to develop further innovation and transformation. The Bexley Care partnership between Oxleas and ASC meant a single point of contact and triage system was already in place and some discussion about how this would work with the changes, it was agreed the Hub model complemented this. This partnership also provided leadership and integrated health and care services for the current CMHT's and this would continue into the Hub model.



During the year we:

Agreed staffing and joint working with Mind and Oxleas and ASC	Develop a MHWB Hub team	Moved team bases	Implemented dialog
Some changes of working and initial improvements in waiting times	Recruited and developed PCN MHP roles	Developed interface with GP's	Reduced referrals to ADAPT
Started to reduce caseloads in ADAPT and ICMP	Developed a set of interventions across 3 boroughs	MDT forum within the Hub	Informal partnership between Mind and Oxleas

The first part of this journey has laid the foundations for the next phase which we will be working on throughout 204. During the year we developed the partnership with Oxleas, recruited additional staff, Oxleas staff relocated to the Mind building, we developed the

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interface with GP's, developed interventions and we averaged over 400 referrals a month which reduced caseloads in ADAPT and ICMP. During 2024/5 we are looking to progress further from all partners and service user groups via local governance structures and the first phase will be to work with PCN's and the Hub.

This will include:

Improved model of the PCN MHP's

Delivering a self-referral model and starting a conversational model of care in the, reconfiguring the psychosis pathway and looking at feasibility and options for integration of psychological therapies.

East Kent Mind

East Kent Mind provides support to individuals across Canterbury City Council area and Thanet District Council areas with bases in Whitstable, Canterbury, Herne Bay and Ramsgate.

Resident Numbers

During 2023-24, East Kent Mind provided the following support as part of the Live Well Kent and Medway contract: peer support for 41 clients, mentoring for 128 clients and 163 clients accessed the psychosocial and psychoeducational groups. The Kent Community Oasis Garden, a partnership between the University of Kent and Mind in Bexley and East Kent, saw 89 students, staff and community members volunteering. The Ramsgate Crisis Café supported 123 people during 2023-24.

Resident Satisfaction

Client satisfaction was measured using the Friends and Family test and 99% of clients would recommend the service (213 of 215 clients). Clients reported appreciating the quick contact with 98% being contacted within 2 days of being referred.

Groups, Workshops and Courses

During 2023-24 there were 28 weekly in person psychosocial and psychoeducational groups and over 20 online groups, courses and workshops each week. Workshops included topics such as Stress and Anxiety, Anger Management, Positivity and Mental Health in the Workplace which clients understand mental health and learn coping strategies. New 6 session courses were started including Coping with Anxiety, Coping with Depression and Ways to Wellbeing. There were classes encouraging physical activity including Pilates, breathing and meditation, yoga, healthy walks and other physical activities. The creative groups were especially popular with a weekly art group and weekly Make, Mend and Motivate group and online Music and Photography where themed photos were shared each week online. Regular women's groups and a men's group gave clients an opportunity to talk and share openly and receive peer support.

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Above - artwork by 6 different clients

Activities programme and flyers below



Feedback on the East Kent Mind

'With the service's support and encouragement, I was able look at things in a more positively and am getting out more because of it. Prior to speaking to staff, I had no routine and did not feel like getting up in the mornings. Now, I have started to cook for myself again and have more motivation each day. I didn't have to worry about it.'

'Creative writing has made me realise the strengths I have and made me focus on my personal growth. The homework gives me something to do at home as writing is one of my interests. I also attended art, which I enjoyed as it has been several years since I drew a picture so I now want to build on this. The groups have made me realise the individual that I am and recognise that it is okay to focus on me. I lack confidence, and I know I am getting there with that. The experience of attending groups has been a positive one for me.'

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Ramsgate Crisis Café

The Ramsgate Crisis Café was open every evening of the year 7 days a week and provided a safe and friendly place for clients who are experiencing severe emotional or psychological distress. It is a drop-in service to access mental health support and advice from mental health and wellbeing workers. During 2023-24, the service supported 123 individuals with 1,286 separate and complex interventions. A range of flyers promoted the service and included:



Feedback on the Crisis Café

'A great asset to our area. So good to know there is somewhere I can go for support when I am struggling'

'I struggle with mental health issues at the moment, and the café is there for me out-of-hours when I need someone to speak to. They're always there for me'

'I can't go to groups at the moment so the calls from Crisis Café make me feel

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less isolated'

'After just sitting down and talking with someone I felt a lot better. Staff were kind actually very welcoming and kind and nice There was no chaos, none. It was quiet and calm, and the staff were not phased at all.'

'It was nice and very comforting to know that the Crisis Café was there for me to go to if I ever needed it. It's like a safety blanket, I believe. That's how I see it, it's a safety blanket.'

'I was willing to end my life and I sat in the car park at the back of the Crisis Café just by the Ramsgate music hall with all my tablets in my hands, and I was shaking and crying and I decided to go in . They were amazing.'

Kent Community Oasis Garden

The Kent Community Oasis Garden at the University of Kent is for students, staff and community members. The garden is run on sustainability principles and includes an allotment edible garden, pollinator garden, herb garden with wildlife biodiversity pockets. It provided opportunities for work experience for Canterbury College, promoted sustainable and healthy food, provided access to growing space and grew enough fruit and vegetables to sell to the Gulbenkian café as well as providing for volunteers and students helping with the garden. Wellbeing activities have included Climate Cafés, Wild Wellbeing sessions, mindfulness in nature sessions, Bioblitz workshops, crafting sessions, scavenger hunts, Gear up to Grow sessions, sustainability bird walk, nature puzzle trail and a monthly bee walk survey.

The Kent Community Oasis Garden is part of European Horizon Research Project called GreenMe which is focused on the importance of green/blue spaces to mental wellbeing. There are seven European countries and the USA involved in the GreenMe research. The garden is used as a base for university research including, during 2023-24, bioscience research into fungal infection in hop plants.

The profile of the garden is increasing in the university and the number of volunteers increased with the final quarter seeing 89 volunteers (including 65 students), 958 volunteer visits, 2,964 hours of volunteer time and 315 attending the wellbeing activities.

'I knew that if I need a friend, other volunteers were there to help me or at least listen to me'

'A good way to be social and being busy helps with depression'

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'It's a great way to get outdoors and connected within the community – meeting new friends and seeing people more regularly'



East Kent Mind staff have delivered a number of training sessions to local organisations including:

- Youth Suicide Prevention and Awareness - Dane Court Grammar School
- Adult Suicide Prevention and Awareness - Thanet Earth
- Adult suicide Prevention and Awareness - Thanet Earth management
- Adult Suicide Prevention and Awareness – DWP – Staff from Canterbury and Thanet districts attended.
- Youth Suicide Prevention and Awareness - Orchard School, Canterbury. Delivered in 2 twilight sessions.

Veterans Support 2023-24

East Kent Mind have funding to work with Veterans and during the year started a new project started for female veterans, Thanet Female Veterans Group was launched on International Women's Day. Led by Karen Brinkman, the EKM Armed Forces connector, this initiative aims to support and empower female veterans in the region.



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East Kent Mind Perinatal Support Group

During the year, East Kent Mind received funding for a short-term Perinatal Support groups to run over a period of 6 months. The following positive feedback was received:

'The perinatal support group has been more help to me than I could imagine. I enrolled on the course as I struggle with depression and wanted to find ways to help during a time in my life where hormones are high and anxiety is likely with so many changes. I've learned so many invaluable techniques to help me throughout my pregnancy, after birth and for life as a mum. More importantly I've learned that everything I feel and experience is normal and I'm not alone. So many honest discussions were had. It was an open and confidential space to discuss fears, experience and helpful techniques and I feel so much more relaxed now and less anxious about how I will cope, especially if my depression creeps into my life again. Both Lynne and Ella are amazing facilitators for this course. Their real life experiences, empathy and passion to help other mums really shines bright and I truly owe them a lot for helping to change my mentality and mindset. I 100% would recommend this to anyone who is going to have/recently had a little addition to their family and feel a bit overwhelmed or anxious about the potential changes to your life and wellbeing.'

Herne Bay Umbrella Merger

On the 1st of August 2023 'East Kent Mind' completed a merger with the 'Herne Bay Umbrella'. This was following extensive negotiations between the two organisations. Due to funding issues 'Herne Bay Umbrella' was facing imminent closure leaving a group of vulnerable people without support. 'East Kent Mind' are proud that we have been able to prevent this closure and retain this community asset. The four staff have been TUPE'd over to EKM and we were delighted they have joined our staff team and are an integral part of the Live Well service in East Kent.

Mind in Bexley and East Kent Success at the Mind Excellence Awards 2024

Mind in Bexley and East Kent won the Monitoring and Evaluation award at the 2024 Mind Excellence Awards. The event took place on Wednesday 20th March 2024 in Birmingham and Mind in Bexley and East Kent CEO Dr David Palmer (pictured) was delighted to receive the award on behalf of the organisation. The awards are run by the national Mind charity and recognise excellence among the local Mind charities.

Mind in Bexley and East Kent promotes and publishes research that leads to the development of good practice in services for people suffering from mental distress – in the NHS, in health and social care provision, and highlights the support and the needs of service users and their carers.

The awards judges said:

'Mind in Bexley and East Kent has a culture of evaluating impact and undertaking research to establish need and identify people's experience within services. This has led to the development of a range of support that is relevant, appropriate and effective. It is difficult to overstate the value that research has had in the development of the organisation's services. The charity has carried out significant amounts of research, developed targeted projects and engaged in related

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policy work. Through original and secondary research, and in collaboration with other agencies, including an academic partnership with the University of Kent and Christchurch University, Mind in Bexley and East Kent has reviewed and evaluated existing practice.'

Kent Mental Wellbeing Awards



The 2023 Kent Mental Wellbeing Awards attracted a record 220 nominations with the independent judging panel selecting 30 of the best initiatives to showcase at the annual event. Dr Anjan Ghosh, Director of Public Health at Kent County Council, delivered the key note speech with humanitarian Sir Terry Waite addressing guests about the importance of compassion and kindness in society.

The event served as an engagement tool with the community, corporate and health commissioners. Student Dylan Rees from Whitstable created the winning illustration in a schools' art competition to design the trophy presented to the event's county champions.

Caption: Dylan Rees with his winning trophy

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Revival Food & Mood Community ownership fund Final Report

Revival: Where Community blossoms in the Heart of the High Street

The doors are open, and the coffee is flowing, but Revival Food & Mood has always been more than just a café and after several years in the wilderness Revival is finally able to bring their mental health and wellbeing support and initiatives to their new home at 58 High Street, Whitstable, with thanks to the Community Ownership Fund. Revival re opened in April 2023

Having been prevented from fulfilling its mental health remit in its previous premises Revival is now free to combine, food, mood and community on its own terms. Whilst the café functions as a dynamic and unique space generating income for the charity, it also provides space for innovative wellbeing initiatives such as its Chatty Tuesdays, Revival Lates, Make Mend & Motivate and peer support groups Women's Wellness, MenTalk, Bloom & Nourish, Whitstable SEN chat and support and the innovative Mental Health Bank that brings free holistic and complementary therapies to Revival every week to support the community's wellbeing.

New to their support calendar since returning to the High Street are Chatty Tuesdays, when the café becomes a chatty café full of friendly volunteers looking to brighten your day and lighten your mood with a friendly chat. The focus is on meeting, greeting, eating and a natter and is reaching out to anyone that lives alone, works from home, feels lonely, retired, new mums or just wants to feel part of a thriving community.

Another new initiative is Revival Lates, a late opening for the under 25's, providing a safe, relaxed social space for friends to gather or to meet new friends. It is open 3:30pm-6:30pm for 11-16 year olds and 6:30pm-9:30pm 16-25 year olds, the plan is to have fun and creative workshops, activities and more when funding can be secured.

The staff, amazing volunteers and locally led Strategic Committee work hard to put the needs of the community first and every penny the café generates is the fuel that keeps it all going.

Highlights:

Community event sharing the plans and design, supported by local food business Karara who donated 120 curries to service users, information on the Revival website:

<https://www.revivalkent.co.uk/paul-babra-from-karara-food-and-amey-support-revival-open-day-giving-away-120-curries/>

Reopening event attended by supporters, service users, local dignitaries, councillors and more.

Development of the Mental Health Bank, harnessing the goodwill of local practitioners to transform local mental health provision:

<https://www.revivalkent.co.uk/mental-health-bank/>

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Community Ownership Fund Income and Expenditure

Please note this fund covers a calendar year, January – December 23

Income

	<u>UK£</u>
4150 · Community Ownership Fund – Revenue	20,000.00
4150 · Community Ownership Fund – Capital	100,549.83
Total Income	<u>120,549.83</u>

less : Revenue Expenditure

20,000.00

less: Capital Expenditure

0020 · Building construction works	67,581.43
0020 · Building control	400.00
0020 · Works contract	916.66
0020 · Kitchen refurbishment	15,831.01
0020 · Plumbing	1,473.78
0020 · Electrical works	2,160.00
0020 · Heated and waterproof Pergola	5,881.89
0020 · Sound and communication system	956.39
0020 · Flooring, Wood, Laminate and Tiles	2,748.67
0020 · Painting and Decorating	2,600.00
Total Capital Expenditures	<u>100,549.83</u>

Balance

0.00



Introduction

Revival Food and Mood, an initiative set up by Mind in Bexley and East Kent, and working within the East Kent Mind network, is a social enterprise that operates as a wellness café and mental health hub. Opened in April 2023, it has quickly become a sanctuary for mental health support and community connection on Whitstable High Street. Through a blend of nutritious food, community-focused programs, and dedicated mental health support and resources, Revival supports individuals from diverse backgrounds in achieving well-being, resilience, and social inclusion.

Theory of Change, Mission, and Vision

Revival's Theory of Change focuses on providing holistic, accessible mental health support that fosters social inclusion, emotional well-being, and personal growth through creative and therapeutic methods.

Its mission is to empower the community to connect and heal, offering resources that allow individuals to thrive emotionally, mentally, and socially.

Revival's vision is to make mental health support accessible to all, regardless of socioeconomic status, by integrating therapeutic practices into everyday community life.

Impact data: quantitative

In its first operational year, Revival Food and Mood achieved the following milestones:

2,200 unique visitors and community members benefited from Revival's services.

364 group support sessions, averaging nearly one session every day of the year.

On average, 186 individuals access Revival's groups each month.

Over 150 hours of gifted (pro-bono) services were provided through the Mental Health Bank.

93.3% of attendees reported satisfaction with the support they received with more than 80% reporting that attendance at a group or The Mental Health Bank had been very beneficial and positive for their mental health and wellbeing.

The café also operates a pay-it-forward scheme, enabling the public to donate meals and support sessions for others in need, more than



Impact data: quantitative - Testimonials

Participants at Revival often describe it as a "lifeline" in the community. The inclusive and welcoming environment has fostered a strong sense of belonging and emotional safety among visitors. Many attendees have shared testimonials about improvements in emotional and mental well-being. Others emphasize the sense of community fostered through group activities, reporting that it has significantly reduced feelings of loneliness and isolation.

Young Revival & Revival Lates

"Provides one of very few spaces dedicated to young people my age, free of charge and without pressure to stay out late and drink alcohol."

"It's friendly and welcoming and provides me with a space for social interactions outside of home and I can learn new skills"

"It's a very safe welcoming space"
"They provide help when needed etc... plus its free and there's free hot chocolate, so everyone can come :)"

"Post Secondary education it's quite difficult to find like-minded peers in the local area. Revival provide a brilliant and friendly support system for young adults now we have aged- out of typical amateur clubs and groups."

Peer support groups & initiatives

"I feel welcomed and heard"

"I have somewhere that I can be honest about my mental health state"

"It is good to share experiences. I was in need of support and my GP offered me this service."

"Revival has helped me manage my anxiety in ways I never thought possible."

"I am dealing with a number of personal medical conditions and other concerns. It is really beneficial to be able to meet and discuss with others."



Peer support & initiatives (con't)

“I am dealing with a number of personal medical conditions and other concerns. It is really beneficial to be able to meet and discuss with others.”

“It gives me purpose to get out & meet some lovely friends. And really helps me with my health and my mental health.”

“It has literally saved my life, I don't think I would be here now”

“Being seen and seeing others.”

“I have felt better than I did before the group, as I have made plenty of friends.”

The Mental Health Bank

“My physical health affects so many parts of my life and definitely increased my anxiety. I kept looking back, how I used to be instead of dealing with where I was now. It's been life changing. I feel more open, like I'm coming back to life”

“I felt cleared and relaxed”
It has helped me appreciate what I have. I am so grateful

I left with tangible steps and feel optimistic.

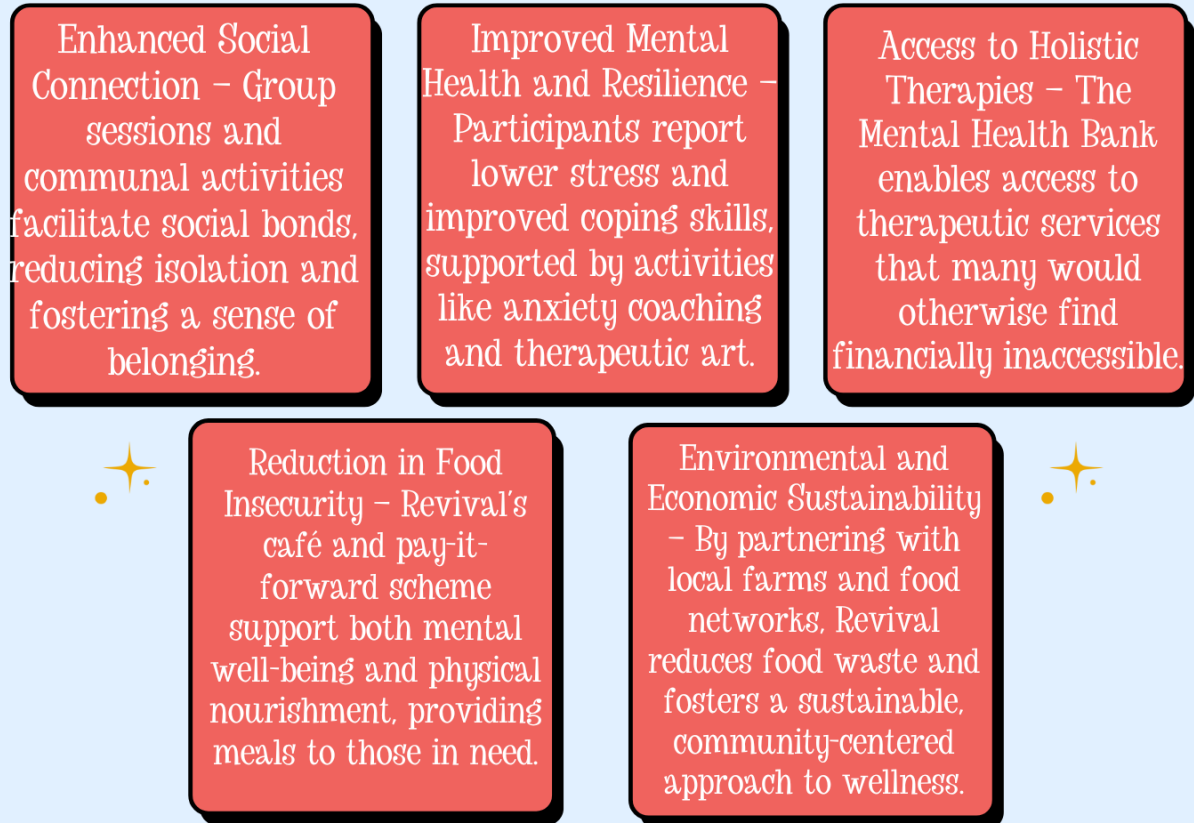
“I felt a huge release”

Revival's reach is bolstered by partnerships with local mental health professionals, therapists and practitioners who offer free services, such as Compassion therapy, transformational life coaching, anxiety coaching, hypnotherapy, therapeutic art, reflexology, and nutritional therapy.



Outcomes and benefits

Through the lens of Revival's social impact, five core outcomes emerge:



✧ Looking ahead ✧

Revival's future goals include securing grants and community fundraising that will allow for the expansion of our outreach efforts to more vulnerable populations, developing additional workshops, and building stronger alliances with local health organisations. Revival remains committed to its mission of making mental health support available to everyone in Whitstable, and the Canterbury District, creating a more resilient, inclusive community through food, mood, and holistic health.

✧ Conclusion ✧

The first year of Revival Food and Mood underscores the importance of accessible, community-driven mental health resources. With significant achievements in reach, engagement, and holistic support, Revival stands as a model of innovative social enterprise, enhancing both individual lives and community wellness in Kent.

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Healthwatch Bexley

This past year has been one of considerable change and stability; we welcomed Simone as our new Healthwatch Manager, bid farewell to Jayne Garfield-Field, and welcomed new people into leadership roles across the NHS and Bexley Council.

Our commitment to ensuring the voices of Bexley's residents are heard has never been stronger. Through increased face-to-face engagements, targeted community projects, and strategic collaborations, we have enhanced our presence across the borough. Our current efforts to revitalise our volunteer base and reintroduce our Advisory Board post-Covid are fundamental in ensuring that we remain a true reflection of the community we serve.

This year, we have worked hard to integrate feedback from residents in the North of the Borough into the redevelopment plans for the Erith Hospital site, with a focus on making community input a cornerstone of local development. Our active participation in key local boards and partnerships, including the Adult Safeguarding Board and Bexley Wellbeing Partnership, continues to influence and shape the health and wellbeing strategy that impacts every Bexley resident.

Looking forward to 204/5, we are dedicated to expanding our outreach and enhancing opportunities for community involvement. The revamp of our Advisory Board is set to elevate our profile and foster deeper connections within the community, ensuring that every voice is not only heard but also acted upon.

Research

This summary introduces work evaluating the experience of individuals in receipt of a PHB, the PHB team and other service providers across the South London Complex Care Pathway.

The evaluation had three main aims:

- to explore the impact of PHB on patient well-being,
- to draw lessons about best practice and
- to build an evidence base for the improvement of service standards, quality and infrastructure.

Participants included people affected by high levels of psychological distress, complex trauma and severe, enduring and episodic experiences. As of 31st March 2024, 61 people had been awarded a PHB at a cost of £82,056 with an average spend per person of £1,345.

The mixed methodology adopted to achieve the research aims above.

A total 24 in-depth qualitative interviews were carried out of which three were with project staff. Interviews lasted one hour on average and were conducted in a variety of locations, in-person and on-line via 'Teams'. Quantitative data were drawn from routinely collected statistics - Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS), monitoring of gender, ethnicity, diagnosis, by borough and referral source and an analysis of financial data.

What we learned:

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Patients with PHB:

- reported an improved sense of agency
- had access to extra meaningful activities and services
- experienced improved self-image that positively impacted on their relationships with staff and supporters

Less positively, the application process was experienced as long and complicated with delays between identifying needs and agreeing budgets.

Recommendations for change fall under four headings:

- A System-based Approach to Delivering PHB
 - PHB teams will have time and resources dedicated to their work
 - Patients must be represented formally on steering groups and empowered to talk back to policy and decision makers.
- Enhanced monitoring and PHB management processes
 - Monitoring processes will be routinised to collect both quantitative and qualitative data system-wide
 - The views of people with lived experience should be gathered sensitively and their experience listened to carefully
- Developing PHB staffing, resources and administrative processes
 - Fundamental organisational change through training and knowledge transfer is needed
- Implications for financial control and payment systems
 - Clearer pathways and systems are essential to reduce the administration burden of PHB on finance and other staff
 - Alternative methods of payment are suggested in the full Report

We are using the learning from the research to develop the next phase of PHB implementation.

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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 100 plus 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, South East London ICB, Oxleas NHS Foundation Trust, Kent County Council and Porchlight.

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.

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Trustee Recruitment, Induction and Training (continued)

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.

FINANCIAL REVIEW

The Charity's income was £6,338,887 in the year ended 31 March 2024 compared to £4,743,159 in the year ended 31 March 2023. An increase of some 33.6%. The principal sources of funding continue to be grants received from the NHS South East London ICB, the London Borough of Bexley and Porchlight. The total expenditure amounted to £5,070,442 in the year to 31 March 2024 compared to £4,095,019 in the year ended 31 March 2023. The fund balance carried forward at 31 March 2024 was £2,946,575 on general funds and £3,283,048 on designated funds. The balance carried forward on restricted funds was £182,356 on 31 March 2024. 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 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 £2,946,575. The board of Trustees is looking to build up free reserves to achieve the desired expansion programme as described in its future plans.

Mind in Bexley and East Kent Limited

Report of the Trustees for the year ended 31 March 2024

Investment policy and performance

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

PLANS FOR THE FUTURE

Throughout 2024/5, Mind in Bexley and East Kent's performance will be assessed through a number of performance measures.

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 further the impact of Personal Health Budgets and Crisis Café Provision and explore neurodiversity and access to provision and share learning
- Work with colleagues in South East London ICB to further develop our Talking Therapies services via digital means in Bexley in order to improve access and reduce waiting times
- Continue to co-design and develop in partnership with Oxleas the Bexley Hub
- Improve our communication and social digital mechanisms across all services
- 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
- Host the Kent and Medway Mental Health and Well-being awards in East Kent
- Expand the Barbers Suicide Prevention Initiative to Bexley
- Develop services in East Kent – mentoring, peer support and services for young people including via the Revival cafe
- Promote the IT Digital Hub so that residents can be supported to access digital offers
- Develop services at Kent Community Open Gardens
- Develop services in Herne Bay East Kent
- Explore Personal Health Budgets with service users who may be eligible in the Hub
- Be actively involved in the development of Integrated Care Partnerships in South East London
- Continue to offer tailored bereavement support for those affected by suicide
- Develop a pilot project with Charlton Athletic, Erith and Welling FC which support well-being, and explores reminiscence and aims to reduce isolation
- Develop the Revival Food and Mood initiative
- Risk management – more rigorous monitoring of our own rising costs with high inflation.

Mind in Bexley and East Kent Limited
Report of the Trustees for the year ended 31 March 2024

ACKNOWLEDGEMENTS

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

- NHS South East London ICB
- London Borough of Bexley
- Kent County Council
- Porchlight
- Greenwich and Bexley Community Hospice
- Thanet District Council
- Canterbury City Council
- Oxleas Foundation Trust
- European Horizon Research Project
- SE London Mind (Suicide Bereavement)
- University of Kent
- Community Ownership Fund

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:

Mind in Bexley and East Kent Limited
Report of the Trustees for the year ended 31 March 2024

- 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

23rd December 2024

Mind in Bexley and East Kent Limited
Report of the Independent Auditors to the Trustees
For the year ended 31 March 2024

Opinion

We have audited the financial statements of Mind in Bexley and East Kent Limited (the 'charity') for the year ended 31 March 2024, 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 2024 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

Mind in Bexley and East Kent Limited
Report of the Independent Auditors to the Trustees
For the year ended 31 March 2024

the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

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

Mind in Bexley and East Kent Limited
Report of the Independent Auditors to the Trustees
For the year ended 31 March 2024

- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities (set out on page 4), the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

Auditor's responsibilities for the audit of the financial statements

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

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

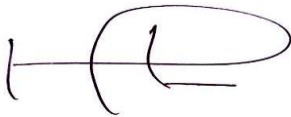
- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting 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

Mind in Bexley and East Kent Limited
Report of the Independent Auditors to the Trustees
For the year ended 31 March 2024

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

23rd December 2024

Mind in Bexley and East Kent Limited
Statement of Financial Activities (Incorporating Income & Expenditure Account)
For the year ended 31 March 2024

		Unrestricted	Restricted	Total	Total
		Funds	Funds	Funds	Funds
	Notes	£	£	2024	2023
		£	£	£	£
Income and endowments from:					
Donations and legacies	2	39,888	-	39,888	32,165
Investments	3	39,327	-	39,327	6,298
Other trading activities	4	236,451	-	236,451	7,986
Charitable activities:					
Mental health preservation	5	1,713,818	4,309,403	6,023,221	4,696,710
Total Income		<u>2,029,484</u>	<u>4,309,403</u>	<u>6,338,887</u>	<u>4,743,159</u>
Expenditure on:					
Raising funds	6	158,107	-	158,107	38,771
Charitable activity					
Mental health preservation	7	648,310	4,264,025	4,912,335	4,056,248
Total expenditure		<u>806,417</u>	<u>4,264,025</u>	<u>5,070,442</u>	<u>4,095,019</u>
Net income	9	1,223,067	45,378	1,268,445	648,140
Transfer between funds	17	1,102,572	(1,102,572)	-	-
Net movement in funds	17	2,325,639	(1,057,194)	1,268,445	648,140
Total funds brought forward		<u>3,903,984</u>	<u>1,239,550</u>	<u>5,143,534</u>	<u>4,495,394</u>
Total funds carried forward		<u>6,229,623</u>	<u>182,356</u>	<u>6,411,979</u>	<u>5,143,534</u>

All of the charity's activities are continuing.

The accompanying notes form part of these financial statements.

Mind in Bexley and East Kent Limited
Balance Sheet
As at 31 March 2024

		2024 £	2023 £
FIXED ASSETS	Notes		
Tangible assets	12	1,893,048	1,496,349
CURRENT ASSETS			
Debtors	13	321,935	222,820
Cash at bank and in hand		4,597,519	3,721,524
		4,919,454	3,944,344
CREDITORS			
Amounts falling due within one year	14	(171,292)	(62,674)
NET CURRENT ASSETS		4,748,162	3,881,670
TOTAL ASSETS LESS CURRENT LIABILITIES		6,641,210	5,378,019
Creditors: Amounts falling due after more than one year	15	(229,231)	(234,485)
NET ASSETS		<u>6,411,979</u>	<u>5,143,534</u>
FUNDS	16		
Unrestricted funds			
General funds		2,946,575	1,327,635
Designated funds		3,283,048	2,576,349
Restricted funds		<u>182,356</u>	<u>1,239,550</u>
TOTAL FUNDS		<u>6,411,979</u>	<u>5,143,534</u>

The financial statements were approved and authorised by the Board of Trustees on 23rd December 2024 and signed on their behalf, by:



.....
S C Westcombe - Trustee

Mind in Bexley and East Kent Limited
Balance Sheet
As at 31 March 2024

The accompanying notes form part of these financial statements

Mind in Bexley and East Kent Limited
Statement of Cashflow
As at 31 March 2024

		2024	2023
	Notes	£	£
Cash flows from operating activities			
Cash generated from operations	1	<u>1,294,571</u>	<u>969,231</u>
Net cash provided by (used in) operating activities		<u>1,294,571</u>	<u>969,231</u>
Cash flows from investing activities:			
Investment income		39,327	6,298
Purchase of tangible fixed assets		<u>(457,903)</u>	<u>(159,378)</u>
Net cash provided by (used in) investing activities		<u>(418,576)</u>	<u>(153,080)</u>
Change in cash and cash equivalents in the reporting period		875,995	816,151
Cash and cash equivalents at the beginning of the reporting period	2	<u>3,721,524</u>	<u>2,905,373</u>
Cash and cash equivalents at the end of the reporting period	2	<u><u>4,597,519</u></u>	<u><u>3,721,524</u></u>

Mind in Bexley and East Kent Limited
Statement of Cashflow
As at 31 March 2024

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

	2024 £	2023 £
Net movement in funds for the reporting period (as per the statement of financial activities)	1,268,444	648,140
Adjustments for:		
Depreciation charges	61,204	47,621
Investment income	(39,327)	(6,298)
(Increase)/decrease in debtors	(99,115)	296,542
Increase/(decrease) in creditors	103,365	(16,774)
Net cash provided by (used in) operating activities	<u>1,294,571</u>	<u>969,2</u> —

2 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2024 £	2023 £
Cash in hand	4,597,519	3,721,524
Notice deposits (less than 30 days)	-	-
Total cash and cash equivalents	<u>4,597,519</u>	<u>3,721,524</u>

Mind in Bexley and East Kent Limited
Notes to the Financial Statements
For the year ended 31 March 2024

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 2024

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.

- Motor Vehicle - 2% straight line
- 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.

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.

Mind in Bexley and East Kent Limited
Notes to the Financial Statements
For the year ended 31 March 2024

2. DONATIONS AND LEGACIES

Unrestricted	Restricted	2024	2023
Funds	Funds	Total	Total
£	£	Funds	Funds
£	£	£	£
<u>39,888</u>	<u>-</u>	<u>39,888</u>	<u>32,165</u>

3. INCOME FROM INVESTMENTS

	Unrestricted	Restricted	2024	2023
	Funds	Funds	Total	Total
	£	£	Funds	Funds
	£	£	£	£
Deposit account interest	<u>39,327</u>	<u>-</u>	<u>39,327</u>	<u>6,298</u>

4. OTHER TRADING ACTIVITIES

	Unrestricted	Restricted	2024	2023
	Funds	Funds	Total	Total
	£	£	Funds	Funds
	£	£	£	£
Trading Café	<u>236,451</u>	<u>-</u>	<u>236,451</u>	<u>7,986</u>

Mind in Bexley and East Kent Limited
Notes to the Financial Statements
For the year ended 31 March 2024

5. INCOME FROM CHARITABLE ACTIVITIES

		2024	2023
	Activity	£	£
	Grants and other income Mental health preservation	<u>6,023,221</u>	<u>4,696,710</u>

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

	2024	2023
	£	£
Crisis Café Bexley	125,440	113,000
Ramsgate Wellbeing Café	135,000	59,199
IPS Employment	112,988	106,854
Community Ownership Fund	120,550	-
DWP Employment Advisers	223,000	189,000
Digital Accelerator	-	5,835
East Kent Living Well	187,870	108,395
Community Connect	-	60,500
IMHA Advocacy	195,520	164,396
Recovery, Wellbeing and Employment Support	784,792	727,697
Transformation Hub	598,520	275,919
Bexley Talking Therapies (IAPT)	2,469,827	2,288,990
HEE Bexley Talking Therapies (IAPT)	140,640	77,270
Healthwatch	112,967	107,398
Carers in Mind	35,020	26,520
Small Grants	683,974	362,108
	<u>5,926,108</u>	<u>4,673,081</u>

Small Grants – list of funders:

South East London Mind - Suicide Bereavement
London Borough of Bexley - ASC Pathways
University of Kent - Kent Community Oasis Garden
Kent County Council - Veterans Reminiscence Project
South London Partnership - Personal Health Budget
MIND - Supported Self Help
London Borough of Bexley - Barbershop Project
National Lottery Community Fund – Community Fund for Pantry
London Borough of Bexley - Bexley Household Support Fund
Social Enterprise Kent
Canterbury Council Rise funding for Youth Project
Kent Community Foundation
Kent Mental Wellbeing Awards – LNG National Grid, Optyma Security,
ADM Computing, Kent Community Foundation and Wave Community
Bank

Mind in Bexley and East Kent Limited
Notes to the Financial Statements
For the year ended 31 March 2024

6. RAISING FUNDS

	2024 £	2023 £
Direct costs	125,645	13,932
Support costs (Note 8)	32,462	24,839
	<hr/> 158,107	<hr/> 38,771

7. CHARITABLE ACTIVITY
- Mental health preservation

	2024 £	2023 £
Direct costs	648,199	179,292
Staff costs	3,481,636	3,263,375
Support costs (Note 8)	782,501	613,581
	<hr/> 4,912,335	<hr/> 4,056,248

8. SUPPORT COSTS:

	Charitable activity £	Raising funds £	2024 £	2023 £
Premises costs	156,042	-	156,042	90,182
Staff costs	324,268	32,462	356,730	274,262
Office costs	118,565	-	118,565	79,536
Other costs	121,070	-	121,070	136,532
Governance costs	62,556	-	62,556	57,908
Total	<hr/> 782,501	<hr/> 32,462	<hr/> 814,963	<hr/> 638,420

Mind in Bexley and East Kent Limited
Notes to the Financial Statements
For the year ended 31 March 2024

9. NET INCOME

Net income is stated after charging/ (crediting)

	2024 £	2023 £
Depreciation - owned assets	61,204	47,621
Audit remuneration - audit services (excluding VAT)	10,000	10,000
- other services (excluding VAT)	5,000	5,000
	<u> </u>	<u> </u>

10. TRUSTEES' REMUNERATION AND BENEFITS

During the year, no Trustees received any remuneration (2023: Nil)
During the year, no Trustees received any benefits in kind (2023: Nil)
During the year, no Trustees received any reimbursements of expenses (2023: Nil).

11. STAFF COSTS

	2024 £	2023 £
Wages and salaries	3,332,823	2,607,780
Social security costs	326,705	255,604
Pension costs	146,727	121,390
	<u>3,806,255</u>	<u>2,984,774</u>
Other staff costs	<u>516,250</u>	<u>552,863</u>
	<u><u>4,322,505</u></u>	<u><u>3,537,637</u></u>

The average monthly headcount of staff during the year was 158 (2023: 119) and the average number of full-time equivalent employees during the year was as follows:

	2024	2023
Charitable activities	88.0	75.0
Support activities	3.0	3.0
	<u>91.0</u>	<u>78.0</u>

The number of employees receiving remuneration between £60,000 - £70,000 is 1 (2023: 1). Between £70,000 - £80,000 is 1 (2023: Nil). Between £110,000 - £120,000 is 1 (2023: 1).

The total employee benefits of the senior management team were £628,190 (2023: £422,518).

Mind in Bexley and East Kent Limited
Notes to the Financial Statements
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12. TANGIBLE FIXED ASSETS

	Freehold Building	Motor Vehicle	Fixtures and fittings	Computer equipment	Total
COST	£	£	£	£	£
At 1 April 2023	1,522,459	-	99,698	165,159	1,787,316
Additions	394,835	31,516	5,240	26,311	457,902
Disposal	-	-	-	-	-
At 31 March 2024	<u>1,917,294</u>	<u>31,516</u>	<u>104,938</u>	<u>191,470</u>	<u>2,245,218</u>
DEPRECIATION					
At 1 April 2023	86,062	-	78,075	126,830	290,967
Charge for year	30,449	7,879	6,716	16,160	61,204
Disposal	-	-	-	-	-
At 31 March 2024	<u>116,511</u>	<u>7,879</u>	<u>84,791</u>	<u>142,990</u>	<u>352,171</u>
NET BOOK VALUE					
At 31 March 2023	<u>1,436,397</u>	<u>-</u>	<u>21,623</u>	<u>38,329</u>	<u>1,496,349</u>
At 31 March 2024	<u>1,800,783</u>	<u>23,637</u>	<u>20,147</u>	<u>48,480</u>	<u>1,893,047</u>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	248,037	217,666
Other debtors	<u>73,898</u>	<u>5,154</u>
	<u>321,935</u>	<u>222,820</u>

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	41,957	38,346
Other creditors	<u>129,335</u>	<u>24,328</u>
	<u>171,292</u>	<u>62,674</u>

Mind in Bexley and East Kent Limited
Notes to the Financial Statements
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15. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2024 £	2023 £
Bank loan	229,231	234,485
	<u> </u>	<u> </u>

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	General funds	Designated funds	Restricted funds	Total funds 2024	<i>Total funds 2023</i>
	£	£	£	£	£
Tangible fixed assets	-	1,893,048	-	1,893,048	1,496,349
Current assets	3,347,098	1,390,000	182,356	4,919,454	3,944,344
Current liabilities	(171,292)	-	-	(171,292)	(62,674)
Long term liabilities	(229,231)	-	-	(229,231)	(234,485)
	<u>2,946,575</u>	<u>3,283,048</u>	<u>182,356</u>	<u>6,411,979</u>	<u>5,143,534</u>

16.1 ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	General funds	Designated funds	Restricted funds	Total funds 2023	<i>Total funds 2022</i>
	£	£	£	£	£
Tangible fixed assets	-	1,496,349	-	1,496,349	1,384,592
Current assets	1,624,795	1,080,000	1,239,550	3,944,345	3,424,735
Current liabilities	(62,675)	-	-	(62,675)	(83,533)
Long term liabilities	(234,485)	-	-	(234,485)	(230,400)
	<u>1,327,635</u>	<u>2,576,349</u>	<u>1,239,550</u>	<u>5,143,534</u>	<u>4,495,394</u>

Mind in Bexley and East Kent Limited
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17. MOVEMENT IN FUNDS - CURRENT YEAR

	At 01.04.23	Income	Expenditure	Transfers between funds	At 31.03.24
	£	£	£	£	£
Unrestricted funds					
General funds	1,327,635	2,029,484	(806,417)	395,873	2,946,575
	<u>1,327,635</u>	<u>2,029,484</u>	<u>(806,417)</u>	<u>395,873</u>	<u>2,946,575</u>
Designated funds					
Management/ recruitment	100,000	-	-	(30,000)	70,000
Legal Fees	20,000	-	-	(10,000)	10,000
Fundraising Support	-	-	-	30,000	30,000
Professional fees	-	-	-	10,000	10,000
Research	-	-	-	10,000	10,000
Tangible Fixed Assets	1,496,349	-	-	396,699	1,893,048
Accounting systems	20,000	-	-	(10,000)	10,000
Building refurbishment	250,000	-	-	40,000	290,000
Building acquisition	300,000	-	-	50,000	350,000
Marketing	15,000	-	-	(15,000)	-
Training	10,000	-	-	10,000	20,000
Minibus	15,000	-	-	-	15,000
Computers/IT	30,000	-	-	(10,000)	20,000
Pension/benefits/critical illness	150,000	-	-	170,000	320,000
Recruitment & advertising	20,000	-	-	(5,000)	15,000
Loan repayment	150,000	-	-	70,000	220,000
	<u>2,576,349</u>	<u>-</u>	<u>-</u>	<u>706,699</u>	<u>3,283,048</u>
Total unrestricted funds	3,903,984	2,029,484	(806,417)	1,102,572	6,229,623
Restricted funds					
Bexley Talking Therapies	992,791	2,610,467	(2,610,467)	(992,791)	-
Healthwatch	38,959	112,967	(116,859)	-	35,067
Employment Recovery	111,170	744,792	(746,181)	(109,781)	-
Transformation Hub	96,627	598,520	116,859	-	147,286
East Kent Live Well	-	242,657	(242,657)	-	-
	<u>1,239,550</u>	<u>4,309,403</u>	<u>(4,264,025)</u>	<u>(1,102,572)</u>	<u>182,356</u>
TOTAL FUNDS	<u><u>5,143,534</u></u>	<u><u>6,338,887</u></u>	<u><u>(5,070,442)</u></u>	<u><u>-</u></u>	<u><u>6,411,979</u></u>

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Notes to the Financial Statements
For the year ended 31 March 2024

17.1 MOVEMENT IN FUNDS - PRIOR YEAR

	At 01.04.22	Income	Expenditure	Transfers between funds	At 31.03.23
	£	£	£	£	£
Unrestricted funds					
General funds	1,170,452	1,095,025	(491,085)	(446,757)	1,327,635
	<u>1,170,452</u>	<u>1,095,025</u>	<u>(491,085)</u>	<u>(446,757)</u>	<u>1,327,635</u>
 Designated funds					
Management recruitment	135,000	-	-	(35,000)	100,000
Building acquisition	-			300,000	300,000
Legal Fees	45,000	-	-	(25,000)	20,000
Research	10,000	-	-	(10,000)	-
Tangible Fixed Assets	1,384,592	-	-	111,757	1,496,349
Accounting systems	15,000	-	-	5,000	20,000
Building Refurbishment	180,000	-	-	70,000	250,000
Marketing	15,000	-	-	-	15,000
Training	10,000	-	-	-	10,000
Minibus	15,000	-	-	-	15,000
Computers/IT	30,000	-	-	-	30,000
Staff salary	120,000	-	-	30,000	150,000
Recruitment & advertising	20,000	-	-	-	20,000
Loan repayment	150,000	-	-	-	150,000
	<u>2,129,592</u>	<u>-</u>	<u>-</u>	<u>446,757</u>	<u>2,576,349</u>
 Total unrestricted funds	3,300,044	1,095,025	(491,085)	-	3,903,984
 Restricted funds					
Community Connect	28,898	60,500	(89,398)	-	-
Bexley Talking Therapies (IAPT)	978,132	2,366,260	(2,351,598)	-	992,794
Healthwatch	36,919	107,398	(105,358)	-	38,959
Employment Recovery	96,508	727,697	(713,035)	-	111,170
Transformation Hub	65,841	275,919	(245,133)	-	96,627
East Kent Live Well	(10,948)	110,360	(99,412)	-	-
	<u>1,195,350</u>	<u>3,648,134</u>	<u>(3,603,934)</u>	<u>-</u>	<u>1,239,550</u>
 TOTAL FUNDS	<u><u>4,495,394</u></u>	<u><u>4,743,159</u></u>	<u><u>(4,095,019)</u></u>	<u><u>-</u></u>	<u><u>5,143,534</u></u>

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Designated funds purposes – current year:

- Recruitment of full-time deputy clinical lead due to significant growth and development.
- Legal fees for premises and rental developments
- Specialist fundraising support to develop Revival Social Enterprise and explore diversifying income
- Staff provision including critical illness and pension provision
- Research - exploring the effectiveness of interventions for those with neurodiversity
- Additional premises in North Bexley to improve reach and explore re-establishing a Revival initiative in Bexley
- Monies for essential maintenance and improvements and building works for Bexley and East Kent premises
- Building acquisition - Additional premises to improve reach, access, support residents' mental health, and wellbeing in Bexley
- Accounting system - Allocated for software development, training, additional support and preparation for quality standards
- Marketing and social media to improve reach
- Minibus - to improve reach, challenge stigma and improve access into Talking Therapies
- Computers/IT - Computer equipment, software and an additional IT Support
- Cost of living increases and financial support for staff to assist with retention and wellbeing
- Recruitment & advertising - Agencies fees for recruitment (Talking Therapies and Transformation Hub)
- Loan repayment - loan repayments due to rising interest rates national and concern about long-term liabilities

Restricted funds purposes – current year:

Healthwatch – additional resources to meet costs of living increases 2024/5

Transformation Hub – recruitment. IT, website and room rental hire

Bexley Talking Therapies and Recovery Well-being and Employment contract ends and new contract in progress.

Mind in Bexley and East Kent Limited
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19. OPERATING LEASE COMMITMENTS

At 31st March 2024 the Charitable Company had lease commitments under non-cancellable operating lease as follows:

	2024	2023
	£	£
Not later than one year	22,000	22,000
Later than one year and not later than five years	66,000	66,000
	<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.