



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1 st	January	2021		31 st	December	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 *27th October 2022*

LOVE ME LOVE MY MIND								
Receipts and Payments Accounts								
1 January 2021 to 31st December 2021								
	Unrestricted Funds		Restricted Funds					
				Epsom Mental Health & Well-Being Festival				
	General Fund	Let's Talk Epsom	Drop In		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