



**DORSET
MENTAL HEALTH
FORUM**

Promoting wellbeing & recovery

ANNUAL REPORT & ACCOUNTS 2022-2023



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Welcome from our Chair & CEO

The Trustees have pleasure in presenting their Annual Report and the financial statements for the year ended 31 March 2023. 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 for 2022/23 by first thanking and celebrating our inspirational workforce, who bring their own life and lived experience every day to their work as they model Recovery and influence people's understanding of mental health. 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.

The last year has been one of challenge, change and transformation. It continues to be a difficult time for people and communities throughout Dorset, with the aftermath of the pandemic, the cost of living crisis and increased pressure on mental health and social care services in Dorset.

During 2022/23 we are very proud to have responded positively to the challenges and change around us, evolving and structuring our 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.

This year has seen a strong focus on collaboration and integration throughout mental health services and across the Dorset System. This has included a commitment to embedding partnership working with the broader voluntary and community sector within local mental health services moving forward. We have been delighted to bring our expertise and support to this significant and important transformation work, facilitating coproduction and ensuring that people's voices and perspectives are heard and integrated throughout the shaping and design of future services. By supporting people and local organisations to share their voices, we have continued to build capacity within services and communities.

Looking ahead into 2023/24, we are excited to be building on developments in recent years, as we review our Strategy and look to the future, informed by the needs of beneficiaries and stakeholders. We believe that our work will be even more relevant and vital in the years ahead and we remain deeply committed to 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.

"Recovery is not about 'getting rid' of problems. It is about seeing people beyond their problems - their abilities, possibilities, interests and dreams - and recovering the social roles and relationships that give life value and meaning."

(Repper and Perkins, 2003)





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 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, multiagency 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

We reviewed and refreshed our strategy during 2021, in the wake of the pandemic and it being 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.**

The Forum's current Strategy for 2021-2024 speaks to deepening inequalities and social justice issues, with our current activities focused around eight Strategic Objective areas, detailed opposite:



1

Education

Broaden reach of Recovery Education, including PCNs, Dept 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 ICS system 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 2022/23

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 continue to evolve and strengthen our lived experience infrastructure, creating opportunities and mechanisms for people to make sense of and reframe their experiences, utilising their learning to model Recovery, increase understanding, give hope and support to others and influence change in Dorset.

Our courageous and inspiring workforce promote and model the principles of Wellbeing and Recovery in various roles and settings throughout the organisation, local services and across Dorset. Our staff are employed in many different roles, utilising their lived experience and technical expertise. 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 throughout our organisation is paramount for our work. Many of our workforce have experienced periods of crisis and trauma in their lives. Our people demonstrate courage, tenacity and compassion within their work and in support of their colleagues every day. Developing capacity, resilience and sustainability across the organisation to support the workforce and to fulfil our purpose and objectives as a charity continues to be our priority.

This year, we have focused on the development of our workforce. We have introduced more clarity and structure to the way we recruit and train staff, launched an employee benefits package to support physical health and longer-term financial planning and enhanced how we support people's wellbeing at work.

We have developed pathways and more opportunities for people to contribute to the Forum's work, created a better experience for people exploring peer work and promoted a more diverse selection of job roles offering supported and substantive employment.

We have also developed more opportunities for career progression for staff. Some people have grown and been promoted within the organisation; others have benefited from understanding more about their transferable skills and moved on from the Forum to develop diverse careers in different sectors across Dorset.

Gaining understanding and learning from the experiences of our staff and our beneficiaries is core to everything that we do. Through engagement activities, we have been able to understand the importance of reciprocity and contribution within people's personal Recovery journeys.

During the year, we have also created more spaces for people to engage and share their stories. This has included developing a strong digital presence on social media platforms and launching a new website that encourages people to get involved, as well as tells the Forum's story. This has been particularly important and significant this year, as we have been celebrating 10 years of the Recovery Education Centre and 30 years of the Forum.

We are proud to represent lived experience perspectives within our communities and the Integrated Care System in Dorset. There has been a lot of change and transformation during the year and much of our work has been focused on ensuring that the voices, experiences and perspectives of people who access services in Dorset are at the heart of service planning, shaping, design and delivery.



We have had over

75

people in our workforce
utilising their experiences

We have provided

46,055

hours of lived experience
expertise across Dorset

**"The Forum uniquely
evolves to meet
the needs of its
beneficiaries.
We listen even in
difficult circumstances.
There is a culture of
accountability that
has influenced me as a
person, at work and in
my personal life."**

(Staff Member, 2022)

Strategic Objective:

Education

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

The need to understand mental health in our society and in our community is growing. The cost of living rises, increased disenfranchisement and the legacy effects of the pandemic have all led to increased pressure on mental health and social care services in Dorset. As a result of this, Recovery Education and access to self-directed support has never been more important.

In 2022-2023, we have provided access to digital resources and information that can help people to make sense of their experiences and be better informed about what support they may or may not need from services. We have increased the number of Recovery Education Centre (REC) courses that we provide, as well as accessibility, by providing more choice and options for layered learning. Students tell us that gaining knowledge and understanding of their own strengths and resources can reduce reliance on mental health professionals and lead to increased aspiration, self-efficacy and control in their lives.

Staff working within the mental health system have experienced periods of extreme challenge in recent years. Staff describe a need to have access to a safe environment where they can explore meaning and purpose within their work and rekindle their hope for the future. Through Recovery Education, staff have been able to reconnect with why they chose their work and to see their own strengths and assets, enabling them to build resilience and create more space to hear people in distress within their work.



As conversation and awareness around mental health increases, people working and living within our broader community are also looking to explore different ways to understand the impact of emotional distress and trauma. This includes voluntary and community (VCSE) organisations, faith communities, communities of interest and family networks. Skills to support self-advocacy and signposting form an integral part of the valuable work that the Forum team undertakes.

- We offered **2,130** places on REC courses, with **1,586** attendances. New courses included: Making Sense of Grief, Understanding ADHD and Window of Tolerance. These courses explore our response to trauma and help students to gain a better understanding their normal emotional responses.
- We had **5,953** visits to the learn online portal where students can download resources and undertake a self-directed learning approach to Recovery Education. Students are increasingly reporting value in layering their learning by making sense of things for themselves prior to attending a group session. These sessions support a strengths-focused approach and aid meaningful participation.
- We offered **624** individual learning plan appointments. These sessions are a learning activity and provide an opportunity for individuals to identify their own strengths and aspirations, as well as for staff to offer signposting to a range of community resources. These sessions also enable individuals to make better use of mental health and community support services.

Impact

2022-2023 saw us celebrate 10 years of the Recovery Education Centre in Dorset. We now have more than 7,500 registered students and the number continues to grow. Recovery Education has fundamentally changed the way that people make sense of their experiences and helped to provide a framework that promotes Recovery and enables people to expect more from their life.

"I felt welcomed, relaxed atmosphere, my contributions were respected and valued. Great opportunity to meet others and share thoughts about future of the REC."

REC student

"I realise that showing compassion and kindness is as important, if not more so, than helping to facilitate the person to find solutions."

Staff workshop attendee

"G re-engaged with the REC in November 2022 and booked a review appointment online using Attend Anywhere. G was already enrolled and had previously attended a course back in 2017 but was reminded about the REC when visiting the Retreat.

G had previously enrolled to support their own wellbeing but was now looking to attend to refresh their skills in order to better support other people. G is considering going back into support work and was looking at all opportunities to continue learning about physical and mental health challenges. During the ILP review, the courses that may be relevant to these goals were discussed. G was particularly interested in all Recovery courses and how the concept of Recovery was viewed and explored within Recovery Education. To help achieve aspirations for employment, G is going to explore other education opportunities, completing a peer mentoring course and a supporting others course. G has also booked on to other REC courses in the coming term."

REC Admissions Tutor

Strategic Objective:

Agency

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

As an organisation, we fundamentally believe in a person's right to build the life **they wish to live. The definition of what that looks like is informed by a range of factors. This includes the environment in which a person was raised, circumstances that have defined a person in their formative years and a person's opportunity to connect with hope and aspiration.**

During 2022-2023 we have focused on supporting individuals to build a life beyond services and beyond their mental health difficulties or experiences of trauma. We have spent more time alongside people, advocating for them and encouraging them to value themselves and find their voice. Through this process we have been able to develop a broader offer for people which is more local and engages with a range of assets and opportunities within a person's community. We have worked to reduce the barriers that people face and ensure that there is opportunity for people to explore bolder aspirations.



As an organisation built on the collective experiences of people, we understand the importance of storytelling. Creating opportunities for people to make sense of their story enables them to see their own strengths and successes and to make informed choices about what matters to them.

- We ran **1,333** groups across the community, offering football sessions, craft groups, walks, social groups, gym sessions, mother and baby groups as well as ad hoc activities, such as football tournaments, cinema sessions and day trips.
- We worked with **558** people individually, focusing on building a life within their local community. These conversations focused on building relationships, practical support, advocacy and signposting.
- We worked with **40** individuals referred from the Criminal Justice System, supporting them to identify what is important for their future, what wellbeing means for them and to build social connection within their local community.

Impact

People tell us that sometimes they see their problems as inevitable and it can be hard to be hopeful for the future. Having hope and a belief that things can be different is an essential part of Recovery. Members of our Sports and Social Programme have described feeling listened to and included within their local community, leading them to see their own value and worth. During 2022-2023 people have been more active, moved into volunteering and employment opportunities and challenged themselves (and others) more, as well as contributed to community regeneration and development initiatives.

"The walking groups give me something to look forward to. I am able to get out and experience a different place safely and with company. I find this invaluable. Groups provide much needed structure, exercise and social contact and whoever is taking it you can be sure to explore the area and end up with a chat and cuppa.

There is a choice of attending a gym group (which adds to my exercise routine) and social groups that I find energising and uplifting, without these groups I would be lost.

I am recovering from substance abuse issues, schizophrenia, anxiety and depression and these sessions give me a safe place to function and I really don't know where I would be without them.

They have given me a safe, manageable and dare I say it enjoyable life."

Sports and Social attendee

"Most weeks, we now have a regular cinema get together organised by attendees themselves. They have started a fortnightly Sunday lunch club too. There are also discussions among the group about starting a gardening get together, in between structured groups.

All really pleasing as attendees are building up friendships, their confidence and social skills which is bringing about these great social opportunities for others too."

Social Inclusion Coordinator

Strategic Objective: Activism

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

As the national and local conversations around mental health evolve, it is increasingly important that people's voices, experiences and identities are amplified. We believe that as understanding and literacy builds around mental health, it is important that people do not become defined by their experiences.

There have been significant challenges for local services this year and this has meant that in some situations, people have had to become more unwell before they have been able to access support.

During 2022-2023 we have had increased focus on sitting alongside people in distress, listening and creating space for people to learn from periods of crisis. The cost of living crisis, housing issues and social care interventions have all added to people having a sense that their problems are uncontrollable. We have countered the perception that specialist expertise holds all the solutions and continued to utilise our collective lived experience to model Recovery.



Challenging inequality and lending our voice to individuals and organisations who are often underrepresented in decisions that affect them, has also been a key focus of this year's work.

- We advocated for **718** individuals supporting them to access their rights and to be heard. We have seen an increase in people needing support for access to appropriate mental health care, housing issues, debt problems and the deepening impact of the cost of living crisis.
- We contributed to **47** participation and engagement events across the local mental health system, supporting people outside our organisation to be heard and to contribute their experiences to shaping the way that local services are designed and delivered.
- We significantly increased access to digital resources across all social media channels and digital platforms with **120,921** digital interactions; increasing awareness, raising aspirations and supporting people to advocate for themselves.

Impact

When the way services are delivered changes, how we understand the role of services in our lives must change too. We believe that activism is about understanding your rights and what you should expect from life, regardless of the challenges you may be experiencing. We have worked alongside people to support them to identify what matters most to them, so that when (and if) they need support from services, this can be driven by their own needs and aspirations. It is only when this work is done that people experiencing mental health issues and the effects of trauma can truly partner with services in decisions about their care and treatment. This year, we have worked with people to expect to have more input and agency in their interactions with services.

"X has been a client of mine for several years, becoming significantly unwell in their mid-30s and experiencing unusual and life impacting symptoms.

X struggles to form trusting relationships, which makes it very difficult for their voice to be heard in any decisions about their care. Building trust with X is something that has taken a lot of time, understanding the reasons why trust is difficult, being patient, being consistent and listening have all helped.

X has now allowed me to support them in meetings to review restrictions on their liberty and their care plan. We have been able to speak for the first time about hopes for the future and the possibility of leaving hospital."

Advocate

"E was detained under the Mental Health Act after becoming unwell while staying in the UK to study.

Although E's mental health is improving, they have nowhere to go following discharge from hospital and will need ongoing support in the community. E needs support not only to have their voice heard, but also to navigate the legal implications of their right to remain in the UK while they recover. Due to their immigration status, things such as work, housing and financial support will potentially be withdrawn, leaving them vulnerable to crisis."

Advocate

"Because I was made to feel comfortable, I could contribute.

Being able to go over things again and ask questions if I don't understand has made a difference. I haven't wanted to speak up before as I felt stupid."

REC Student

Strategic Objective: System

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

Since we began in 1992, the Forum has operated from the belief that people who have lived experience of mental health **difficulties and experiences of trauma have a wealth of specialist knowledge and valuable expertise to contribute to the design and delivery of the services created to support them.**

As integration develops across the Dorset System, it is important that the commitment to collaboration and working in partnership is embedded throughout mental health services and the broader voluntary and community sector. During the year, we have supported the development of mechanisms to ensure that lived experience perspectives are acknowledged and there is accountability to the people of Dorset.



During 2022-2023, as local mental health community transformation programmes move into design and delivery phases, our role has been less about challenge and more about modelling what is possible. The landscape and operating environment has changed and the conditions created for systemic change and evolution. We have undertaken proof-of-concept projects, building on learning from the Partnership and working in a collaborative way across organisational boundaries.

- We brought lived experience leadership to **21** strategic integrated boards and steering groups, attended **310** meetings and ensured that people who access services and communities were represented in decisions about local service shaping, design and delivery.
- We provided **34,656** hours of lived experience expertise, within Partnership projects, ensuring that clinical, technical and learned expertise is partnered with the perspective and knowledge of people who experience mental health issues and the effects of trauma.
- We had direct contact with **2,405** staff working across the Dorset Integrated Care System, building literacy and understanding of the value and significance of lived experience expertise.

Impact

We believe that integration is about acknowledging that we don't have all the answers ourselves and that by bringing together a range of perspectives and working together, we can create a different experience for people within Dorset. During 2022-2023, guided by the principles of coproduction, we have been able to diminish barriers for people and begin to support services to work with people in the context of their lives, rather than the context of the health and social care system itself.

"It's amazing to hear how many people have been involved in the design of this (Mental Health Community Transformation) - I recognise many of the challenges myself and it's comforting to know that patients' voices and staff are being listened to."

GP attending Engagement Event

"Coproduction is hard; it takes time that we just don't have. We are committed to working together but we are also an organisation in crisis, trying to keep our service going and meet increasing demand. It has been reassuring to know that in our absence, we are being acknowledged and that solutions will hopefully benefit all of us and our clients in the long run."

VCSE Organisation

"One of the most valuable elements to stand out from this opportunity is that it's a community-based activity providing an integrated environment which people choose to attend rather than a service being placed upon them. This group has benefitted many of our clients and gives them a chance to simply do something every day and normal in an extraordinary yet subtle way."

NHS Staff Member

Strategic Objective:

Parity

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

As described, this year there has been a strong focus on collaboration and integration across mental health services and the Dorset System. However, there remains work to be done around the interface between physical and mental health services. From our experiences, we know that there is a parallel between an individual's mental health recovery and a person's recovery from physical ill health.

"We are often referred people who want to reduce their drinking, stop smoking or lose weight. Almost without exception, people are either suffering with mental health issues already or their circumstances are impacting on their wellbeing. It has been really helpful to consider the impact of trauma on physical as well as mental health"

VCSE Staff Member



Better integration between primary and secondary services along with education in the community, can support individuals and staff to understand the link between people's physical health and mental health. Fear and stigma often prevent people talking about their distress. By creating spaces for people to explore what matters to them, we often uncover issues such as living with chronic pain, mobility restrictions, substance misuse and other physical symptoms. These issues are often the biggest barriers to Recovery and enabling people to live the lives they wish to live.

- We developed **2** new Recovery Education courses and a range of resources focused on parity of esteem and health inequalities. Delivered through courses, digital resources and workbooks, these provide opportunities for people to explore this subject in a self-directed way.
- We worked directly with **252** people experiencing mental health issues with a specific focus on physical health; supporting activities that promoted physical activity and linking with primary care to improve access to Serious Mental Illness (SMI) physical health checks and other physical health improvement opportunities.
- We provided information and training to **180** staff and clinicians working principally with people experiencing physical health issues across Dorset. This enabled us to promote lived experience perspectives and enable people to have different dialogue with clients and patients.

Impact

Understanding people in the context of their lives means seeing them as a whole person.

It has been important during 2022-2023 to get alongside individuals and hear their stories.

We are learning from different perspectives, such as why some people experiencing mental health issues and trauma self-medicate with drugs and alcohol.

We are hearing about the impact of poor physical health on a person's mental health and Recovery. Understanding people's experiences in the context of their lives helps us to work more broadly across health and social care services and to challenge inequalities.

"C experiences poor mental health and also has Parkinson's disease.

They are divorced and live alone with no family nearby. When C first attended our social group (within the last year) it was with support.

Their Parkinsons disease and obvious anxiousness at meeting strangers, made them very shaky. Within just a few attendances they began to stop experiencing the shakes, as they were welcomed by all in the group and began to feel at ease with everyone.

C then started attending our walk/social with support and this has now developed into them coming alone but bringing their dog. C is also now a regular at our badminton session which is helping with their overall fitness.

C has informed me that they are in such a better place now, with health and confidence that they are considering cancelling the support they receive. They feel they would rather spend the costs on doing things they now enjoy such as socialising. It's great to see C's improved general wellbeing since attending our groups."

Peer Specialist

"D suffered a brain injury spending around 9 months in hospital. They are unlikely to ever be able to return to their previous career as a driver of large vehicles. Their memory at present is very poor and initially they attended our walks with their partner. Within a month they started to attend other sessions too including pool and social groups. D now attends most of these by themselves and has started using the bus too which until they attended with us, they never attempted. They are also starting to remember some attendees' names and it's really pleasing to see their memory slowly improving."

Peer Specialist

Strategic Objective: Connection

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

During this past year we have seen increasing numbers of people who feel detached from their community and struggling to make connection. Even when people have strong support networks around them, experiencing a period of crisis or a trauma such as bereavement, can leave people feeling isolated. People tell us that being able to talk to someone who has been through a similar experience and come out the other side, has a powerful impact. They no longer feel alone in their distress and most importantly, they have hope that things can improve.

"I have used the Retreat on and off since it opened; it feels safe there and someone is always able to listen. I think, just knowing it is there has stopped me from going into a full crisis at times".

Retreat Visitor



In 2022-2023, we have worked alongside people experiencing emotional distress, both independently and collaboratively with other organisations; focusing on what matters to the person and at times ensuring 'safe passage' in the onward part of their journey, through warm handovers and open-door approaches.

- We supported **119** people who have experienced traumatic bereavement to find appropriate support, by linking with other organisations, offering practical and peer support and enabling people to make sense of their grief.
- We worked with **1,433** individuals on a one-to-one basis, focusing on connection and providing opportunities for people to identify what is important to them.
- We sat alongside people in crisis through **8,944** attendances, providing space where people were not alone, supporting them in the prevention of further distress.

Impact

This year we have worked hard to support people so that they do not have to be alone during difficult times. We know that having someone alongside and being able to share emotional distress in safety and without fear, judgement or retribution, can engender hope and the ability to see a path forward. During 2022-2023, many people have told us that learning from lived experience has helped them to see their own strengths and to aspire to things being different in the future. Many of the people we have supported in their darkest times, have gone on to support others, integrating learning from their experiences.

"L who lost their partner to suicide. They contacted the service immediately following the loss and they were really struggling to make sense of everything. We offered information about crisis support and signposting, as well as reassuring L that they could talk to us whenever felt right for them.

A few months later, L made contact again, still struggling, although they had made a self-referral for mental health support. Our work has been sitting alongside L so that they don't feel quite so alone while they are waiting for specialist support.

L said one of the biggest challenges had been not feeling able to talk about and remember their partner. The value of Dorset Open Door has been knowing that there are others who have experienced something similar."

Dorset Open Door

"S has been coming to our football group for a few years but took a massive step back last year due to losing their mum, dog, and close friend. On top of that, they have also had to deal with practical issues caused by their mum's passing.

After meeting a few times for coffee and a chat and reassuring them that they still have lots around them i.e. friends, they have now started to return to football and even joined another group. They even made a new friend with another one of our attendees."

Social Inclusion Coordinator

Strategic Objective: Collaboration

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

As the Dorset Integrated Care System (ICS) evolves, there are a broader range of organisations coming together to cocreate opportunities for people to access support. These initiatives have matured during 2022-2023. We have been uniquely placed to support other organisations to understand the benefits and implications of Coproduction, ensuring that people's voices and perspectives are heard and integrated throughout.

"Thank you for spending some time with me today, I had no idea there was so much on offer in Poole. I think I can offer my clients a better explanation of what is available and it is so helpful to put a face to the project."

Social Prescriber



Reciprocity is essential to collaboration, which is more than simply working together; it requires understanding the unique perspective and value that each organisation brings and contributes to the work. Our experience in Coproduction has enabled us to work with voluntary and community groups to develop their understanding of their own assets and what they can bring to transformation and an integrated health and social care system in Dorset. During 2022-2023 we have worked with smaller, grassroots organisations and community-based projects, amplifying voices, celebrating diverse perspectives and creating opportunities. This has enabled us to learn more and challenge ourselves.

- We worked collaboratively with **287** community organisations to develop whole system approaches, reduce duplication, share learning and build capacity.
- We worked with **33** community groups focused on addressing a range of health inequalities.
- We partnered with **11** organisations to develop and deliver new projects in the heart of communities across Dorset.

Impact

Many community groups across Dorset are poorly resourced and rely on passionate and committed individuals to undertake impactful work that makes a real difference to people's lives. During 2022-2023, we have added resource and value in the form of capacity and experience to local groups and organisations. By listening to what is important to these groups and the people that they are helping, we have been able to gather themes and better understand the presenting challenges and barriers, which in turn has informed and shaped the design and delivery of local services.

"We were approached by a local, but nationally renowned orchestra who were looking to develop a community focused, accessible offer for people who were struggling with their mental health and wellbeing. Understanding from our own lived experience that music can play a valuable part in Recovery, we were keen to explore opportunities for collaboration. We met to explore options and involved the Recovery Education Centre as previously students had been asking about creative opportunities.

Together we identified some staff and venues as well as a plan for collaborative promotion, as we were keen to ensure we reached a wide range of our community. The enthusiasm and passion for the project has been infectious. I have learned more about the **benefits of creativity**, and they have learned more about what lived experience can bring. We are looking forward to welcoming many more people to share their love (and talent) for music."

Peer Specialist

"We are seeing many more people who are experiencing **mental health difficulties**; we are overwhelmed. We think it is important that this is acknowledged, but I haven't got time to go to meetings and talk about these things; we need to be on the ground helping people. I am worried nothing will change unless people hear what it is like for us out in the community."

Community Group

Strategic Objective: Employment

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

Reciprocity and a sense of belonging, drive our organisational focus on employment. During 2022-2023 we have been involved in many workforce development conversations across the Dorset System. The value of lived experience is becoming more recognised within health services, social care and employers, on both a local and national level.



Our progress this year has been on the development of mechanisms that need to be in place to ensure that there is equity and opportunity around employment for people who experience mental health issues and trauma. We believe that people have a right to employment and to thrive in the workplace. Our own staff and the people that we work with continue to contribute their perspectives and experiences to enable us to create ambitions around employment for the future. Promoting Wellbeing and Recovery in the workplace, continues to be a priority for our organisation.

- Dorset Work Matters received **355** referrals from Community Mental Health Teams (CMHTs) and supported **150** people to achieve a positive work outcome.
- We welcomed **14** new staff, **7** people were promoted and **6** people increased their hours.
- We received **51** new enquires for people exploring a role in peer work and **1,360** people viewed the 'Join our workforce' page on our new website.

Impact

During the year we have developed a stronger digital presence, clear signposting, **defined employment pathways** and more information on peer opportunities, leading to a **significant increase in people** looking to intentionally utilise their lived experience in the workplace. This is helping to develop and build workforce capacity for the future.

Within Dorset Work Matters, we have increased the amount of Employment Specialists working across Dorset with people in secondary mental health services. This ensures that a person's aspiration to work is acknowledged, alongside and with equal importance to medication and therapies, **enabling them to define and build** the life they wish to live early on their Recovery journey.

We have responded to an increase in job retention cases during the year, ensuring that people who are in employment but struggling, have access to the appropriate support and guidance to enable them to stay well in work. This work also enables employers to be better equipped to understand mental health and wellbeing within the workplace.

"My manager coaches me to grow in my role and develop my potential at work."

Peer Specialist

"I was blown away by just how knowledgeable and precise they were with the support they offered within that initial session. I felt respected and understood."

Dorset Work Matters feedback

"I was still a little nervous about certain aspects of the job-hunting process. Whilst I felt resilient and ready, there was still residual trauma left over from my previous role and my prior attempts to find employment. My Employment Specialist was very understanding and reassured me throughout the process. They pushed me to work to my capabilities and helped me to overcome my previous anxieties around looking for work."

Dorset Work Matters feedback

"The support has been invaluable and it has encouraged me to do things that I never thought were possible. I now know the importance of considering my strengths. I am grateful for the Dorset Work Matters service."

Dorset Work Matters client



Future Plans

The Forum's Strategy for 2021-2024 and supporting strategies, are providing clear focus and road map for our 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 in recent years to further embrace new ways of working and explore 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. As with many third sector and 'Not for Profit' organisations, our funding streams are timebound, which means continual review of our funding 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. 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 specifically to acknowledge the Sarah Mullins netball fundraising event and support from Lester Aldridge, as well as generous donations from Mazars and fundraising activities undertaken by Joy Ford and Hayley Maslen.

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.

	2023	2022
	£	£
Income during the year was:	1,433,108	1,544,580
Of which related to restricted project activities:	1,310,117	1,433,290
Total expenditure during the year was:	1,444,809	1,076,395
Of which was from restricted funds:	1,371,046	1,019,397
Of which was from unrestricted funds:	73,763	56,998
Net expenditure (2023) / net income (2022) for the year:	(11,701)	468,185
Net income relating to unrestricted activities:	49,228	54,292
Net expenditure (2023) / net income (2022) relating to restricted funds:	(60,929)	413,893

Income for the year was down by £111,472 on last year and expenditure increased by £368,414. This is due to increased delivery activity during the year, in the aftermath of the pandemic, expenditure in the year relating to grant funds received during 2021/22, inflationary pressures and cost of living support for staff.

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.

The cash balance held, as per the balance sheet, includes income deferred into 2023/24 for activities that will take place during that year. In addition, reserves are held for future activities.

	2023	2022
	£	£
Reserves at 31st March 2023:	1,253,538	1,265,239
Consisting of restricted funds of:	905,921	966,850
And unrestricted funds of:	347,617	298,389
Of which are determined by the Trustees as designated reserves for specific purposes:	63,020	56,750

Contingent Liability

The charity has an ongoing legal case, which the Trustees expect to be covered by insurance. As the existence and value of any potential liability cannot be reliably estimated, it has not been included as a liability in the financial statements but is disclosed as a contingent liability.

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 2022/23 figures, this range would be between £114,321 and £457,285. As at 31 March 2023, unrestricted reserves stood at £347,617 (2022: £298,389) less £749 (2022: £2,257) held as fixed assets and £63,020 (2022: £56,750) designated reserves leaving £283,848 (2022: £239,382) of free reserves which is within the range of the 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.

Cash Management and Investment Policy

Management of cash reserves is governed by the Cash Management and 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 Cash Management and Investment Policy is approved by the Board annually and monitored on a quarterly basis 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 Board regularly reviews organisational and strategic priorities, associated risks and mitigating factors. During the year, the Board has considered the risk of loss of funds through situations such as cyber-crime, fraud, global banking crisis or inflation and this has been a key area of focus for the Finance and Audit Committee.

The top three risks to the charity in the year ahead are:

- Increased cost of living for beneficiaries, including the Forum workforce, leading to rise in demand and additional pressure on the charity's resources.
- Continual change and financial pressures within the health and social care system, resulting in increased level of risk within the Forum's operating environment.
- Structural and cultural change within the Dorset Integrated Care System, leading to complexity in the Forum's strategic and operational context.

Work to strengthen governance mechanisms has continued during the year and internal audit has 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:

- a. 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.
- b. 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.
- c. 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.
- d. 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.

We undertook Trustee Recruitment activities during the year and are delighted to welcome new Trustees. The following people were Trustees of the Charity during the year:

- Ann Abraham (Chair)
- Chris Balfe
- Alison Chorley (Appointed November 2022)
- Rosanna Dean (Retired November 2022)
- Sorrelle Ford (Appointed November 2022)
- Tim Harry (Appointed November 2022)
- Peter Lovibond
- Arthur Merchant
- Sarah Murray
- 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. A Governance Handbook, compiled in 2021-22 is accessible to all Trustees through a shared digital space, as part of 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 meet quarterly during the year, feeding directly into Board meetings as part of a programmed Board cycle for the year. Both Committees undertake an annual review of performance in relation to Terms of Reference, providing assurance to the Board.

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 continue to refresh key policies, which this year included Investment and Cash Management. Further review and development of policies and the Policy Framework is taking place during 2023-2024.

The Charity is continuing to work through the NCVO Trusted Charity Quality Standards, with a view to seeking external assessment.



Alison Chorley



Tim Harry



Sorrelle Ford

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

25 July 2023

Independent Auditor's Report

to the Trustees of Dorset Mental Health Forum

Opinion

We have audited the financial statements of Dorset Mental Health Forum (the 'Charitable incorporated organisation') for the year ended 31 March 2023 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 2023 and of its income and expenditure for the year 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.

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

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.

Independent Auditor's Report

to the Trustees of Dorset Mental Health Forum

Matters on which we are required to report by exception

In light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' report.

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

- The information given in the trustees' report is inconsistent in any material respect with the financial statements; or
- Sufficient accounting records have not been kept; or
- The financial statements are not in agreement with the accounting records; or
- We have not received all the information and explanations we require 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 the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

Auditor's responsibilities for the audit of the financial statements

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.

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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed on the next page.

Independent Auditor's Report

to the Trustees of Dorset Mental Health Forum

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.

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. 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.

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

ACMOLE

3 November 2023

Statement of Financial Activities

For the year ended 31 March 2023

	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2023	Unrestricted Funds	Restricted Funds	Total Funds 2022
		£	£	£	£	£	£
Income:							
Donations and legacies	2	8,087	-	8,087	2,305	-	2,305
Charitable activities	3	101,134	1,310,117	1,411,251	107,107	1,433,290	1,540,397
Investment income		12,534	-	12,534	-	-	-
Other		1,236	-	1,236	1,878	-	1,878
Total income		122,991	1,310,117	1,433,108	111,290	1,433,290	1,544,580
Expenditure							
Charitable activities	4	73,763	1,371,046	1,444,809	56,998	1,019,397	1,076,395
Total expenditure		73,763	1,371,046	1,444,809	56,998	1,019,397	1,076,395
Net (expenditure)/ income before transfers		49,228	(60,929)	(11,701)	54,292	413,893	468,185
Net movement in funds		49,228	(60,929)	(11,701)	54,292	413,893	468,185
Reconciliation of funds							
Total funds brought forward		298,389	966,850	1,265,239	244,097	552,957	797,054
Total funds carried forward		347,617	905,921	1,253,538	298,389	966,850	1,265,239

Balance Sheet

As at 31 March 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	9		749		2,257
Current assets					
Debtors	10		22,881		343,983
Cash at bank and in hand			1,606,611		1,305,246
			1,629,492		1,649,229
Creditors					
Amounts falling due within one year	11	376,703		386,247	
Net current assets			1,252,789		1,262,982
Total assets less current liabilities			1,253,538		1,265,239
Net assets			1,253,538		1,265,239
The funds of the Charity					
Unrestricted funds					
General funds	15		284,597		241,639
Designated funds	15		63,020		56,750
			347,617		298,389
Restricted funds	15		905,921		966,850
Total Charity funds			1,253,538		1,265,239

Approved by the Board of Trustees for issue on 25 July 2023 and signed on their behalf by:



Ann Abraham
Chair

Statement of Cashflows

For the year ended 31 March 2023

	Notes	2023		2022	
		£	£	£	£
Cashflows from operating activities					
Net cash provided by operating activities	13		288,831		168,140
Cashflows from investing activities					
Interest from investment		12,534		1,878	
Net cash provided by investing activities			12,534		1,878
Change in cash and cash equivalents in the reporting period			301,365		170,018
Cash and cash equivalents at the beginning of the reporting period			1,305,246		1,135,228
Cash and cash equivalents at the end of the reporting period			1,606,611		1,305,246

Notes to the Financial Statements

For the year ended 31 March 2023

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 55. 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 receivable. 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% straight line.

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 2023	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£	£	£	£
Donations and gifts	8,087	-	8,087	2,305	-	2,305
	8,087	-	8,087	2,305	-	2,305

3. Income from charitable activities

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£	£	£	£
Advocacy Services						
Dorset Council	-	66,596	66,596	-	66,596	66,596
Dorset Healthcare	-	7,565	7,565	-	7,563	7,563
BCP Council	-	99,898	99,898	-	99,898	99,898
Lived Experience Infrastructure						
Dorset HealthCare	84,259	-	84,259	84,259	-	84,259
NHS Dorset ICB	10,000	-	10,000	10,000	-	10,000
BCP Council	5,000	-	5,000	5,000	-	5,000
National Lottery Community Fund	-	-	-	-	95,500	95,500
Talbot Village Trust	-	-	-	-	99,696	99,696
Recovery Education Centre (REC)	-	33,800	33,800	-	33,800	33,800
Dorset Wellbeing and Recovery Partnership						
Dorset HealthCare	-	755,995	755,995	-	820,053	820,053
DMH Carers Project Income	-	3,000	3,000	-	3,000	3,000
Employment Service	-	125,000	125,000	-	125,000	125,000
Sports and Social Programme	-	4,013	4,013	1,963	1,480	3,443
SMI Physical Health	-	20,328	20,328	-	25,392	25,392
Dorset Open Door	-	69,718	69,718	-	41,056	41,056
Suicide Prevention	-	22,244	22,244	-	14,256	14,256
Health Education England	-	101,960	101,960	-	-	-
Social Enterprise	1,875	-	1,875	3,670	-	3,670
Other	-	-	-	2,215	-	2,215
	101,134	1,310,117	1,411,251	107,107	1,433,290	1,540,397

4. Expenditure on charitable activities

	Activities undertaken directly	Support Costs	Total 2023	Activities undertaken directly	Support Costs	Total 2022
	£	£	£	£	£	£
Advocacy	129,448	41,417	170,865	100,068	32,400	132,468
WaRP Projects	609,802	178,451	788,253	586,432	177,156	763,588
WaRP Core	52,184	-	52,184	48,748	-	48,748
Sports and Social	4,013	-	4,013	-	-	-
National Lottery Community Fund	64,375	17,201	81,576	92,982	25,100	118,082
DMH Carers Project	804	-	804	1,095	-	1,095
NHS Dorset ICB	169,652	35,370	205,022	-	-	-
Lloyds Bank	-	-	-	-	4,164	4,164
Charity Development	14,400	-	14,400	3,600	-	3,600
Digital Development	5,199	-	5,199	4,650	-	4,650
Talbot Village Trust	54,434	19,879	74,313	-	-	-
Health Education England	46,200	-	46,200	-	-	-
Evaluation Activities	1,980	-	1,980	-	-	-
	1,152,491	292,318	1,444,809	837,575	238,820	1,076,395

5. Analysis of support costs

	Advocacy	WaRP Projects	National Lottery	Talbot Village Trust	Primary Care Networks	SMI	Total
	£	£	£	£			£
Central Services							
HR	6,684	30,364	2,930	2,907	3,212	2,926	49,023
Finance	6,983	31,984	1,994	4,161	3,392	2,953	51,467
IT	7,941	36,908	3,371	3,852	3,680	3,354	59,106
CEO	7,338	33,720	3,064	3,534	3,366	3,064	54,086
Director of Operations	2,343	10,920	919	1,154	1,087	985	17,408
Premises & Office	2,122	9,927	998	921	958	890	15,816
Governance & Strategic Costs	4,611	8,755	1,946	2,198	1,412	1,228	20,150
PR & Marketing	3,395	15,873	1,979	1,152	1,455	1,408	25,262
	41,417	178,451	17,201	19,879	18,562	16,808	292,318

Support costs have been apportioned based on actual delivery hours.

Notes to the Financial Statements - For the year ended 31 March 2023

6. Auditor's remuneration

	2023	2022
	£	£
Audit fee	6,382	5,570
Accountancy fees	4,580	4,630
Payroll services	4,292	4,375
Other services	7,745	4,530
	22,999	19,105

7. Trustees expenses and remuneration

No remuneration has been paid to or on behalf of the Trustees (2022: Nil).

No expenses reimbursed to Trustees during the year (2022: Nil).

8. Employees and employment costs

	2023	2022
	£	£
Wages and salaries	946,180	766,466
Social security costs	69,442	51,062
Pension costs	30,834	17,219
	1,046,456	834,747

No individual employee was paid over £60,000 (2022: none).

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

The full time equivalent number of staff employed during the year was:

	2023	2022
	People	People
All Staff	76	77

	2023	2022
	No	No
All Staff	39	30

The key management personnel of the Charity are considered to be the Chief Executive Officer, Director of Operations. The total employee benefits for key management personnel were £109,703 (2022: £103,828).

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 £30,834 (2022: £17,219).

Volunteers contribute unpaid time to the services provided by the Charity. The estimated volunteer time for the period amounted to approximately 3,650 hours (2022: 3,500 hours), totalling an estimated £62,050 (2022: £56,000), which has not been reflected in the Statement of Financial Activities in accordance with the Charities SORP (FRS 102).

9. Tangible fixed assets

	Office Equipment & Furniture	Total
	£	£
Cost		
As at 01.04.22	6,032	6,032
Additions	-	-
As at 31.03.23	6,032	6,032
Depreciation		
As at 01.04.22	3,775	3,775
Charge for year	1,508	1,508
As at 31.03.23	5,283	5,283
Net book value		
As at 31.03.23	749	749
As at 31.03.22	2,257	2,257

10. Debtors

	2023	2022
	£	£
Debtors	18,725	312,031
Accrued Income	-	31,952
Prepayments	4,156	-
	22,881	343,983

11. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Creditors	8,776	1,231
Accruals and deferred income	365,144	367,324
Other tax & social security	-	15,856
Other creditors	2,783	1,836
	376,703	386,247

12. Related party transactions

There were no related party transactions during the year. (2022: None.)

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

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

	2023	2022
	£	£
Net (expenditure)/income for the period as per the Statement of Financial Activities	(11,701)	468,185
Adjustments for:		
Depreciation charges	1,508	1,508
Decrease/(increase) in debtors	321,102	(171,264)
(Decrease) in creditors	(9,544)	(128,411)
Interest from investments	(12,534)	(1,878)
Net cash generated from operating activities	288,831	168,140

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:

	2023	2022
	£	£
Payments		
Within one year	1,181	1,181
Due in two to five years	2,656	3,837
	3,837	5,018

15. Statement of funds

	Balance 01.04.22	Income	Expenditure	Transfer	Balance 31.03.23
	£	£	£	£	£
Unrestricted funds					
General funds	241,639	122,991	(52,184)	(27,849)	284,597
Designated funds					
Charity development	21,400	-	(14,400)	18,000	25,000
Digital development	10,350	-	(5,199)	9,849	15,000
Evaluation activities	25,000	-	(1,980)	-	23,020
Total Unrestricted funds	298,389	122,991	(73,763)	-	347,617
Restricted funds					
Advocacy	69,050	174,059	(170,865)	-	72,244
Employment	39,775	-	-	-	39,775
Community development	64,630	-	-	-	64,630
WaRP	603,604	789,016	(788,253)	55,760	660,127
DMH Carers Project	5,193	3,000	(804)	-	7,389
Sports and Social	3,326	4,013	(4,013)	-	3,326
National Lottery	81,576	-	(81,576)	-	-
Talbot Village Trust	99,696	-	(74,313)	-	25,383
NHS Dorset ICB	-	238,069	(205,022)	-	33,047
Health Education England	-	101,960	(46,200)	(55,760)	-
Total Restricted funds	966,850	1,310,117	(1,371,046)	-	905,921
Total funds	1,265,239	1,433,108	(1,444,809)	-	1,253,538

Restricted Funds

- Funding for Advocacy for people experiencing mental health problems in Dorset has been made available from a range of sources, including Dorset County Council, Bournemouth Borough Council, BCP Council and Dorset HealthCare University NHS Foundation Trust (DHC).
- 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 30 different partnership projects and workstreams during the year. The Recovery Education Centre (REC), Dorset Work Matters, the Discovery Project and the Retreats were four of these projects. Health Education England provided core funding to support staff undertaking Peer Support Worker training.
- Funds received and administered for the independent Dorset Mental Health Carers Project, supported by the Dorset Mental Health Forum.
- Active Dorset funds are held for the set up and delivery of DMHF Climbing Satellite Club as part of the Forum's Sports and Social Programme.
- National Lottery Community Fund grant funds have enabled influencing and culture change activities around mental health in Dorset, building capacity within communities.
- Talbot Village Trust grant funds have enabled lived experience outreach activities and Recovery Education in local communities across Southeast Dorset.
- NHS Dorset ICB funds received for lived experience expertise to support integration across number of workstreams.
- Health Education England funds received for lived experience workforce development. Health Education England provided core funding to support staff undertaking Peer Support Worker training.

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 2023	Unrestricted Funds	Restricted Funds	Total Funds 2022
	£	£	£	£	£	£
Tangible fixed assets	749	-	749	2,257	-	2,257
Current assets	369,389	1,260,103	1,629,492	332,648	1,316,581	1,649,229
Creditors due within one year	(22,521)	(354,182)	(376,703)	(36,516)	(349,731)	(386,247)
	347,617	905,921	1,253,538	298,389	966,850	1,265,239

17. Contingent liability

The charity has an ongoing legal case, which the Trustees expect to be covered by insurance. As the existence and value of any potential liability cannot be reliably estimated, it has not been included as a liability in the financial statements but is disclosed as a contingent liability.

18. Statement of funds for the year ended 31 March 2022

	01.04.21	Income	Expenditure	Transfer	31.03.22
	£	£	£	£	£
Unrestricted funds					
General funds	179,097	111,290	(48,748)	-	241,639
Designated funds					
Charity Development	25,000	-	(3,600)	-	21,400
Digital Development	15,000	-	(4,650)	-	10,350
Evaluation activities	25,000	-	-	-	25,000
Total unrestricted funds	244,097	111,290	(56,998)	-	298,389
Restricted funds					
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
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)	-	-
DMH Carers Project income	3,288	3,000	(1,095)	-	5,193
Total restricted funds	552,957	1,433,290	(1,019,397)	-	966,850
Total funds	797,054	1,544,580	(1,076,395)	-	1,265,239

Reference and Administrative Details

Trustees

Ann Abraham (Chair)
Chris Balfe
Alison Chorley (Appointed November 2022)
Rosanna Dean (Retired November 2022)
Sorrelle Ford (Appointed November 2022)
Tim Harry (Appointed November 2022)
Peter Lovibond
Arthur Merchant
Sarah Murray
Davide Rodrigues

Chief Executive

Becky Aldridge

Principal Office

Dorset Mental Health Forum
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Senior Statutory Auditor

Adam Knight FCA
A C Mole
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Blackbrook Park Avenue
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Principal Bankers

National Westminster Bank Plc
Dorchester Branch
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