



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)

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 £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).

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 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; 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)		
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	12,485	
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	56	
TOTAL PAYMENTS	2,263	808	14,193	6,904	21,905	24,168	29,630	
Net of Receipts/(Payments)	17,169	(808)	(11,818)	(6,804)	(19,430)	(2,261)	(13,976)	
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	5,076	0	0	0	(0)	5,076	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						5,076	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

M Reeves

Isabel Lobo

Date

23 Oct 2023