

Report and Financial Statements

For the Year Ended 31/03/2024

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION

Registered Charity No: **1183635**

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LEGAL AND ADMINISTRATIVE INFORMATION

Trustees: Ewuradjoa Nutakor
Ann-Mary Frimpong-Mainoo
Linda Kwakye

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

Charity Number: 1183635

Accountants: Jacob Manu & Co
64 Broadway
Stratford
London
E15 1NT

Bankers: Barclays Bank
Leicestter
LE87 2BB

REPORT OF THE TRUSTEES

The Trustees present the Annual Report and financial statements of Charity for the year ended 31/03/2024. 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

Empirical evidence suggests people from Black and Minority Ethnic (BAME) communities have some of the poorest mental and emotional health outcomes in the United Kingdom due social and cultural barriers including belief systems, language, and religion. These factors have significant influences on this population accessing mental and emotional health services and therefore contribute to the extensive inequalities of access to support.

Significant proportions of the BAME communities in the Greater London area suffer from stress conditions triggered by social and economic conditions such as unemployment, immigration issues, poor housing, low incomes, and discrimination. These are key drivers of stress conditions such as anxiety and depression, panic attacks, suicidal ideation, self-harm, and aggressive behaviours. These are also a basis for such contextual problems such as drug

and alcohol abuse, domestic violence, eating disorders, poor educational and employment outcomes.

The principal objective of the Besstel Child and Adult Psychiatric Foundation (BCAPF) is therefore to support this population, particularly those from African descent, to dismantle these barriers through a programme of direct community engagement, early interventionist and preventative support work. This service is delivered through a community-approach model predicated on the community support network common in most African communities.

BCAPF provides this support through a delivery structure based on a team of Outreach workers from the BAME community with a range of community support experience as well as a volunteer corp.

Besstel has developed close partnerships structures with key community anchors in the Black African community such as churches, social and community organisations, local radio, and TV networks as well as tenant associations using community champions.

The use of Support Groups by the Outreach team provides opportunities for service users and their families to have significant ownership of the delivery process, including its content. Service users and families are encouraged to share experiences and on managing and coping with stress conditions in group dynamic or one to one sessions.

Sessions are delivered and supported by volunteer professionals such as psychiatrists, nutritionists, counsellors and therapists.

Besstel also runs an emergency phone support line currently operated 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

Besstel Child & Adult Psychiatric Foundation Trustees Annual Report & Financial Statements 31/03/2024

BCAPF organises monthly Group Support sessions on the 3rd Sunday of every month, between 1700-1930 in Hackney, Kingsmead Community Centre, 9A Kingsmead Way, London, E9 5QD; and on the 1st Sunday of every month between 1700-1930 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.

The organisation provides the following assistance to the beneficiaries

- One-on-one confidential services
 - Referrals appropriate support or specialist services
 - Education, training and guidance on awareness and coping strategies
 - Support for families unable to cope with living with someone with mental or emotional health conditions

Besstel is working to deliver the following key service outcomes:

1. Improvement in the levels of awareness in mental and emotional health in the Black African populations in BAME communities in the Greater London area. This is to be delivered through a programme of intense education and community engagement.
2. Reduce the levels of inequalities of access to mental and emotional health services through the provision of direct community support and engagement.
3. Reduce levels of community isolation and exclusion of people in the BAME community with mental and emotional health problems.
4. Improve levels of community cohesion through the development of partnerships across key social networks
5. Reduce levels of contextual problems such as drug and alcohol abuse and domestic violence pervasive in households.
6. Reduce the incidents of the exacerbation of mental and emotional health problems requiring the need to access acute or clinical services.

The Charity is managed by Trustees with a wealth of knowledge around mental health issues and they ensure that systems, policies and procedures are properly embedded, managed and delivered. They oversee a monitoring and review practice to ensure the Charity delivers its core mandates, outcomes, visions and policies through monthly review meetings. The monthly meetings also include practice reviews to identify any emerging safeguarding issues or risks and to ensure these are duly mitigated and properly managed.

Vision, Mission

- The vision of the Foundation is to ensure vulnerable people within Greater London's BAME communities with mental and emotional health problems have access to the best primary care through a programme of community support.
- *Raise financial and other resources to support the delivery of services to vulnerable people with mental and emotional health problems across the Greater London area.*

A summary of the result of the charity activities during the period is given in the Statement of Financial Activities on page 13. The total income of the charity amounted to £ 117,118. The income was spent judiciously to meet the objectives of the Charity.

Volunteers

Without the selflessness, hard work, 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 enable it to fulfill 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 as us. Total receipts on unrestricted funds were £117,118 of which £118,299 was spent to promote 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 maximize 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.

Covid19 Support

Besstel has been supporting people in need since the pandemic and it still continues to ensure people are supported and ease their financial burden occasioned by the effect of the pandemic.

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 were exacerbated by the onset of Covid-19 in March 2023 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's 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's Independent Examiners are aware of that information.

By order of the Board of Trustees

.....
Linda Kwakye
Trustee

Date: 12/12/2024

INDEPENDENT EXAMINERS' REPORT FOR THE YEAR ENDED 31 MARCH 2024

We have examined the financial statements on pages 16 to 19 for the year period 31 March 2024 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 the 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 Sections 386 and 387 of the Companies Act 2006.
2. Preparing accounts that accord with the underlying accounting records and 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 in the Trustees' Report with the financial statements.

..... Date: ...12..... Day of.....December.....2024

Jacob Manu & Co
Chartered Certified Accountants
65 Broadway, Stratford, London, E15 1NT

STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDED 31 MARCH 2024

	RESTRICTED <u>INCOME</u>	UNRESTRICTED <u>INCOME</u>	2024 <u>TOTAL</u>	2023 <u>TOTAL</u>
Incoming Resources				
Grants and Awards	111,200	0	111,200	118,380
Other income	0	5,918	5,918	4,800
Total Incoming Resources	111,200	5,918	117,118	123,180
Resources Expended				
Cost of Activities	112,381	5,918	118,299	117,519
Total Resources Expended	112,381	5,918	118,299	117,519
Net In(out)Resources	(1,181)	0	(1,181)	5,661
Net Movement in Funds	(1,181)	0	(1,181)	5,661
Funds b/f 1.4.2023	9,741	1,962	11,703	6,042
			0	0
Funds c/f 31.3.2024	8,560	1,962	10,522	11,703

BALANCE SHEET AS AT 31/03/2024

	<u>NOTES</u>	<u>2024</u> £	<u>2023</u> £
Tangible Fixed Assets	3	2,090	2,090
Current Assets			
Bank/Cash	7	8,432	12,113
		8,432	12,113
Creditors			
Amount falling due with one year	8	0	2,500
Net Current Assets		8,432	9,613
Total Assets		10,522	11,703
Funds			
Restricted Funds	12	8,560	9,741
Unrestricted Funds	13	1,962	1,962
		10,522	11,703

Signature

Position

Date

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2024
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 includes grants that provide core funding or are of general nature and 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 a 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 is those incurred in attracting voluntary income
- Charitable activities include expenditures associated with delivery of services and include both direct costs and support costs relating to each 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 consistency with the 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 2024
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 purposes 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 2024
Registered Charity Number 1183635

	2024	2023
INCOME:	£	
Grant- Reaching out community	111,200	118,380
Donations	5,918	4,800
Total Income	117,118	123,180
EXPENDITURE:		
Rent/Rate/Hall hire	1,496	3,037
Telephone/Internet/website	4,271	5,821
Travel/Transport -Volunteers	2,012	10,788
Groceries shopping -Door to door	17,883	32,263
Video/advertising	1,500	4,801
Donations	357	1,020
Volunteer expenses	16,236	850
Postage/Stationery	701	752
Outreach-Insight	66,200	50,500
Sundry	314	1,352
Professional fees	7,329	7,065
TOTAL EXPENSES	118,299	118,249
SURPLUS/DEFICIT	-1,181	4,931