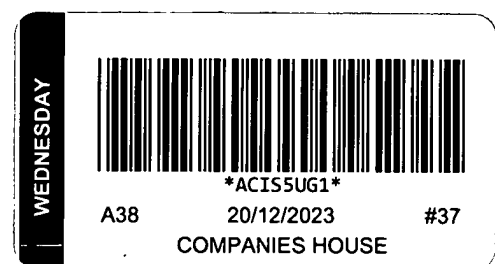


**REGISTERED COMPANY NUMBER: 07597188 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1148451**

**Report of the Trustees and**  
**Unaudited Financial Statements**  
**for the Year Ended 31st March 2023**  
**for**  
**SOUTH EAST AND CENTRAL ESSEX MIND**  
**LIMITED**



# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Contents of the Financial Statements for the year ended 31st March 2023**

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# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED (REGISTERED NUMBER: 07597188)**

## **Report of the Trustees for the year ended 31st March 2023**

---

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

### **OBJECTIVES AND ACTIVITIES**

#### **Objectives and aims**

The trustees confirm that they have complied with the duty in section 17(5) of the Charities Act 2011 with regards to the Charities Commission guidance on public benefit when reviewing the charity's aims and objectives and planning future activities.

Having regard to the activities and achievements of the charity, the Trustees are of the opinion that it continues to fulfil its charitable purpose.

Within the areas covered by Southend on Sea, Rochford, Castle Point & Chelmsford the charity's aims and objectives are:

1. To promote and protect good mental health for all in South East and Central Essex, treating people fairly, positively and with respect;
2. To support people likely to develop mental health problems to stay well;
3. To empower people to make informed choices about how they manage their own mental health;
4. To ensure people get the right services and support at the right time, giving them the tools to recover and stay well.

#### **Achievement and performance**

The charity continues to deliver a range of high-quality services for those experiencing poor mental health.

The charity has delivered services to meet the needs of the community throughout period that included:

1. continued support for housing tenants,
2. a children and young person (CYP) service,
3. mental health training and talking therapies.

The Charity is delighted to report that staff and volunteers have fully embraced the Chief Executive's Business Plan and proposed methodologies with the Charity committed to seeking to ensure that all our representatives are well supported and trained regularly. Many of our team bring specialist backgrounds and / or lived experience and, where appropriate, qualifications to enable them to deliver the Charity's vision.

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED (REGISTERED NUMBER: 07597188)**

## **Report of the Trustees for the year ended 31st March 2023**

---

### **OBJECTIVES AND ACTIVITIES**

#### **Mental Health Services**

##### **Supported Housing**

We continue to be represented on the Southend housing panel, enabling us to liaise with the local housing department and other charities to provide the right package for individuals needing support.

Service users are given the opportunity to feedback and suggest improvements to any of the services they have been part of.

Our housing service continues to generate unrestricted income enabling the charity to offer other mental health services to the community.

During the year we had 19 spaces available for clients and the occupancy rate was 96% at the end of the year.

##### **Fee Based Counselling and Trauma**

We continued to deliver one to one counselling sessions for children, young people and adults either virtually (via Zoom) or face to face.

##### **Police and Criminal Evidence (PACE)**

We continued our work supporting vulnerable adults through the Police and Criminal Evidence (PACE) contract funded by Southend Borough Council.

Anyone who is detained or subject to arrest in Southend and is unable to make informed decisions due to their mental health can receive support from a responsible adult through SECCEM to act on their behalf.

##### **Somewhere to Turn**

Our Somewhere to Turn service moved to an online Facebook group during the pandemic and has proved popular with the community. Our staff, who monitor the group, continue to offer support and advice for anyone with concerns about their mental health.

The Charity has also reintroduced the Somewhere to Turn early intervention service, offering phone and email contact using a new service model.

##### **Mental Health Training**

We continue to see an increase in demand from local authorities, businesses and other organisations who want to understand and learn more about mental health.

The charity has built a solid customer base with local education and care organisations and continues to offer bespoke courses and Mental Health First Aid (MHFA).

##### **Admission Prevention / Early Discharge (APED)**

As part of Mid and South Essex Sustainability and Transformation Partnership (STP), there is a range of provision to provide timely and appropriate responses to people in crisis to prevent escalation of mental health problems and unnecessary referrals to specialist/complex care mental health services. Accident and Emergency (A&E) and other emergency and out-of-hours services, and to provide support in the community to reduce the inpatient stay.

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED (REGISTERED NUMBER: 07597188)**

## **Report of the Trustees for the year ended 31st March 2023**

---

### **OBJECTIVES AND ACTIVITIES**

In partnership with Thurrock and Brentwood Mind we offer the Admission Prevention element, providing extra support to people in crisis that can remain at home as an alternative to admission to hospital and Early Discharge, following an inpatient experience in the Mental Health Unit the service supports people to settle back in to their home environment and community.

### **Mental Health Recovery Workers**

In Mid and South Essex the demands on the Mental Health Services have significantly increased. The mental health recovery roles support the Community Mental Health Teams (CMHTs) and the Mental Health Liaison Nurse in the Accident and Emergency Department to meet the additional demands.

### **Children and Young People**

Our children and young person counselling service has been commissioned by South-East and Mid-Essex CCG and, working with two other local children's charities provides one to one counselling support to young people between the ages of 11 and 18.

Support to Thrive - We work in partnership with Thurrock and Brentwood Mind with secondary schools, Essex County Council and the Mid and South Essex CCG's to offer young people wellbeing support. We develop personalised packages of support with young people to strengthen and improve their emotional and mental wellbeing.

Youthful Wellbeing - Youthful wellbeing provides holistic, short-term support, connecting young adults aged 18-25 who are experiencing mental health problems, to local initiatives and services for practical and emotional support. The service aims to increase people's connection with other and their local community and empower them to take control of their own health and wellbeing. It helps to strengthen personal and community resilience and reduce health inequalities by addressing wider determinants of health such as debt, poor housing and physical inactivity.

### **Main Activities Undertaken To Further The Charity's Purpose For Public Benefit.**

All of the activities reported are for the public benefit.

In the course of managing the Charity the trustees have had regard to the Charity Commission's guidance on public benefit.

### **Charity Performance & Impact Upon Beneficiaries of the Charity.**

The charity has sought to overcome the challenges of operating in a (largely) post Pandemic world which has seen a significant increase in the number of enquiries for mental health support as a result of the Pandemic, whilst existing in a very competitive and restricted fund raising environment.

Our core activities we believe have improved the wellbeing, mental health and opportunities for everyone we have been in contact with.

For some of those experiencing mental health challenges who have accessed our services, they have been able to contribute to the community both financially and through volunteering.

### **Degree To Which Achievements And Charity Performance Benefited Wider Society.**

Our services are considered to benefit the wider community through sustaining and supporting people with mental illness. This not only helps the individual involved but benefits families, friends and the local community.

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED (REGISTERED NUMBER: 07597188)**

## **Report of the Trustees for the year ended 31st March 2023**

---

### **OBJECTIVES AND ACTIVITIES**

The delivery of these services has helped the wider community by enabling those seeking or needing help to find what they need. Our approach to help for individuals, means fewer people drop out of support and a clear pathway to recovery is identified with people moving on to independence where they become contributors to the community. We have had over 20 volunteers work with us during the year, some of which are previous clients who have been able to use their own lived experience to help and support others.

### **Financial Results**

The financial position of the charity at 31 March 2023 shows that the total income was £902,623 (2022 £670,099), the total expenditure was £849,794 (2022 £558,032) and the resulting surplus was £52,829 (2022 £112,067).

### **Reserves Policy**

The trustees operate with the following Reserves policy:

1. The risk of unforeseen emergency or other unexpected need for funds
  - The Trustees have set aside a cash or cash equivalent reserve of £12,500
2. The risk of covering unforeseen day-to-day operational costs
  - The Trustees have set aside a cash or cash equivalent reserve of £10,000
3. The risk of losing a source of income
  - The trustees have set aside a cash or cash equivalent reserve of
    - i. Redundancy costs £10,000
    - ii. Overheads and Finance Commitments (3 months) £90,000
4. Planned commitments, or designations, that cannot be met by future income alone
  - The Trustees are of the opinion that any planned commitments and / or designations not capable of being sustained through future income budgets can only be committed to by way of evaluation of residual equity within the charity housing stock and the risks associated with further borrowing against the demonstrable charity based returns expected to result in the longer term
5. The need to fund short-term deficits in a cash budget
  - The trustees have set aside a cash or cash equivalent reserve of £10,000

### **Level of Cash Reserves**

As at 31 March 2023 the Trustees have set aside a cash or cash equivalent reserve of £132,500 as detailed above. The level of Reserves held are reviewed annually. At the balance sheet reporting date, the Charity held £210,562 (2022 £246,540), thus enabling the Charity to continue to seek to develop and extend service offerings whilst remaining within the Cash Reserves target.

### **Monitoring and Reviewing The Reserves Policy**

The cash reserves standing is reviewed monthly by the Finance Committee on production of the monthly management information - the Chief Executive Office monitors bank balances on a weekly basis and is instructed to draw the Finance Committee's attention to any breach of the cash holdings. The Charity has separated the reserve holding requirement into a separate interest earning fund to ensure that any cash demand that entails the Cash reserve level being breached is immediately recognised.

The policy is reviewed annually against the forward forecasts of the Charity once they are finalised - this is an annual process and the reserve policy was tested against the forward forecast for FY24 by the Finance Committee. The Committee ratified the Reserve level for a further year.

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED (REGISTERED NUMBER: 07597188)**

## **Report of the Trustees for the year ended 31st March 2023**

---

### **OBJECTIVES AND ACTIVITIES**

#### **Level of Unrestricted Reserves**

Unrestricted reserves are reported at £671,696 (FY22 £609,751).

Included within the balance sheet of the Charity is the housing stock owned by it, which is held to:

1. Underpin a key charitable objective of the Charity - the delivery of supported housing to the Community;
2. The housing service continues to generate unrestricted income enabling the charity to offer other mental health services to the community through providing a vital and very much in demand service in the locality.

As such the Trustees have elected to ring fence the housing stock, net of mortgage commitments, from being available to the Trustees as a reserve that could be encashed without that there is:

1. a clear justification to improve the Charitable service offering through equity release;
2. where the cash reserve limit has been breached, and the Trustees consider that:
  - a. it is not forecast to resolve within 6 months and
  - b. revised annual budgets indicate the inability to either source or service new loan capital to the business

#### **Principal Funding Sources**

The charity is reliant upon the continued income provided by charitable funding bodies and local / central government support.

The organisation also receives donations, income from fundraising events and rental income from supported housing.

### **FUTURE DEVELOPMENTS**

The charity has been through a significant period of change over the past three years. The board identified five key strategic priorities to move from a grant dependent charity to a sustainable organisation while continuing to provide vital mental health services to the community SECE Mind serves.

Our vision is to 'Empower people in South East and Central Essex to improve their mental health and wellbeing' and we will do this by increasing opportunities for co-design and co-production, providing peer support and opportunities to build resilience giving individuals the tools to manage their own mental health, in the community and in the workplace through new commercial relationships.

#### **Our Mission is to:**

1. To provide support and empower all those living with poor mental health in South East and Central Essex;
2. To ensure everyone susceptible or experiencing mental health issues is given help, support and guidance needed enabling them to cope more easily and effectively;
3. To aim to intervene as early as possible, offering an early intervention service for anyone experiencing mental health challenges;
4. To aim to grow our mental health training services to minimise the stigma and fear of mental ill health;
5. To always treat others respectfully and not to discriminate on any basis;
6. To be compassionate towards everyone we come into contact with; and
7. To deliver our services with honesty, professionalism and accountability within a framework of a sustainable business model.

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED (REGISTERED NUMBER: 07597188)**

## **Report of the Trustees for the year ended 31st March 2023**

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### **OBJECTIVES AND ACTIVITIES**

#### **Our Intended Delivery Outcomes to Our Clients**

1. To help individuals to make informed decisions and support them to do this by identifying goals and a support pathway using a Human Givens approach;
2. To work in partnership with statutory mental health service providers and others, acting as a primary point of call promoting independent living with support within the community;
3. To continue to develop services for more groups in our community continuing our work with children and young people;
4. To ensure our existing housing assets in Southend remain well maintained, fit for purpose, are more utilised and sustainably funded;
5. To expand our supported housing services into the Castle Point and Chelmsford areas by working in partnership with the local authority and other housing charities;
6. To market and deliver our training services to reach more people;
7. To evaluate how we work and further develop our CRM system ensuring we can benchmark our performance and demonstrate our impact in the community;
8. To continue to ensure our governance is robust, effective and meets all quality standards to which we subscribe.
9. To ensure our team has the expertise and capacity to consistently deliver high quality services.
10. To do all we can to become an employer of choice.
11. To continually look for best value from our suppliers and will look to increase our own efficiency and service model to minimise cost and wastage. We will generate more unrestricted income enabling the organisations aims and objectives to be fulfilled in the longer term.

#### **Our Risks & Opportunities**

##### **Risks**

1. The competitive nature of the volume of charities needing to raise funds as we do.
2. The introduction of the Integrated Care Board (ICB) and Integrated Care System (ICS).
3. Staff recruitment and retention
4. Increases in Minimum Wages and Transitions to Living Wage.
5. The Cost of Living crisis.
6. Regulatory and Operational Challenges such as cyber crime and environmental impact obligations.
7. Geographical areas of under representation through budget constraints.

##### **Opportunities**

1. Growing media and social awareness of well being and mental health issues
2. Generation of income from new sources, ultimately intending to balance opportunities that exist within the Private Sector as planned funding through Public Sector Initiatives comes under increasing scrutiny and financial constraints.
3. The community will need and support an extension to our service scope and breadth - the current economic conditions and recent exist from the Pandemic have a significant impact upon well being and mental health.



# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED (REGISTERED NUMBER: 07597188)**

## **Report of the Trustees for the year ended 31st March 2023**

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

#### **Governing document**

South East and Central Essex Mind Ltd is an incorporated Charity limited by guarantee (Company No. 07597188) governed by the Memorandum and Articles of Association.

It is a local registered charity (registration no. 1148451) affiliated with National Mind.

Our Memorandum and Articles of Association sets out categories of membership and full members shall be entitled to vote at all general meetings of the Charity.

We serve the area covered by the Southend Borough Council, Castle Point and Rochford (Essex County Council) and Chelmsford City Council.

#### **Structure and decision making**

The Charity seeks to operate with a non-executive Board of up to 10 trustees, who also comprise the directors of the company. The trustees seek to meet up to 12 times a year.

Founded upon the composition of the Board of trustees, three Appointed Officers are selected of Chair, Vice Chair and Honorary Treasurer.

The Trustees may also delegate powers to sub-committees containing at least one from their number to look at specific matters and advise.

Currently there are four sub-committees responsible for Services, Development, Finance and Governance. Day to day management of the Charity is delegated to a Chief Executive Officer (CEO), responsible to the non-executive Board.

The CEO leads and is supported by a senior management team comprising of senior managers with overall responsibility for business development, income generation, therapy services and housing. The CEO is responsible for implementing the policy and strategy adopted by the Non-Executive Board in line with approved budgets and advising on such policies and strategies.

The CEO and senior management team must report regularly to the trustees on activities undertaken and provide regular management accounts to explain the financial position and cash flows for the Charity.

#### **Recruitment and Training for the Trustees**

The Trustees aim to maintain a representation and to recruit within the Board

1. a range of experience from within the voluntary sector and business community;
2. seeking the overall representation to be representative of the people we serve and the diverse minorities within it.

Trustees are elected by members at an Annual General Meeting.

Training is delivered in the first instance through the use of an induction pack and a process of support and mentoring by other trustees; specific training needs of trustees are identified and training provided by a full range of methods both in house and externally.

**SOUTH EAST AND CENTRAL ESSEX MIND  
LIMITED (REGISTERED NUMBER: 07597188)**

**Report of the Trustees  
for the year ended 31st March 2023**

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**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Risk management**

Risk is identified in a number of ways through our Health and Safety Committee, strategic and business planning, financial reporting, recommended practice and legislation.

This is managed through policy development and training.

Any identified risk that could impact on the reputation of National Mind is reported directly to them with regular updates provided.

**SOUTH EAST AND CENTRAL ESSEX MIND  
LIMITED (REGISTERED NUMBER: 07597188)**

**Report of the Trustees  
for the year ended 31st March 2023**

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**REFERENCE AND ADMINISTRATIVE DETAILS**

Registered Company Number: 07597188 (England and Wales)

Registered Charity Number: 1148451

**Registered Office:**

The Jubilee Centre  
112-114 Southchurch Road,  
Southend on Sea,  
Essex, SS1 2LX

**Trustees:**

Mr G J Raven Director - Chair  
Lord R A Stallard Director - Vice Chair  
Mr M P Bunclark Director - Honorary Treasurer  
Mr C Phillips Director (resigned 15.12.23)  
Ms A Agrawal Director (appointed 21.04.2022)  
Ms L White Director - Former Chair (resigned 06.06.23)  
Mr P J Payne Director - Former Vice Chair (resigned 06.06.23)  
Ms E Farrell Director (resigned 01.04.22)  
Mr D Smith Director (appointed 01.04.2022, resigned 06.06.23)  
Mr D Paterson Director (appointed 20.01.23)

**Independent examiner**

Azets Audit Services,  
Chartered Accountants,  
7-8 Britannia Business Park,  
Comet Way,  
Southend on Sea,  
Essex,  
SS2 6GE

**Solicitors**

Jefferies Essex LLP Solicitors  
3rd Floor Dencora Court,  
Tylers Ave,  
Southend-on-Sea  
Essex, SS1 2BB

**Bankers**

CAF Bank  
25 Kings Hill Ave,  
Kings Hill,  
West Malling,  
ME19 4JQ

**Secretary**

Ms C Grant

**Chief Officer**

Ms C Grant

**SOUTH EAST AND CENTRAL ESSEX MIND  
LIMITED (REGISTERED NUMBER: 07597188)**

**Report of the Trustees  
for the year ended 31st March 2023**

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Approved by order of the board of trustees on .....19/12/2023..... and signed on its behalf by:



.....  
Mr G J Raven - Trustee

# **Independent Examiner's Report to the Trustees of South East And Central Essex Mind Limited (Registered number: 07597188)**

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**Independent examiner's report to the trustees of South East And Central Essex Mind Limited ('the Company')**  
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st March 2023.

## **Responsibilities and basis of report**

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

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

## **Independent examiner's statement**

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

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

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

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

Azets Audit Services

Adam Hubbard BA(Hons) FCA  
The Institute of Chartered Accountants in England and Wales

Azets Audit Services,  
Chartered Accountants,  
7-8 Britannia Business Park,  
Comet Way,  
Southend on Sea,  
Essex,  
SS2 6GE

Date: 19/12/2023

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Statement of Financial Activities for the year ended 31st March 2023**

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	122,768	-	122,768	105,012
Other trading activities	3	383,219	396,312	779,531	565,071
Investment income	4	<u>324</u>	<u>-</u>	<u>324</u>	<u>16</u>
<b>Total</b>		<b><u>506,311</u></b>	<b><u>396,312</u></b>	<b><u>902,623</u></b>	<b><u>670,099</u></b>
<b>EXPENDITURE ON</b>					
Raising funds	5	55,081	-	55,081	35,781
<b>Charitable activities</b>	6				
Supported Housing		350,706	7,900	358,606	214,542
Counselling		13,013	-	13,013	33,769
Mental Health Training		25,566	-	25,566	18,661
Commissioning		<u>-</u>	<u>397,528</u>	<u>397,528</u>	<u>255,279</u>
<b>Total</b>		<b><u>444,366</u></b>	<b><u>405,428</u></b>	<b><u>849,794</u></b>	<b><u>558,032</u></b>
<b>NET INCOME/(EXPENDITURE)</b>		<b>61,945</b>	<b>(9,116)</b>	<b>52,829</b>	<b>112,067</b>
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>609,751</u>	<u>7,900</u>	<u>617,651</u>	<u>505,584</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b><u>671,696</u></b>	<b><u>(1,216)</u></b>	<b><u>670,480</u></b>	<b><u>617,651</u></b>

The notes form part of these financial statements

**SOUTH EAST AND CENTRAL ESSEX MIND  
LIMITED (REGISTERED NUMBER: 07597188)**

**Balance Sheet  
31st March 2023**

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	12	871,376	-	871,376	868,348
<b>CURRENT ASSETS</b>					
Debtors	13	61,246	-	61,246	30,347
Cash at bank and in hand		<u>210,562</u>	<u>-</u>	<u>210,562</u>	<u>246,540</u>
		271,808	-	271,808	276,887
<b>CREDITORS</b>					
Amounts falling due within one year	14	(32,014)	(1,216)	(33,230)	(67,361)
<b>NET CURRENT ASSETS/(LIABILITIES)</b>		<u>239,794</u>	<u>(1,216)</u>	<u>238,578</u>	<u>209,526</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		1,111,170	(1,216)	1,109,954	1,077,874
<b>CREDITORS</b>					
Amounts falling due after more than one year	15	(439,474)	-	(439,474)	(460,223)
<b>NET ASSETS</b>		<u>671,696</u>	<u>(1,216)</u>	<u>670,480</u>	<u>617,651</u>
<b>FUNDS</b>	19				
Unrestricted funds:					
General fund				671,696	609,751
Restricted funds:					
Restricted Funds				<u>(1,216)</u>	<u>7,900</u>
<b>TOTAL FUNDS</b>				<u>670,480</u>	<u>617,651</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

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

The notes form part of these financial statements

**SOUTH EAST AND CENTRAL ESSEX MIND  
LIMITED (REGISTERED NUMBER: 07597188)**

**Balance Sheet - continued  
31st March 2023**

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

The financial statements were approved by the Board of Trustees and authorised for issue on 19/12/2023 and were signed on its behalf by:



.....

Mr G J Raven - Trustee

The notes form part of these financial statements



# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Cash Flow Statement for the year ended 31st March 2023**

	Notes	2023 £	2022 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	27,711	94,521
Interest paid		<u>(23,651)</u>	<u>(15,268)</u>
Net cash provided by operating activities		<u>4,060</u>	<u>79,253</u>
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		(3,633)	-
Interest received		<u>324</u>	<u>16</u>
Net cash (used in)/provided by investing activities		<u>(3,309)</u>	<u>16</u>
<b>Cash flows from financing activities</b>			
Loan repayments in year		<u>(36,729)</u>	<u>(43,695)</u>
Net cash used in financing activities		<u>(36,729)</u>	<u>(43,695)</u>
<b>Change in cash and cash equivalents in the reporting period</b>		<b>(35,978)</b>	<b>35,574</b>
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<b><u>246,540</u></b>	<b><u>210,966</u></b>
<b>Cash and cash equivalents at the end of the reporting period</b>		<b><u>210,562</u></b>	<b><u>246,540</u></b>

The notes form part of these financial statements

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Notes to the Cash Flow Statement for the year ended 31st March 2023**

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

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Net income for the reporting period (as per the Statement of Financial Activities)</b>	<b>52,829</b>	<b>112,067</b>
<b>Adjustments for:</b>		
Depreciation charges	605	-
Interest received	(324)	(16)
Interest paid	23,651	15,268
(Increase)/decrease in debtors	(30,899)	6,672
Decrease in creditors	<u>(18,151)</u>	<u>(39,470)</u>
<b>Net cash provided by operations</b>	<b><u>27,711</u></b>	<b><u>94,521</u></b>

### **2. ANALYSIS OF CHANGES IN NET DEBT**

	<b>At 1.4.22</b>	<b>Cash flow</b>	<b>At 31.3.23</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Net cash</b>			
Cash at bank and in hand	<u>246,540</u>	<u>(35,978)</u>	<u>210,562</u>
	<u>246,540</u>	<u>(35,978)</u>	<u>210,562</u>
<b>Debt</b>			
Debts falling due within 1 year	(43,504)	15,980	(27,524)
Debts falling due after 1 year	<u>(460,223)</u>	<u>20,749</u>	<u>(439,474)</u>
	<u>(503,727)</u>	<u>36,729</u>	<u>(466,998)</u>
<b>Total</b>	<b><u>(257,187)</u></b>	<b><u>751</u></b>	<b><u>(256,436)</u></b>

The notes form part of these financial statements

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Notes to the Financial Statements for the year ended 31st March 2023**

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### **1. ACCOUNTING POLICIES**

#### **Basis of preparing the 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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

#### **Income**

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

#### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

#### **Tangible fixed assets**

No depreciation has been charged on the charity's properties, because in the opinion of the trustees the estimated residual value of the properties is in excess of the carrying amounts in the financial statements. Depreciation is provided on other fixed assets evenly over the remaining period of the lease if appropriate or otherwise at 33% on cost basis.

#### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

#### **Fund accounting**

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

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

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

#### **Pension costs and other post-retirement benefits**

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

#### **Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Notes to the Financial Statements - continued for the year ended 31st March 2023**

### **2. DONATIONS AND LEGACIES**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Donations	<b>89,018</b>	74,012
Grants	<b>33,750</b>	31,000
	<b><u>122,768</u></b>	<b><u>105,012</u></b>

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

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Wellbeing gardens	<b>5,000</b>	6,000
Lloyds - LBF Foundation	<b>27,750</b>	25,000
M&S - The Neighbourly Foundation	<b>1,000</b>	-
	<b><u>33,750</u></b>	<b><u>31,000</u></b>

### **3. OTHER TRADING ACTIVITIES**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Counselling	<b>6,756</b>	37,498
Commissioning	<b>394,711</b>	193,320
Mental health training	<b>29,975</b>	25,798
Other income	<b>1,758</b>	150
Supported housing	<b>346,331</b>	308,305
	<b><u>779,531</u></b>	<b><u>565,071</u></b>

### **4. INVESTMENT INCOME**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Deposit account interest	<b><u>324</u></b>	<b><u>16</u></b>

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Notes to the Financial Statements - continued for the year ended 31st March 2023**

### **5. RAISING FUNDS**

#### **Raising donations and legacies**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Staff costs	<b>49,634</b>	<b>26,240</b>
Directly charitable	<b><u>5,447</u></b>	<b><u>9,541</u></b>
	<b><u>55,081</u></b>	<b><u>35,781</u></b>

### **6. CHARITABLE ACTIVITIES COSTS**

	<b>Direct Costs £</b>	<b>Support costs (see note 7) £</b>	<b>Totals £</b>
Supported Housing	<b>264,003</b>	<b>94,603</b>	<b>358,606</b>
Counselling	<b>13,013</b>	<b>-</b>	<b>13,013</b>
Mental Health Training	<b>25,566</b>	<b>-</b>	<b>25,566</b>
Commissioning	<b><u>257,403</u></b>	<b><u>140,125</u></b>	<b><u>397,528</u></b>
	<b><u>559,985</u></b>	<b><u>234,728</u></b>	<b><u>794,713</u></b>

### **7. SUPPORT COSTS**

	<b>Support costs £</b>
Staff costs	<b>103,543</b>
Rent	<b>35,000</b>
Professional fees	<b>26,078</b>
Light and heat	<b>18,453</b>
Other costs	<b><u>51,654</u></b>
	<b><u>234,728</u></b>

### **8. NET INCOME/(EXPENDITURE)**

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

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Depreciation - owned assets	<b>605</b>	<b>-</b>
Other operating leases	<b>61,560</b>	<b>51,930</b>
Independent examination	<b><u>2,500</u></b>	<b><u>2,363</u></b>

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Notes to the Financial Statements - continued for the year ended 31st March 2023**

### **9. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31st March 2023 nor for the year ended 31st March 2022.

#### **Trustees' expenses**

There were no trustees' expenses paid for the year ended 31st March 2023 nor for the year ended 31st March 2022.

### **10. STAFF COSTS**

	2023 £	2022 £
Wages and salaries	501,010	344,667
Social security costs	36,007	26,860
Other pension costs	<u>11,663</u>	<u>8,324</u>
	<u><b>548,680</b></u>	<u><b>379,851</b></u>

During the year there were redundancy payments totalling £nil (2022: £12,011).

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

	2023	2022
Administration	3	3
Directly charitable	20	15
Fundraising	<u>2</u>	<u>2</u>
	<u><b>25</b></u>	<u><b>20</b></u>

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

### **11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	97,112	7,900	105,012
Other trading activities	354,907	210,164	565,071
Investment income	<u>16</u>	<u>-</u>	<u>16</u>
<b>Total</b>	<u><b>452,035</b></u>	<u><b>218,064</b></u>	<u><b>670,099</b></u>
<b>EXPENDITURE ON</b>			
Raising funds	35,781	-	35,781
<b>Charitable activities</b>			
Supported Housing	214,542	-	214,542
Counselling	16,926	16,843	33,769

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Notes to the Financial Statements - continued for the year ended 31st March 2023**

### **11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted fund £	Restricted fund £	Total funds £
Mental Health Training	18,661	-	18,661
Commissioning	<u>48,329</u>	<u>206,950</u>	<u>255,279</u>
<b>Total</b>	<u>334,239</u>	<u>223,793</u>	<u>558,032</u>
<b>NET INCOME/(EXPENDITURE)</b>	117,796	(5,729)	112,067
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	<u>491,954</u>	<u>13,630</u>	<u>505,584</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>609,750</u>	<u>7,901</u>	<u>617,651</u>

### **12. TANGIBLE FIXED ASSETS**

	Freehold property £	Long leasehold £	Plant and machinery £	Fixtures and fittings £	Totals £
<b>COST</b>					
At 1st April 2022	95,315	773,033	446,147	-	1,314,495
Additions	<u>-</u>	<u>-</u>	<u>-</u>	<u>3,633</u>	<u>3,633</u>
At 31st March 2023	<u>95,315</u>	<u>773,033</u>	<u>446,147</u>	<u>3,633</u>	<u>1,318,128</u>
<b>DEPRECIATION</b>					
At 1st April 2022	-	-	446,147	-	446,147
Charge for year	<u>-</u>	<u>-</u>	<u>-</u>	<u>605</u>	<u>605</u>
At 31st March 2023	<u>-</u>	<u>-</u>	<u>446,147</u>	<u>605</u>	<u>446,752</u>
<b>NET BOOK VALUE</b>					
At 31st March 2023	<u>95,315</u>	<u>773,033</u>	<u>-</u>	<u>3,028</u>	<u>871,376</u>
At 31st March 2022	<u>95,315</u>	<u>773,033</u>	<u>-</u>	<u>-</u>	<u>868,348</u>

Property has been recognised at a total undepreciated cost of £868,348. These properties were formally valued in June 2017 and their open market value assessed as £1,063,500. There has been no subsequent valuation.

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Notes to the Financial Statements - continued for the year ended 31st March 2023**

### **13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Trade debtors	<b>47,924</b>	<b>14,925</b>
Prepayments and accrued income	<b><u>13,322</u></b>	<b><u>15,422</u></b>
	<b><u>61,246</u></b>	<b><u>30,347</u></b>

### **14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Bank loans and overdrafts (see note 16)	<b>27,524</b>	<b>43,504</b>
Trade creditors	<b>2,269</b>	<b>18,044</b>
Other creditors	<b>937</b>	<b>1,284</b>
Accruals and deferred income	<b><u>2,500</u></b>	<b><u>4,529</u></b>
	<b><u>33,230</u></b>	<b><u>67,361</u></b>

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

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Bank loans (see note 16)	<b><u>439,474</u></b>	<b><u>460,223</u></b>

### **16. LOANS**

An analysis of the maturity of loans is given below:

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Amounts falling due within one year on demand:		
Bank loans	<b><u>27,524</u></b>	<b><u>43,504</u></b>
Amounts falling between one and two years:		
Bank loans - 1-2 years	<b><u>29,809</u></b>	<b><u>45,137</u></b>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	<b><u>105,110</u></b>	<b><u>145,205</u></b>
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	<b>304,555</b>	<b>269,881</b>



# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Notes to the Financial Statements - continued for the year ended 31st March 2023**

### **17. LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2023 £	2022 £
Within one year	63,800	52,120
Between one and five years	<u>50,400</u>	<u>35,000</u>
	<u><b>114,200</b></u>	<u><b>87,120</b></u>

### **18. SECURED DEBTS**

The following secured debts are included within creditors:

	2023 £	2022 £
Bank loans	<u><b>466,998</b></u>	<u><b>503,727</b></u>

In support of the charity's loans, the charity's bankers hold first legal charges over the properties to which they relate

### **19. MOVEMENT IN FUNDS**

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
<b>Unrestricted funds</b>			
General fund	609,751	61,945	671,696
<b>Restricted funds</b>			
Restricted Funds	7,900	(9,116)	(1,216)
<b>TOTAL FUNDS</b>	<u><b>617,651</b></u>	<u><b>52,829</b></u>	<u><b>670,480</b></u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	506,311	(444,366)	61,945
<b>Restricted funds</b>			
Restricted Funds	396,312	(405,428)	(9,116)
<b>TOTAL FUNDS</b>	<u><b>902,623</b></u>	<u><b>(849,794)</b></u>	<u><b>52,829</b></u>

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Notes to the Financial Statements - continued for the year ended 31st March 2023**

### **19. MOVEMENT IN FUNDS - continued**

#### **Comparatives for movement in funds**

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
<b>Unrestricted funds</b>			
General fund	491,954	117,797	609,751
<b>Restricted funds</b>			
Restricted Funds	13,630	(5,730)	7,900
<b>TOTAL FUNDS</b>	<u>505,584</u>	<u>112,067</u>	<u>617,651</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	452,035	(334,238)	117,797
<b>Restricted funds</b>			
Restricted Funds	218,064	(223,794)	(5,730)
<b>TOTAL FUNDS</b>	<u>670,099</u>	<u>(558,032)</u>	<u>112,067</u>

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

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
<b>Unrestricted funds</b>			
General fund	491,954	179,742	671,696
<b>Restricted funds</b>			
Restricted Funds	13,630	(14,846)	(1,216)
<b>TOTAL FUNDS</b>	<u>505,584</u>	<u>164,896</u>	<u>670,480</u>

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Notes to the Financial Statements - continued for the year ended 31st March 2023**

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### **19. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	958,346	(778,604)	179,742
<b>Restricted funds</b>			
Restricted Funds	614,376	(629,222)	(14,846)
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>1,572,722</u>	<u>(1,407,826)</u>	<u>164,896</u>

### **20. RELATED PARTY DISCLOSURES**

During the year ended 31 March 2023 the charity's total remuneration to key management personnel amounted to £41,000 (2022: £41,000).

One employee is related to a Trustee. This Trustee plays no part in the management or decision making in respect of their relatives' area of responsibility. This Trustee has subsequently resigned by rotation after the balance sheet date.

On the payment of an annual levy to National Mind the charity will remain affiliated and can participate in the affairs of National Mind to such a degree and through such representation that may be determined by this charity and the National Mind. The charity is guided by both local and national policy and strategy where this is complementary to our objectives. Equally we will participate in joint working with other national and local organisations, such as National Mind, in the effective pursuit of our objectives.

During the year the charity received accounting services from Barrons, a firm in which one of the Trustees, Mr G J Raven, is able to exercise significant influence amounting to £14,172 (2022: £nil). It is thought that the fair value of such transactions were they undertaken by an independent third-party would be between £20,000 (2022:£nil) and £22,500 (2022:£nil).

There were no other related party transactions for the year (2022: £nil).

# **SOUTH EAST AND CENTRAL ESSEX MIND LIMITED**

## **Notes to the Financial Statements - continued for the year ended 31st March 2023**

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### **21. PENSION COMMITMENTS**

The charity operates a defined contribution pension scheme in respect of its employees. During the year contributions to the scheme amounted to £11,663 (2022: 8,324) and there were liabilities outstanding at the Balance Sheet date totalling £2,680 (2022: £1,284).