



Trustees' Annual Report for the period						
From	Period start date			To	Period end date	
	1 st	January	2020		31 st	December

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

<p>resilience of local people.</p> <ul style="list-style-type: none"> • Considering the bigger picture of mental health in our community. • Building a stronger community <p>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.</p>
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Section D	Achievements and performance
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<p>Summary of the main achievements of the charity during the year</p>	<p>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.</p> <p>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.</p> <p>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.</p>
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LOVE ME LOVE MY MIND - Registered Charity No.1177683						
Receipts and Payments Accounts						
1 January 2020 to 31 December 2020						
	Unrestricted Funds	Restricted Funds				
	General Fund	Drop In & Let's Talk	Epsom Mental Health & Well-Being Festival	Total Restricted Funds	Total	2019
	£	£	£	£	£	£
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)

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

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

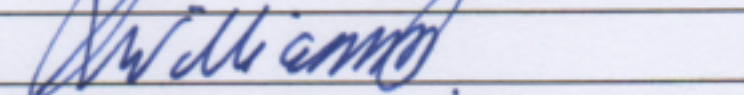
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- 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