



**DORSET  
MENTAL HEALTH  
FORUM**

Promoting wellbeing & recovery

## **ANNUAL REPORT & ACCOUNTS 2021-2022**



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# Welcome from our Chair & CEO



**Ann Abraham**  
Chair of the Trustee Board

**The Trustees have pleasure in presenting their annual report and the financial statements for the year ended 31 March 2022. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charity's Constitution and the Charities Act 2011.**

We introduce our Annual Report by first thanking and celebrating our inspirational workforce, who bring their own life and lived experiences every day to their work. We could not have achieved such impact for people in Dorset this year without the dedication, commitment and continued hard work of our whole workforce.

work and activities to meet and support people on their own terms, educating and enabling people, services and systems to celebrate and build on what is strong, in order to meet the challenges of today and those of the future. By supporting people and local organisations to share their voices, we have continued to build capacity within services and communities.



**Becky Aldridge**  
CEO

It continues to be a challenging time for people and communities throughout Dorset as everything around us has changed and is still changing. In the true spirit of Recovery... our experiences during the pandemic have changed us and *"there is no going back to how we were before that event. We have to incorporate that into our way of living and we learn from that and move on with that."*

During 2021/22 we are very proud to have responded positively to the difficulties and struggles around us, evolving and structuring our

Moving forward into 2022/23, we are excited to be building on this year's development of our eight Strategic Objectives, underpinned and supported by our People, Sustainability and Influencing strategies. We believe that our work will be even more relevant and vital in the year ahead and we remain deeply committed and passionate about driving social and cultural change in Dorset.

**Ann Abraham**  
Chair of the Trustee Board

**Becky Aldridge**  
CEO



# Strategic Report

## About Us

**The Dorset Mental Health Forum is a values-based Charitable Incorporated Organisation influencing social change and advocating for social justice in Dorset and beyond. We increase understanding of mental health, wellbeing and Recovery, challenging prejudice around people's experiences of mental distress and trauma, through lived experience expertise, education and Coproduction.**

We believe that experiencing mental ill health and managing one's symptoms should not preclude or diminish a person's right to enjoy all of the opportunities that life can provide, as with managing any physical health condition. This is one of the aspirations that sits behind all our work, along with a passionate desire to challenge the stigma, prejudice and discrimination that still exists around people's experiences of mental health problems. We have contact with many people who do not want to be defined by their illness or diagnosis, despite managing serious

long-term conditions. Many people can lead meaningful and satisfying lives, others require more support to do so, often having been supported by services for most of their lives.

Recovery is at the heart of all that we do, enabling and promoting the value and efficacy of people doing for themselves what they have traditionally been reliant on services to provide, encouraging an environment where people work in partnership with providers of care and treatment, in order to build the lives they wish to live.





## Our Vision

A world that understands mental health: where individuals and communities can **enjoy good mental health, shared humanity and appropriate support** when they experience emotional distress and trauma.

## Our Mission

To increase understanding of mental health, to support people's Recovery and to build capacity within services and communities to bring about change.

We deliver our Mission through four Strategic Aims:

- Increase understanding of mental health through Recovery Education and Coproduction.
- Support and enable people to live the lives they wish to live.
- Develop capacity and build connected communities across Dorset.
- Influence and transform local services with the collective voice of lived experience expertise.

## Our Values

Guide everything that we do:

- Honesty is our foundation stone.
- Our work requires Courage, to be vulnerable and to grow.
- We know the power of Compassion.
- Respect for who we are is a human right.
- Having Integrity means living our values and staying true to our purpose.

## Our Beliefs

We believe:

- That people with lived experience of mental health problems have a wealth of specialist knowledge, valuable expertise and experiences.
- In the effectiveness of partnership working in the design and provision of services.
- That everyone has an equal right to enjoy all the opportunities that life provides.
- That there is 'no health without mental health' and that 'mental health is everyone's business'.
- That individuals and communities hold many of their own solutions.
- That hope, mental health and wellbeing are essential to us all.





# Activities and Objectives

## What we do

**We are a community of people who have experiences of mental distress and managing a mental health condition, experiences of trauma, living with long term health issues or caring for someone who is in emotional distress. Our lived experience infrastructure brings the collective voice of lived experience expertise to the heart of real and sustainable change across Dorset.**

Utilising our lived experience expertise, we influence and facilitate significant culture change around mental health in Dorset, as well as undertake a range of specialist independent and partnership activities to fulfil our mission and objectives, supporting individuals, communities and local systems to understand mental health. Intrinsic to this work is modelling Recovery, developing capacity and capability within individuals and communities.



## Sports and Social

Our Sports and Social Programme works with individuals and organisations to offer different activities across Dorset, developing connections and helping people to build a life within their local community.



## Advocacy

Our Dorset Mental Health Advocacy Service supports people to have a voice and exercise their rights in matters that directly affect their lives. This includes times when they may be subject to the Mental Health Act.

## Dorset Wellbeing and Recovery Partnership (WaRP)

The Dorset Wellbeing and Recovery Partnership (WaRP) is a nationally recognised, formal partnership between the Dorset Mental Health Forum and Dorset HealthCare University NHS Foundation Trust, putting lived experience expertise hand in hand with professional and technical expertise. The Partnership promotes coproduction and drives culture change across the Integrated Care System in Dorset.



Together the Dorset Wellbeing and Recovery Partnership provides the following projects:

## **Dorset Recovery Education Centre**

Dorset Recovery Education Centre (REC) provides Recovery focused, educational opportunities that enable people to identify their strengths, find hope and build skills, to reframe their experiences of trauma and emotional distress.

## **Discovery Project**

Discovery Project works closely with schools and youth projects to facilitate participation and create mechanisms for young people to have a voice within local services and their communities.

## **Dorset Open Door**

Dorset Open Door is a collaborative, multi-agency bereavement support and signposting service for people in Dorset who have been bereaved by trauma or suicide.

## **Retreats**

Retreats provide a collaborative approach to crisis support in Dorset, through open access safe spaces for people to make sense of their distress in times of self-defined crisis.

## **Peer Specialists**

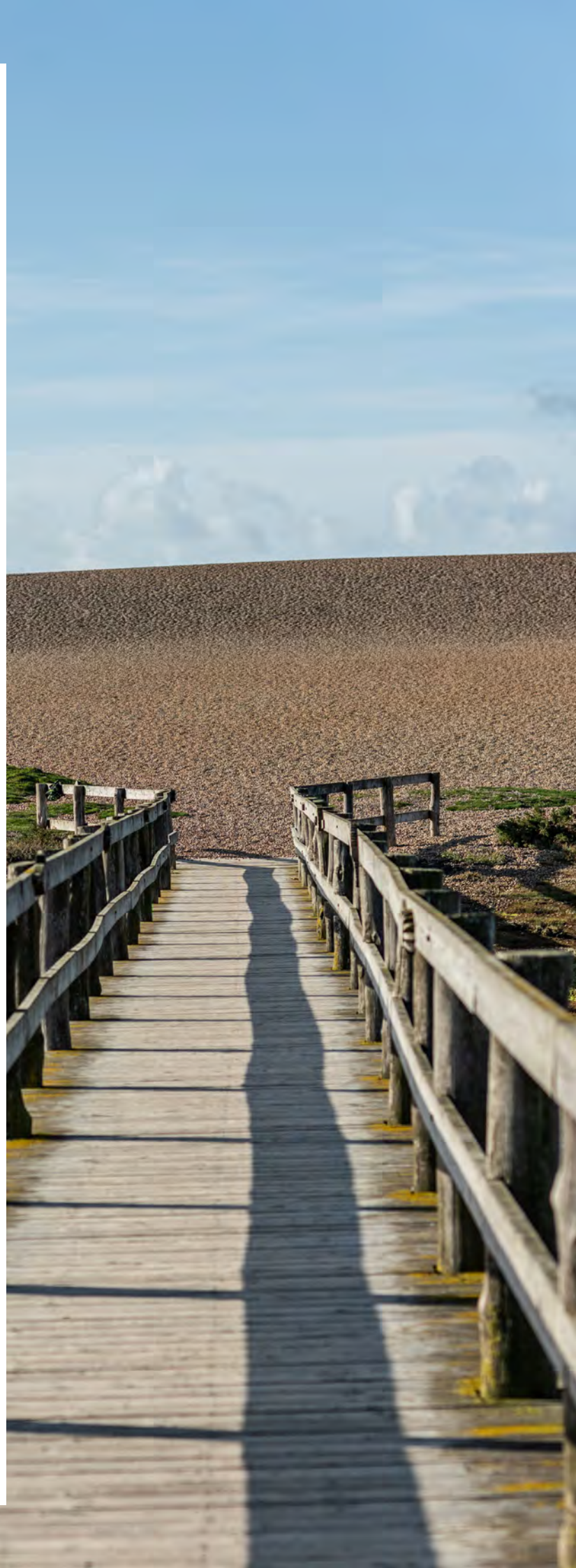
Peer Specialists within services are staff who intentionally utilise their lived experience of mental health issues, trauma, and emotional distress, to support Recovery oriented practices within local services and broader communities across Dorset.

## **Carers Project**

Carers Project supports the development of lived experience voices of carers, particularly people who have been bereaved by suicide or cared for people who have experienced complex trauma.

## **Dorset Work Matters**

Dorset Work Matters provides an Individual Placement and Support (IPS) employment service to people accessing secondary mental health services, as part of a broader ambition to create meaningful vocational opportunities for people in Dorset.





# Strategic Objectives for 2021-2024

**As 2021 was the final year of the Forum's 2018-2021 Strategy and in the wake of the Covid pandemic, we undertook engagement and development activities during the year to review and determine the Forum's Strategy for 2021-2024.**

Although our operating environment changed significantly as a result of the pandemic, it was evident that our vision of a world that understands mental health and our mission to increase understanding of mental health, to support people's Recovery and to build capacity within services and communities, are still very relevant and required by beneficiaries and stakeholders today.

Moreover, it became clear that our new Strategy needed to speak to deepening inequalities and social justice issues. We developed eight new Strategic Objectives (see following page) to strengthen our focus in these areas.





1

## Education

Broaden reach of Recovery Education, including Primary Care Networks, Department for Education, Public Health, building literacy around impact of trauma.

2

## Agency

Enable people to build their lives beyond services, through community activities, citizenship, learning and Recovery.

3

## Activism

Develop channels for grassroots activism, to enable people's voices to be heard, advocating for equality and social justice.

4

## System

Further develop WaRP as Dorset Integrated Care System (ICS) partner, supporting delivery of Prevention at Scale and Population Health agendas.

5

## Parity

Promote parity between physical and mental health, challenging health inequalities, through lived experience perspective.

6

## Connection

Develop diverse access and alternative options for people to understand and reframe their life and mental health experiences.

7

## Collaboration

Develop reciprocal collaborations within local communities to build capacity, add value and amplify people's voices.

8

## Employment

Pioneer development of peer employment pathways and opportunities across the Dorset System, building understanding and capability.

We are working within our Strategic Aims during 2021-2024 to make a difference for the people of Dorset within these eight Strategic Objective areas.

We have developed three supporting strategies to enable and support delivery of our Strategy 2021-24:

- **People Strategy** – Continuous learning, growth and development for our thriving workforce.
- **Sustainability Strategy** – Developing longer term financial and environmental sustainability.
- **Influencing Strategy** – Building our collective voice for influence and to bring about change.

# Achievements and Performance during 2021/22

## Lived Experience Infrastructure

**Our diverse lived experience infrastructure brings an alternative perspective around mental health to local services and communities, challenging stigma through lived experience expertise and coproduction. We have continued to evolve and strengthen our lived experience expertise and infrastructure, by creating opportunities and mechanisms for people to make sense of and reframe their experiences, utilising their learning to model Recovery, increase understanding, support others and influence change in Dorset.**

Our courageous and inspiring workforce promote and model the principles of Wellbeing and Recovery in a variety of different roles and settings throughout the organisation, local services and across Dorset. Our staff are employed in different roles across the organisation, with some people working as Peer Specialists and engaged in Partnership work. Employment is an intrinsic part of our people's own Recovery journeys, as they discover and develop skills and resilience to build the lives they wish to live, focusing on their strengths, rather than deficits, "what's strong, rather than what's wrong".

Maintaining a psychologically safe, values-based workplace and culture within our organisation is paramount for our work. Many of our workforce have experienced periods of crisis in their lives and the pandemic has seen our people demonstrate courage, tenacity and compassion within their work and in support of their colleagues. Developing capacity, resilience and sustainability across the organisation to support the workforce has been priority work throughout the year.

We have continued with our digital transformation workstreams during the year, learning together as a workforce and supporting each other and our beneficiaries with new ways of working. All of our teams have shown commitment, innovation and creative problem solving as we have delivered on projects and served so many of our beneficiaries during what continues to be a challenging time.

**"I've really appreciated the wellbeing support I've had and the development process I've begun. It's made me feel like I know what I want and the path I'm on to get there."**

*Staff member, 2021*

Gaining understanding and learning from the experiences of our workforce, through engagement mechanisms and regular staff surveys, continues to be paramount to inform further developments.



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We have had over

82

people in our workforce  
utilising their experiences

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We have provided

44,075

hours of lived experience  
expertise across Dorset

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# Strategic Objective:

# Education

**Broaden reach of Recovery Education, including Primary Care Networks, Department for Education, Public Health, building literacy around impact of trauma.**

**The focus this year as we move forward from the effects of the pandemic, has been to ensure consistency and accessibility for people across Dorset who wish to access Recovery Education and trauma informed educational workshops. This knowledge has enabled our beneficiaries to be more informed and therefore better equipped to understand what they might want for themselves in terms of building a life beyond mental health services. This is relevant for both people who access mental health services and staff who work within them.**

Our work has shown us that in order to collaborate effectively in planning for Recovery, people need to have some sense of their own strengths, resources and expertise. The Recovery Education Centre (REC) provides educational opportunities that enable people to reframe their experiences by bringing together the perspective of lived experience and that of clinical or technical expertise. During the year, people have accessed Recovery Education through online resources such as podcasts, videos and workbooks or through classroom learning, either webinars or face to face delivery.





In terms of social change, we believe more people talking about mental health concerns does indeed represent progress, but that **there is still a long way to go in order for people to understand the lasting impact of trauma on a person's mental health and wellbeing. Codeveloping and codelivering trauma informed Recovery Education for organisations and communities across Dorset during the year has enabled us to challenge stigma and broaden understanding and perspectives around mental health.**

- We offered **1,398** places on Recovery Education courses, including Early Warning Signs; Sleep; Managing Mood; Self Compassion and Understanding Unusual Experiences. Courses were offered as a mixture of face to face, webinars and enhanced webinars (with more discussion and interaction).
- We provided trauma informed training to **360** staff across the mental health system, using a Recovery Education approach to explore perspectives from both lived experience and technical points of view. Underpinning interactions in a trauma informed way ensures that the person has a voice and can describe what matters to them (strengths, values, identity), rather than be focusing on what is the matter or wrong with them (symptoms, diagnosis, deficit).
- We delivered **523** Recovery Skills workshops across inpatient and community settings. A person's Recovery journey is not linear and access to Recovery Education is important at all stages. Our Recovery Skills workshops are shorter and more informal, creating space for exploration and discussion, as well as reminders of the fundamental importance of self-care and compassion.

## Impact

**As a result of accessing Recovery Education, people tell us that they feel less alone in their struggle and more informed about what is possible in terms of Recovery. Staff tell us that they feel better equipped and more confident to hold space for people to find solutions for themselves.**

**"Hi, I want to thank the wonderful speakers on today's Recovery webinar. Their openness and lived examples were very relatable and helpful to me and left me with a feeling of hope :) tapping into various resources and keeping on fighting. Thanks again!"**

*REC Student*

**"Over the months you have been supporting me I feel like I have a chance at life again. I went from feeling hopeless and angry at the world to feeling optimistic and planning for the future. Without lived experience input I might not still be here."**

*Recovery Skills Workshop Student*

**"Peer input helps us to support people more effectively. It is always wonderful to see our patients respond to peers with lived experience, the conversations are always so rich. I always come away knowing something about an individual that I had previously not known."**

*Community Mental Health Team (CMHT)  
Staff Member*

Strategic Objective:

# Agency

**Enable people to build their lives beyond services, through community activities, citizenship, learning and Recovery.**

During 2021/22 we have significantly broadened our community-based activity. People tell us that meeting someone who has faced similar challenges helps them to believe that change is possible. During Covid, isolation and loneliness increased for many people and disconnection from communities was impactful for some people's Recovery. However, we have also seen the value of communities coming together and real opportunities arising for people to become active citizens and organise themselves around their local community assets. During this year, our focus has been to build on this energy and to focus on reciprocal reconnection and exploration of how people can build their lives beyond mental health services.



**"R has stated often that he benefits from the groups because there is no pressure for him to attend. He likes the friendly, respectful nature of the groups and the way everyone is treated the same. He also feels the regular nature of most sessions provides some structure for his week."**

*Sports and Social Programme Coordinator*



**We know that for people to gain agency, they need to be able to see their own strengths, identify what is important to them and their values and begin to explore what might be possible. We have an individualised approach which is responsive and utilises a mixture of 1-1 conversations, social activities, and sports or creative sessions.**

Our aim is not to run mental health specific groups, but to create opportunities for people to engage in activities that are part of building a life that they wish to live, as defined by them and in the context of their community and their lives.

- We had **9,327** contacts with people through our Sports and Social Programme, with activities including coastal walks, football sessions, craft groups, gardening projects, Christmas market trips and badminton games. The programme is diverse and responsive to communities, with many sessions run collaboratively and in partnership where there are existing groups and new opportunities created where there are gaps and opportunities.
- We walked alongside **397** individuals supporting them to access community assets and explore what they want from life, beyond their recent experiences. This has included working in close partnership with other organisations and creating opportunities for people to build relationships.
- We worked on a 1-1 basis with **336** people at the point of transition between services: inpatient to community; CMHT to primary care; or moving on from mental health services altogether. During this work, we have been able to demonstrate the explicit value to people of access to lived experience expertise at the point of transition between services.

**"D is a transgender young person who in the past, has had some problems with drug use. As part of her recovery, she has been attending the AFC Bournemouth football session for about a year and a half and said that without these sessions, she felt she would have relapsed. Her confidence has improved so much, that she is now looking to take her football more seriously and has been offered trials for AFC Bournemouth women football team for next season."**

**"There are more than a couple of people who attended the women's group last year, who gained in confidence from the group, shared ways of managing each other's specific goings on, but then have moved on to get into their own projects and goals. Specifically, a lady who wanted to focus on her business and felt just connecting with the women's group and beyond that a parent's group, helped her feel better about herself and branch out, so that she is no longer needing the group."**

*Sports and Social Team*

## Impact

**As a result of accessing some of our activities and meeting our team during 2021/22, people have told us that they feel more confident in attending community groups and that they have aspirations for things that they previously didn't think were possible for "people like us". Individuals feel valued as active citizens and many people have come back to tell us that they are now looking for further opportunities to contribute within their community.**

Strategic Objective:

# Activism

Develop channels for grassroots activism, to enable people's voices to be heard, advocating for equality and social justice.

We know that people who experience mental ill health, trauma and emotional distress are often disadvantaged in our society. Everyone needs somewhere to live, someone to love and something to do and these fundamental needs can be hard to achieve for some people.

We also know that the pandemic has had an impact on the determinants in our lives which influence our mental health and wellbeing, such as poor living or working conditions, abuse, poverty, oppression or discrimination. These are very real struggles for many people in our local communities.



"Young people have had quite a hammering over the past 2 years, had big gaps in education, been villainized in the press for being careless and labelled as snowflakes for feeling distress at a really crazy world. We need to stop ignoring kids until they grow up and listen to their wisdom. We were young once, but we aren't young now and believe me it's no walk in the park."

*Discovery Project*



**We believe that everyone has an equal right to enjoy all of the opportunities that life provides and through our work we continue to model and support people to aspire to more from their lives.**

Activism, by way of creating experiences of meaning and bringing about social change, is often core to people's personal Recovery and it is central to our work. We are proud to work alongside statutory services and within our communities, modelling what is possible, promoting Wellbeing and Recovery, challenging prejudice and stigma and transforming people's understanding of mental health.

- We advocated for **656** individuals supporting them to access their rights and to be heard. Issues people needed help with included access to treatment, communication with agencies, children's services, benefits, employment and housing.
- We contributed to **35** engagement events and consultation activities on topics including Carers, Young People and Health Inequalities. Acting as a critical friend and highlighting unmet need, our involvement in these sessions has enabled us to challenge from a lived experience perspective, but also to be part of cocreating solutions for the future.
- We achieved **18,686** digital interactions across our social media channels, raising awareness and amplifying people's voices and stories. Since the pandemic, our digital networks continue to grow significantly, which enables us to share information and stories, but also to broaden our collective voice, reach and influence.

**"My client's Personal Independence Payment claim was reviewed as a result of which he lost his entitlement to PIP. During the Covid restrictions around meeting face-to-face, I was able to support the client with the PIP appeal by telephone, as he was struggling to get help with the matter.**

**Sometimes my client found it very difficult to communicate and so he agreed I could speak to his brother who was very supportive and helpful. They supplied me with some supporting documentation using the camera on the phone to send me screenshots which enabled me to keep up to date with the correspondence. I was able to ensure that my client could articulate and evidence his circumstances and as a result his vitally needed financial support was reinstated."**

*Advocate*

**"When you have been homeless, stuff, things are important. No matter how small or tatty, because they are all I have. To you, it's a boot full of rubbish. To me, it's my entire life."**

*Advocacy client*

## Impact

**We believe that people should not be disadvantaged in life due to their experiences or circumstances.**

**During the year we have continued to use our voice, experiences and influence to highlight issues and amplify unseen inequalities around us and within our communities.**

**Through this work we aim to increase understanding and develop capacity and connection within communities across Dorset.**

# Strategic Objective:

# System

## Further develop WaRP as Dorset ICS System partner, supporting delivery of Prevention at Scale and Population Health agendas.

**As demand on statutory organisations increases and national policy drives forward an agenda of whole system approaches, we continue to build our reputation as a credible and professional lived experience organisation. Our position within the local mental health system allows us to represent and influence from a lived experience perspective at all levels of system transformation and service delivery, bringing our workforce and people who access local services, their supporters and carers alongside statutory services and local government departments, to act as “critical friends” supporting and informing the evolution, shaping and design of local services for public benefit.**

The Forum has a long history of doing this work and over time we have developed our infrastructure and a range of mechanisms that enables us to influence at a strategic level and to bring lived experience expertise to the heart of statutory service transformation and design.

During the year, there have been several important transformation programmes across the Dorset System. The Forum and the Dorset Wellbeing and Recovery Partnership are deemed to have a wealth of expertise and experience in coproduction and as a result we have been invited to take a significant role in the development of some of these programmes.

One of these is the Mental Health Integrated Community Care Review (MHICC) which is a nationally mandated programme to develop a fully modernised and integrated model of primary and community mental health care that works across health, social care, the voluntary sector and with local communities.

**“Thank you for attending, I was struck by a comment that you made – something that is so important for us to reflect within the strategic approach to working with people and communities. I made a note of it and wondered how you would feel about us using this as a quote from you, as a key partner and an expert in coproduction and engagement.”**

*Member of Transformation Team*





# Impact

**The experience of accessing services gives people a unique perspective that is immensely valuable when designing new ways of working. It challenges people to think not only about what is to be delivered, but also how it should be delivered. Lived experience input shows people what it feels like for a person who is in receipt of support and services, as well as how a person can contribute in their own right, throughout their interaction with services. During our work this year, we have been able to influence system design at the most strategic level, enabling people to think differently about how to include and value the voices and expertise of people within local communities.**

The NHS Long Term Plan (2019) is very clear that the development of Integrated Care Systems (ICS) across the country should include the voluntary sector and people with lived experience. Key national drivers such as the Levelling Up White Paper (2022) continue to specify that all systems and services should be co-created with the people who will access them. During 2021/22, we have continued to utilise lived experience expertise to bring about change in Dorset.

- We brought lived experience leadership to **17** strategic integrated boards or steering groups, attended **158** meetings and ensured that people who access services and communities were represented in decisions about local service design and delivery.
- We delivered **7** coproduction workshops to **248** staff working across the mental health system, developing a shared understanding of coproduction and embedding a commitment to draw on lived experience expertise equally alongside professional and technical expertise.
- We employed **51** people to work directly within statutory services, utilising their lived experience expertise and modelling Recovery to influence culture change on the ground.

**"It is incredibly important to remember that the mechanism by which people and communities have a voice needs to be integrated and woven throughout the whole of the ICS. Each Voluntary, Community Social Enterprise (VCSE) partner needs to amplify the voices of the people who they represent but equally we need to support colleagues from across the system to make sure that their beneficiaries, people who access their services are represented too."**

*Forum Staff Member*

**"I just wanted to reach out and say a massive thank you for yesterday's meeting re the transformation. Not only was it fantastic to get back to speaking face to face, but the entire conversation was a pleasure to be part of. It was so valuable to hear and assimilate different perspectives on our experience of transformation thus far and I really valued your input into thinking about how we can make what happens next effective, inclusive and productive."**

*Senior Leader ICS*

# Strategic Objective:

# Parity

## Promote parity between physical and mental health, challenging health inequalities, through lived experience perspective.

The pandemic highlighted health inequalities in our community and during the year we have focused our resources on addressing some of the biggest challenges facing our beneficiaries. We have worked collaboratively with Dorset Clinical Commissioning Group (CCG), primary and secondary mental health services and other voluntary sector organisations, to address the physical health issues faced by people with serious mental health issues.

This work has involved being proactive around identifying the barriers that people experience. People tell us there are many reasons that prevent them from accessing support around their physical health when they have a diagnosed mental health concern or have experienced complex trauma in their lives. Stigma still very much exists, particularly self-stigma. People spoke to us about their fear, following previous occasions when they have been forcibly medicated or not had control or a voice in relation to decisions about their medication and treatment. These views and experiences can only be acknowledged by hearing from lived experience. During the year, we have supported people to have a voice within physical health services and created opportunities for staff to learn from our work in mental health services.

**"The exercise prescription is difficult because of disabled access or gendered changing rooms. Universal private changing is good for trans and disabled people."**

*Participant in engagement (SMI)*

- We undertook work in Psychiatric Liaison services, delivering training to **120** staff working in Acute settings (Emergency Departments) to promote the importance of being trauma informed.
- We worked directly with **134** individuals with a focus on physical health, supporting activities that promoted physical activity and linked with primary care to improve access to Serious Mental Illness (SMI) physical health checks and other health improvement initiatives.
- We attended **14** system wide SMI Steering Groups ensuring that the perspective of people who access services was heard and that unmet need was identified.





**“E lives with her former stepmother following a long history of challenging family relationships. Her stepmother was shielding throughout the COVID-19 pandemic. E was not going out and she was not attending to her basic physical health needs.**

**Through working alongside a Peer Specialist, E was able to reflect that her feelings of abandonment might well be being triggered by the very real threat that COVID-19 posed to her stepmother. E was able to explain that she feared losing the only stable parental figure left in her life and that this had impacted on her ability to engage with life.**

**Since then, E has accessed Recovery Education to better understand her experiences during the pandemic and is in the process of developing a Recovery Plan to help her identify how she might build her life beyond the effects of the pandemic.”**

*Peer Specialist*

**“Some of the GP’s don’t understand the impact of anti-psychotic medication and weight. I have put on 2 stone, and I am often shamed for being overweight. There needs to be more education”.**

*Participant in engagement (SMI)*

**“I haven’t been under secondary mental health services for some time but every time I go to my GP for help with sleeping or low mood, I feel like I am being judged by my history and not by my life now. I am working full time and it’s important to me, I might need a little help to stay at work, but I certainly don’t think I am becoming as unwell again. The Peer Specialist understood this. When they shared some of their own experiences, it made me feel less broken and more normal.”**

*My Recovery Workbook*

# Impact

People from lower socioeconomic communities and those who are diagnosed with a serious mental illness are still dying many years before people without these societal constraints and disadvantages. This is a huge problem in today’s society and it is important for us to be highlighting some of these issues locally, offering our lived experience and expertise to co-create solutions and bring about change. This work is made more pressing with the impact of the pandemic and global unrest being felt in local economies and communities.

As a result of our activities this year, people have been able to share their stories. This helps the mental health system to understand the biggest challenges for people, as local services are being transformed. By walking a few steps with people and understanding “what matters to them” rather than “what is the matter with them”, we have been able to model a different way of working and break down some of the barriers that people face, thereby improving people’s experiences. Through our work, services are being challenged to see the whole person, in the context of their lives, not just the risks that the person presents or the perceived problem that they cause.

# Strategic Objective: Connection

Develop diverse access and alternative options for people to understand and reframe their life and mental health experiences.

As human beings, we need connection, but people tell us, when they are struggling, it can be difficult to identify, reach out and to connect with others. People tell us that they often see themselves, or feel that others see them, as different or broken.

Connection means different things to different people and during the year, we have worked together within our local communities to create a sense of belonging and inclusivity for people. We have collaborated with individuals, organisations and communities to offer a range of different opportunities and activities across Dorset that bring people together and help them to connect with others on their own terms and in ways that have value and meaning for them.

- We supported **99** people who have experienced traumatic bereavement, using Recovery-oriented approaches to identify what support would help them, ensuring warm handovers and offering space for reflection.
- We worked 1-1 with **733** individuals across community projects, supporting them to identify what was important to them and to build a life they wished to live. This work included signposting and navigation to a range of community activities and education opportunities.
- We supported **1,292** people who were in crisis at the Retreats, both in person and digitally through Attend Anywhere virtual drop in spaces.





**"H contacted Dorset Open Door describing difficulties in managing her feelings associated with the loss of her husband, made worse by the COVID-19 pandemic. H described unanswered questions that she had as a result of the circumstances surrounding her husband's death. She felt that she needed to be able to process what had happened and that although people had suggested emotional support, she felt that understanding what had happened was fundamental to her. H described that a key challenge with this was the fact she only had a landline for communication, did not have a voicemail facility and did not use the internet. She wished to make contact with the services that had been involved in her husband's care at the end of his life.**

**Handover was offered, brokering and exploring ways in which the named service could make contact with H and the expectations of both parties in this. Follow up contact was made with H who said that she had felt listened to and understood. H felt that she had some answers to her questions and she had agreed to join the ongoing peer support network provided by the service."**

*Dorset Open Door*

**"The most important thing we do at the Retreats when someone is in crisis or distress is meet them where they are (emotionally) and not where we want them to be. This changes the interaction and starts a reciprocal conversation."**

*Peer Specialist*

**"I have had a lot of very helpful support from the CMHT (when I think of the state I was in when I was first accepted for help it is a surprise to me that I am still alive), but this work on the My Recovery Plan has covered new and crucially important ground and significantly has taught me how to focus on managing my mental health in the future.**

**The work we have done together has encouraged me to be proactive in both noticing and responding wisely to early warning signs. By being listened to on such a deep level, and exploring together the implications of my reactions, I feel (for the first time ever) empowered about making appropriate choices for myself before things get too bad. There is a plan for the future. There are places and people I can contact if I feel I need help. I feel now as if I am in a strong position"**

*My Recovery Plan participant*

## Impact

**Being able to identify what you want from your life is such an important part of a person's Recovery journey. People tell us repeatedly that services and organisations do not talk to each other, which creates unnecessary and unhelpful barriers or hoops for people to jump through, to get the support that they need. Much of our work during this year has been focused on bringing organisations together, identifying shared purpose and removing hand offs between services. We have fostered the concept of a warm handover, ensuring that people receive seamless interaction into and out of contact with us.**

# Strategic Objective: Collaboration

Develop reciprocal collaborations within local communities to build capacity, add value and amplify people's voices.

Our organisation has a long history of working in partnership and with the principles of Coproduction. We are committed to collaboration across all of our activities and projects, to increase understanding of mental health and to develop capacity within local communities across Dorset. During the year, we have been intentional about working alongside smaller organisations to develop their capacity and to support them to amplify their (organisational) voice within services and across the Dorset system.



We know that as we work with system change and transformation, we are much stronger together. We have been delighted during the year to develop relationships with organisations and community groups that share our values and purpose. Together we have been able to design collaborative pathways that ensure no wrong door, walking a few steps with people between organisations to provide warm handovers and to remove unhelpful and unnecessary barriers.

- We worked collaboratively with **313** community organisations to develop whole system approaches, reduce duplication, share learning and build capacity.
- We worked collaboratively alongside schools, health services and youth organisations with **87** young people across Dorset.
- We delivered **7** new projects in partnership with organisations outside the NHS.



**"We were approached by the Local Authority who had developed some local land. They wanted to offer charitable organisations a space for allotments and community gardening projects. Both we and another local mental health charity were interested in taking this forward as an opportunity for people.**

**Rather than just go ahead and have two projects that could essentially duplicate each other, we got together as organisations and talked through the benefits that this project could offer to people. Through these conversations, it became apparent that our approaches were quite different and could potentially complement each other and more importantly, provide more choice and opportunity for individuals.**

**We went back to the Local Authority with a proposal to share a piece of land and worked together to outline the mechanisms to set up the project and how we would share resources to enable more people from broader walks of life to access the programme.**

**We are now collaborating with this organisation in a couple of other areas and have built some great relationships. People move between projects, there are no barriers or referrals and there are double the spaces available for local people to access different projects and activities."**  
Social Connection Lead

**"I now know who can help me inside and outside of school also what I can do to help myself."**

*Discovery Project participant*

**"Having a young person peer alongside our staff and participants has been a really positive experience. Young people have really engaged and we have learned a lot. She is professional and warm, and we've loved working with her."**

*Youth Organisation*

## Impact

**People tell us that finding and navigating the support that is available in local communities can be difficult for them.**

**Every new service is another time you have to tell your story and go through another assessment. During the year, we have enabled people to talk about their anxieties and be heard, so that they are able to cope with the fear of meeting new people and it is not debilitating for them. We have assisted people with the challenge of reaching out and finding help, so that they know that they don't have to suffer in isolation.**



Strategic Objective:

# Employment

**Pioneer development of peer employment pathways and opportunities across the Dorset System, building understanding and capability.**

As a lived experience infrastructure, our organisation understands the value of lived experience within the workplace. During the year, we have further developed mechanisms to support people to stay well in work. This includes activity within our own organisation, as well as support for external organisations.

Vocation, meaning and purpose are all things that people have told us are important to them in building a life worth living for themselves. For many years, until very recently, if you were diagnosed with a serious mental health issue there was an expectation that you would not work again. This is changing, slowly. Our work continues to model how lived experience in the workplace can be celebrated and supported and to demonstrate the value of meaningful employment to people who experience mental health concerns, emotional distress and trauma.

**"You get used to speaking to people, having conversations with co-workers and customers, and it steadily builds up your confidence without you even realising it. And then one day, after a few weeks, you do a double take in your mind, blink a few times and realise how far you've come."**

*Dorset Work Matters client*

**"Work is a supportive place where I've realized my mental health is only a part of who I am, that I am not defined by it – it's at the back of my brain, not the front of it!"**

*Peer Specialist*





# Impact

**Our collaboration with other organisations has enabled us to think about development and progression pathways across the Dorset System. We want to encourage our staff and other people with lived experience across the Dorset System, to have aspirations and to fulfil their potential. During the year we have worked alongside local employers, creating opportunities for learning and personal development, building confidence and capability around supporting people from a trauma informed perspective, thereby creating greater opportunities and better experiences for people in Dorset.**

**The pandemic has given many people an experience of compromised mental health and also prompted people to review what they want from their work and from their life. The pandemic has given us the opportunity to have different conversations, to model what is possible and to build understanding, challenging people's perceptions around mental health in life and in the workplace.**

- Dorset Work Matters received **402** referrals from Community Mental Health Teams and supported **230** people to achieve a positive work outcome. This included helping **118** people into competitive employment, using the Individual Placement and Support (IPS) approach to employment support.
- We supported **82** staff and volunteers to intentionally share their lived experience of mental health in the context of their work.
- We supported the development of Lived Experience Leadership including **2** band 7 NHS Advanced Lived Experience Practitioners and **14** Peer Lead Operational Managers.

**"When your partner is in the middle of a mental health crisis, being completely beaten by, a not just unsupportive employer, but one that is actively using their mental health against them – you want to be there for them in every way possible. Feeling completely helpless whilst watching the person you love slip away is one of the hardest things ever.**

**Unfortunately, I had to continue working while this was happening and I hated leaving the house each day knowing that even if I was at home, I would not have the right words. This is where Dorset Work Matters came in. The difference in my wife after the very first phone call was incredible. Someone that just got it. And not only got it – but could sympathise, empathise, listen, support, tell her she wasn't going mad, it wasn't all in her head! To know that she was getting the right help, the right advice and support, as and when she needed it was such a relief."**

*Dorset Work Matters feedback*

# Future Plans

Developing our Strategy for 2021-2024 with supporting strategies, has been an important achievement during the year, giving us a clear and exciting focus and road map for the years ahead, as we work to influence change and deliver impact across our eight Strategic Objective areas.

Our future developments include:



## Diversity

Further developing our lived experience infrastructure and constituency networks to ensure that we are engaging and representative of different communities across Dorset. We are working intentionally to create pathways and provide opportunities for a more diverse workforce that can represent all aspects of experience in our society, increasing understanding and influencing change as part of delivering our strategy.

## Partnerships

Developing relationships across the Dorset System and local communities to collaborate, add value, build capacity, grow connections and influence change. We will continue to enable local communities to have an increased understanding of mental health, through Recovery Education and Coproduction.



## Income diversification

Developing different income generation and fundraising activities for longer term sustainability, independence and integrity to fulfil the Forum's charitable purpose.





## Demonstrating impact

Continuing to develop the Forum's systems and processes as part of our ongoing data journey, to capture and communicate the impact and outcomes of our work for funders, staff, beneficiaries and the wider public.

## Digital transformation

Building on considerable progress made during 2021/22, further embracing new ways of working and exploring opportunities for developing innovation, efficiencies, quality assurance, governance, communication and engagement throughout all of the Charity's operations. This includes a commitment to supporting equality of opportunity, understanding different needs and continuous learning and development.



# Financial Review

## Financial Position

The Forum has a range of funding streams, which include contracts and grants to provide specific services, as detailed in the financial statements, as well as funding from grant making bodies to fulfil our aims and objectives. In addition to this, the Forum continues to develop its social enterprise activities. Many of our activities are currently focused within the NHS and wider integrated system, in order to bring lived experience expertise and challenge on behalf of beneficiaries to the shaping and future design of local mental health services and beyond. As with many third sector and 'Not for Profit' organisations, our funding streams are timebound, which means continual review of fundraising strategy.

Maintaining independence as an organisation is vital in our work. Our fundraising strategy for the years ahead includes increasing our independent funding sources and further developing our social enterprise activities, in response to the growing awareness of the need to understand and respond to mental health differently across all sectors, communities and systems.

The Forum continues to manage its resources in an efficient manner and is therefore able to ensure that funding is targeted on developing and improving services. We recognise the necessity of raising funds and generating diverse income streams, in order to strengthen our service delivery and to fulfil our objectives and potential as an organisation moving forward. Achieving longer term financial sustainability is a priority for the years ahead, even more so as we anticipate financial pressures on public services in the years to come as a result of the pandemic and other global factors.

The Forum has received a number of generous donations and support throughout the year from individuals, legacies, community groups and organisations. We want to specifically acknowledge Lucie Rawlins' netball fundraising event, as well as generous donations from Colin J Clarke Funeral Services.

The Trustees would like to thank everyone who has contributed to the Forum's activities during the year for their support, including the Charity's workforce, volunteers, beneficiaries, funders and donors.

Income during the year was £1,544,580 (2021: £1,186,147) of which £1,433,290 (2021: £1,059,933) related to restricted project activities. Total expenditure during the year was £1,076,395 (2021: £941,466), of which £1,019,397 (2021: £864,379) was from restricted funds and £56,998 (2021: £77,087) from unrestricted funds. Net income for the year totalled £468,185 (2021: £244,681) with net income of £54,292 (2021: £49,127) relating to unrestricted activities and net income of £413,893 (2021: £195,554) relating to restricted funds.

Income levels have been consistent during the year. Trustees are assured and satisfied that the organisation is a going concern for the next 12 months and has financial resilience for the foreseeable future.

Reserves at 31st March 2022 total £1,265,239 (2021: £797,054) and consist of restricted funds of £966,850 (2021: £552,957) and unrestricted funds of £298,389 (2021: £244,097), of which £56,750 (2021: £65,000) is determined by the Trustees as designated reserves for specific purposes.

## Fundraising Activities

The Forum does not actively undertake any direct fundraising activities and does not engage anyone to undertake such activities on its behalf.







# Financial and Management Policies

## Reserves Policy

Trustees are aware of the need to retain funding for future endeavours and developments, in order to meet the needs of the Charity's beneficiaries. Trustees review the level of reserves required on a regular basis, to ensure that they are adequate to fulfil the Charity's continuing obligations and in line with the Charity's Reserves Policy and objectives.

The Charity regularly reviews its Reserves Policy to ensure that it is achieving the appropriate balance between the need to serve beneficiaries as quickly as possible and the need to manage risks appropriately. In doing so, the Charity considers sector guidance for charities to hold reserves for the purpose of protecting the continuity of the Charity's work, providing funds needed for the development of the Charity, or providing funds needed to replace assets. It is the policy of the Charity that reserves should provide adequate financial stability and means for the Charity to meet its charitable objectives for the foreseeable future.

The Reserves Policy and the designations made within the reserves are key tools in monitoring and maintaining sufficient cash flows. The Trustees deem it necessary to have the security of reserves to maintain and develop activities with confidence, particularly where there may be timing delays with funding streams and to build resilience in the event of unforeseen difficulties. The determination of an appropriate reserves level is a key part of the strategic planning process and is linked to risk assessment of key areas of income and expenditure, along with future strategic development.

Trustees review the allocation of the Charity's reserves and make specific designations where applicable. Restricted funds are funds required to be used for a specific purpose. Free reserves represent unrestricted funds of the Charity excluding restricted and designated funds. The Trustees aim to hold sufficient free reserves to ensure financial sustainability, operational continuity to meet the needs of beneficiaries in the event of unforeseen situations and future strategic development.

The Trustees have reviewed the Reserves Policy during the year. Trustees consider it prudent to set aside an amount equivalent to between three and twelve months of anticipated annual running costs. For the coming year, based on 2021/22 figures, this range would be between £96,102 and £384,408. As at 31 March 2022, unrestricted reserves stood at £298,389, less £2,257 held as fixed assets and £56,750 designated reserves leaving £239,382 (2021: £175,332) of free reserves which is within the range of this Reserves Policy.

These reserves would enable the Charity to continue to operate in the short term in the event of income shortfall and while action is being taken to replace funding or to implement required changes. Trustees are mindful of the long-term impact of the pandemic and are taking active steps to increase the level of free reserves over the next two years to build resilience and the longer-term sustainability and stability of the Charity.





# Investment Powers

The Constitution authorises the Trustees to use all money raised to further its Objects and to do all things that are lawful and conducive to the attainment of those Objects and does not prevent investment.

# Investment Policy

Management of cash reserves is governed by the Investment Policy, which establishes the Charity's investment objectives (in order of priority) as:

- (1) Capital preservation;
- (2) Liquidity; and
- (3) Income generation.

The Policy prohibits investment in instruments which do not guarantee principal repayment and controls credit risk, with bank counterparty limits approved by the Finance and Audit Committee.

Liquidity is ensured by specifying a minimum balance to be retained in instant access bank accounts, with a complementary limit on the average term or notice period for other deposits. Within these parameters, the Finance Team has delegated authority to manage the Charity's current and deposit accounts to maximise interest income, as far as consistent with limiting operational risk. This means that sufficient funds are available at any one time to ensure that the Charity can meet all its liabilities.

The Investment Policy is approved by the Board and monitored by the Finance and Audit Committee.

# Risk Management

The Trustees acknowledge their responsibility to give due consideration to the risks to which the Charity is exposed and have put in place processes to identify and manage risks through Risk Registers. Risks are regularly reviewed, assessed, managed and escalated appropriately in accordance with the Risk Management Policy.

The Trustees have given due consideration to the major risks to which the Charity is exposed and are satisfied that systems, processes and procedures are established in order to manage these risks. Risk management processes are in place and continue to be developed as required throughout the organisation. The Forum is committed to the continuous improvement of practices and procedures, including identifying improvements to risk management processes. These include regular review of internal control systems, which enable the Senior Leadership Team and Trustees to identify, manage and satisfactorily control risk exposures. The top three risks to the charity in the year ahead are:

- The pace of change both internally and also externally across the Dorset System.
- Rise in demand.
- Financial pressures for the Forum workforce, beneficiaries and with funders.

The Board regularly reviews organisational priorities, associated risks and mitigating factors. Work to strengthen governance mechanisms has continued during the year and internal audit processes have been further developed, building on the continuous improvement and development of the Charity's controls and procedures. Board committees provide scrutiny and information for the Board, supported by voluntary Governance Partners who work alongside Trustees, adding valuable capacity to the Charity's governance processes and activities.

# Structure, Governance and Management

## Governing Document and Constitution

Dorset Mental Health Forum is a registered Charitable Incorporated Organisation (CIO) in England and Wales, Charity number 1169215. The CIO's principal office is 29/29A Durngate Street, Dorchester, Dorset, DT1 1JP. It is governed by its Constitution which was originally adopted on 16 September 2016 when the CIO was first established. The Dorset Mental Health Forum, Charity number 1073818, transferred all assets, liabilities, activities, staff and undertakings to the new Dorset Mental Health Forum CIO on 31st March 2017.

The Forum Charity is governed by its Constitution and the Objects of the CIO are:

To promote and protect mental health for the public benefit, including but not exclusively by:

1. Supporting the Recovery of people experiencing mental distress, by creating opportunities for people to reconnect with their own strengths and resources, in order to build the lives they wish to live.
2. Challenging discrimination against people experiencing or affected by mental distress by modelling the value of lived experience expertise, including representation and involvement in the improvement and shaping of mental health services.
3. Advancing the education and understanding of the general public in all areas relating to mental health by promoting the principles of mental health, Wellbeing and Recovery through Coproduction and Recovery Education.
4. Developing the skills, capacity and opportunities to build socially inclusive, equitable and reciprocal communities which actively support good mental health.

## Public Benefit

The Dorset Mental Health Forum is a values-based Charitable Incorporated Organisation influencing social change and advocating for social justice in Dorset and beyond. We increase understanding of mental health, wellbeing and Recovery, challenging prejudice around people's experiences of mental distress and trauma, through lived experience expertise, education and Coproduction.

The Trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding the activities undertaken by the Charity during the year. The Trustees are satisfied that the information provided in the Trustees' report and accounts meets the public benefit reporting requirements.

Trustees understand the difference made to the lives of the Charity's beneficiaries, as well as to society for public benefit. The Forum's beneficial purpose and activities are as stated above. The Forum's workforce models, facilitates and provides hope, opportunity and understanding around mental health throughout all of its projects and activities. This has enormous impact for people who experience mental illness and who have direct contact with any of the Forum's workforce and operational activities, as direct beneficiaries. In addition to this direct benefit, the Forum's activities also raise awareness, challenge stigma, influence culture and change behaviour within individuals, organisations, local communities and service systems, for public benefit in Dorset and beyond.



## Recruitment and Appointment of Trustees

Appointment of Board members (“Trustees” for Charity legislation purposes) is governed by the Constitution of the Charity. Trustees are appointed, and reappointed, by the Members of the Charity at the AGM. New Trustees may also be appointed between AGMs by the existing Trustees, but must retire and be reappointed by the Members at the subsequent AGM. The Board reviews its composition and performance regularly to ensure the appropriate balance of skills, experience, backgrounds and knowledge.

The following people were Trustees of the Charity during the year:

Ann Abraham (Chair)  
Chris Balfe  
Rosanna Dean  
Peter Lovibond  
Arthur Merchant  
Sarah Murray  
Jan Owens (retired November 2021)  
Davide Rodrigues

None of the Trustees has any beneficial interest in the Charity.

The Forum’s Board of Trustees is responsible for the overall governance and strategic direction of the Charity. The Chief Executive is accountable to the Forum’s Board of Trustees. During the year, all Trustee and Board activities were able to be carried out either in person or virtually, with minimal disruption to business.

## Induction and Training of Trustees

New Trustees undergo an induction period in which they become familiar with the activities of the Charity, its core values, and its governance structure and processes, with support and mentoring as required. Once appointed, new Trustees keep themselves apprised of any new guidance issued by the Charity Commission and other relevant agencies. During the year, the Board has developed a Governance Handbook for new and existing Trustees, which is being made accessible through an intranet for Trustees, as part of the Charity’s ongoing digital transformation work.

During the year, we have continued to review and strengthen the Charity’s governance structure. Trustees meet quarterly for Board meetings to discuss the business and governance of the organisation. This includes developing strategy, risk management and reviewing operational and financial information for the Charity. The Finance and Audit Committee and the Appointments and Remuneration Committee also meet quarterly during the year, feeding directly into Board meetings as part of a programmed Board cycle for the year.

Trustees are included and encouraged to participate in whole team building events and Forum activities, as well as to undertake training and attend Recovery Education Centre courses. The Forum provides full indemnity insurance for its Trustees.

# Structure, Governance and Management

## Board Development

Development work is ongoing with the Forum Board to build resilience and longer-term sustainability for the organisation. Diversity of experience and perspective and the required skill set of the Board is reviewed regularly. The Charity considers review, appraisal and development of the Board and its effectiveness, to be important processes and utilises sector resources to undertake these activities and inform performance and appropriate governance. These include the updated Charity Governance Code (2020) and the related NCVO Governance Wheel Toolkit (2021). The Board has regular Away Days to spend specific time on learning and development for Trustees, Board development and strategic review and planning.

## Policies

The Forum is committed to the continuous improvement of practices, policies and procedures and continues to review and update these as required and on an ongoing basis. Trustees have reviewed the Policy Framework during the year and refreshed key policies such as Safeguarding, Complaints, Freedom to Speak Out and Risk Management. Further review and development of policies is taking place during 2022/23.

The Charity is continuing to work through the NCVO Trusted Charity Quality Standards, with a view to seeking external assessment towards the end of 2022/23.





# Statement of Trustees' Responsibilities

**The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).**

The law applicable to charities in England & Wales 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 Charity and of the income and expenditure of the Charity for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgments and accounting estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements, and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the Charity'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.

The Trustees are responsible for the maintenance and integrity of the Charity and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.



**Ann Abraham**  
Chair of the Trustee Board

**26th July 2022**

# Independent Auditor's Report

## Opinion

We have audited the financial statements of Dorset Mental Health Forum (the 'Charitable incorporated organisation') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cashflows 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 applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the Charity's affairs as at 31 March 2022 and of its income and expenditure for the period then ended;
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- Have been prepared in accordance with the requirements of the Charities Act 2011.

## Basis of 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

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the society's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

## 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.



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

We have nothing to report in respect of the following matters in relation to which the Charities Act 2011 requires us to report to you if, in our opinion:

- The information given in the report of the Trustees is inconsistent in any material respect with the financial statements;
- Sufficient accounting records have not been kept;
- The financial statements are not in agreement with the accounting records and returns; or
- We have not obtained all the information and explanations necessary for the purposes of our audit.

## Responsibilities of the Trustees

As explained more fully in the Trustees' responsibilities statement, 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 they 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.

## Our 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.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

## Identifying and assessing potential risks of material misstatement due to irregularities

We considered the following when identifying and assessing risks of material misstatement due to irregularities, including fraud and non-compliance with laws and regulations:

- The legal and regulatory framework in which the Charity operates;
- The nature of the sector in which the Charity operates;
- The control environment and controls established to mitigate such risks;
- The results of our enquiries of management about their identification and assessment of risks of irregularities;
- Discussions with the audit engagement team about where fraud might occur;
- The incentives for fraud.

# Independent Auditor's Report

Laws and regulations which are considered to be significant to the Charity include those relating to the requirements of financial reporting framework FRS102, the Charities Act 2011, UK tax legislation, employment law and health and safety. In addition, we consider other laws and regulation which may not directly impact the financial statements but may impact on the operation of the Charity.

As a result of these procedures we concluded, in accordance with International Auditing Standards, that a risk in relation to the potential for management override of controls existed.

## Audit responses to risks identified

We undertook audit procedures to respond to the risks identified, and designed our audit testing to respond to these risks. The additional procedures we undertook included the following:

- Gaining an understanding of the Charity's procedures for ensuring compliance with laws and regulations;
- Testing the appropriateness of journal entries and other adjustments;
- Considering whether accounting estimates were indicative of potential bias;
- Considering whether any transactions arose outside the normal course of business;
- Making enquiries of management;
- Corroborating our enquiries through review of Board Minutes and correspondence.

We also communicated relevant laws and regulations and potential fraud risks to all engagement team members and remained alert to any indicators of fraud or non-compliance with laws and regulations throughout the audit.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at:

[www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities)

This description forms part of our auditor's report.

## Use of our report

This report is made solely to the Charity's Trustees, as a body, in accordance with section 144 of the Charities Act 2011 and the regulations made under section 154 of that Act. 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 Charity's Trustees as a body, for our audit work, for this report, or for the opinions we have formed.

We have been appointed as auditor under section 144/145 of the Charities Act 2011 and report in accordance with the regulations made under section 145 of that Act.

**A C Mole (Statutory Auditor)**  
**Chartered Accountants and Statutory Auditors**  
Stafford House  
Blackbrook Park Avenue  
Taunton  
Somerset TA1 2PX



**26th July 2022**

*A C Mole is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006.*





# Statement of Financial Activities

## For the year ended 31 March 2022

	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2022	Unrestricted Funds	Restricted Funds	Total Funds 2021
		£	£	£	£	£	£
<b>Income:</b>							
Donations and legacies	2	2,305	-	2,305	3,153	-	3,153
Charitable activities	3	107,107	1,433,290	1,540,397	122,183	1,059,933	1,182,116
Other		1,878	-	1,878	878	-	878
<b>Total income</b>		<b>111,290</b>	<b>1,433,290</b>	<b>1,544,580</b>	<b>126,214</b>	<b>1,059,933</b>	<b>1,186,147</b>
<b>Expenditure:</b>							
Charitable activities	4	56,998	1,019,397	1,076,395	77,087	864,379	941,466
<b>Total expenditure</b>		<b>56,998</b>	<b>1,019,397</b>	<b>1,076,395</b>	<b>77,087</b>	<b>864,379</b>	<b>941,466</b>
<b>Net income before transfers</b>		<b>54,292</b>	<b>413,893</b>	<b>468,185</b>	<b>49,127</b>	<b>195,554</b>	<b>244,681</b>
Transfers between funds		-	-		12,307	(12,307)	-
<b>Net movement in funds</b>		<b>54,292</b>	<b>413,893</b>	<b>468,185</b>	<b>61,434</b>	<b>183,247</b>	<b>244,681</b>
<b>Reconciliation of funds:</b>							
<b>Total funds brought forward</b>		<b>244,097</b>	<b>552,957</b>	<b>797,054</b>	<b>182,663</b>	<b>369,710</b>	<b>552,373</b>
<b>Total funds carried forward</b>		<b>298,389</b>	<b>966,850</b>	<b>1,265,239</b>	<b>244,097</b>	<b>552,957</b>	<b>797,054</b>



# Balance Sheet

## As at 31 March 2022

	Notes	2022		2021	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	9		2,257		3,765
<b>Current assets</b>					
Debtors	10		343,983		172,719
Cash at bank and in hand			1,305,246		1,135,228
			<b>1,649,229</b>		<b>1,307,947</b>
<b>Creditors</b>					
Amounts falling due within one year	11	<b>386,247</b>		<b>514,658</b>	
<b>Net current assets</b>			<b>1,262,982</b>		<b>793,289</b>
<b>Total assets less current liabilities</b>			<b>1,265,239</b>		<b>797,054</b>
<b>Net assets</b>			<b>1,265,239</b>		<b>797,054</b>
<b>The funds of the Charity</b>					
<b>Unrestricted funds</b>					
General funds	15		241,639		179,097
Designated funds	15		56,750		65,000
			<b>298,389</b>		<b>244,097</b>
<b>Restricted funds</b>	15		966,850		552,957
<b>Total Charity funds</b>			<b>1,265,239</b>		<b>797,054</b>

Approved by the Board of Trustees for issue on 26th July 2022 and signed on their behalf by:



**Ann Abraham**  
Chair of the Trustee Board

# Statement of Cashflows

## For the year ended 31 March 2022

	Notes	2022		2021	
		£	£	£	£
<b>Cashflows from operating activities</b>					
Net cash provided by operating activities	13		168,140		511,763
<b>Cashflows from investing activities</b>					
Interest from investment		1,878		878	
Net cash provided by investing activities			1,878		878
Change in cash and cash equivalents in the reporting period			170,018		512,641
Cash and cash equivalents at the beginning of the reporting period			1,135,228		622,587
<b>Cash and cash equivalents at the end of the reporting period</b>			<b>1,305,246</b>		<b>1,135,228</b>



# Notes to the Financial Statements

## For the year ended 31 March 2022

### 1. Accounting Policies

#### 1.1 General information

Dorset Mental Health Forum is a Charitable Incorporated Organisation governed by its Constitution. The address of the principal office is given on page 56. The nature of the Charity's operations and its principal activities are set out in the Trustees' report on pages 3–37.

#### Basis of accounting and assessment of going concern

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless stated otherwise within these notes. The financial statements have been prepared in accordance with 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) (issued October 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS 102.

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

#### 1.2 Income recognition

All income is included in the statement of financial activities when the Charity is entitled to the income, it is probable the income will be received and the amount can be measured reliably. The following specific policies are applied to particular categories of income.

Donations and gifts are recognised in the Statement of Financial Activities when receivable. Legacy income is recognised in the financial statements in the period that it has been received or where there is sufficient evidence that it is probable that the legacy will be received.

Income from grants and contracts, relating to charitable activities are recognised in the Statement of Financial Activities when the charity has been notified in writing of both the amount and settlement date. In the event that grants are subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity.

If there is a Service Level Agreement or Contract in place income is taken into account in the period to which it relates. Where grants and contract income received have conditions or restrictions as to their use attached the income is recognised as restricted income funds. Where no such conditions or restrictions exist, grants and contract income received are recognised as unrestricted income.

Investment income in respect of funds held on deposit is included when receivable and the amount can be measured reliably. This is normally upon notification of the interest paid by the bank.

Other income is recognised in the Statement of Financial Activities when receivable this relates largely to the reimbursement of expenditure.

#### 1.3 Donated services

In accordance with the Charities SORP (FRS 102), any unpaid general volunteer time is not recognised in the financial statements.

#### 1.4 Expenditure recognition

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 settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the statement of financial activities.

Charitable expenditure comprises those costs incurred by the Charity in the delivery of its charitable activities and services. It includes both costs that can be allocated directly to such activities and costs of an indirect nature which are necessary to support them. Those support costs of an indirect nature include the resources of senior management, personnel, HR, IT, premises,

finance and governance which are apportioned on a basis consistent with the use of resources largely by reference to time spent although alternative methods of apportionment may be used where they produce a more equitable result. Details of apportionment of support costs are shown in note 5.

### 1.5 Pension costs

The Charity operates workplace pension schemes for its qualifying employees. The schemes used are the government established National Employment Savings Trust (NEST) and Standard Life Stakeholder Scheme. Both schemes are defined contribution schemes and the amount included in the Statement of Financial Activities represents the contributions payable to the scheme in respect of the accounting period.

### 1.6 Operating leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged to the Statement of Financial Activities over the term of the lease. The Charity has operating leases for the premises from which it operates. The title of the leased premises remains with the lessor.

### 1.7 Fixed assets

Where fixed assets are purchased they are stated at their purchase cost plus any incidental expenses of acquisition. Where fixed assets are donated, they are stated at their estimated market value

on acquisition. Depreciation is charged in respect of fixed assets and is calculated so as to write off the cost of the assets, less any estimated residual value, over their expected useful economic useful lives as follows:

Office equipment and furniture - 25% of written down value

### 1.8 Cash and cash equivalents

Cash and cash equivalents includes cash in hand and other short term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

### 1.9 Taxation

Dorset Mental Health Forum is a registered charity and is therefore not liable to taxation to the extent that its income and gains are applicable to charitable purposes only. Value added tax is not recoverable and is therefore included in the relevant costs in the Statement of Financial Activities.

### 1.10 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Board in furtherance of general objectives of the Charity, and which have not been designated for other purposes.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are to be used for specific purposes as laid down by the donor.

Expenditure which meets this criterion is charged to the fund, together with fair allocation of management and support costs as appropriate.

### 1.11 Financial instruments

The Charity only has financial assets and liabilities that qualify as basic financial instruments including trade and other debtors, cash and bank balances and trade and other payables. Basic financial instruments are initially recognised at transaction price and subsequently at amortised cost.

### 1.12 Critical accounting estimates and judgements

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the application of policies and reported amounts of assets and liabilities, income and expenses. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The resulting accounting estimates will, by definition, seldom equal the related actual results.

The Trustees are of the opinion that there are no estimates or assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.



## 2. Income from donations and legacies

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£	£	£	£
Donations and gifts	2,305	-	2,305	3,153	-	3,153
	<b>2,305</b>	<b>-</b>	<b>2,305</b>	<b>3,153</b>	<b>-</b>	<b>3,153</b>

### 3. Income from charitable activities

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£	£	£	£
<b>Advocacy Services</b>						
Dorset Council	-	66,596	66,596	-	66,596	66,596
Dorset Healthcare	-	7,563	7,563	-	7,565	7,565
BCP Council	-	99,898	99,898	-	99,898	99,898
<b>Lived Experience Infrastructure</b>						
Dorset HealthCare	84,259	-	84,259	84,259	-	84,259
Dorset CCG	10,000	-	10,000	10,000	-	10,000
Borough of Poole/BCP Council	5,000	-	5,000	5,000	-	5,000
<b>National Lottery Community Fund</b>	-	95,500	95,500	-	105,500	105,500
<b>National Lottery</b>	-	-	-	-	30,400	30,400
<b>Recovery Education Centre (REC)</b>						
Dorset HealthCare	-	33,800	33,800	-	33,800	33,800
<b>Dorset Wellbeing and Recovery Partnership</b>						
Dorset HealthCare	-	820,053	820,053	-	538,004	538,004
DMH Carers Project Income	-	3,000	3,000	-	3,000	3,000
<b>Employment Service</b>						
Dorset CCG	-	125,000	125,000	-	125,000	125,000
<b>Sports and Social Programme</b>	1,963	1,480	3,443	-	5,980	5,980
<b>Dorset CCG</b>						
Business Think Tank	-	-	-	-	44,190	44,190
Dorset Open Door	-	41,056	41,056	15,600	-	15,600
SMI Physical Health	-	25,392	25,392	-	-	-
Suicide Prevention	-	14,256	14,256	-	-	-
<b>Social Enterprise</b>	3,670	-	3,670	6,970	-	6,970
<b>CJRS</b>	2,211	-	2,211	-	-	-
<b>Talbot Village Trust</b>	-	99,696	99,696	-	-	-
<b>Other</b>	4	-	4	354	-	354
	<b>107,107</b>	<b>1,433,290</b>	<b>1,540,397</b>	<b>122,183</b>	<b>1,059,933</b>	<b>1,182,116</b>

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



## 4. Expenditure on charitable activities

	Activities undertaken directly	Support Costs	Total 2022	Activities undertaken directly	Support Costs	Total 2021
	£	£	£	£	£	£
<b>Advocacy</b>	100,068	32,400	132,468	107,538	49,200	156,738
<b>WaRP Projects</b>	586,432	177,156	763,588	342,554	155,579	498,133
<b>WaRP Core</b>	48,748	-	48,748	77,087	-	77,087
<b>Sports and Social</b>	-	-	-	2,740	1,642	4,382
<b>National Lottery Community Fund</b>	92,982	25,100	118,082	114,686	44,580	159,266
<b>DMH Carers Project</b>	1,095	-	1,095	1,670	-	1,670
<b>Dorset CCG</b>	-	-	-	44,190	-	44,190
<b>Lloyds Bank</b>	-	4,164	4,164	-	-	-
<b>Charity Development</b>	3,600	-	3,600	-	-	-
<b>Digital Development</b>	4,650	-	4,650	-	-	-
	<b>837,575</b>	<b>238,820</b>	<b>1,076,395</b>	<b>690,465</b>	<b>251,001</b>	<b>941,466</b>

## 5. Analysis of support costs

	Advocacy	National Lottery	WaRP Projects	Lloyds Bank	Total
	£	£	£	£	£
<b>Central Services</b>					
HR	5,146	4,730	28,982	-	38,858
Finance	5,327	4,762	29,025	-	39,114
IT	6,305	1,287	35,472	-	43,064
Senior Leadership Team	8,945	8,255	49,794	4,164	71,158
Premises & Office	1,864	1,631	10,050	-	13,545
Governance & Strategic Costs	3,689	3,321	17,139	-	24,149
PR & Marketing	1,124	1,114	6,694	-	8,932
	<b>32,400</b>	<b>25,100</b>	<b>177,156</b>	<b>4,164</b>	<b>238,820</b>

## 6. Auditor's remuneration

	2022	2021
	£	£
<b>Audit fee</b>	5,570	5,700
<b>Accountancy fees</b>	4,630	4,410
<b>Payroll services</b>	8,905	4,596
	<b>19,105</b>	<b>14,706</b>

## 7. Trustees expenses and remuneration

No remuneration has been paid to or on behalf of the Trustees (2021: Nil).

Expenses totalling £Nil (2021: £Nil) were reimbursed to Nil (2021: Nil) Trustees for travel and subsistence during the year.

## 8. Employees and employment costs

	2022	2021
	£	£
<b>Wages and salaries</b>	766,466	682,005
<b>Social security costs</b>	51,062	47,199
<b>Pension costs</b>	32,799	20,662
	<b>850,327</b>	<b>749,866</b>

No individual employee was paid over £60,000 (2021: none).

The average monthly headcount (number of staff employed) during the year was:

	2022	2021
	People	People
<b>All Staff</b>	77	72

The key management personnel of the Charity are considered to be the Chief Executive Officer, Director of Operations and Head of Impact and Quality (left May 2021). The total employee benefits for key management personnel were £103,828 (2021: £120,871).

The Charity operates defined contribution pension schemes. The pension cost charged to the Statement of Financial Activities for the period represents contributions payable by the Charity to the schemes and amounted to £32,799 (2021: £20,662).

Volunteers contribute unpaid time to the services provided by the Charity. The estimated volunteer time for the period amounted to approximately 3,500 hours (2021: 3,200 hours), totalling an estimated £56,000 (2021: £51,200), which has not been reflected in the Statement of Financial Activities in accordance with the Charities SORP (FRS 102).

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

## 9. Tangible fixed assets

	Office Equipment and Furniture	Total 2021
	£	£
<b>Cost</b>		
As at 01.04.21	6,032	6,032
Additions	-	-
<b>As at 31.03.22</b>	<b>6,032</b>	<b>6,032</b>
<b>Depreciation</b>		
As at 01.04.21	2,267	2,267
Charge for year	1,508	1,508
<b>As at 31.03.22</b>	<b>3,775</b>	<b>3,775</b>
<b>Net book value</b>		
<b>As at 31.03.22</b>	<b>2,257</b>	<b>2,257</b>
<b>As at 31.03.21</b>	<b>3,765</b>	<b>3,765</b>

## 10. Debtors

	2022	2021
	£	£
<b>Debtors</b>		
Debtors	312,031	172,719
Accrued Income	31,952	-
	<b>343,983</b>	<b>172,719</b>

## 11. Creditors: Amounts falling due within one year

	2022	2021
	£	£
<b>Creditors</b>	<b>1,231</b>	<b>402</b>
Accruals and deferred income	367,324	514,256
Other tax & social security	15,856	-
Other creditors	1,836	-
	<b>386,247</b>	<b>514,658</b>



## 12. Related party transactions

There were no related party transactions during the year. (2021: None.)

Remuneration paid to key management personnel is disclosed in note 8.

## 13. Reconciliation of net income/(expenditure) to net cashflow from operating activities

	2022	2021
	£	£
<b>Net income for the period as per the Statement of Financial Activities</b>	468,185	244,681
Adjustments for:		
Depreciation charges	1,508	1,508
(Increase)/decrease in debtors	(171,264)	148,134
(Decrease)/increase in creditors	(128,411)	118,318
Interest from investments	(1,878)	(878)
<b>Net cash generated from operating activities</b>	<b>168,140</b>	<b>511,763</b>

## 14. Operating lease

Dorset Mental Health Forum is due to pay the following future minimum lease payments under non-cancellable operating leases for which it is leasing, for each of the following periods:

	2022	2021
	£	£
<b>Payments:</b>		
Within one year:	1,181	264
Due in two to five years	3,837	-
<b>Net cash generated from operating activities</b>	<b>5,018</b>	<b>264</b>

## 15. Statement of funds

	Balance 01.04.21	Income	Expenditure	Transfer	Balance 31.03.22
	£	£	£	£	£
<b>Unrestricted funds</b>					
General funds	179,097	111,290	(48,748)	-	241,639
<b>Designated funds</b>					
Charity development	25,000	-	(3,600)	-	21,400
Digital development	15,000	-	(4,650)	-	10,350
Evaluation activities	25,000	-	-	-	25,000
<b>Total Unrestricted funds</b>	<b>244,097</b>	<b>111,290</b>	<b>(56,998)</b>	<b>-</b>	<b>298,389</b>
<b>Restricted funds</b>					
Advocacy	27,461	174,057	(132,468)	-	69,050
Employment	39,775	-	-	-	39,775
Community development	64,630	-	-	-	64,630
WaRP	307,635	1,059,557	(763,588)	-	603,604
DMH Carers Project	3,288	3,000	(1,095)	-	5,193
Sports and Social	1,846	1,480	-	-	3,326
National Lottery	104,158	95,500	(118,082)	-	81,576
Talbot Village Trust	-	99,696	-	-	99,696
Lloyds Bank Foundation	4,164	-	(4,164)	-	-
<b>Total Restricted funds</b>	<b>552,957</b>	<b>1,433,290</b>	<b>(1,019,397)</b>	<b>-</b>	<b>966,850</b>
<b>Total funds</b>	<b>797,054</b>	<b>1,544,580</b>	<b>(1,076,395)</b>	<b>-</b>	<b>1,265,239</b>

### Restricted Funds

- Advocacy funding was provided by Dorset County Council, Bournemouth Borough Council, BCP Council and Dorset HealthCare University NHS Foundation Trust (DHC) for the provision of Advocacy services for people subject to the Mental Health Act 1983 and people experiencing mental health problems in Dorset.
- Employment funds are held to provide employment related activities to individuals and local employers in Dorset.
- Community development funds (previously named Social Inclusion) are held for projects to be started in the future.

## 15. Statement of funds (continued)

- The Dorset Wellbeing and Recovery Partnership (WaRP) is a nationally recognised partnership between Dorset Mental Health Forum and Dorset HealthCare University NHS Foundation Trust which puts lived experience expertise at the heart of service design and delivery, to transform services and affect culture change. Funding supported over 35 different partnership projects and work streams during the year. The Recovery Education Centre (REC), Dorset Work Matters, the Discovery Project and the Retreats were four of these projects.
- Active Dorset grant received for set up and delivery of DMHF Climbing Satellite Club as part of the Forum's Sports and Social Programme.
- National Lottery Community Fund grant received to influence and facilitate culture change around mental health across the whole of Dorset, by building capacity within communities.
- Lloyds Bank Foundation grant received towards salary costs for interim senior transformation post to develop capacity within the organisation.
- Funds received and administered for the independent Dorset Mental Health Carers Project, supported by the Dorset Mental Health Forum.
- Talbot Village Trust grant awarded for a two year project to provide Recovery Education and build capacity within local communities across South East Dorset.

### Designated Funds

- Designated Charity development funds are held for the specific purpose of meeting expenditure directly related to the development of the Charity.
- Designated Digital development funds are held for the specific purpose of meeting expenditure directly related to digital transformation work within the Charity.
- Designated Evaluation activities funds are held for the specific purpose of meeting expenditure directly related to evaluation activities within the Charity.

## 16. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Unrestricted Funds	Restricted Funds	Total Funds 2021
	£	£	£	£		£
<b>Tangible fixed assets</b>	2,257	-	2,257	3,765	-	3,765
<b>Current assets</b>	332,648	1,316,581	1,649,229	255,061	1,052,886	1,307,947
<b>Creditors due within one year</b>	(36,516)	(349,731)	(386,247)	(14,729)	(499,929)	(514,658)
	<b>298,389</b>	<b>966,850</b>	<b>1,265,239</b>	<b>244,097</b>	<b>552,957</b>	<b>797,054</b>



## 17. Statement of funds for the year ended 31 March 2021

	01.04.20	Income	Expenditure	Transfer	31.03.21
	£	£	£	£	£
<b>Unrestricted funds</b>					
General funds	123,663	126,214	(77,087)	6,307	179,097
<b>Designated funds</b>					
REC	12,000	-	-	(12,000)	-
Sport and Social	7,000	-	-	(7,000)	-
Charity Development	20,000	-	-	5,000	25,000
Digital Development	20,000	-	-	(5,000)	15,000
Evaluation activities	-	-	-	25,000	25,000
<b>Total unrestricted funds</b>	<b>182,663</b>	<b>126,214</b>	<b>(77,087)</b>	<b>12,307</b>	<b>244,097</b>
<b>Restricted funds</b>					
Advocacy	10,140	174,059	(156,738)	-	27,461
Employment	39,775	-	-	-	39,775
Community development	64,630	-	-	-	64,630
WaRP	98,628	696,804	(487,797)	-	307,635
Sports and Social	248	5,980	(4,382)	-	1,846
National Lottery 1	139,831	105,500	(128,866)	(12,307)	104,158
National Lottery 2	-	30,400	(30,400)	-	-
Lloyds Bank Foundation	14,500	-	(10,336)	-	4,164
DMH Carers Project income	1,958	3,000	(1,670)	-	3,288
Dorset CCG	-	44,190	(44,190)	-	-
<b>Total restricted funds</b>	<b>369,710</b>	<b>1,059,933</b>	<b>(864,379)</b>	<b>(12,307)</b>	<b>552,957</b>
<b>Total funds</b>	<b>552,373</b>	<b>1,186,147</b>	<b>(941,466)</b>	<b>-</b>	<b>797,054</b>

# Reference and Administrative Details

## Trustees

Ann Abraham (Chair)  
Chris Balfe  
Rosanna Dean  
Peter Lovibond  
Arthur Merchant  
Sarah Murray  
Jan Owens (retired November 2021)  
Davide Rodrigues

## Chief Executive

Becky Aldridge

## Principal Office

Dorset Mental Health Forum  
29/29A Durngate Street  
Dorchester  
Dorset  
DT1 1JP

## Senior Statutory Auditor

Alexandra Shore FCA CTA DChA  
A C Mole  
Stafford House  
Blackbrook Park Avenue  
Taunton  
Somerset  
TA1 2PX

## Bankers

National Westminster Bank Plc  
Dorchester Branch  
49 South Street  
Dorchester  
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