



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 Sandhawalia	(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
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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