

LOVE ME - LOVE MY MIND

England & Wales · Charity number 1177683

Details

Status Registered

Legal form CIO

Registered 2018-03-23

Register [View on the Charity Commission register](#)

Contact

Address St. Barnabas Church
Temple Road
Epsom
Surrey
KT19 8HA

Phone 07592542530

Email info@lovemelovemymind.org.uk

Website www.lovemelovemymind.org.uk

Activities

Objects: A FOR SUCH CHARITABLE PURPOSES AS THE TRUSTEES SHALL IN THEIR ABSOLUTE POWER SHALL DETERMINE AND IN PARTICULAR BUT NOT WITHOUT PREJUDICE TO THE GENERALITY OF THE FOREGOING FOR THE FOLLOWING PURPOSES, NAMELY: B THE RELIEF OF PEOPLE RESIDENT IN SURREY WHO ARE SUFFERING FROM MENTAL HEALTH AND LEARNING DISABILITIES AND THEIR CARERS BY OFFERING ADVICE, SUPPORT, INFORMATION AND TRAINING BY THE PROVISION OF A FORUM TO SUCH PERSONS AND OTHER HEALTH SERVICE USERS, CARERS AND PROFESSIONALS WORKING IN THIS AREA; C TO PROVIDE OR ASSIST IN THE PROVISION OF FACILITIES, INCLUDING DROP-IN CENTRES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR YOUTH, AGE, INFIRMITY OR DISABILITY, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE; D TO ADVANCE EDUCATION OF THE PUBLIC IN THE SUBJECT OF ALL MATTERS RELATED TO MENTAL HEALTH AND LEARNING DISABILITIES.

Activities: Running weekly drop-in club, primarily for people in the Epsom and surrounding area who have mental health conditions. Running the annual Epsom mental health and well-being festival. Running "let's talk Epsom" - a weekly self-help group for people affected by any kind of depression. Hold meetings for mental health professionals and others to discuss mental health issues.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Surrey

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£46,869	£20,799	-	-
2023-12-31	£19,401	£8,508	-	-
2022-12-31	£21,907	£24,168	-	-
2021-12-31	£15,854	£29,830	-	-
2020-12-31	£33,028	£15,892	-	-

Trustees

Name	Role	Appointed
Allen Price		2024-04-17
Amandeep Sandhawalía		2024-10-22
Andrew Boardman		2019-05-20
Dorah May Hancock		2024-06-05
Jen Eade		2024-10-22
Robert Geleit		2024-10-22
Sara Vickers		2024-10-22
Stephen John Dyke		2023-09-17

LOVE ME - LOVE MY MIND

England & Wales - Charity number 1177683

Accounts



ANNUAL REPORT OF THE TRUSTEES

2024

Annual General Meeting

15 September 2025

Agenda

1. Declaration of interests
2. Matters arising from previous meetings
3. Chief Officer's Report
4. Trustee's Report and Annual Accounts
5. Trustees – retirements and elections
 - a. Michael Reeves – resigned June 2024
 - b. Andrew Boardman – resigned and up for re-election
 - c. Stephen John Dyke – resigned and up for re-election
6. Any other business

Annual Report of the Trustees For the year ended 31 December 2024

The trustees present their report along with the accounts of the charity for the year ended 31 December 2024.

Love Me Love My Mind is a charity registered with the Charity Commission under registration number 1177683.

Mission Statement

Our mission is:

To improve the quality of life for people in our community affected by mental illness

Our vision is:

A mentally healthier community in Epsom and Ewell with access to the right mental health support and an improved quality of life

Activities, Achievements, Performance

Love Me Love My Mind has provide services and activities to our local community since 2006 and during 2024 we delivered our core services and added several new initiatives: -

1. Monday Weekly Drop-in Session – 3 – 7pm peer support group.
2. Epsom Mental Health and Wellbeing Festival – held annually every October (2024 was our 17th Annual event)
3. World Mental Health Day – 10th October annual international event
4. Warm Welcome Space – 3 – 7pm from October 2024 to March 2025 with hot drinks, home-made meals, soup and a roll, and energy advice and support
5. Wednesday Volunteer Gardening Group – at a local dementia care home
6. Thursday Evening Peer Support Group – with a weekly discussion topic, social interaction and playing board games
7. Kids Art Club – Saturday morning
8. Kids Craft Club – Sunday afternoon
9. Friday Advice Café – at St Barnabas Church with other partner organisations
10. Community Engagement Stands held across the borough throughout the year

11. Community Christmas Dinner – held annually mid-December.

Each week during 2024, our small mental health charity directly supports over 180 people on average, through our groups, activities, and one-to-one support. We provide a safe space where individuals can share, connect, and feel less alone. Beyond this, we believe our work has had a far wider impact, reaching families, friends, and the wider community by raising awareness, reducing stigma, and encouraging more open conversations about mental health and wellbeing.

Weekly Attendance 2024 (average)

	Members	Attendees	Volunteers	Total
WEEKLY ACTIVITIES				
Monday weekly drop-in	30		8	38
Tuesday Men's Pit Stop group	10			10
Wednesday volunteer gardening		10	5	15
Thursday evening Peer Support	10		2	12
Kids art club Saturday	25	15	2	42
Kids Craft club Sunday	25	15	2	42
Friday Advice Café		10	1	11
Warm Welcome Space	30	5	8	43
TOTAL WEEKLY ATTENDANCE	130	55	28	213
ANNUAL EVENTS				
Community Engagement Stands	40	150	6	196
Epsom Mental Health Week	30	200	15	245
World Mental Health Day	15	50	5	70
Community Christmas dinner	50	40	15	105
TOTAL ANNUAL EVENTS	135	440	41	616

In setting our programme of activities each year we have regard to both the Charity Commission's general guidance on public benefit and prevention and relief of poverty for the public benefit. The trustees always ensure that the programmes we undertake are in line with our charitable objects and aims.

Our ambitious aim is to help build a community for mental health and wellbeing support whilst promoting awareness.

How we work

The charity delivers its charitable aims in several ways:

- **Providing direct support** through peer groups, drop-ins, and one-to-one sessions for those experiencing mental health challenges.
- **Raising awareness** of mental health and wellbeing through campaigns, events, and community engagement.
- **Offering education and training** to build understanding, reduce stigma, and equip people with the life skills to support themselves and others.
- **Partnering with local organisations** to strengthen the support network and reach more people in need.
- **Advocating for positive change** in policies and services that affect mental health in the community.

We decide on how we work and where we work by considering the following factors:

- **Community need** – focusing on areas and groups where our support can make the greatest impact.
- **Accessibility** – ensuring our services are easy to reach and inclusive for all.
- **Resources** – making the best use of available staff, volunteers, and funding.
- **Partnership opportunities** – collaborating with other organisations to extend our reach.
- **Evidence and feedback** – using data and community input to guide our decisions.
- **Our Mission, Vision and purpose**
 - The people we work with live in Epsom and Ewell
 - The services and activities we provide take place within the borough of Epsom and Ewell

Voluntary help

The charity is very grateful to our nine trustees and the twenty volunteers who have given their time, energy, and compassion over the past year. Whether helping organising events, supporting individuals, cooking a meal for our Monday drop-in, lending a listening ear, or keeping everything running smoothly behind the scenes, your dedication has made a real difference to the lives of those we serve. We simply couldn't do it without you.

We have received help from members of the public who have generously donated their time, skills, and resources; taken part in fundraising activities; shared our message within the community; and offered encouragement and kindness to our team and those we support.

Our partners

We collaborate and work together with many local and regional organisations such as St Barnabas Church, Direct Residential, Epsom and Ewell Borough Council, Surrey County Council, Metropolis Epsom, Ewell Rotary, Appleby House Care Home, Central Surrey Voluntary Action.

Financial review

During the year, the net funds raised from general public donations, grants from other charitable enterprises and local government, member contributions and fundraising was just under £50,000. Around £21,000 of this income was used in the current year, meaning reserves increased by just over £26,000.

Grants and donations are our largest source of funding and makes up 85% of our income.

The trustees are thankful to anybody who donates even the smallest amount. As a small charity, every penny counts, and we appreciate that not everybody is in an equal financial position to be able to donate. We are especially thankful to the Mayor's Charities (Cllr Rob Geleit), the estate of Sue Bull (our founder), Central Surrey Voluntary Action, Surrey County Council, Toyota UK, and TK Maxx for their generous support.

During the year, the charity incurred costs of £21,000. The largest single expense was the cost of renting space at St Barnabas Church for the Monday Drop In. Costs for activities made up the next largest expense. The Trustees review the charity's financial statements on a regular basis and major decisions on large costs or changes in activities that may significantly increase costs are reviewed and approved by the trustees.

Reserves policy

The charity has closing cash balances of £42,000 at the end of the year and is considered sufficient to cover at least one year of operations.

To date, the trustees have decided that the charity does not need to hold a specific, defined reserve as they expect the Treasurer and Chief Officer to maintain sufficient balances for meeting its obligations for at least one year. As the charity grows and receives further donations, grants and other income, the trustees will carefully consider whether to establish a reserve.

Serious Incidents

The trustees believe that no serious incidents have occurred in this financial period, and as such no serious incidents have been needed to be reported to the Charities Commission.

Objects, Structure, Governance and Management

Our legal objects

Love Me Love My Mind is a local, non-governmental, non-political, non-religious organisation established in 2018. It is constituted as a Charitable Incorporated Organisation with its Constitution dated 23 March 2018. It is registered as a charity with the Charity Commission. The Constitution defines the charity's Objects as being:

- (a) For such charitable purposes as the trustees shall in their absolute power shall determine and in particular but not without prejudice to the generality of the foregoing for the following purposes, namely:
- (b) The relief of people resident in Surrey who are suffering from mental health and learning disabilities and their carers by offering advice, support, information and training by the provision of a forum to such persons and other health service users, carers and professionals working in this area.
- (c) To provide or assist in the provision of facilities, including drop-in centres in the interests of social welfare for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life;
- (d) To advance education of the public in the subject of all matters related to mental health and learning disabilities.
- (e) To do all such other acts and things as are or may be incidental or conducive to the attainment of the object or ancillary thereto and to formulate, prepare and establish schemes therefore provided that all the activities of the charity shall be of a charitable nature. Or in pursuing any objects which now are or hereafter may be deemed by law to be charitable.

Our Charity Commission registration number is 1177683.

Trustees and organisational structure

The Constitution allows for a minimum of 3 Trustees to be appointed at all times. Trustees can serve until they either resign, retire by rotation, or be removed by the other Trustees as detailed in the Constitution. None of our trustees were remunerated for their trusteeship. Our trustees are unpaid, received no expenses or had any related party transactions with the charity.

The charity does not own any subsidiaries and is not part of any wider group structure.

Trustees

Our trustees are responsible for setting the strategy and are responsible in law for the running of Love Me Love My Mind. All the trustees, except where otherwise stated, served for the whole year:

Michael Reeves	(resigned June 2024)
Rebecca Brooker	(appointed 23 March 2018)
Andrew Boardman	(appointed 20 May 2019)
Stephen John Dyke	(appointed 17 September 2023)
Allen Price	(appointed 17 April 2024)
Dorah May Hancock	(appointed 05 June 2024)
Robert Geleit	(appointed 22 October 2024)
Sara Vickers	(appointed 22 October 2024)
Jen Eade	(appointed 22 October 2024)
Amandeep Sandhawaliala	(appointed 22 October 2024)
Kate Chinn	(appointed 18 February 2025)

Officers / Employees

During this financial period, the charity had no officers or employees, and relied on the generosity of its volunteers, members and trustees. Allen Price played a leading role in the day-to-day activities of the charity, and the trustees thank him for his exceptional service.

Dorah May Hancock was appointed as the Treasurer on 5 June 2024 and is responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity and enable them to ascertain to ensure that the annual accounts give a true and fair view of the charity's financial activities. 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.

Risk management

Major risks are those that may have a significant effect on:

- Operational performance, including risks to our volunteers.
- Financial sustainability, including stability and security of income.
- Achievement of our aims and objectives; or
- Meeting the expectations of our beneficiaries or supporters

The trustees review these risks on an ongoing basis and satisfy themselves that adequate systems and procedures are in place to manage the risks identified. Where appropriate, risks are covered by insurance.

Details

Registered Office:
St Barnabas Church
Temple Road
Epsom
KT19 8HA

Website: www.lovemelovemymind.org.uk

The Charity has its registered office in Epsom and carries on its activities in various locations in and around Epsom and Ewell. The Charity does not own or rent any properties on a long-term basis. For the Monday Drop in and Thursday peer support group, the Charity rents space from St Barnabas Church.

Trustees' responsibilities in relation to the financial statements

The trustees are responsible for preparing the Trustees' Report and income and receipts accounts in accordance with applicable law. The Trustees' have delegated that responsibility to its Treasurer and Chief Officer.

As required by law, the trustees have requested Love Your Accountants Limited to provide an Independent Examination of the charity's annual accounts. The appointed examiner is considered to be completely independent of the charity and its trustees and has the required skill and knowledge to perform a satisfactory examination.

Approved by the trustees and signed on their behalf by:

Dorah May Hancock
Trustee and Treasurer
9 September 2025

Love Me Love My Mind
Annual Accounts
1 January 2024 to 31 December 2024



	Unrestricted Funds	Restricted Funds	Year ended 31 December 2024	Year ended 31 December 2023
	General Fund	Total Restricted Funds		
	£	£	£	£
RECEIPTS				
Grants & Donations	40,048	-	40,048	13,150
Drop In Contributions	1,161	-	1,161	1,420
Outings	3,864	-	3,864	100
Fundraising	1,241	-	1,241	4,655
Interest	555	-	555	76
TOTAL RECEIPTS	46,869	-	46,869	19,401
PAYMENTS				
Fundraising	1,006	-	1,006	157
Publicity	1,575	-	1,575	564
Activities Costs	4,526	-	4,526	328
Catering	1,233	-	1,233	1,164
Outings	1,536	-	1,536	1,196
Accommodation	6,250	-	6,250	3,750
Staff	73	-	73	85
Insurance	486	-	486	486
Administration & Planning	2,075	-	2,075	711
Trustee Board & Governance	-	-	-	-
Miscellaneous	2,039	-	2,039	68
TOTAL PAYMENTS	20,800	-	20,800	8,508
NET OF RECEIPTS / PAYMENTS	26,070	-	26,070	10,893
Opening Cash/Bank Balances	15,969	-	15,969	5,076
Receipts / Payments	26,070	-	26,070	10,893
CLOSING BANK / CASH BALANCES	42,039	-	42,039	15,969

Statement of Assets as at 31 December 2024

ASSETS		
CAF Cash	4,626	7,090
CAF Gold	37,413	8,747
Nationwide Building Society	-	12
Office Petty Cash	-	8
Drop In Cash	-	112
Total	42,039	15,969



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
Love Me Love My Mind

On accounts for the year ended

31 Dec 2024

Charity no
(if any)

1177683

Set out on pages

1

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12/2024

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I am qualified to undertake the examination by being a qualified member of The Chartered Institute of Management Accountants.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed:

Date:

09 Sep 2025

Name:

Andrew Mildner

Relevant professional qualification(s) or body

CIMA

(if any):

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



Love Me Love My Mind is a Registered Charity based in Epsom

Charity No: 1177683

Registered Office: St Barnabas Church, Temple Road, Epsom, KT19 8HA

www.lovemelovemymind.org.uk | info@lovemelovemymind.org.uk

LOVE ME - LOVE MY MIND

England & Wales - Charity number 1177683

Accounts

LOVE ME LOVE MY MIND							
Receipts and Payments Accounts							
1 January 2023 to 31 December 2023							
	Unrestricted Funds		Restricted Funds				
	General Fund	Let's Talk Epsom	Drop In	Epsom Mental Health & Well-Being Festival	Total Restricted Funds	Total 2023	Total 2022
	£	£	£	£	£	£	£
RECEIPTS							
Grants & Donations	12,720.36		430.00	-	430.00	13,150.36	13,518.06
Drop In Contributions	-		1,419.63	-	1,419.63	1,419.63	1,215.62
Outings			100.00		100.00	100.00	1,023.63
Fundraising	4,654.96		-	-	-	4,654.96	6,139.36
Interest	76.40		-	-	-	76.40	10.55
TOTAL RECEIPTS	17,451.72	-	1,949.63	-	1,949.63	19,401.35	21,907.22
PAYMENTS							
Fundraising	157.08		-	-	-	157.08	239.03
Publicity	129.50		434.10	-	434.10	563.60	5,171.78
Activities Costs	-		328.25	-	328.25	328.25	1,619.20
Catering	-		1,163.85	-	1,163.85	1,163.85	2,461.33
Outings	-		1,195.63	-	1,195.63	1,195.63	5,630.89
Accommodation	-		3,750.00	-	3,750.00	3,750.00	6,841.20
Staff	85.00		-	-	-	85.00	-
Insurance	485.78		-	-	-	485.78	458.42
Administration & Planning	710.81		-	-	-	710.81	1,680.10
Trustee Board & Governance	-		-	-	-	-	46.00
Miscellaneous	-		67.90	-	67.90	67.90	20.09
TOTAL PAYMENTS	1,568.17	-	6,939.73	-	6,939.73	8,507.90	24,168.04
Net of Receipts/(Payments)	15,883.55	0.00	(4,990.10)	0.00	(4,990.10)	10,893.45	(2,260.82)
Opening Cash/Bank Balances	5,075.73	0.00	0.00	0.00	0.00	5,075.73	7,336.55
Transfers between funds	(4,990.10)		4,990.10		4,990.10	0.00	0.00
CLOSING BANK / CASH BALANCES	15,969.18	0.00	0.00	0.00	0.00	15,969.18	5,075.73

Statement of Assets as at 31st December 2023							
ASSETS							
CAF Cash						7,090.24	3,158.18
CAF Gold						8,747.09	1,681.50
Nationwide Building Society						11.64	11.64
Office Petty Cash						8.33	25.06
Drop In Cash						111.88	199.35
Total						15,969.18	5,075.72

Signed on behalf of the Charity's Trustees

Michael Reeves, Treasurer and Trustee

Date

LOVE ME - LOVE MY MIND

England & Wales - Charity number 1177683

Accounts



Trustees' Annual Report for the period					
Period start date			Period end date		
From	1 st	January	2022	To	31 st
					December 2022

Section A Reference and administration details

Charity name Love Me - Love My Mind

Other names charity is known by Love Me Love My Mind

Registered charity number (if any) 10177683

Charity's principal address

Epsom Methodist Church
 11-13 Ashley Road
 Epsom
 KT18 5AQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	
1	Rev Sue Bull	Chair	January to her death in December	
2	Michael Reeves	Treasurer		
3	Rebecca Brooker			
4	Edmund O'Leary			
5	Rabbi Danny Rich			
6	Isabel Lobo			
7	Andrew Boardman			

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document	Charitable Incorporated Organisation Constitution dated 23 rd March 2018
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	Election at a General Meeting of the Charity or by appointment by the Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

In December our Chair and founder died unexpectedly after a short period of illness.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

Relief of people resident in Surrey who are suffering from mental health and learning disabilities and their carers by offering advice, support, information and training. Provision of facilities, including drop-in centre, in the interests of social welfare for individuals who have need of such facilities with the object of improving their conditions of life. Education of the public in the subject of all matters related to mental health and learning disabilities.

Our main activities were:

Overall

The most significant event for the charity was the unexpected and sad death of our founder and Chair Sue Bull after a short period of illness. This was marked with a time of remembrance. She is much missed.

Her death had repercussions both in the life of its members and in the running of the charity in 2023.

1. Epsom Mental Health and Well-Being Festival 2022

Working with local service users, carers, voluntary and statutory organisations and mental health professionals, we held Epsom Mental Health and Well-Being Festival 2022 over a two day period in October 2022. The theme for the event was “time to remember”. We held a day in central market place in Epsom as a “celebration of mental health and wellbeing” and held a programme of activities on Mental Health with the theme of “Seeking Peace”. We offered information to all the community about mental health issues and the treatments, services and resources which are available in the local community.

We also contributed towards a community project to remember the people buried in Horton Cemetery ‘out of sight, out of mind’. We raised awareness in the local community and members of the public painted poppies that will be places in remembrance.

We also held an Art Competition with a “Seeking Peace” theme. The artwork was exhibited in a community space of people to enjoy.

2. Weekly drop-ins

In 2022 the Drop in ran a full programme. Attendance at meetings soon returned to the level achieved before the Covid pandemic.

Unfortunately, we were not able to accommodate outings due to volunteer capacity that made safeguarding difficult. However, they enjoyed local outings and the traditional BBQ.

3. Let’s Talk Epsom

“Let’s Talk Epsom” was a small self-help group aiming to support people who are affected by any kind of depression and/or anxiety by sharing experiences and coping strategies with others in similar situations. Following Covid-19 restrictions group numbers became too small to be viable. The group was put on hold in June 2021. The intention was to restart in 2022 but this was not achieved.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Public Benefit

The Trustees have full regard for the guidance issued by the Charity Commission on public benefit. They have set the following goals for the Charity's activities:

- Improving the emotional and mental well-being and resilience of local people.
- Considering the bigger picture of mental health in our community.
- Building a stronger community

They are fully satisfied that Love Me Love My Mind provided a high level of public benefit to those attending our activities and through raising local public awareness.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Epsom Mental Health and Well-Being Festival 2022

Delivered a successful festival by raising awareness of mental health in the community and providing valuable information and support. This year we also partnered with the 'Out of sight, out of mind' project to help residents to understand the part that mental health has played in Epsom's history and mark its importance.

The Weekly Drop-In -The drop in at St Barnabas Church provided a hot meal as well as a supportive community for some 30 to 35 people on average each week, most with mental health problems and/or learning disability. This community highly values this activity as a way of socialising, punctuating their week and helping them to cope with their lives.

Section E Financial review

Brief statement of the charity's policy on reserves	The Trustees aim to be able to meet all costs as soon as they are due.
Details of any funds materially in deficit	

Further financial review details (Optional information)

<p>You may choose to include additional information, where relevant about:</p> <ul style="list-style-type: none"> the charity's principal sources of funds (including any fundraising); how expenditure has supported the key objectives of the charity; investment policy and objectives including any ethical investment policy adopted. 	<p>The total receipts of the Charity during the year amounted to £21,907 (2021 - £15,854) and total payments to £24,168 (2021 - £29,830) – a net deficit for the year of £2,261 (2021 – £13,976). Assets at 31st December 2022 totalled £5,076 (2021- £7,337). There were no liabilities at 31st December 2022 (2021- £nil).</p> <p>The Trustees are continuing to give priority to identifying potential new sources of funding and seeking to raise income, so as to achieve a break-even budget on a long-term basis.</p> <p>The Trustees gratefully acknowledge the grants and donations of money and gifts in kind which the Charity received during the year. The major monetary grants and donations are listed in Note 1 of the attached accounts</p> <p>The Trustees acknowledge with thanks the very considerable role played by volunteers in making our activities possible:</p> <ul style="list-style-type: none"> Epsom Mental Health and Well-Being Festival relies very heavily on volunteers for its planning and execution; and The Charity's administration is also carried out entirely by volunteers.
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Section G Declaration

The trustees declare that they have approved the trustees' report above.
Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Michael James Reeves	
Position (eg Secretary, Chair, etc.)	Treasurer	
Date		

LOVE ME LOVE MY MIND							
Receipts and Payments Accounts							
1 January 2022 to 31st December 2022							
	Unrestricted Funds		Restricted Funds				
	General Fund	Let's Talk Epsom	Drop In	Epsom Mental Health & Well-Being Festival	Total Restricted Funds	Total 2022	Total 2021
	£	£	£	£	£	£	£
RECEIPTS							
Grants & Donations	13,268		150	100	250	13,518	12,488
Drop In Contributions	-		1,216	-	1,216	1,216	399
Outings	14		1,009	-	1,009	1,024	634
Fundraising	6,139		-	-	-	6,139	2,332
Interest	11		-	-	-	11	1
TOTAL RECEIPTS	19,432	-	2,375	100	2,475	21,907	15,854
PAYMENTS							
Fundraising	239		-	-	-	239	126
Publicity	-		104	5,068	5,172	5,172	11,437
Activities Costs	-		1,053	566	1,619	1,619	7,663
Catering	-		1,961	500	2,461	2,461	2,461
Outings	-		5,631	-	5,631	5,631	3,698
Accommodation	609	808	5,424	-	6,232	6,841	982
Drop In Food Bank	-		-	-	-	-	73
Staff	-		-	-	-	-	-
Insurance	458		-	-	-	458	433
Administration & Planning	910		-	770	770	1,680	3,002
Trustee Board & Governance	46		-	-	-	46	-
Miscellaneous	0		20	-	20	20	66
TOTAL PAYMENTS	2,263	808	14,193	6,904	21,905	24,188	29,630
Net of Receipts/(Payments)	17,169	(808)	(11,818)	(6,804)	(19,430)	(2,281)	(13,978)
Opening Cash/Bank Balances	3,337	0	4,000	0	4,000	7,337	21,312
Transfers between funds	(15,430)	808	7,818	6,804	15,430	(0)	0
CLOSING BANK / CASH BALANCES	5,078	0	0	0	(0)	5,078	7,337

Statement of Assets as at 31st December 2022

ASSETS							
CAF Cash						3,158	7,062
CAF Gold						1,662	174
Nationwide Building Society						12	76
Office Petty Cash						25	25
Drop In Cash						198	0
Total						5,078	7,337

Note 1: The following grants, donations, and fundraising totalling £500 or more are gratefully acknowledged:

- The Abba Trust - £3,000
- Rebecca Brooker Marathon fundraising - £1,629
- Co-op Local Community Fund - £1,560
- Drop In Sponsored Walk fundraising - £1,077
- Rosebery School Epsom fundraising - £505
- St Martin of Tours Church Epsom Donation - £500
- St Barnabas Church Epsom Donation - £500
- Regular donations from individuals totalling more than £500 during the year - £3,450
- Anonymous donations from individuals - £1,000

Note 2 - The opening balance in the "Drop-in" column relates to the Community Fund for Surrey grant for Drop-In accommodation. The grant was fully spent in 2022.

Note 3 - The figures in these accounts are rounded £s, and hence do not total precisely

Signed on behalf of the Charity's Trustees

Michael Reeves, Treasurer

Isabel Lobo, Trustee

MJ Reeves

Isabel Lobo

Date

23 Oct 2023

LOVE ME - LOVE MY MIND

England & Wales - Charity number 1177683

Accounts



Trustees' Annual Report for the period

Period start date			Period end date			
From	1 st	Januar y	2021	To	31 st	Decembe 2021

Section A Reference and administration details

Charity name Love Me - Love My Mind

Other names charity is known by Love Me Love My Mind

Registered charity number (if any) 10177683

Charity's principal address Epsom Methodist Church

11-13 Ashley Road

Epsom

KT18 5AQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year
1	Rev Sue Bull	Chair	
2	Michael Reeves	Treasurer	
3	Rebecca Brooker		
4	Edmund O'Leary		
5	Rabbi Danny Rich		
6	Isabel Lobo		
7	Andrew Boardman		

Section B management

Structure, governance and

Description of the charity's trusts

Type of governing document	Charitable Incorporated Organisation Constitution dated 23 rd March 2018
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	Election at a General Meeting of the Charity or by appointment by the Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

Relief of people resident in Surrey who are suffering from mental health and learning disabilities and their carers by offering advice, support, information and training. Provision of facilities, including drop-in centres, in the interests of social welfare for individuals who have need of such facilities with the object of improving their conditions of life. Education of the public in the subject of all matters related to mental health and learning disabilities.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Our main activities were:

Overall

The Charity (a Charitable Incorporated Organisation) was established as the successor to the original Love Me Love My Mind. Commencing on 1 January 2020, the CIO took over all the activities of the original Love Me Love My Mind, which was closed down.

1. Epsom Mental Health and Well-Being Festival 2021

Working with local service users, carers, voluntary and statutory organisations and mental health professionals, we ran Epsom Mental Health and Well-Being Festival 2021 over a eight day period in October 2021. The theme for the event was “We are all in this together” As Covid-19 restrictions were only lifted a few weeks before the Festival, all the events were held at St. Barnabas Church and were also shown live on-line. The Festival offered information to all the community about mental health issues and the treatments, services and resources which are available. We also held an Art Competition with a “What I have learned in Lockdown” theme.

2. Weekly drop-ins

Covid-19 restrictions meant that the main Monday drop-in was not able to meet at St Barnabas Church until September 2021. During the closure, Sue Bull produced a weekly newsletter for around 70 drop-in members. She delivered most of these herself to members’ homes, together with “goody bags”, activity sheets etc. This home delivery approach enabled Sue to keep closely in touch with the members, many of whom found the constant lockdowns a major cause of stress which aggravated already existing mental health conditions. Sue’s support was greatly appreciated by the members.

Following the re-opening the Drop in enjoyed a full programme, including outings to London and the pantomime at Epsom Playhouse. Attendance at meetings soon returned to the level achieved before the Covid pandemic.

3. Let’s Talk Epsom

“Let’s Talk Epsom” is a small self-help group which aims to support people who are affected by any kind of depression by sharing experiences and coping strategies with others in similar situations. Covid-19 restrictions meant that this group could not meet until September 2021

Public Benefit

The Trustees have full regard for the guidance issued by the Charity Commission on public benefit. They have set the following goals for the Charity’s activities:

- Improving the emotional and mental well-being and resilience of local people.

- Considering the bigger picture of mental health in our community.
- Building a stronger community

They are fully satisfied that Love Me Love My Mind provided a high level of public benefit, both during and after the Covid-19 pandemic.

Section D performance

Achievements and

Summary of the main achievements of the charity during the year

Epsom Mental Health and Well-Being Festival 2021 - A major achievement of the Charity was to hold our annual Festival just a few weeks after Covid restrictions were largely withdrawn. We had to simplify the format of the Festival to a single venue (St Barnabas Church), but we again provided an on-line feed. The technology worked well throughout the week. We again attracted high calibre speakers and session leaders. We received much informal feedback from the attendees which was very positive about all aspects of the Festival.

The Weekly Drop-In -The “weekly newsletter” approach proved much valued. The around 70 members who received the newsletter continued to show a strong sense of belonging and ownership. Following the re-start at St Barnabas Church Some 30 to 35 people, most with mental health problems, attended on average each week.

Let’s talk Epsom - Regretably the meetings could not continue during the lockdown period. Following the reopening in September 2021, the group struggled to re-establish itself . The Trustees will review its future during 2022.

Section E

Financial review

Brief statement of the charity's policy on reserves

The Trustees aim to be able to meet all costs as soon as they are due.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The total receipts of the Charity during the year amounted to £15,854 (2020 - £33,028) and total payments to £29,830 (2020 - £15,892) - a net deficit for the year of £13,976 (2020 - £17,136 surplus). Assets at 31st December 2021 totalled £7,337 (2020- £21,312). There were no liabilities at 31st December 2021 (2020- £nil).

The Trustees are continuing to give priority to identifying potential new sources of funding and seeking to raise income, so as to achieve a break-even budget on a long-term basis.

The Trustees gratefully acknowledge the grants and donations of money and gifts in kind which the Charity received during the year. The major monetary grants and donations are listed in Note 1 of the attached accounts. The main gift in kind was provided by:

- Steve Bull, George Oakley and Mike McGreal of MSG Broadcast, who supplied and operated free of charge the technology that made the on-line provision of the Festival possible.

The Trustees acknowledge with thanks the very considerable role played by volunteers in making our activities possible:

- Epsom Mental Health and Well-Being Festival relies very heavily on volunteers for its planning and execution. Many of the sessions are led by professionals who donate their time and expertise free of charge;
- The Drop-in and Let's Talk Epsom are run entirely by volunteers; and
- The Charity's administration is also carried out entirely by volunteers.

Section G Declaration

The trustees declare that they have approved the trustees' report above.
Signed on behalf of the charity's trustees

Signature(s)	<i>MJ Reeves</i>	<i>Susan Ball</i>
Full name(s)	Michael James Reeves	SUSAN HELEN BALL
Position (eg Secretary, Chair, etc.)	Treasurer	CHAIR.
Date	<i>27th October 2022</i>	

LOVE ME LOVE MY MIND							
Receipts and Payments Accounts							
1 January 2021 to 31st December 2021							
	Unrestricted Funds		Restricted Funds				
	General Fund	Let's Talk Epsom	Drop In	Epsom Mental Health & Well-Being Festival	Total Restricted Funds	Total 2021	Total 2020
	£	£	£	£	£	£	£
RECEIPTS							
Grants & Donations	8,224		4164	100	4264	12488	24602
Drop In Contributions	0		399	0	399	399	40
Outings	0		634	0	634	634	285
Fundraising	2,332		0	0	0	2332	8095
Interest	1		0	0	0	1	6
TOTAL RECEIPTS	10,557	0	5197	100	5297	15854	33028
PAYMENTS							
Fundraising	126		0	0	0	126	227
Publicity	0		60	11377	11437	11437	7698
Activities Costs	1,270	67	4195	2130	6393	7663	5254
Catering	0		839	1611	2451	2451	0
Outings	0		3608	0	3608	3608	1462
Accommodation	690	292	0		292	982	0
Drop In Food Bank	0		73	0	73	73	0
Staff	0		0	0	0	0	59
Insurance	433		0	0	0	433	412
Administration & Planning	1,130		0	1872	1872	3002	782
Trustee Board & Governance	0		0	0	0	0	0
Miscellaneous			56	0	56	56	0
TOTAL PAYMENTS	3,649	359	8832	16990	26181	29830	15892
Net of Receipts/(Payments)	6,909	(359)	(3,635)	(16,890)	(20,884)	(13,976)	17136
Opening Cash/Bank Balances	20,593	0	719	0	719	21312	4176
Transfers between funds	(24,165)	359	6916	16890	24165	0	0
CLOSING BANK / CASH BALANCES	3,337	0	4000	0	4000	7337	21312

Statement of Assets as at 31st December 2021

ASSETS							
CAF Cash						7062	3037
CAF Gold						174	18173
Nationwide Building Society						76	76
Office Petty Cash						25	27
Foodbank Cash						0	0
Drop In Cash						0	0
Total						7337	21312

Note1: The following grants, donations, and fundraising totalling £500 or more are gratefully acknowledged:

Community Fund for Surrey Grant - £4,000
 Andrew Boardman's Beard Shave Fundraising - £1,896
 St Martin of Tours Church Epsom Donation - £500
 Regular donations from individuals totalling more than £500 during the year - £4,800
 Anonymous donations from individuals- £500

Note 2 - The closing balance in the "Drop-in " column relates to the Community Fund for Surrey grant for Drop-In accommodation that will be spent in 2022.

Note 3 - The figures in these accounts are rounded £s, and hence do not total precisely

Signed on behalf of the Charity's Trustees

Michael James Reeves, Treasurer

Susan Helen Bull, Chair

LOVE ME - LOVE MY MIND

England & Wales - Charity number 1177683

Accounts



Trustees' Annual Report for the period

Period start date			Period end date			
From	1 st	Januar y	2020	To	31 st	Decembe 2020

Section A Reference and administration details

Charity name Love Me - Love My Mind

Other names charity is known by Love Me Love My Mind

Registered charity number (if any) 10177683

Charity's principal address St Barnabas Church

Temple Road

Epsom

KT19 8HA

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year
1	Rev Sue Bull	Chair	
2	Michael Reeves	Treasurer	
3	Rebecca Brooker		
4	Edmund O'Leary		
5	Rabbi Danny Rich		
6	Isabel Lobo		
7	Andrew Boardman		

Section B management

Structure, governance and

Description of the charity's trusts

Type of governing document	Charitable Incorporated Organisation Constitution dated 23 rd March 2018
How the charity is constituted	Charitable Incorporated Organisation
Trustee selection methods	Election at a General Meeting of the Charity or by appointment by the Trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

Relief of people resident in Surrey who are suffering from mental health and learning disabilities and their carers by offering advice, support, information and training. Provision of facilities, including drop-in centres, in the interests of social welfare for individuals who have need of such facilities with the object of improving their conditions of life. Education of the public in the subject of all matters related to mental health and learning disabilities.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Our main activities were:

Overall

The Charity (a Charitable Incorporated Organisation) was established as the successor to the original Love Me Love My Mind. Commencing on 1 January 2020, the CIO became active and took over all the activities of the original Love Me Love My Mind, which was closed down.

1. Epsom Mental Health and Well-Being Festival 2020

Working with local service users, carers, voluntary and statutory organisations and mental health professionals, we ran Epsom Mental Health and Well-Being Festival 2020 over a eight day period in October 2020. The theme for the event was “Seeds of Hope in Uncertain Times”. Because of Covid-19 restrictions it was held entirely online. It offered information to all the community about mental health issues and the treatments, services and resources which are available. The interactive online technology we used gave people a chance to explore and discuss issues in more detail, and to ask questions. We also held an Art Competition with the “Seeds of Hope in Uncertain Times” theme.

2. Weekly drop-ins

Covid-19 restrictions meant that the main Monday drop-in was only able to operate until the end of March 2020. For the remainder of the year, Sue Bull produced a weekly newsletter for around 70 drop-in members. She delivered most of these herself to members’ homes, together with “goody bags”, activity sheets etc. This home delivery approach enabled Sue to keep closely in touch with the members, many of whom found the constant lockdowns a major cause of stress which aggravated already existing mental health conditions. Sue’s support was greatly appreciated by the members.

During the year, drop-in members produced and published a book entitled “Life in Lockdown and also a 2021 calendar. At Christmas all the members were supplied with gifts and party ingredients. (It was not until September 2021 that the drop-in was finally able to re-open in St Barnabas Church.)

3. Let’s Talk Epsom

“Let’s Talk Epsom” is a small self-help group which aims to support people who are affected by any kind of depression by sharing experiences and coping strategies with others in similar situations. Unfortunately Covid-19 restrictions meant that this group could only meet until the end of March 2020, after which it had to stop its activities. (It finally re-opened in September 2021.)

Public Benefit

The Trustees have full regard for the guidance issued by the Charity Commission on public benefit. They have set the following goals for the Charity’s activities:

- Improving the emotional and mental well-being and

resilience of local people.

- Considering the bigger picture of mental health in our community.
- Building a stronger community

They are fully satisfied that Love Me Love My Mind provided a high level of public benefit, both before and during the Covid-19 pandemic in 2020.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Epsom Mental Health and Well-Being Festival 2019 consisted of over 70 events. The technology worked well throughout the week, and a good quality on-line feed was maintained throughout. We again attracted high calibre speakers and session leaders. We received much informal feedback from the attendees which was very positive about all aspects of the Festival.

The Weekly Drop-In at St Barnabas Church continued to be popular during the early part of the year. Some 30 to 35 people, most with mental health problems, attended on average each week. The “weekly newsletter” approach from April onwards also proved much valued. The around 70 members who received the newsletter continued to show a strong sense of belonging and ownership.

Let’s talk Epsom continued to attract steady and loyal attendance until the end of March. Regretably from April 2020 onwards the meetings could not continue.

LOVE ME LOVE MY MIND - Registered Charity No.1177683

Receipts and Payments Accounts

1 January 2020 to 31 December 2020

	Unrestricted Funds	Restricted Funds			Total	2019
	General Fund	Drop In & Let's Talk	Epsom Mental Health & Well-Being Festival	Total Restricted Funds		
	£	£	£	£	£	£
RECEIPTS						
Grants & Donations	19,677	3,905	1,020	4,925	24,602	20,912
Drop In Contributions	-	40	-	40	40	834
Outings	-	285	-	285	285	1,484
Fundraising	8,095	-	-	-	8,095	8,516
Interest	6	-	-	-	6	6
sub total	27,778	4,230	1,020	5,250	33,028	31,753
LOANS RECEIVED						10,934
TOTAL RECEIPTS	27,778	4,230	1,020	5,250	33,028	42,687
PAYMENTS						
Fundraising	227	-	-	-	227	1,650
Publicity	-	25	7,673	7,698	7,698	16,215
Activities Costs	167	2,024	3,063	5,087	5,254	4,094
Catering	-	-	-	-	-	1,938
Outings	-	1,462	-	1,462	1,462	8,694
Drop In Food Bank	-	-	-	-	-	128
Staff	59	-	-	-	59	45
Insurance	412	-	-	-	412	387
Administration & Planning	782	-	-	-	782	1,296
Trustee Board & Governance	-	-	-	-	-	235
Miscellaneous	-	-	-	-	-	37
sub total	1,646	3,511	10,735	14,246	15,892	34,719
LOANS REPAID						10,934
TOTAL PAYMENTS	1,646	3,511	10,735	14,246	15,892	45,653
Net of Receipts/(Payments)	26,132	719	(9,715)	8,996	17,136	(2,966)
Opening Cash/Bank Balances	4,176	-	-	-	4,176	7,142
Transfers between funds	(9,715)	-	9,715	9,715	-	-
CLOSING BANK / CASH BALANCES	20,593	719	-	719	21,312	4,176

Statement of Assets as 31st December 2020

ASSETS						
CAF Cash					3,037	3,407
CAF Gold					18,173	667
Nationwide Building Society					76	76
Office Petty Cash					27	27
Foodbank Cash					-	-
Drop In Cash					0	0
Total					21,312	4,176

Note 1. Love Me Love My Mind started operating as a Charitable Incorporated Organisation (registered no. 1177683) on 1st January 2020. Previously the Charity had operated as a charity with a constitution (registered no. 1125595), and the CIO was dormant. Charity No. 1125595 became dormant on 31st December 2019 and was removed from the Charity Commission's register on 6th January 2021. The figures for 2019 in these accounts refer to the equivalent figures in the 2019 accounts of Charity No. 1125595

Note 2: The following grants, donations, and fundraising totalling £500 or more are gratefully acknowledged:

- Gift Aid Relief claimed from HMRC (4 years) - £9,430
- Downsend School fundraising - £4,762
- Community Fund for Surrey Grants - £3,000
- White Stuff Foundation fundraising - £1,599
- Toyota Fund for a Better Future grant - £1,800
- First Give / Three Rivers School fundraising - £1,119
- Surrey County Council - Members' Community Allocation grant Bernie Muir - £1,000
- Regular donations from individuals totalling more than £500 during the year - £4,940
- Anonymous donations from individuals- £2,000

Note 3 - The carried forward balance in the "Drop-in and Let's Talk" column relates to grants for the Drop-In that were not fully spent in 2020. It should also be noted that the cashbook used to record small cash receipts and payments at Drop-in meetings prior to the Covid-19 lockdown (March 2020) was lost during the closed period, together with the cash box. We do not believe that the missing receipts and payments and cash (which could not be included in these accounts) amounted to more than a nominal amount.

Note 4 - The figures in these accounts are rounded £s, and hence do not total precisely

Signed on behalf of the Charity's Trustees

Michael James Reeves, Treasurer, 25th October 2021

Susan Helen Bull, Chair, 25th October 2021

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
Love Me Love My Mind

On accounts for the year
ended

31ST December 2020

Charity no
(if any)

1177683

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/12 / 2020.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

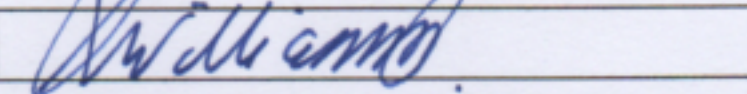
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

* Please delete the words in the brackets if they do not apply.

Signed:



Date:

7th October 2021

Name:

Anthony Simon Williams

Relevant professional
qualification(s) or body
(if any):

Association of Chartered Certified Accountants

Address:

63 Bramble Walk