

# SOUTHAMPTON MENTAL HEALTH NETWORK CIO

England & Wales · Charity number 1200515

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2022-09-29

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** C/O Communicare In Southampton  
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**Website** <https://www.smhn.org.uk/>

## Activities

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**Objects:** TO RELIEVE THE NEEDS OF PEOPLE EXPERIENCING OR AT RISK OF POOR MENTAL HEALTH, PRIMARILY IN SOUTHAMPTON BY:(A) COLLABORATING WITH RELEVANT STAKEHOLDERS (INCLUDING ORGANISATION'S PROVIDING MENTAL HEALTH SUPPORT IN SOUTHAMPTON, MEDICAL PROFESSIONALS AND THOSE AFFECTED BY POOR MENTAL HEALTH IN THE PAST AND/OR CURRENTLY), THOSE WITH AN INTEREST IN IMPROVING MENTAL HEALTH;(B) CARRYING OUT RESEARCH AND SURVEYS TO IDENTIFY AREAS OF NEED AND BEST FIT SOLUTIONS FOR THOSE AFFECTED BY POOR MENTAL HEALTH IN THE CITY OF SOUTHAMPTON;(C) FACILITATING APPROPRIATE EVENTS DESIGNED TO ENGAGE WITH ALL RELEVANT PARTIES IN ORDER TO PROMOTE GOOD MENTAL HEALTH AND/OR ACCESS TO MENTAL HEALTH SERVICES;(D) THE ADVANCEMENT OF KNOWLEDGE AND EDUCATION ABOUT MENTAL HEALTH AND RESOURCES TO EFFECTIVELY SUPPORT, MAINTAIN OR IMPROVE MENTAL HEALTH;(E) RAISING AWARENESS OF RESOURCES AVAILABLE AND GOOD PRACTICE IN SUPPORTING THOSE AFFECTED BY POOR MENTAL HEALTH.'THE BENEFITS OF THIS SOUTHAMPTON MENTAL HEALTH NETWORK CIO EXTEND TO THE RESIDENTS OF THE CITY OF SOUTHAMPTON, AND OTHER AREAS AS THE TRUSTEES OF THE SOUTHAMPTON MENTAL HEALTH NETWORK MAY SO DECIDE.

**Activities:** The CIO will achieve its aims by collaborating with relevant stakeholders including medical professionals, those affected by poor mental health and those with an interest in improving mental health. It will undertake or commission research and surveys to identify areas of need and best fit solutions for those affected by poor mental health and based on the result of the research/survey results,

## Classification

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- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability

## Geography

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- Southampton City

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-09-30	£9,408	£487	-	-
2024-09-30	£9,656	£262	-	-
2023-09-30	£355	£160	-	-

## Trustees

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Name	Role	Appointed
<b>Susan Hayward</b>	Chair	2022-09-29
David Cowley		2025-02-27
Gemma Pratt		2024-09-17
Ling Salter		2025-06-15
PAUL GRAHAM LEWZEY		2025-02-27
Parvin Damani		2022-12-15

**SOUTHAMPTON MENTAL HEALTH NETWORK CIO**

England & Wales - Charity number 1200515

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# Accounts

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**Southampton Mental Health Network**  
**Registered Charity No: 1200515**  
**Registered Office: Communicare in Southampton, 6 Northlands Road, SO15 2LF**

**Report of the Trustees**  
**October 2024 – September 2025**



The Trustees have pleasure in presenting their report and the financial statements of the Charitable Incorporated Organisation for the period **October 2024 to September 2025**.

### **Mission**

Our friendly, welcoming & compassionate network first became active in 2019. Working together, we want to make Southampton a mental health friendly city, ensuring equality, diversity & inclusion for all. Our network is supported by Southampton City Council and the Clinical Commissioning Group's Integrated Commissioning Unit.

### **Our mission**

- Improve attitudes, understanding and education around mental health in our city.
- Boost wellbeing & resilience.
- Be understanding and supportive of mental ill-health.
- Create welcoming and collaborative spaces for discussion.

## The Year in Review

Following a period of intermittent and part-time staffing, the administrator (Chloe Naegeli) was appointed full time in April 2025. A Network focus has been to regain the momentum lost during this time - raising awareness of our mission within the city, diversifying our engagement with community groups, and widening our member base.

In April 2025, the Network agreed to lead on a citywide PR strategy, coordinating communications pertaining to mental health and wellbeing in line with the Southampton Mental Health and Wellbeing Strategy.

Preparations were made to revitalise SMILE (Southampton Mental Illness Lived Experience), following a period of inactivity. The relaunch was planned for November 2025.

Progress was made in pursuing opportunities to engage with academic research, with the aim of assisting to produce reliable evidence on which to build future practice to improve mental health and wellbeing.

## Admin Support

The ICU funding allows the administrator (Chloe Naegeli) to continue business as usual, including a weekly newsletter, web content, convening and providing administrative support for main and subgroup meetings, providing networking and collaboration opportunities, and representing the network at citywide / regional meetings.

## Membership

Date	Members Representing an Organisation	No. of Organisations represented	No. of Individuals	Total Members
Sept 2024	50	43	23	73
Sept 2025	70	62	21	91

## Attending Member Events

Another priority for us this year has been to support and attend as many Network Member events as possible. This has included the Re:Minds 10-year anniversary celebration Event and Our Version Media's 5-year birthday celebration. We were delighted to hold a stall at the Mansbridge Centenary Event, as well as support Unpaid Carers Southampton Afternoon Tea and attended Touch Network's Live Storytelling Events.

## Representation at Citywide Meetings

From October 2024 to September 2025, SMHN was represented at 26 citywide and regional meetings, including:

- Mental Health Partnership Board
- Suicide Prevention
- SO: Linked meetings, Friday Forum and Coproduction Corner
- Working in Partnership Meetings, and Experience of Care Meetings, HIOW NHS Healthcare Foundation Trust
- Monitoring the implementation of Southampton's Mental Health and Wellbeing Strategy

## PR and Media

Since 2021, Porcupine PR has guided the production of a PR Strategy and supported the network in its delivery. We have had a really successful year for PR, creating an estimated £126,000 in media coverage for an annual fee of £5,184. This includes 20 press releases, subsequent web copy and social media, 3 TV and 3 Radio interviews.

There has been a focus this year on establishing and coordinating the citywide PR strategy. This joint approach aims to create a series of unified messages, phrases, and hashtags that promote positive mental health across the city. By having consistent messaging across multiple platforms, we intend to amplify our voice and reach, engaging with a wider range of audiences that we had not reached before. Between April and October 2025, the group met to agree key events / days the group would like to focus on. It was agreed that the joint PR strategy would officially launch in September 2025.

Porcupine PR continues to produce content for the website and social media.

## Website

Since 2022, Xebre Limited has been working with us to develop our website. During this period, the web content has undergone significant change. As we aim to make the website THE place to go for signposting to services within the city, we have been working on populating the "Find Support" and "What's On" (calendar) sections with as many services / groups in the city as possible. In doing so, we aspire that people visiting the website are able to find support appropriate to them.

Our PR concentrates on directing people to the website through our social media, press releases, networking events, and more recent 'find support' QR codes, and have seen an increase in website traffic as a result.

## Projects

### ***Making Southampton a Mental Health Friendly City***

In 2021, SMHN surveyed the general public to elicit ideas about what being a "mental health friendly city" meant to them. 500 responses were received, and the results were used to guide the Network's planning.

A second survey, aimed at identifying areas requiring further elucidation, was launched in 2022 and remained open until September 2023. 188 responses were received. Rebecca Beddall and Andy Fulford analysed findings. These findings, alongside an executive summary, were shared with all Network members before being circulated to clinical leads and later to the broader public. This is publicly available on our website here: <https://www.smhn.org.uk/news/story.php?id=residents-workers-help-shape-sou-1282>

Two focus groups were held with Network members to create a plan to act on the results.

### ***Medication Report***

In July 2023, at the request of members, a focus group was held to hear the experiences of both patients and carers regarding medication for mental health conditions. This included prescription, dosage, side effects, and reviews. The report has now been finalised and shared with our NHS colleagues, to consider the findings.

### ***Let's Talk Southampton***

Three focus groups were held with members to explore opportunities for people to talk to each other in Southampton. This aligns with the results of the mental health friendly city surveys conducted by SMHN.

There was agreement that there are already many relevant groups or initiatives available in the city with limited ways for those who may appreciate them to find out.

This is something we aim to address through the website by adding more general 'wellbeing' activities to the Find Support section.

### ***Members' Surveys and Feedback***

SMHN continues to respond to requests from statutory providers, network members and community leads to circulate surveys, consultations and information. This is achieved through the weekly Roundup, website and social media.

## **Research**

A notable achievement of this year has been our engagement with the world of research, something the Network has been aspiring to for the past couple of years.

This has included attending the NIHR ARC Wessex Quality Improvement event, directly inputting into the RSA (Royal Society of Art)'s Social Connectedness focus groups, as well as sharing research opportunities from the University of Southampton with the Network. Researchers have presented their work at main group meetings, circulated their information through the Roundup and provided input to the website and social media.

SMHN has also connected researchers with community groups they would not otherwise have access to for Dr Hannah Bowers' study on Depression vs Deprivation and Dr Skaiste Livencuite's study on Alcohol Use in Older Adults.

## **Fundraising**

In May 2025, we held a fundraising quiz at Mettricks, Portswood, raising £420.75 from both ticket sales and raffle tickets. The quiz was attended by 38 people, making up 6 teams.

The Network raised £30.50 at the Mansbridge Centenary Event, selling raffle tickets for a hamper drawn on the day, as well as children's bubbles and fidget toys.

## **SMILE**

SMILE (Southampton Mental Illness Lived Experience) sits under the umbrella of Southampton Mental Health Network. SMILE is not a support group, but an opportunity for those with lived experience to

contribute to making a difference to the way that services are designed and delivered for the residents of Southampton.

Objectives of SMILE:

- To tackle stigma and embrace diversity.
- To contribute to making Southampton a more mental health friendly city.
- To raise awareness of mental health issues, draw on and improve people's experiences of using services.
- To work in partnership with member organisations of Southampton Mental Health Network to improve services.

As a Trustee, Saire Herschel-Clarke led SMILE from the Autumn of 2021 until she stood down in January 2024. Saire has returned to lead SMILE but will not rejoin as a Trustee. David Cowley was elected as the Trustee representing SMILE at the AGM in February 2025. Thank you, Saire and David.

Following a period of inactivity for SMILE, Saire Herschel-Clarke has been working on recruiting new members. SMILE ran two focus groups to gather feedback on Board in the City's proposed Wellbeing Hub in July 25.

Saire Herschel-Clarke also launched her Stars for Stars campaign in May 2025, a scheme which recognises individuals and businesses that go above and beyond to create kind environments and promote good mental health. The first star was awarded in May 2025.

## Future plans

- *Recruit new members:* widen awareness of SMHN, with a particular focus on expanding to businesses / the wider community for buy-in.
- *Maintain and further develop engagement:* encourage members to suggest areas they would like to explore/contribute to. Provide opportunities for Networking, information sharing, and the opportunity for organisations to work together.
- *Co-lead Southampton's Mental Health and Wellbeing Partnership:* continue to work with Public Health and SVS to monitor and evaluate the implementation of Southampton's Mental Health and Wellbeing Strategy
- *Joint PR Strategy:* continue to lead on the citywide PR strategy, promoting messaging about positive mental wellbeing across the city, strengthening and widening our reach
- *Website development:* move the website to a more practical and sustainable model. Continue to include as much information about city resources on the website as possible. Coordinate with other information directories (e.g., SLIC) and expand to include other activities that promote positive wellbeing.
- *Young People's app:* continue to provide up-to-date information about services which specifically support those aged 16-25.
- *Fundraising:* work together to attract funding for the charity and its member organisations
- *Support research:* continue and expand our contributions to projects that explore underlying issues that affect mental health and wellbeing
- *Lead on the "Get Southampton Talking" initiative:* respond to requests to bring people together to give more opportunities to relieve loneliness and isolation
- *Raise awareness around supporting good mental wellbeing:* establish effective ways to share our mission with residents, workers and businesses in Southampton, underpinned by a clear PR strategy. Facilitate

the provision of public events to highlight understanding of how mental well-being can be integrated into everyday life

- *Establish consultation panels:* recruit groups with personal knowledge/experience of a variety of situations/perspectives in response to requests from providers of services.
- *SMILE:* continue to develop SMILE, gathering opportunities for people with lived experience of poor mental health to provide feedback and engage with services.

## Membership

Members are asked to renew their membership annually and pay a £2 registration fee. This allows the charity to track its membership more effectively and ensure that members are positively opting into engagement with the organisation.

Membership of the charity is open to anyone interested in furthering its objectives and who, by applying for membership, has indicated their agreement to become a member and acceptance of the duty of members as set out in the constitution. A member may be:

- An individual who lives or works in the city of Southampton
- An organisation supporting residents of the city of Southampton

If the Southampton Mental Health Network is wound up, the members of the Southampton Mental Health Network have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

## Governance

Day-to-day operational activities are delivered by the SMHN Administrator, who is employed by Communicare in Southampton. This has been intermittent during this period, due to funding, and has had a significant impact on the day to day running of the Network. Line management is undertaken by Communicare's Manager.

The Administrator and Communicare's Manager report to the Trustees at their regular meetings. Strategic management, including adoption of policies, is undertaken by the Trustees. They also lead the various subgroups.

## Trustees

Six Trustees were recruited from within the membership of the Communicare-led network to launch the new charity. Care was given to appointing a Board that represented a wide range of perspectives and experience.

The Trustees that served during the year and up to the date of this report and are set out below:

Susan Hayward Chair of Trustees

Barry Hampton (stood down June 2025)

Parvin Damani

Gemma Pratt

Paul Lewzey

David Cowley

Ling Salter (appointed by Trustees May 2025)

## Risk Review

The Trustees have considered the major risks to which Southampton Mental Health Network is exposed and have put in place policies and systems to mitigate these risks.

Much of the activity of the charity continued to be delivered through Communicare this year, which is protected under the insurance policy of umbrella organisation: The Hampshire Good Neighbours Network provided by Capital Markets Underwriting Ltd.

We are developing a wide range of policies including Adult Safeguarding, Health and Safety, Equal Opportunities and Data Protection.

Cyber security is provided by Communicare in Southampton through subscription to Soda IT.

## Financial statement

### Income and Expenditure for the Year to 30 September 2025

INCOME	Unrestricted	Restricted	Total Funds	Total Funds
	Funds 2025	Funds 2025	2025	2024
	£	£	£	£
Membership fees received during period	148	0	148	198
Fund raising events	701	0	701	794
Additional donations (unrestricted)	73	0	73	178
Restricted purpose donations	0	8,486	8,486	8,486
<b>Total Income</b>	<b>922</b>	<b>8486</b>	<b>9,408</b>	<b>9,656</b>
EXPENDITURE	Unrestricted	Restricted	Total Funds	Total Funds
	Funds 2025	Funds 2025	2025	2024
	£	£	£	£
Administration	170	0	170	262
Fund Raising costs	92	0	92	0
Training Event costs	225	0	225	0
<b>Total Expenditure</b>	<b>487</b>	<b>0</b>	<b>487</b>	<b>262</b>
	Unrestricted	Restricted	Total Funds	Total Funds
	Funds 2025	Funds 2025	2025	2024
	£	£	£	£
Net Income for the Year	435	8486	8921	9394
Total funds brought forward	8486	1208	9694	300
Total funds carried forward	8921	9694	18615	9694

## Balance Sheet as at 30 September 2025

	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
<b>Current Assets</b>				
Cash at bank and in hand	1643	16972	18615	9694
<b>Net Assets</b>	<b>1643</b>	<b>16972</b>	<b>18615</b>	<b>9694</b>

### We would like to thank...

Hayley Binstead, Director and Founder of Board in the City CIC, for her support of the Network since day one, as well as the provision of a free venue and refreshments for events.

Jess Spurrell, Senior Public Engagement Manager at the University of Southampton, for sourcing and providing the venue and refreshments for our AGM, February 2025.

Porcupine PR, for their time, dedication and support with all things PR, website, and the Network.

Barry Hampton, our finance volunteer, who provides all our receipts and writes the financial report.

Ann Jones, for diligently giving up her time each week to write the Roundup.

Sue Hayward and Ling Salter, for financially supporting the Network in our endeavours.

The Trustees, for giving up their time to support the network, providing strategic and practical support.

All our Network members, for their continued engagement and support.

**SOUTHAMPTON MENTAL HEALTH NETWORK CIO**

England & Wales - Charity number 1200515

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# Accounts

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**Southampton Mental Health Network**  
**Registered Charity No: 1200515**  
**Registered Office: Voluntary Action Centre, Kingsland Square, Southampton, SO14 1NW**

**Report of the Trustees**

**October 2023 – September 2024**



The Trustees have pleasure in presenting their report and the financial statements of the Charitable Incorporated Organisation for the period October 2023 to September 2024.

## **Purposes and Aims**

The objects of the Southampton Mental Health Network are set out in the Constitution and are as follows:

- (1) To make Southampton a mental health friendly city
- (2) This will be achieved through:
  - 2.1 Collaborating with relevant stakeholders (medical professionals, those affected by poor mental health in the past and/or currently), those with an interest in improved mental health
  - 2.2 By carrying out research and surveys to identify areas of need and best-fit solutions for those affected by poor mental health in the city of Southampton
  - 2.3 Facilitating appropriate events designed to engage with all relevant parties as a result of the research/survey results.
  - 2.4 The advancement of knowledge and education about mental health and resources to effectively support, maintain or improve mental health
  - 2.5 Raising awareness of resources available and good practice in supporting those affected by poor mental health
- (2) These outcomes will benefit all members of the community
- (3) The benefits of this Southampton Mental Health Network extend to the residents of the city of Southampton, and other areas as the trustees of the Southampton Mental Health Network may so decide

The Trustees have:

- Paid due regard to the guidance contained in the Charity Commission's general guidance on public benefit in establishing the new charity and reviewing the work undertaken in the last 12 months.

## **Background and origin of the charity**

Communicare in Southampton is a small, independent, local charity that provides good neighbourly support to the residents of the city of Southampton. It carries out its activities in close partnership with a range of other groups, ensuring that the needs of its beneficiaries are met as effectively as possible by those with the most relevant knowledge and experience.

In February 2019 Communicare led on the establishment of a network of organisations and individuals, linked through a Memorandum of Understanding (MOU) with a vision to make Southampton a mental health friendly city.

Southampton's Integrated Commissioning Unit (ICU) awarded funding in April 2019 to support the development of the network and establishment of a service user network. This allowed Communicare to employ a part time Administrator and to undertake a range of low key activities to take the project forward.

By March 2021 membership had risen to seventy, including representation from statutory organisations (NHS, City Council), businesses, small community organisations and individuals. There was active engagement at all levels, allowing collaborative work to be initiated and built on. It became clear that to secure its long-term future the network would benefit from becoming a charitable organisation in its own right.

Working from within the existing framework members explored various options together, culminating in the recruitment of a Board of Trustees with a broad range of experience and perspectives. The Board led on the creation of a constitution for a Charitable Incorporated Organisation, which gained registration with the Charity Commission in September 2022.

### **SMILE (Southampton Mental Illness Lived Experience)**

In March 2019, following consultation, users of mental health services in Southampton and others who had lived experience of mental illness, SMHN concluded that the "service users network" being created through the organisation should be aimed at all those with lived experience, not just those who had/would make use of services on offer.

The group was established and led by Bob Clark and Saire Herschel-Clark.

SMILE sits under the umbrella of Southampton Mental Health Network. SMILE is not a crisis group but member organisations can provide support to one another.

Objectives of SMILE:

- To tackle stigma and embrace diversity.
- To contribute towards making Southampton a more mental health friendly city.
- To raise awareness of mental health issues, draw on and improve people's experiences of using services.
- To work in partnership with member organisations of Southampton Mental Health Network to improve services.

Trustee Saire Herschel-Clarke led SMILE from the Autumn of 2021 until she stood down in January 2024. Saire has come back to lead SMILE but will not rejoin as a Trustee.

33 individuals have shown interest in SMILE. Plans for more active engagement will be rolled out now that clear leadership is back in place.

## Activity from October 2023 – September 2024

The main focus during this period has been on maintaining the well-established networking opportunities provided and continuing the efficient functioning of the charity.

Communicare's funding from the ICU allowed the post of SMHN Administrator to remain open on a restricted basis throughout. With this support activities have included:

- Providing a weekly, online, newsletter for information exchange
- Convening meetings for all members with topical speakers
- Organising subgroup meetings to cover specific areas of work
  - SMILE (Southampton Mental Illness Lived Experience), which acts as a service users' network
  - Family, Friends and Carers' Group
  - Communications
  - Engagement
  - Funding
  - Focus Group: Time To Talk
  - Focus Group: Medication Report
- Offering opportunities for individuals and organisations to meet and explore areas where they could collaborate
  - New members sessions
  - "Networking for the Network", online speed networking
  - "Shuffle Club", informal social networking
- Representing SMHN at city-wide or regional meetings, including (but not limited to):
  - Mental Health partnership board
  - Project Fusion
  - Suicide Prevention
  - Southampton's Mental Health and Wellbeing Strategy development
  - Family Friends and Carers Southern Health NHS Foundation Trust
  - SO: Linked meetings & SVS Friday Forum
  - Solent NHS "Working in Partnership" Meetings
  - Research with Ling and UoS on mental health in older adults

### PR and media

Since 2021, Porcupine PR has continued to guide on the production of a PR Strategy and to support the network in its delivery. During the period of this report the bulk of their time has been spent on assisting with establishing and developing the website. Achievements include:

- Producing written content for the website as requested to help boost SEO including backlinking
- Linked social media to the website to help with linking back to it and footfall

- Creating Young People's page and app - discussed work with Xebre Ltd to produce page and app, linked to the website, specifically aimed at those aged 16-25

Other general PR achievements for the 23-24 period include:

- 4 press releases, with subsequent webcopy and social media posts.
- Creating an estimated £50,400 in press / media coverage during the 23-24 period, including pieces in The Echo, In Common, About My Area, Council publications and Yahoo News.
- Strategy reworking
- 12 Communications Subgroup meetings

The focus of the next 12 months will be:

- Continue to help build and develop the website with content assistance and awareness generation.
- Develop the Young People's page and app
- Discuss and action the website launch
- Revise strategy if needed
- Issue six press releases – priorities include membership, fundraising, Family, Friends & Carers Events, The Young People's section of the Website, and supporting NHS and similar campaigns.

## **Website**

A significant and time-consuming project over this period has been working on the Network's website.

Since 2022 Xebre Limited have been working with us to create our website, working closely with members to ensure that it meets the group's requirements.

During this period, we have been particularly focusing on the Young Person section of our website, which allows Young People to filter specific Young People's services by support type and area. Furthermore, we have developed the Young Person's Service Finder Tool (app), which provides tailored mental health support to suit that individual's needs. This includes a four-tier system, ranging from community support and self-help to NHS and crisis support, as well as taking into consideration other factors such as education provider (and the support they can offer), alcohol and drug use, and caring responsibilities. Young people are then able to browse the range of support services available to them, and can contact service providers directly, with a link to their website, phone number and email.

This was born of a focus group held in September 2023, allowing Young People's ideas to be incorporated into the thinking process and design of the app. The app and Young People's section of the website is now live, and the consultation / feedback period launched in September 2024. It can be found in the 'Find Support' section of our website.

## Facts & figures

### Membership

Date	Members representing an Organisation	Organisations represented	Personal/individual memberships	Total members
Oct-23	57	47	19	76
Sep-24	48	43	26	73

### Engagement

The level of engagement of members is seen as an indication of the value they recognise in the Network's opportunities.

Engagement is measured by looking at those who undertook one or more of the following during the specified period:

- Opened the Roundup (online newsletter)
- Attended a meeting
- Has been in communication via email
- Is a new member

Figures for the end of the previous year are included for comparison:

Date	Number engaging	% engaging	Number of meetings	Number attending
Aug23 - Oct23	68	89	5	20
Nov23 - Jan24	72	90	7	36
Feb24 - Apr24	66*	83	5	10
May24 - Jul24	63	86	7	27
Aug24 - Oct24	62	76	6	15

\*This included engagement by members whose membership lapsed in April 2023

### Representation at city-wide & regional meetings

From October 2023 to September 2024, SMHN was represented at 37 citywide and regional meetings, including:

- Mental Health partnership board
- Project Fusion
- Suicide Prevention
- Southampton's Mental Health and Wellbeing Strategy development
- City Mental Health Partnership Board

- Family Friends and Carers Southern Health NHS Foundation Trust
- The Mental Health Collective
- SO: Linked meetings/Friday Forum
- Working in Partnership Meetings
- Research with Ling and UoS on mental health in older adults

## **Fundraising**

In July 2024, we held a quiz at Board in the City and raised £538.46. The quiz was attended by 31 people making up 5 teams. It was a very entertaining evening and enjoyed by all.

We appreciate the support of the team at Board in the City for hosting and feeding us, and everyone who attended and helped on the night.

## **Surveys & consultations**

In 2021, SMHN surveyed the general public to elicit ideas about what being a “mental health friendly city” meant to them. 500 responses were received, and the results were used to guide the Network's planning.

A second survey, picking up on areas where further elucidation was required, was launched in 2022 and remained open until September 2023. 188 responses were received. Findings were analysed by Rebecca Beddall and Andy Fulford. The executive summary will be shared with all Network members.

SMHN will continue to respond to requests from statutory providers to circulate surveys to relevant members of the public when they are seeking feedback on the services they provide.

## **Focus Group: Medication**

At the request of members, we held a focus group to hear the experiences of both patients and carers regarding medication for mental health conditions, its prescription, dosage and side effects, reviews, etc. The report is in the final stages of drafting.

## **Focus Group: Let's Talk**

During 2024 two meetings were held with members to explore opportunities for people to talk to each other in Southampton. This need for people to talk aligns with the results of the mental health friendly city survey that the network conducted. The top request for support was access to services, and the second was opportunities to make friends. In the second stage of the survey, we asked what access to services meant to people, and respondents said they needed opportunities to meet and talk to others.

## Future plans

The following topics will be the main areas of focus for October 2024 – September 2025

- **Recruit new members:** widen awareness of SMHN, with attention to targeting sections of the community under-represented to date
- **Maintain and further develop engagement:** solicit feedback from members and engage with the wider community to encourage greater active involvement in areas that contribute to making Southampton a mental health friendly city
- **Co-lead Southampton's Mental Health and Wellbeing Partnership:** continue to work with Public Health and SVS to develop and extend the group to monitor and evaluate the implementation of Southampton's Mental Health and Wellbeing Strategy
- **Website development:** continue to build and develop the charity's website
- **Young People's app:** work with Xebre Ltd to further develop the app, linked to the website, specifically aimed at those aged 16 – 25y
- **Fundraising:** work together to attract funding for the charity and its member organisations
- **Support research:** look for ways to contribute to projects that explore underlying issues that affect mental health and wellbeing
- **Lead on the "Get Southampton Talking" initiative:** respond to requests to bring people together to give more opportunities to relieve loneliness and isolation
- **Raise awareness around supporting good mental wellbeing:** establish effective ways to share our mission with residents, workers and businesses in Southampton underpinned by a clear PR strategy.  
Facilitate the provision of public events to highlight understanding of how mental well-being can be integrated into everyday life
- **SMILE:** build on and develop the established network. Recruit a Trustee with lived experience of mental illness
- **Establish consultation panels:** recruit groups with personal knowledge/experience of a variety of situations/perspectives who can be called upon to contribute to thinking around relevant areas of planning and review

## Membership

Members are asked to renew their membership annually and pay a £2 registration fee. This allows the charity to track its membership more effectively and ensure that members are positively opting into engagement with the organisation.

Membership of the charity is open to anyone interested in furthering its objectives and who, by applying for membership, has indicated their agreement to become a member and acceptance of the duty of members as set out in the constitution. A member may be:



## **Risk Review**

The Trustees have considered the major risks to which Southampton Mental Health Network is exposed and have put in place policies and systems to mitigate these risks.

Much of the activity of the charity continued to be delivered through Communicare this year, which is protected under the insurance policy of umbrella organisation: The Hampshire Good Neighbours Network provided by Capital Markets Underwriting Ltd.

We are developing a wide range of policies including Adult Safeguarding, Health and Safety, Equal Opportunities and Data Protection.

Cyber security is provided by Communicare in Southampton through subscription to Soda IT.

## Financial statement

**Financial Statement Southampton Mental Health Network**  
**CIO Registered Charity Number 1200515**  
**Financial Accounts for year ending 30 September 2024**

	2024	2023
	£	£
<b>INCOME</b>		
Membership fees received during period	198	128
Fund raising events	794	0
Additional donations (unrestricted)	178	122
Restricted purpose donations	8,486	105
<b>Total Income</b>	<b>9,656</b>	<b>355</b>
<b>EXPENDITURE</b>		
Mail Holding Facility Fee (SVS)	0	50
Restricted purpose expenditure	0	105
Additional expenditure	262	5
<b>Total Expenditure</b>	<b>262</b>	<b>160</b>
<b>FUNDS HELD</b>		
Opening Bank balance	300	0
Total Income	9,656	355
Total Expenditure	262	55
<b>Closing Bank Balance</b>	<b>9,694</b>	<b>300</b>
<b>Opening Funds</b>		
Restricted	0	0
Unrestricted	300	0
	<b>300</b>	<b>0</b>
<b>Closing Funds</b>		
Restricted	8,486	0
Unrestricted	1,208	300
	<b>9,694</b>	<b>300</b>

### NOTE TO ACCOUNTS

Note 1 The restricted purpose income was for a website funding progress which, as at year end, remained a work in progress and for which disbursements will be made in due course

Note 2 An independent examination of the accounts was not undertaken because the income and expenditure of the Network were below the necessary threshold.

**SOUTHAMPTON MENTAL HEALTH NETWORK CIO**

England & Wales - Charity number 1200515

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# Accounts

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# Southampton Mental Health Network

Registered Charity No: 1200515

Registered Office: Voluntary Action Centre, Kingsland Square, Southampton, SO14 1NW

## Report of the Trustees

October 2022 – September 2023



The Trustees have pleasure in presenting their report and the financial statements of the Charitable Incorporated Organisation for the period October 2022 to September 2023.

## **Purposes and Aims**

The objects of the Southampton Mental Health Network are set out in the Constitution and are as follows:

- (1) To make Southampton a mental health friendly city
- (2) This will be achieved through:-
  - 2.1 Collaborating with relevant stakeholders (medical professionals, those affected by poor mental health in the past and/or currently), those with an interest in improved mental health
  - 2.2 By carrying out research and surveys to identify areas of need and best fit solutions for those affected by poor mental health in the city of Southampton
  - 2.3 Facilitating appropriate events designed to engage with all relevant parties as a result of the research/survey results.
  - 2.4 The advancement of knowledge and education about mental health and resources to effectively support, maintain or improve mental health
  - 2.5 Raising awareness of resources available and good practice in supporting those affected by poor mental health
- (3) These outcomes will benefit all members of the community
- (4) The benefits of this Southampton Mental Health Network extend to the residents of the city of Southampton, and other areas as the trustees of the Southampton Mental Health Network may so decide

The Trustees have:

- Paid due regard to the guidance contained in the Charity Commission's general guidance on public benefit in establishing the new charity and reviewing the work undertaken in the last 12 months.

## **Background and origin of the charity**

Southampton Mental Health Network (SMHN) grew from a project developed by Communicare in Southampton from February 2016, launched in February 2019.

Communicare in Southampton is a small, independent, local charity that provides good neighbourly support to the residents of the city of Southampton. It carries out its activities in close partnership with a range of other groups, ensuring that the needs of its beneficiaries are met as effectively as possible by those with the most relevant knowledge and experience.

In February 2019 Communicare led on the establishment of a network of organisations and individuals, linked through a Memorandum of Understanding (MOU) with a vision to make Southampton a mental health friendly city.

Southampton's Integrated Commissioning Unit (ICU) awarded funding in April 2019 to support the development of the network and establishment of a service user network. This allowed Communicare to employ a part time Administrator and to undertake a range of low key activities to take the project forward.

By March 2021 membership had risen to seventy, including representation from statutory organisations (NHS, City Council), businesses, small community organisations and individuals. There was active engagement at all levels, allowing collaborative work to be initiated and built on. It became clear that to secure its long-term future the network would benefit from becoming a charitable organisation in its own right.

Working from within the existing framework members explored various options together, culminating in the recruitment of a Board of Trustees with a broad range of experience and perspectives. The Board led on the creation of a constitution for a Charitable Incorporated Organisation, which gained registration with the Charity Commission in September 2022.

### **SMILE (Southampton Mental Illness Lived Experience)**

In March 2019, following consultation, users of mental health services in Southampton and others who had lived experience of mental illness, SMHN concluded that the "service users network" being created through the organisation should be aimed at all those with lived experience, not just those who had/would make use of services on offer.

The group was established and led by Bob Clark and Saire Herschel-Clark.

## **Activity from October 2022 – September 2023**

The main focus during this period has been on maintaining the well established networking opportunities provided whilst executing a smooth transition to the new charity.

Communicare's funding from the ICU allowed the post of SMHN Administrator to remain open on a restricted basis throughout. With this support activities have included:

- Providing a weekly, online, newsletter for information exchange
- Convening meetings for all members with topical speakers
- Organising subgroup meetings to cover specific areas of work
  - SMILE (Southampton Mental Illness Lived Experience), which acts as a service users' network
  - Family, Friends and Carers' Group
  - Communications
  - Engagement
  - Funding
- Offering opportunities for individuals and organisations to meet and explore areas where they could collaborate
  - New members sessions
  - "Networking for the Network", online speed networking
  - "Shuffle Club", informal social networking
- Representing SMHN at city-wide or regional meetings, including (but not limited to):
  - Mental health partnership board
  - Project Fusion

- Suicide prevention
- Southampton's Mental Health and Wellbeing Strategy development

## **SMILE**

SMILE sits under the umbrella of Southampton Mental Health Network. SMILE is not a crisis group but member organisations can provide support to one another.

Objectives of SMILE:

- To tackle stigma and embrace diversity.
- To contribute towards making Southampton a more mental health friendly city.
- To raise awareness of mental health issues, draw on and improve people's experiences of using services.
- To work in partnership with member organisations of Southampton Mental Health Network to improve services.

Since Autumn 2021 SMILE has been led by Trustee Saire Herschel-Clarke.

Those interested in being involved with SMILE complete a questionnaire to allow Saire to contact them. Numbers completing a questionnaire:

- August 2022, 15 individuals
- October 2023, 18 individuals

During the reporting period there were two SMILE meetings attended by 10 individuals total.

Saire will step down as lead for the group in January 2024 and is not seeking re-election as a Trustee as she moves into a new employment position.

## **PR and media**

In 2021 Porcupine PR were appointed to guide on the production of a PR Strategy and to support the network in its delivery.

During the period of this report the bulk of their time has been spent on assisting with establishing a website.

They will continue to play an important role in ensuring that all aspects of our communications are appropriate and effective going forward.

## **Website**

The most significant and time-consuming project over this period has been building the Network's own website.

Xebre Limited were commissioned to create the website, working closely with members to ensure that it meets the requirements of the group.

## Facts & figures

### Membership

At the start of the year all members of the Network had joined by completing the MOU (Memorandum of Understanding):

Date	Members representing an Organisation	Organisations represented	Personal/individual memberships	Total members
Oct-22	196	107	34	230
Jul-23	207	125	43	250

During 2023 members were invited to take out membership with the new charity to allow transition to the new body.

At the end of July 2023 only those who had taken out membership with the new charity were included on the mailing list and deemed to be a member of the Network.

In September 2023 membership of the new charity:

Date	Members representing an Organisation	Organisations represented	Personal/individual memberships	Total members
Sep-23	46	41	14	60

### Engagement

The level of engagement by members is seen as an indication of the value recognised by them of the Network's opportunities.

Engagement is measured by looking at those who undertook one or more of the following during the specified period:

- Opened the Roundup (online newsletter)
- Attended a meeting
- Has been in communication via email
- Is a new member

Figures for the end of the previous year are included for comparison.

Date	Number engaging	% engaging	Number of meetings	Number attending
Aug22 - Oct22	153	66	22	58
Nov22 - Jan23	150	63	13	45
Feb23 - Apr23	152	61	15	44
May23 - Jul23*			5	25
Aug23 - Oct23	68	89	5	20

\*During May – Jul23 the Network significantly reduced its activity due to a gap in funding

### Representation at city-wide & regional meetings

During August – October 2023 SMHN has been represented at:

- City Mental Health Partnership Board (x3)
- "Towards a new organisation", Project Fusion (x2)

- Family Friends and Carers Southern Health (x2)
- Southampton Mental Health strategy planning
- Southampton Suicide Prevention Partnership
- MH 16-25 yr Old Local Delivery Group
- Southern Health Working in Partnership (x2)
- ICP Mental Wellbeing Assembly
- Southern Health Divisional Q&P Meeting
- Co-Occurring conditions Education Workshop and Quality Improvement Session.

### Surveys & consultations

In 2021 SMHN conducted a survey with the general public to elicit ideas about what being a “mental health friendly city” meant to them. 500 responses were received and the results used to guide planning for the Network.

A second survey, picking up on areas where further elucidation was required, was launched in 2022 and has been ongoing.

SMHN has responded to requests from statutory providers to circulate surveys to relevant members of the public when they are seeking feedback on the services they provide.

### Future plans

The following topics will be the main areas of focus for October 2023 – September 2024

- **Transfer to new membership**; continuing to encourage previous members to register with the new charity
- **Recruit new members**; widen awareness of SMHN, with a paying attention to targeting sections of the community under-represented to date
- **Maintain/further develop engagement**; solicit feedback from members and engage with the wider community to encourage greater active involvement in areas that contribute to making Southampton a mental health friendly city
- **Website development**; continue to build and develop the charity’s website
- **Young People’s app**; work with Xebre Ltd to produce an app, linked to the website, specifically aimed at those aged 16 – 25y
- **Fundraising**; work together to attract funding for the charity and its member organisations
- **Support research**; look for ways to contribute to projects that explore underlying issues that affect mental health and wellbeing
- **Lead on “Get Southampton Talking” initiative**; respond to requests to bring people together to give more opportunities to relieve loneliness and isolation
- **Engagement event**; facilitate the provision of a public event to highlight understanding of how mental well-being can be integrated into everyday life
- **SMILE**; build on and develop the established network. Recruit a new group leader and Trustee with lived experience of mental illness
- **Establish consultation panels**; recruit groups with personal knowledge/experience of a variety of situations/perspectives who can be called upon to contribute to thinking around relevant areas of planning and review

## Membership

Members are asked to renew their membership annually and pay a £2 fee for registration. They are invited to make an additional donation at registration if they choose. This allows the charity to track its membership more effectively and ensure that members are positively opting into engagement with the organisation.

Membership of the charity is open to anyone who is interested in furthering its objects, and who, by applying for membership, has indicated their agreement to become a member and acceptance of the duty of members as set out in the constitution. A member may be:

- i. An individual who lives or works in the city of Southampton
- ii. An organisation supporting residents of the city of Southampton

If the Southampton Mental Health Network is wound up, the members of the Southampton Mental Health Network have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

## Governance

Day-to-day operational activities are delivered by the SMHN Administrator, who is employed by Communicare in Southampton. Line management is undertaken by Communicare's Manager.

The Administrator and Communicare's Manager report to the Trustees at their regular meetings. Strategic management, including adoption of policies, is undertaken by the Trustees. They also lead the various subgroups.

## Trustees

### *Recruitment of Trustees*

Six Trustees were recruited from within the membership of the Communicare-led network to launch the new charity. Care was given to appointing a Board that represented a wide range of perspectives and experience.

The Trustees that served during the year and up to the date of this report and are set out below:

- Susan Hayward (Chair)
- Barry Hampton
- Saire Herschel-Clark
- Parvin Damani
- David Kingdon
- Jacqueline Tuson

## **Risk Review**

The Trustees have considered the major risks to which Southampton Mental Health Network is exposed and have put in place policies and systems to mitigate these risks.

Much of the activity of the charity continued to be delivered through Communicare this year, which is protected under the insurance policy of umbrella organisation: The Hampshire Good Neighbours Network provided by Capital Markets Underwriting Ltd.

We are developing a wide range of policies including Adult Safeguarding, Health and Safety, Equal Opportunities and Data Protection.

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# Southampton Mental Health Network CIO

Registered Charity Number 1200515

Financial Accounts for year ending 30 September 2023

**INCOME**

Membership fees paid during period	£128.00	
Additional donations (unrestricted)	£122.00	
Restricted purpose donations	£105.00	(see note below)
	<hr/>	
<b>Total Income</b>	<b>£355.00</b>	

**EXPENDITURE**

Mail Holding Facility Fee (SVS)	£ 50.00	
Restricted Purpose Expenditure	£109.78	
Additional expenditure	£ 4.78	(see note below)
	<hr/>	
Total Expenditure	£159.78	(see note below)

**FUNDS HELD**

Opening Bank balance	£ 0.00	
Total Income	£ 355.00	
Total Expenditure	£ 54.78	
<b>Closing Bank Balance</b>	<b>£ 300.22</b>	<i>(reconciled with bank account 30Sep23)</i>

**NOTE TO ACCOUNTS****Note 1**

Following the departure of our long-serving administrator (mainly during the period prior to registration as a charity), the members were invited to contribute towards a leaving gift to recognise the valuable contribution of this individual to the development and running of the Network. All donations received were recognised as 'Restricted purpose donations' in the accounts and the expenditure was similarly recognised. A small part of the cost was met by the Network itself.

Restricted purpose income £105.00 (former administrator gift)

Restricted purpose expenditure £109.78 (former administrator gift)

**Note 2**

An independent examination of the accounts was not undertaken because the income and expenditure of the Network were below the necessary threshold.