

Report and Financial Statements

For the Year Ended 31/03/2021

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION

Registered Charity No: **1183635**

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LEGAL AND ADMINISTRATIVE INFORMATION

Trustees: Fendi Taylor
Ann-Mary Frimpong-Mainoo
Linda Kwakye

Registered Office: 4th Floor
18 ST Cross Street
London
EC1N 8UN

Charity Number: 1183635

Accountants: Jacob Manu & Co
1 Mark Street
Stratford
London
E15 4GY

Bankers: Barclays Bank
Leicestter
LE87 2BB
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REPORT OF THE TRUSTEES

The Trustees present the Annual Report and financial statements of Charity for the year ended 31/03/2021. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (revised 2005) in preparing the Annual Report and Financial Statements of the charity/company. The Report and Financial Statements also comply with the Companies Act 2006.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal status and Governing document

The objects and powers of the Charity were established in the Constitution of the charity and the charity is governed by it. The trustees are responsible for arranging and organising Annual General Meetings - AGM.

Appointment

The Trustees who held office during the financial year and at the date of this report are set out on page 3. The Trustees are elected by the charity in accordance with the rules set out in the Constitution. The method of appointment of the Board of trustee is also set out in the Charity Constitution.

About Besstel

The Besstel Child and Adult Psychiatric Foundation (BCAPE) has taken as a matter of policy and good practice to work and engage closely with individuals as well as their families and local communities identifying and assessing mental health problems and mapping out interventionist action and agreeing relevant outcomes. BCAPE organises monthly (3rd Sunday of every month) 2 and half hours (1700-1930) support group session in Hackney, Kingsmead Community Centre, 9A Kingsmead Way, London, E9 5QD and (1st Sunday of every month) 2 and half hours (1700-1930) support group in South London, Walworth Road Methodist Church, 54 Camberwell Road, London, SE5 0EW. This currently covers the geographical space of North, south and East London. Sessions are modelled on both 1:1 support as well as group sessions to develop both individual packages to manage distinct mental health problems as well as

encourage shared therapies especially for those whose difficulties are largely around emotional self-isolation. Sessions are delivered by a group of professional's specialist psychiatric consultant, doctors, nurses, occupational therapist, social workers, counsellors / behavioural therapist, psychotherapist, pharmacist, teachers and nutritionist.

The beneficiaries are identified through an outreach programme through community network such as churches, social groups, trade associations (especially for African women), and tenant association in social housing. An emergency phone support line currently run by volunteers to ensure that those in need would be able to contact us. The project is also supported by a part-time administrator with responsibility for managing the referral system as well as post contact support including family/carer support

The organisation provides the following assistant to the beneficiaries

- One-on-one confidential services
- Signposting to education for courses designed for mental health services.
- Referral pathway to other services appropriate to mental health needs
- Signposting for assistance and support for people with mental illnesses and their families.

The trustees are mental health professionals and they are very knowledgeable about the mental health issues and they ensure that systems, policies and procedures in place are followed with regular reviews of working practices and incorporating new developments in mental health environment which are relevant to meet the needs of the beneficiaries.

The impact is measured through change in daily lives of the beneficiaries and their referrals of friends to the organisation. Furthermore, the impact is measured by the increased understanding about the mental health in the community. That is they community is becoming aware that mental health is

illness that can be treated but not spiritual or demonic forces operating in the individual as such the stigma is being reduced.

The trustees are qualified mental health professionals and those who provide the support are from their own profession and work colleagues with free time to support the organisation to meet the needs of the beneficiaries. Therefore, the support volunteers are highly qualified mental health professionals dedicated to the cause of the organisation.

Trustees has agreed with the organisations for monthly updates about their activities in relation to the management of processes and how it is benefitting to those with mental health issues to access the service. The organisation also will visit regularly, preferably yearly to monitor progress based on the monthly report received and on the scene information. The risk is mitigated as all those involved are professionals and the organisations involved are well established with good internal oversight by government department and the publicity in the local and national media also will reduce risk.

Trustees are aware of the charity commission guidance in respect of the safeguarding duties and reviewed its requirements and they agreed that this guidance will be complied with and they will keep records of their related decisions and activities in line with the guidance.

Vision, Mission

- *The vision of the Foundation is to support the less privileged and people with mental difficulties.*
- *The mission is to raise funds to support mental health, disabled; needy people, adult and children as well as the orphans.*

A summary of the result of the charity activities during the period is given in the Statement of Financial Activities on page 13. Total income of the charity amounted to £ 12,000. The income was spent judiciously to meet the objectives of the Charity.

Volunteers

Without the selflessness, hardwork and dedication of our volunteers we couldn't have achieved our aims and objectives. The volunteers contribute greatly to the running of the charity and enables it to fulfil its objectives. We would therefore like to thank all the volunteers who work so hard to make our charity the lively and vibrant community it is. The valuable contribution of time, energy and expertise of the Charity members has helped the charity and community to achieve so much and this is well appreciated.

Financial Review

The book values of the assets held at the year-end are, in the opinion of the Board of Trustees, as stated in the financial statements. Our principal source of funds comes from the generous donations of committed members and from organizations that have the same objectives and passion for mental health like us. Total receipts on unrestricted funds were £12,000 of which £11,028 was spent to promote the charitable activities.

Reserves Policy

The Trustees have identified the need for reserves to be held as developing a reserves policy will assist in strategic planning such as in considering how new projects or future activities will be funded. To ensure sustainability and continuity of funding future activities, the trustees plan to have unrestricted funds to cover at least 3 months of unrestricted payments. This policy will be reviewed regularly to meet the charitable needs of the organization.

Investment Policy

The Trustees have the power to invest in such assets as they see fit. The charity's investment policy is appropriate to the nature of the funds for which the investment is held. The primary investment aim is to provide a high degree of security and liquidity and to maximise returns whilst adopting a conservative approach.

ACHIEVEMENT AND PERFORMANCE

The organisation is working closely with the mental health organisations overseas including psychiatric hospitals, media and other community associations to raise the awareness of mental health and address the stigma by organising training for the existing staff in the psychiatric hospitals and mental health organisations to improve their knowledge and attitude to the mental health patient. The organisation also has started meeting the media overseas to raise the awareness and to dispel the idea that mental health is demonic and it cannot be healed but to show them that it is illness and with right attitude, resources and process, they can be cured from the mental health problems.

Pandemic

Since 2017, Besstel has developed a keen interest in developing a service model that could support the BAME population with mental and emotional health difficulties but with poor access to primary support. This project therefore marked Besstel's introduction into service delivery to support the large BAME community in South London with mental and emotional health difficulties.

As part of the planning phase, Besstel undertook a large exploratory community engagement project with several BAME community groups and hubs particularly churches and social groupings (such as national and special interest associations) as well as with individuals.

Our explorative background research identified distinctive strands of mental and emotional health difficulties across the older and younger cohorts. Within the older adult cohort the key issues relate to anxiety, depression, panic attacks, worry management issues, irritability, self-harm and suicidal ideation.

Among the young cohort, there was extensive evidence of issues relating to eating disorders, body dysmorphia, self-harm, self-esteem, confidence and self-worth.

The episodes of mental and emotional ill health was exacerbated by the onset of Covid-19 in March 2020 following the extensive lockdown which disproportionately affected the BAME communities. Besstel took the opportunity to support the community.

Charitable objects

To preserve and protect physical and mental health for the benefit of the public by raising awareness and addressing stigma worldwide

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charity Commission requires the Trustees, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the year end, of its incoming resource during that period. In preparing those financial statements, the Trustees are required to:

- Prepare trustees annual reports and submitting annual returns forms and accounts
- Comply with the rules of the charity as set out in the governing document
- Ensure the charity is run carefully, by making sure it :
- Uses its charitable funds and assets wisely to further its charitable aims
- Does not do anything to put its property, funds , assets or reputation at risk
- Takes appropriate care and advice when investing or borrowing money.

INDEPENDENT EXAMINER

Jacob Manu & Co has expressed their willingness to continue in service and a resolution on this would be put to the Board of Trustees at the forth-coming Annual General Meeting.

STATEMENT OF DISCLOSURES

- a) So far as the Trustees are aware, there is no relevant information of which the Charity Independent Examiners are unaware, and
- b) They have taken all the steps that they ought to have taken as Trustees in order to make themselves aware of any relevant information and to establish that the organisation Independent Examiners are aware of that information.

By order of the Board of Trustees

.....
Fendi Taylor
Trustee

Date: 06/01/2022

INDEPENDENT EXAMINERS' REPORT FOR THE YEAR ENDED 31 MARCH 2021

We have examined the financial statements on pages 16 to 19 for the year period 31 March 2021 which comprises the statement of financial activities. The financial statement has been prepared under the historical cost convention and the accounting policies set out therein.

The report is made solely to the Charity's Trustees, as a body, in accordance with Section 44 of the Charities Act 1993. The Trustees of the charity are of a general opinion that an audit is not required in accordance with Section 43(2) of the 1993 Act, and have opted for an independent examination instead.

Respective responsibilities of trustees and independent examiners

The Trustees, have responsibilities for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards. These are set out in the Statement of Trustees' Responsibilities in the Report of the Trustees.

Our responsibilities as independent examiners of the charity are:

1. to examine the books and accounts of the charity in compliance with Section 43 of the 1993 Act;
2. to strictly adhere to the general directions provided by the Charity Commission under Section 43(7)(b) of the Charities Act 1993; and
3. to state whether matters have come to our attention in the course of our examination.

We report to you whether the financial statements have properly been prepared in accordance with United Kingdom Generally Accepted Accounting Practice, the Companies Act 2006 and in accordance with the Charities Act 1993.

We also report to you whether the information given in the Trustees' Report is consistent with the financial statements. We consider the implications of our report if we become aware of any apparent misstatements or material inconsistencies with the financial statements.

In addition we report to you if the charity has not kept proper accounting records, if we have not received all the information and explanations we require for our work, or if information specified by law regarding trustees' remuneration and other transactions with the charity is not disclosed.

Basis of opinion

Our examination was carried out in accordance with the General Directions provided by the Charity Commission. The examination includes a review of the books and documents and other accounting records kept by the charity and comparing these with the accounts presented.

Our examination also includes consideration of any unusual disclosures or items in the accounts and seeking explanations from the Trustees. It is imperative to state here that the procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view'. Our report is therefore limited to the statements below:

Independent examiners' statement

In connection with our examination, we report that no matter has come to our attention, which gives cause to believe that the following have not been met:

1. Keeping proper accounting records in accordance with Section 386 and 387 of the Companies Act 2006.
2. Preparing accounts which accord with the underlying accounting records and which are in compliance with the Companies Act 2006, the United Kingdom Generally Accepted Accounting Practice (UK GAAP), the Statements of Recommended Practice (SORP) - Accounting and Reporting by Charities and the Charities Act 1993.
3. Consistency of the information contained in the Trustees Report with the financial statements.

..... Date: ...06..... Day of.....January.....2022

Jacob Manu & Co
Chartered Certified Accountants
1 Mark Street, Stratford, London, E15 4G

STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDED 31 MARCH 2021

	<u>RESTRICTED INCOME</u>	<u>UNRESTRICTED INCOME</u>	<u>2021 TOTAL</u>	<u>2020 TOTAL</u>
Incoming Resources				
Grants and Awards	17,000	0	17,000	
Other income		1,420	1,420	12,000
Total Incoming Resources	17,000	1,420	18,420	12,000
Resources Expended				
Cost of Activities	14,020	820	14,840	11,028
Total Resources Expended	14,040	820	14,840	11,029
Net In(out)Resources	2,980	600	3,580	972
Net Movement in Funds	2,980	600	3,580	972
Funds b/f 1.4.2020	0	1,272	1,272	300
Funds c/f 31.3.2021	2,980	1,872	4,852	1,272

BALANCE SHEET

AS AT 31ST MARCH 2021

	<u>2021</u> £	<u>2020</u> £
Tangible Fixed Assets	0	0
Current Assets		
Debtors/Prepayment	0	0
Bank/Cash	5,282	1,642
	<u>5,282</u>	<u>1,642</u>
Creditors		
Amount falling due with one year	<u>430</u>	<u>370</u>
Net Current Assets	4,832	1,272
Total Assets	<u>4,852</u>	<u>1,272</u>
Funds		
Restricted Funds	2,980	0
Unrestricted Funds	1,872	1,272
	<u>4,852</u>	<u>1,272</u>

Signature

**Position:
Trustee**

Date

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2021
Registered Charity Number 1183635

1 ACCOUNTING POLICIES

The principal accounting policies which have been adopted are set out below:-

2 BASIS OF ACCOUNTING

The financial statements have been prepared under the historical cost convention and in accordance with applicable accounting standards and the Statement of Recommended Practice, "Accounting and Reporting by Charities" (SORP 2005) issued in January 2005.

3 INCOMING RESOURCES

Voluntary income include grants that provide core funding or are of general nature are recognized in full in the Statement of Financial Activities in the year in which they are receivable, except when the donors specify that the grant given must be used in future accounting period, the income is deferred until those periods.

Incoming resources from charitable activities include income received under contract or where entitlement to grant funding is subject to specific conditions to deliver and is recognized whereas the service is provided.

Other income is accounted for on a cash basis.

4 RESOURCES EXPENDED

Expenditure is recognized when the liability is incurred.

- Cost of generating funds are those incurred in attracting voluntary income
- Charitable activities include expenditure associated with delivery of services and include both direct costs and support costs relating to each particular service
- Governance costs include the costs of charity, including strategic planning for its future development, independent examination, any legal advice and all costs of

complying with the constitutional and statutory requirements, such as costs of Trustees and the preparation of statutory accounts.

- Support costs include overhead and other costs not directly attributable to a particular function and apportioned over the relevant activity on the basis of management estimates consistent with use of the resources e.g., staff cost by time spent, property costs by floor space and other costs by their usage.

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2021
Registered Charity Number 1183635

5 TAXATION

The organization is a charitable institution with exemption from UK taxation under section 505 of the Income and Corporation Taxes Act 1988.

6 TANGIBLE NON-CURRENT ASSETS

The organization's non-current assets include musical instruments and they are depreciated on straight line basis

7 FUND ACCOUNTING

Unrestricted funds are grants, donation and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are funds that can only be used for specific purposes as laid down by the donor. Expenditure, which meets this criterion, is charged to the fund, together with a fair allocation of management and support costs.

Designated funds are funds set aside by trustees out of unrestricted general funds for specific future purpose or relate to grants given specifically for the purchase of assets where the use is not restricted. The aim and use of each of the designated fund is set out in the notes to the financial statements.

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2021
Registered Charity Number 1183635

	2021	2020
INCOME:	£	
Grant- Reaching out community	14,000	0
Grant- Mausley	3,000	0
Donations	1,420	12,000
Total Income	18,420	12,000
EXPENDITURE:		
Rent/Rate/Hall hire	0	3,648
Telephone	0	83
Travel/Transport -Volunteers	790	0
Groceries shopping -Door to door	7,114	0
Refreshment	0	3,030
Donations	4,000	0
Volunteer expenses	700	0
Postage/Stationery	0	52
Promotion	0	1,930
Sundry	1,236	1,785
Professional fees	1,000	500
TOTAL EXPENSES	14,840	11,028
SURPLUS/DEFICIT	3,580	972