

**Mind in Camden**

**TRUSTEES' ANNUAL REPORT AND CONSOLIDATED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2021**

## MIND IN CAMDEN

### Reference and Administrative details

Status:	Company limited by guarantee without share capital incorporated in May 1985. Registered as a charity on 24 July 1985.
Company Number:	1911178
Registered Charity Number:	292180
Registered Office: Operational Address:	Barnes House 9-15 Camden Road London NW1 9LQ
Honorary Officers:	Elise Ormerod, Chair Rebecca Armstrong Rebecca Hammond Timothy Hobbs Donna Ellis  Honorary Officers also comprise the members of the Management Committee
Principal Staff and Company Secretary:	Brian Dawn – Chief Executive
Bankers:	HSBC Bank 31 Euston Road London NW1 2ST  Metro Bank 227 Tottenham Court Road London W1T 7QF
Solicitors:	Gotelee Solicitors 31-41 Elm Street Ipswich IP1 2AY
Auditors:	Goldwins Limited 75 Maygrove Road West Hampstead London NW6 2EG

## **1. Structure, Governance and Management**

### **Governing Document**

The organisation is a charitable company limited by guarantee, incorporated and registered as a charity on 27<sup>th</sup> March 1985. A Memorandum of Association establishes the objects and powers of the company and it is governed under its Articles of Association. The Memorandum and Articles of Association were substantially rewritten and agreed by the membership and the Charity Commission on 22<sup>nd</sup> January 2004.

### **Subsidiary**

The charity has one subsidiary, Camden Mind Ventures Ltd, which is a separate company limited by guarantee in which Mind in Camden owns 100% shares. This company runs our charity shop, the income above expenditure of which is gift aided to Mind in Camden. The subsidiary has as its Directors Mind in Camden's Chief Executive and one Mind in Camden Committee Member. Its activities and financial performance are reported on a quarterly basis to Mind in Camden's Management Committee.

### **Recruitment and Appointment of Trustees**

The Directors of Mind in Camden are also Charity Trustees for the purposes of charity law. Under the requirements of the Memorandum and Articles of Association, one third of the Trustees must retire each year by rotation but may be re-elected at the next Annual General Meeting. There is a list of essential and desirable skills, knowledge, and experience required by the charity and Trustees annually identify whether these requirements are met by its membership. In the event of particular skills being required, individuals are approached to offer themselves for election to the Management Committee. These positions are advertised via volunteer agencies and to people who use our services. Trustees spend some time attending meetings as a trial period before they become full Trustees. No new Trustees were appointed during the period.

### **Trustee Induction and Training**

Trustees are provided with a detailed induction pack that covers the policies and procedures that guide the Committee's operations. This includes:

- Committee terms of reference and standing orders
- Trustee code of conduct
- Procedure and policy around expulsion of Trustees
- Trustee recruitment policy
- The current strategic plan and annual reviews
- The financial strategy
- Minutes and papers of recent meetings
- Key organisational policies

A budget is set aside for Trustees to attend training events, and information about relevant events is circulated to them. Trustees also have an induction with senior staff to be briefed about key aspects of the charity's operations. Training and ongoing support is available to all Trustees, including people with lived experience of mental health issues, to enable them to play a full role as committee members.

The Trustees periodically conduct Away Days to discuss the direction of the organisation and/or examine their own performance and working methods.

### **Risk Management**

Trustees conduct an annual review of the major risks to which the charity is exposed, alongside the measures in place to manage or mitigate those risks. These include:

Funding risks: There are risks in both contract and charitable income expiring and other risks (e.g. loss of grant through underperformance) which are controlled through a comprehensive range of management policies and procedures including financial standards and performance management

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

policies and procedures. There are also risks of variable income from activity related funding (e.g. for individual budget payments and training income) so this is carefully projected and monitored through our budgeting and management accounting systems. Also see below for reserves policy.

Financial risks: We have a robust set of regularly reviewed financial standards that govern all transactions and mitigate the risks of theft, fraud and loss of income through bad practice.

Reputation risks: We have policies to ensure the quality and viability of services, and also policies around contact with the press to effectively manage risks to our professional standing.

Risk of harm to individuals: Procedures are in place to ensure compliance with the health and safety of staff, volunteers, people who use our services and visitors, and to address issues such as adult and child safeguarding.

Risk of loss through litigation: We have a detailed set of employment policies and practices including solicitor vetted contracts of employment, and a range of insurances to cover public liability, professional indemnity and other losses. Insurances are reviewed annually.

COVID-19: The committee have specifically looked at the immediate and longer-term risks of COVID-19, both in health and safety and financial terms and has taken measures to ensure compliance with the law and the health and safety of staff, volunteers and the public who use our services.

The Committee has also ensured that each service has adopted appropriate quality standards for its work, and compliance is monitored in a reporting framework. There is a five-year cycle of strategic planning for the development of individual services and the organisation as a whole, supported by annual management plans, in addition to project designs and/or service specifications for each project.

### **Charity Commission Guidance and Governance Codes of Practice:**

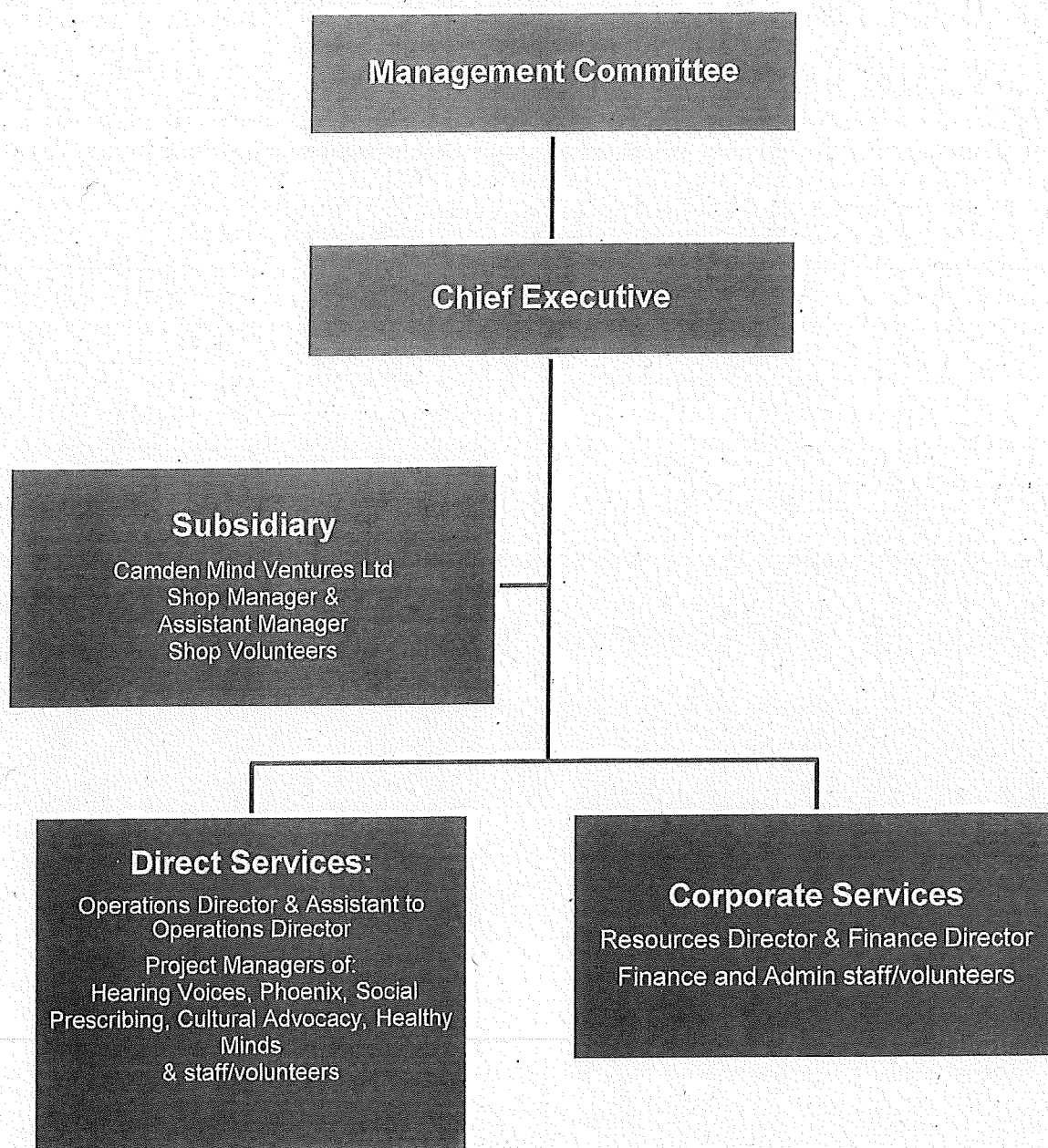
The committee governs the organisation with reference to guidance published by the Charity Commission and best practice as outlined in the Charity Governance Code.

### **Organisational Structure**

Mind in Camden has a Management Committee with a minimum of two and a maximum of 15 members who meet six times per year. The total of voting committee members is five. Members come from a variety of lived and professional experience backgrounds relevant to the work of the charity, including finance, legal, senior management and mental health. The Chief Executive acts as Secretary to the committee, but has no voting rights.

A scheme of delegation is in place that is governed by Committee terms of reference and standing orders in which strategic and policy framework decisions rest with the Committee. Day-to-day responsibility for the provision of services is delegated to the Chief Executive, who leads a Management Team where all departments are represented. The Chief Executive is responsible for ensuring that the charity delivers the services specified through a five-year strategic plan implemented through annual management plans, and that key performance and development indicators are met. The strategic plan and progress towards its goals are reviewed annually by the Committee.

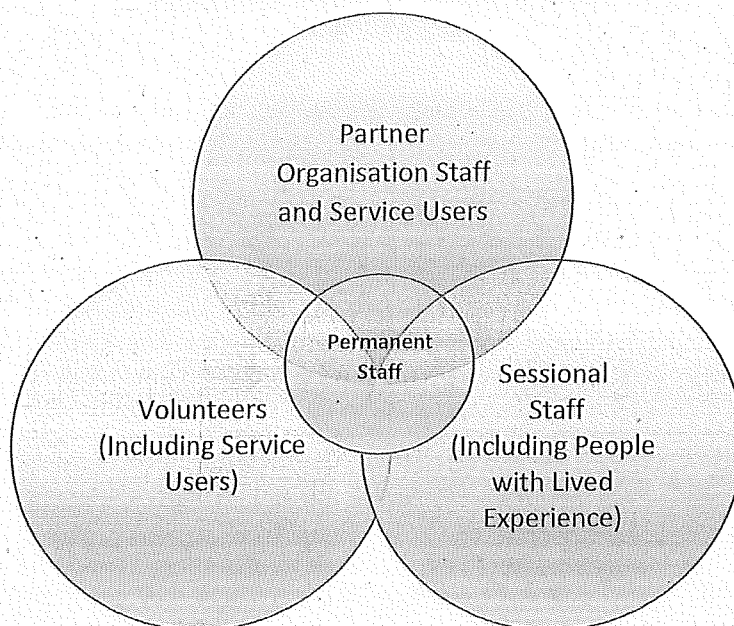




## Organisational Model

Mind in Camden has 25 full time equivalent staff in 35 posts. As well as directly providing services, this core staff team manages and co-ordinates a very wide range of activities provided by volunteers and sessional staff (many of them people who use our services and those with lived experience) and also through staff, volunteers and people who use services in other organisations, because many of our projects take a collaborative capacity building approach to joint work.

**MIND IN CAMDEN ORGANISATIONAL MODEL**



Therefore, the scope, breadth and depth of our activities is greatly increased and accomplishes far more than our relatively small staff group doing direct work alone could achieve.

## **2. Organisations we collaborate with formally**

### **National Mind**

Mind in Camden is an independent charity affiliated to National Mind. The benefits of this to the charity include:

- Access to a London and nationwide network of charities working towards similar goals
- The opportunity to engage in, and keep informed of, national issues and campaigns around mental health
- Practical help and sharing of some resources
- A block insurance arrangement that substantially reduces insurance costs for the charity

### **Collaborative work with other bodies**

Collaborative work is one of the key elements of our Strategic Plan so we continue to involve a very wide range of stakeholders in all of our projects and are, in turn, involved by them. The most fundamental partnership to us is undertaking joint work with the people who use our services (e.g. the joint provision of support groups) beyond this we engage with every type of organisation in the mental health, education, arts and community sectors, including local, national and even international organisations and groups.

We have over 100 partner organisations who engage in joint activities from running peer support groups as part of our capacity building and networking projects to conducting joint work with individuals who use our services – this includes all types of statutory and voluntary organisations working in prisons, with children, with adults, in the community, in hospitals and in secure units; more recently it has also involved us in working in Immigration Removal Centres.

The nature of the agreements ranges from formal sub-contracts (both as lead and as a sub-contractor) to quid pro quo and informal mutual benefit arrangements.

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

Several of our projects, including the Cultural Advocacy and Healthy Minds Projects involve us in formally sub-contracting elements of the service, or in funding specific activities undertaken by other organisations.

It would not be possible to list every instance of collaborative work we undertake because they are so numerous and they change and develop all the time - there are many specific examples in the remainder of this report.

### **3. The objects and underlying principles of our work**

Mind in Camden's charitable objects as stated in our Memorandum of Agreement are:

- a) To work for, promote and provide for the wellbeing, interests and rights of people who have mental ill health
- b) To work for and promote the preservation and safeguarding of good mental health

The underlying values of our work:

- We see mental health as a continuum we all move along at different times in our lives – there is no 'us' (= well and 'normal') and 'them' (= ill and 'disordered')
- We work in a way that sees voices, visions, unusual beliefs, anxiety and extremes of mood as a response to real events, understandable feelings and cultural influences that people can identify in their own lives rather than as delusions, hallucinations, or symptoms of a bio-medical 'disorder'
- We promote and respect different cultural and personal understandings of mental health, and diversity in the wider context
- We seek to combat the isolation, low self-esteem and stigma that psychiatric labels and diagnosis can bring by recognising and valuing people's own experiences and definitions of their mental health. We believe that recovery is self-defined
- We treat people with current or past lived experience of mental health issues as actual or potential assets, contributors and partners, not passive recipients of services
- We promote wellbeing by supporting individual responsibility, independence, interdependence, and inclusion in the wider community
- The self-help, peer support and co-production models we adopt in our services, and promote to others through our Hearing Voices projects, training and consultancy, spring directly from this view of mental health
- We place a high value on engaging in partnership work in everything we do because we see it as a means of:
  - Extending what we can offer people who participate in our directly provided services
  - Influencing other organisations and individuals to adopt non-stigmatising, self-help, peer support and co-produced ways of working
  - Learning from others
- We seek to constantly improve the services we and others provide by learning, training, and sharing
- We value volunteering as a means to engage as wide a range of skills and experiences as we possibly can to increase the quality, quantity and reach of our work

It is estimated that one person in four will experience some form of mental health issue in their lives - 25% of the population.

In addition to distress experienced internally, there is also much discrimination and stigma attached to the diagnostic labels the distress can bring; associated problems include discrimination, poverty, social exclusion, physical ill health, unemployment, homelessness, and addiction. Our charitable objects and activities aim to benefit the public by addressing these issues.

## **4. Activities undertaken for the public benefit, achievements and performance**

### **a) Hearing Voices & Distressing Beliefs Projects**

#### **i) Voices Unlocked (formerly London Hearing Voices Prisons Project)**

*'I have learnt the importance of the fundamental basics regarding language, communication, empathy etc. and trying our best not to make assumptions or impose our own beliefs/views on people's experiences' – ('One-to-one support for people who Hear Voices or have Alternative Realities' 3-day training, February 2021)*

This project outreaches to prisons, secure units and Immigration Removal Centres to promote peer support and best practice in working with people who hear voices or have other unusual experiences.

An obvious challenge this year has been delivering the project whilst COVID-19 limited available services in prisons, IRCs and forensic units. Though staff in these institutions were working hard to provide some support, group work stopped within prisons and IRCs. However, there was still an appetite for attending training and we successfully facilitated 14 online courses, including the launch of 2 new pilot courses - 'One-to-one support for people who Hear Voices or have Alternative Realities' and 'Working with suicidal people'.

All of our trainings ran online. A positive from this has been attracting more attendees from outside of London, helpful in working towards our target of setting up 3 networks outside of London over the course of the project. Though a trying year, feedback in Year 1 has been positive with over 93% of attendees reporting positive outcomes. We have found that a significant amount of people preferred online trainings. The question 'How did you find the training being online?' returned answers such as:

*'It was still interactive, and ran really smoothly'*

*'Great - prefer it to be online as more comfortable - No recommendations'*

*'I much prefer online training than sitting in a room on uncomfortable chairs'*

Many lessons have been learnt around providing online support in an accessible way for those who are wanting to attend our courses. Although we still think face-to-face trainings are best, our new ease in providing online trainings has been a real benefit in the still uncertain terrain of COVID-19. Going forward, it's likely that we shall continue running our courses online, whilst offering inhouse options too.

Overall, we ran three 3-day facilitation courses, reaching 50 trainees. Our new 3-day 'One-to-one support for people who Hear Voices or have Alternative Realities' course launched in response to COVID-19, training 37 people.

*'This training has definitely given me insight on how to work with someone who hears voices which directs away from the medical model and always thinking someone needs medication to take the voices away'*

We ran 2 training courses for the legal action charity Reprieve, an NGO who work on human rights issues internationally, with a focus on torture, unlawful detention and the death penalty.

*'I think the training was really interesting and gave a lot of food for thought...it definitely made me think about organisational needs and wider communication considerations' – (Attendee, Reprieve)*

For our long-standing partners, Detention Action, we ran 'An Introduction to Hearing Voices' for and piloted the new course 'Working with suicidal people'.

*'A different approach to mental health compared to what I knew. It definitely increased my confidence and gave me some interesting tools to work with people experiencing difficulties' – (attendee, Detention Action)*



## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

Aside from training, our focus has been on providing support to staff. As the crisis hit, staff wellbeing suffered so we provided staff trainings with heavy focus acknowledging systemic issues within institutions. We also focused on individual burnout, the importance of self-care and peer support. We launched a pilot for the first online peer support group for staff working with those who hear voices in forensic settings and are particularly proud of our work with staff at HMP Chelmsford.

Though a year where good work took place, we hope that over the coming year, we will be able to work directly with detainees. We shall be running an online training specifically for those with such lived experience in Summer 2021.

We continue to lay the foundation for work with those diagnosed with Dementia, Learning Difficulties and racialised groups by sustaining or establishing contacts and focusing on team development in areas of expansion. In a year when institutional racism has been spoken of extensively within charitable settings, we pride ourselves in running training inclusive of critical race perspectives, prior to the George Floyd tragedy. To aid our development in this area we've been to the following courses or events – 'Sitting with Discomfort'; and an 'Islamic Perspective on Mental Health: Jinn, Evil Eye & Black Magic' – these further enable us to challenge dominant narratives on Western mental health. We have also supported and provided reflective spaces for staff members personally affected by the impact of the upsurge of interest in racial politics.

This year, the project manager spoke at the webinar 'Psychosis and social distancing: challenges and opportunities of support online' held by the International Society for Psychological and Social Approaches to Psychosis (ISPS) in June 2020. Also for ISPS, in November 2020, she chaired a panel discussing institutional racism within mental health services at the launch of the crowdfunding for the film 'Dismantling the Master's House: becoming anti-racist'. More information can be found here [http://www.ispsuk.org/?page\\_id=1311](http://www.ispsuk.org/?page_id=1311)

Our monthly newsletter has 286 readers. We also have an active twitter account and regularly post blogs on our news page on our website.

We published a new 2-page resource on Hearing Voices Coping Strategies for prisoners inclusive of easy read text and a page of cartoons. Extremely well received, please follow the link below to take a look.

<https://voicesunlocked.files.wordpress.com/2021/03/vu-coping.pdf>

We also produced a coping strategy document more appropriate for those in forensic units  
<https://voicesunlocked.files.wordpress.com/2020/01/coping-strategies-012020.pdf>

Plus a version in Easy read <https://voicesunlocked.files.wordpress.com/2020/04/coping-strategies-voices-2.pdf>

### **ii) Voice Collective: our children and young people's project**

Voice Collective aims to provide support and capacity building services for Children and Young People (CYP) who hear voice and have other unusual experiences, this includes providing some direct support to CYP, and training and support to their parents and professional carers.

*'I've noticed the work Voice Collective has been doing and the partnerships they are building for interesting projects. They're making waves and are having a noticeable impact with their events, trainings, and support. I'm hearing about Voice Collective more and more' – (CEO of a mental health charity)*

This year we have been creative and adaptable, continuing throughout the pandemic to provide support to CYP. Using the umbrella term of 'hearing voices', we also work with CYP who have other sensory experiences, difficult or confusing beliefs, and felt presences, dissociation, etc. There has been a considerable increase in young people, families and services getting in touch with us for advice, support and guidance via email and our moderated forum. We are responding to increased interest by collaborating with other organisations to set up more online Voice Collective groups, extending our influence but also allowing us to signpost people to other groups.

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

Over the year we have worked with 526 CYP and 56 parents and carers. Feedback and comments from CYP, family members, and professionals, has continued to show us how important our work is:

*'I wish I could come every day, I have never in my life felt a sense of community as strong as tonight. I feel warm and feel safe in knowing we are all on a healing journey... the way you helped navigate conversation was really reassuring' – (young person)*

*'The content was very interesting and explained well... I now would feel comfortable if a child came to me and told me they heard/saw things that other people don't and I will know how I can support them further through helping them express and empower themselves' – (training attendee)*

*'I feel reassured that our reluctance as parents to put our child on anti-psychotic medication when the psychiatrists themselves were unsure about what was going on, was a good instinct... we have been able to point them in the direction of your website so that they can hear they are not alone... and also we can understand better how we can support them' – (parent)*

We ran 3 creative workshops, one with the Charles Dickens Museum called My technicolour self; one with Manchester Metropolitan University and Emerging Minds for their Special Interest Research Group Collaboration; and a Mural based webinar for our Voice Collective film project. Due to a noticeable number of inquiries from CYP under the age of 14, we recognised a need for some form of peer support for younger children. After initial research and a focus group, we launched an initial pilot session in March 2021 and the space, which uses a creative medium to work with voices, continues to be held every other week. Initial feedback from parents and young people has been positive:

*'Even though she got a bit overwhelmed with her voices, after 10 minutes she was starting to show some interest in the other children in the group' – (parent)*

We also ran the following training, reaching 337 participants: Webinar for Educational Psychologists; Group Facilitator Refresher Training; Online group facilitation training x 2; Level 1 training x 6; Level 2 training; Level 1 training Talk4Health; Level 1 training Together all (Big White Wall); Group Facilitation Training. We've also spoken at a number of events with the following partners: Hearts and Minds; National English Hearing Voices Network; Queercare; CAMHS around the Campfire with ACAMH and Mental Elf; Student Space.

Our work remains cutting edge, in part due to our ability to weave lived experience of these distressing experiences into our trainings:

*"Everyone really enjoyed the presentation which was so well thought out, so professional, very impressive and fascinating. Your personal contribution really enriched the content and was very generous of you, and humbling for us. Thank you"*

*"I'm amazed with the way the trainer uses her experience to help people make sense of 'hearing voices'. I don't think it would have the same impact if delivered by someone who had not gone on her journey to where she is today."*

We are active on a number of social media platforms (Twitter, Facebook, Instagram) plus regularly update our website with upcoming events and opportunities. The website is currently being refreshed to streamline some of the resources and information. We continue to add new resources including a Voices and Cannabis leaflet and a COVID-19 and Lockdown resource. We also produce a monthly newsletter and host our own Eventbrite page.

We continue to have impact and influence in various arenas. We do this partly by partnering with other organisations, including Manchester Metropolitan University; Hearing the Voice at Durham University; and Student Minds. We are also in regular communication with Children & Adolescent Mental Health Services (CAMHS), The Emotional Wellbeing and Mental Health Services (EWMHS) and Early Intervention Services across the UK.

One of our most exciting partnerships this year has been setting up the 'Youth Constellation Network' with the charities 'NSUN' and 'Hearts and Minds'. It is an innovative space to provide support, solidarity, opportunities and development for young leaders and organisers who are progressing peer support for young people. We are emphasising our support of projects that work



## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

with young people facing multiple disadvantages and forms of oppression, such as queer and BIPOC (Black, Indigenous, and People of Colour) young people.

### **iii) Camden Youth Peer Mentoring Programme**

*"During lockdown it's been up and down. It's been mentally challenging and I have definitely needed support. I'm glad to be a part of FYA and the peer mentoring programme to gain support and support others. It's definitely helped me a lot." - (peer mentor)*

The Camden Peer Mentoring Programme is an innovative partnership between Mind in Camden and Fitzrovia Youth in Action (FYA), helping schools and youth organisations to develop a culture of peer support for young people. The programme is designed to help normalise the act of talking about emotional health, placing it into context and helping young people to identify where to get support if needed. The training delivered is AQA accredited and explores values around mental health, the different ways to support someone, listening and communication skills, boundaries and confidentiality in peer mentoring.

The Project Manager (based at FYA) and the Development Worker (based at Mind in Camden) liaises with schools/stakeholders at the beginning of each programme and checks in with them after training and mentoring sessions. This year the official partnership with the Tavistock and Portman NHS Trust came to an end, though they still provide signposting support. The project works closely with Camden CCG (Clinical Commissioning Group), attending Educational Psychologist, Mental Health in Schools and SENCO lead meetings with FYA's CEO sitting on the Camden CAMHS transformation plan board.

The programme offers 3 main models that have been flexibly designed to best support the organisations it works with - The Core model (where young people train as peer mentors to deliver youth led mentoring sessions through group activities and one-to-one discussion – focusing on the themes of self-awareness; support networks and relationships with a positive impact; skills & goals; resilience and coping skills); the One-to-One mentoring model (involving young people trained to mentor younger peers; and a Group model (where group members all access and provide mutual peer support).

Though we had some face-to-face delivery in the first and second quarters of the year, at the end of last year, peer mentoring moved mostly to remote and online platforms. We worked with a range of young people and flexibly utilised a variety of model types and techniques including traditional peer mentoring, activity-based group models and peer support discussion-based models.

Discussion shapes the structure then followed. Young people are encouraged to reflect on how language used impacts how they and those around them understand mental health distress. Mind in Camden's development worker imparts our ethos of coproduction, alongside staff framing mental health using a non-medicalising approach, looking at other models of mental health such as the socio-political.

This year, exceeding targets, the programme has been delivered to a total of 363 young people across 19 different schools and youth organisations with 1404 sessions were run overall. We worked across the following places: held core groups at FYA including a group just for young women; La Sainte Union School; Body and Soul charity; Corams; William Ellis School; Hillsong organisation; Parliament Hill School; Fleet Primary School; UCL (University College London) Academy; Tavistock Relationship (TR) Parent separation Group; New Horizon Youth Centre.

See below for feedback:

*"The Peer Mentoring Sessions makes me feel more proactive but also allows me to talk to and support other young people which is important to me as I am someone who thrives on social interaction!" - (peer mentor)*

*"It was a new experience for me and everyone was very nice, I felt anxious at first but later on it became more fun. It definitely improved my social skills and helped with social anxiety and expressing myself and also listening to others. The staff have been very supportive, you have this calm and caring and encouraging energy" – (peer mentor)*

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

*"I'm glad I'm a part of this programme and going through the training. It really good and I've learnt a lot. It really helps especially with what's happening" – (peer supporter)*

*"As facilitators you got the balance just right: you gave them the time and opportunity to be heard, to be appreciated and to experience a bit of leadership. You modelled acceptance and validation, were patient and mindful of their individual needs... I thank you and all the facilitators in the program for coming into schools and doing what you do" – (SEND lead at a school)*

*"Other the past two years we have worked with girls in sometimes challenging situations and always come out of the other end. This year the girls have massively benefited from the program and have grown in confidence. Thank you for inspiring them and I hope you continue the work". – (school staff)*

*"Thank you for continuing to deliver the programme. The boys have worked well so far and I'm looking forward to seeing them lead next week" – (School Staff)*

*"I have seen a great change in him and he's enjoying the sessions. I am very grateful he is a part of this programme as it is helping him develop, especially during this time" – (Peer Mentee Parent)*

Though we have exceeded our targets, the current situation continues to impact young people's desire to meet face-to-face, some don't want to go out due to the COVID-19 risk, also being back at school means their workload is high and they feel pressure to be focused. Working online, or with restrictions face-to-face sometimes isn't ideal, but we are meeting these challenges head on, and adapting well to the needs of the young people in our communities.

### **iv) The London Hearing Voices Network**

*"The experiential nature was the most helpful aspect of the training. The way the group was run reflected so much of what we were learning" – (Trainee on LHVN Facilitation training)*

The London Hearing Voices Network (LHVN) aims to support a network of Hearing Voices peer support groups run by other organisations across Greater London by providing training and support for group facilitators and people looking for groups.

LHVN has moved online and continues to deliver Hearing Voices training, regular critical mental health trainings, and our quarterly network meetings. As the pandemic has progressed, we have become more confident delivering the project online. Highlights this year have been Dr Sara Betteridge's training 'An Islamic Perspective on Mental Health: Jinn, Evil Eye & Black Magic' which promoted the Hearing Voices ethos within an Islamic framework, vital to working in a person-centred way with people who have this frame of reference.

We also are very pleased with the delivery of our quarterly network meetings. Working online has given them a new vibrancy, appealing to people who may not previously have come to Camden, furthering our reach and influence within the world of Hearing Voices and critical mental health approaches. A speaker who attracted a particularly high number was Paul Baker, who brought the Hearing Voices groups to the UK in the 1990s, speaking on the history of the Hearing Voices Movement and the Manchester's network's centring of anti-racism and civil rights.

We have provided the following trainings:

- I is for Insult: Questioning BPD, July 2020, 10 attendees
- Exploring Mindfulness for Voices, September 2020, 11 attendees
- LHVN Hearing Voices Group Facilitation, October 2020, 16 attendees
- An Islamic Perspective on mental health, November 2020, 12 attendees
- LHVN Hearing Voices Group Facilitation, March 2021, 20 attendees

Some feedback we have received:

*"I loved hearing from Sara about the Islamic conceptualisation of the self, and how this links to everyday experiences. I also really appreciated the disentanglement of religion and culture, as I*

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

*think it's important to make these distinctions and to consider intersectionality in a meaningful way. I liked having breakout rooms to discuss with others and reflect with them on what we were learning'*  
– (trainee on An Islamic Perspective on Mental Health: Jinn, Evil Eye & Black Magic)

*'Felt like a safe space for expansive learning'* – (trainee on LHAVN Facilitation training)

*'Seeing a different view of mental distress was most helpful, including new reflections on my own lived experience'* – (trainee on LHAVN Facilitation training)

*'I would just like to say thank you for such a rewarding and inspirational experience. I have enjoyed the training very much and feel so much more equipped. Thanks so much'* – (trainee on LHAVN Facilitation training)

*'I very much enjoyed the training. It was incredibly insightful with such a wealth of valuable knowledge and experience from people with a wide range of backgrounds. It was facilitated beautifully and created such an open space for discussion, which we hope to adopt and learn from when creating our hearing voices group'* – (trainee on LHAVN Facilitation training)

We have published all trainings on Eventbrite and the main Mind in Camden website, as well as [www.mentalhealthcamden.co.uk](http://www.mentalhealthcamden.co.uk) where appropriate. They are advertised through our monthly e-newsletter and social media.

We have created numerous informal partnerships with several third sector organisations, collectives, and universities across the UK, including: Durham University, through Hearing the Voice and the Institute of Medical Humanities, University of East London; ISPS where project manager Jessica is now a Trustee of; and organisations such as CLEAR, Community Links where we have just delivered in-house training.

This project complements the aims of the National Hearing Voices Network. The national network is undergoing mapping of groups across England, which we are widely advertising to assist with. At the inception of the original London Hearing Voices Project, we adopted a formal affiliation agreement with the national network. We continue to have a strong working relationship with the National Network and work within this agreement.

### **vi) Backroom support for International Hearing Voices Projects (IHVP):**

International Hearing Voices Projects is a small voluntary led UK registered charity that provides support for the international hearing voices movement by convening an annual international congress (Recently held in Canada, Greece, Spain, the USA and France), curating the Intervoice website at <http://www.intervoiceonline.org> and social media presence and providing support for budding national movements. There are now around 30 countries that have hearing voices movements and this has been supported by the pioneering work of this organisation.

For several years Mind in Camden has provided backroom services to IHVP including basic accounting, co-ordinating AGM meetings and the submission of required information to regulators in return for a small management charge levied on income.

We are pleased to undertake this work as it is in line with our values and our aim to promote the adoption of more person-centred and human rights based approaches to mental health.

### **b) The Phoenix Wellbeing and Recovery Service**

The Phoenix Wellbeing & Recovery Service aims to support its members on their own self-defined recovery journey. It is targeted at people who may find accessing community resources by themselves difficult and require longer term support with their mental health needs, so it is commissioned to work with people eligible for a Care Act Assessment that determines if they have a sufficiently high level of need to use the service.

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

Community is at the heart of the Phoenix. Members are very much part of the process of creating its ethos, through strong social connection and regular co-production forums which determine future activity. Each workshop or group provided is also created with participants rather than for them, so they are often loosely structured at the outset, giving room for people to become involved in shaping them in a way which feels supportive and valuable.

The year of the pandemic may have been intensely disruptive, but this has actually been a major opportunity for development at the Phoenix, where we paved the way for a revised service that will increase emphasis on 1:1 recovery work, co-production and on community partnerships.

The service was redesigned to operate safely under COVID-19 to support the most vulnerable. As circumstances changed throughout the year, the Phoenix adapted to provide:

- Individual telephone befriending to all members, including 38 Healthy Minds members in need of one-to-one support, which served as a triage system for in-person and remote assistance
- Face-to-face doorstep visits (with guidelines), such as shopping, medication collection and emotional support
- Freshly prepared takeaway food which is delivered on Fridays by the partnership with FEAST! - an organisation creating community meal events using good food that would have gone to waste
- Counselling that moved online or by telephone for those wishing to take up this opportunity
- Peer support groups that moved online to video call
- Walking groups several times a week, which are always co-facilitated by members
- In-person social support groups for those most in need

The Phoenix is enhanced greatly by its successful volunteering programme, recruiting volunteers who contribute a broad range of skills and lived experience of mental health issues. This year, volunteers received enhanced training to assume new responsibilities working one-to-one over the phone and in-person.

We devised several specific Member-Volunteer roles, supporting members of any ability to gain confidence, valuable experience, and pride in co-producing their service. Roles include leading or co-facilitating workshops and activities, supporting other members, and being responsible for specific tasks in the upkeep of the service. We also have established roles for peer sessional workers to facilitate our co-production forums.

Our established peer support groups moved online and continued to thrive, attracting new members who are welcomed and supported by established participants. This year we have delivered 138 peer support groups in partnership with Healthy Minds and there has been an increase in the number of group members completing training to co-facilitate the groups. The peer support groups are offered for free and are open access in that they do not require full membership of the service.

Joint working with Healthy Minds and Support & Connect meant that an informal pathway through services at Mind in Camden has begun to take shape, in which Support & Connect has become a referral pathway into the Phoenix and Healthy Minds a pathway out.

This year, a trial period has been introduced, involving a four-week free trial followed by a four-week grace period, to allow new members who have not yet been fully assessed to make sure the service is a good fit for them before committing to the process.

The partnership with FEAST! has deepened to planning joint work beyond our COVID-19 partnership - the meals are planned to start in-person later in the year (social distancing guidelines allowing), when they will take place in the Phoenix dining area for the first time as part of the Phoenix members' programme. The project will be expanded to include skills elements encouraging members to engage in meal preparation, recipe development and food safety, with the potential to complete food hygiene and other certificates. FEAST! and Phoenix are collaborating on plans for the Phoenix garden design, where they will help run a member-led vegetable patch, composting, and other initiatives.

Our new partnership with Create! (a community arts organisation) saw the delivery of three six-week, half-day online arts programmes. Members collaborated to make a radio play, a comic strip and practiced their digital photography. Plans are underway for the projects to run in-person in the

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

autumn. Participant responses so far have included, *"I feel more confident because I know I can contribute my ideas and complete a project on a topic that is new to me"* and, *"I have more hope!"*

Phoenix Members say:

*"It's been a lifeline. It's helped us stay together and know that we're not alone."*

*"It helped me to get out and to meet people and to not be in the house all the time. It helped me to be connected."*

*"When I come here I don't hear voices and I don't self-harm, because it helps me a lot to speak to friends here. We're a close-knit family and we understand each other's feelings."*

*"It's helped me to come out of my shell, be more functional and communicative."*

*"The staff are nice, they really listen. When they phone, it helps me to achieve what I want to achieve, like going swimming, going to cafes, meeting friends, things like that."*

### **c) The Mental Health Social Prescribing service (Formerly TAP)**

The mental health Social Prescribing service is a continuation of a service previously provided since 2015 within the Team Around the Practice service, in collaboration with the Tavistock and Portman NHS Foundation Trust. The service now sits within the Primary Care Mental Health Team (PCMHT) in collaboration with Camden and Islington NHS Foundation Trust with this move occurring in Summer 2020.

The PCMHT provides Psychiatric, Social work, Employment and Social Prescribing support to GPs and those they support, embedded as closely as possible with GP practices across the borough of Camden. The types of people the PCMHT supports is very broad but, generally, it is those who have been struggling for longer and with more complex situations than would traditionally be offered Primary Care mental health support through teams like iCope or practice counsellors.

The Mental Health Social Prescribing team sits alongside a 'sister team' in Healthy Minds Social Prescribing who are also embedded in the PCMHT, providing similar but distinct offers to support people with social engagement. The Mental Health Social Prescribing team aims to support people who may be a little more ambivalent to making life changes right now or who may have disengaged or not got use out of other similar services.

Over the period of 2020-2021, the team has faced a number of challenges including COVID-19, a change of contracts and 'base' as well as significant staff changes. Throughout the year the focus has been on a set of balancing acts: adapting to a new environment and way of working at Camden and Islington NHS Foundation Trust while keeping the approaches and learning from our collaboration with the Tavistock as well as adapting to remote working from home. While this has been a challenge, the team has managed to balance these differing demands while putting ourselves in a position to adapt as things have settled down.

The service is used substantially by the PCMHT, Camden GPs and Mental Health Services due likely to a combination of our own history within the borough, the benefit of Healthy Minds Social Prescribing forging a reputation and the greater focus on the benefits of social engagement that has been taking place over the last year. While facing a process of change in where specifically within the new systems the team fits, the team certainly sits at the very middle of Mental Health provision in Camden. This is reflected further by our presence at meetings with both PCMHT colleagues and independently with both GP surgeries and other Mental Health Services.

The service has also been involved in the ongoing discussions across the borough around service integration with Core Teams and the NHS Community Framework and while this is an ongoing process, the hope is that the team can continue to play an important role in ensuring there is a breadth of provision in these new arrangements. The still emerging changes with these frameworks will also hopefully enable the team to continue to innovate in what we provide while remaining true to the core identity of the team – namely providing input to those who may be lost between the gaps in other services and who may be unsure of the input of different services.



## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

While the team has mainly focused on how to adapt the way we work from face-to-face contacts with people in GP surgeries to an online or phone offer, which has required significant adaptation and work on behalf of all the team members past and present, the team has also made some headway in continuing to diversify what we are able to offer. Part of this will be some amount of remote contact for those who need it, while maintaining a stance on the importance of face-to-face working, but a significant amount of thinking and work has also been done on offering social prescribing groups to people referred to the service. This work was started substantially in Autumn 2020 but has continued into the new year, with a group due to start in August 2021.

*"Seeing \_\_\_\_ helped me manage to find small tasks to just do when I feel totally and utterly overwhelmed with life and its challenges feel too much"*

*"I was listened to and was able to think things through to help me, and to improve my life for the better, to explore and get out more"*

### **d) Healthy Minds Projects**

#### **i) Healthy Minds Community Programme**

The Healthy Minds Community Programme is a well-established local community resource partnering with local projects to provide a vast range of courses, skills workshops, social spaces and goal orientated peer support. Putting the needs, wants and experiences of services users at its core we support users to shape the programme and co-produce its contents. Securing funding until March 2022, Healthy Minds worked together with its members and partners to develop, implement and run an array of online content to serve the community while the country faced unprecedented challenges posed by the coronavirus pandemic.

With all community centres closing due to COVID-19, the team had to adapt fast and creatively figure out how best to serve our community. Building on our strong relationships with our core eight partners, we delivered over 300 online offers to both our members and the wider Camden Community. Working with our volunteers, we were able to drop materials at people's doorsteps so they could complete our online courses at home over zoom. In collaboration with our fantastic partners, the food waste charity FEAST! and the Phoenix Wellbeing and Recovery Service, we delivered 20 hot vegetarian meals per week, totalling 960 meals over the year.

We supported up to 900 people through a combination of one-to-one telephone befriending, supporting people to attend our online offers and signposting both members and the public to relevant services. We offered the support we delivered mainly via telephone, video conferencing, text messages and newsletters.

In collaboration with the Resilience Network members, Healthy Minds developed and produced The Digital Collective e-newsletter, which lists borough wide online offers every week. Since the Digital Collective's inception in May 2020, we have created 42 editions, and it averages with a 32% open rate. The resource is distributed to 165 members and has many organisations that use it in their day-to-day work with people who use their services. It is hosted on the Mental Health Camden website and shared as part of the Healthy Minds programme. The Digital Collective has helped us highlight spiritual and culturally significant events across the borough. We tailored the content to specific community events, including Black History Month, Pride, international women's day, religious festivals and holidays.

The Healthy Minds, Healthy Relationships Personal Development Group is a new initiative launching in April 2021. We developed the group through consulting members during weekly coffee mornings hosted throughout the pandemic. Members reported feeling isolated and disconnected from others and recognised this was often due to a breakdown in their relationships. Using Gestalt Group Therapy techniques, which specifically look at how we relate to one another, the group fostered a supportive community and developed confidence. Utilising knowledge gained from the Cultural Advocacy project, we hope to train members who have participated in the group to go on and co-facilitate it themselves.



## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

Through our deepening relationship with Central Saint Martins, we have teamed with the incredible Charity Stretch, who support marginalised communities through cultural education, to pilot a digital storytelling workshop hosted at Samsung KX. In this co-produced workshop, members express their COVID-19 experiences and create short animations to be exhibited in front of a live audience. Combining traditional storytelling circles with cutting edge technology gives participants a place to share experiences and learn practical, creative skills. We are excited by the potential of this group. We hope to attract funding to implement it as a year-long series of workshops, ultimately using it as a qualitative research method to capture peoples experiences of being on the Healthy Minds community programme.

What our members say about our online groups:

*"I am joining zoom activities and am grateful for the opportunity and support from your team. I am like many very isolated at present as I do not have a support bubble."*

*"It has been lovely. I have been extremely careful with isolating, considering my health and age and so it was lovely meeting people that I would not ordinarily see."*

What our members say about the Digital Collective:

*"The digital collective has been a literal lifeline. Having that to look forward to each week is great"*

What our members said about the Healthy Relationships group:

*"For me, being open about vulnerability has been a way of breaking out of isolation."*

*"I have learned a lot about myself and how to trust people. I have found a place to be honest with my feelings and accepting them as part of my body and not hiding them away."*

### **ii) Healthy Minds Social Prescribing**

The Healthy Minds Social Prescribing (HMSP) service is a partnership between Camden and Islington NHS Foundation Trust and Mind in Camden. The service is part of the Camden Primary Care Mental Health Network and offers social prescribing to people using Primary Care services. The team aims to work with people who have social needs which are best supported through linking with community resources rather just through than through statutory services. It includes people are who are transition points due to life events such as relationships breakdown, financial difficulties or bereavement.

The core aims of the service are:

- To build individual resilience; strengthen life and coping skills of people with mental health needs
- To help people realise their skills and strengths and build on this
- To improve the physical wellbeing of people with mental health needs

The Service is fully embedded in the Camden Primary Care Mental Health Network (**C-PCMHN**). The Social Prescribing arm of the Network is perceived by GPs and other practitioners to be integral to its range of services, and an important contribution to holistic care provision. The team operates as part of a multi-disciplinary approach, meeting with partners to discuss processes, the interface with people who use the services and referrals within the network.

As part of this integration into the C-PCMHN, TAP Social Prescribing and Healthy Minds Social Prescribing (HMSP) have begun to work together more closely, with Mind in Camden now being the representative for Mental Health Social Prescribing in Camden. The Leads for the TAP Social Prescribing and Healthy Minds Social prescribing services come together regularly to create a coordinated mental health social prescribing resource. With the changes in structure of the C-PCMHN this has evolved into a referral discussion meeting in which decisions are made about which service can best support each person in achieving their goals. The Leads also allocate service representation at neighbourhood level meetings, usually with the HMSP Lead covering the North of the borough (NW3/NW5) and the TAP SP Lead covering the South and West patches.

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

There are currently different workshops and work streams to discuss the best way to integrate Healthy Minds Social Prescribing within the new C-PCMHN NW5 Neighbourhood Core Team as part of the new Community Framework Pilot which is starting on the 1<sup>st</sup> July 2021.

As a result of the COVID-19 Pandemic staff have worked from home. The Team is working alongside the C-PCMHN to implement the necessary team structures to accommodate a return to St Pancras Hospital later this year, even if this is a blended approach with home working.

Over the course of the year, since April 2020, the Team has received 155 referrals from different mental health professionals. The source of referrals has been: Psychiatrists, Mental Health Nurses and Social Workers from C-PCMHN; TAP service; iCope; Crisis Team and different Camden GPs. As a result of these referrals, 130 initial assessment appointments have been conducted and 170 Social Prescribing Sessions have been delivered virtually (due to the Pandemic) by Volunteer Link workers.

The Volunteer Link workers receive regular online supervision, attending both one-to-one supervision with their line manager and monthly group supervisions facilitated by an external supervisor. This level of supervision is essential to provide the level of service offered, allowing real thought to be put into the support that every client is offered.

The service adopts a co-produced approach to the support it offers through the following methods:

- Social Prescribing Procedure - Volunteer Link Workers work together with people to produce goal plans which the person owns, rather than advising on any particular course of action. Each goal plan is personalised and reflects each person's interests and objectives.
- Social Prescribing Sessions - people are fully involved in the planning of each social prescribing session and they make decisions on the duration and frequency of the sessions. With the pandemic, people have been offered a choice of having appointments on the telephone and via video consultation (Zoom).
- Furthermore, during final assessments, people are asked about the service and their experience/journey in working with a volunteer link worker. We ask for feedback about the service, and people can suggest ways to improve it and comment on their experience of the service, including if they would recommend the service to others.

Feedback during final Social Prescribing sessions includes:

*"It was useful having the link worker share the screen and helping me along the way."*

*"You gave me that little 'kick' that I needed."*

*"It was useful to have a link worker to show me the different services online"*

*"Having these sessions on Zoom gave me the confidence to explore other online events".*

*"Thank you for taking the time to meet with me online and for listening."*

### **e) Camden Clinical Commissioning Group Website Project**

Our contract to provide a content management service for the Clinical Commissioning Group's mental health information website continued into its fourth year. The website highlights key services, upcoming local community events, training and useful resources to download. This year, because of the pandemic, the usually very active calendar of events ceased as most local service providers moved much of their activity online, but the website proved a useful resource for advertising COVID-19 arrangements.

We found that, initially, the numbers of people visiting the site dropped once lockdown started in March 2020 but, over the year, the number of visitors gradually increased and by the year end the

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

average number of people who had visited the site was 1,862 per month which was not much less the previous year. Of these, 88% were new visitors. The pandemic did not seem to affect the profile of those using the website. It remained consistent with two-thirds of visitors being female and two-thirds aged under 44.

There was a wide-ranging list of topics that people searched for, giving a picture of the issues that the local community is facing.

Since its launch in March 2017, 57,436 people (unique visitors) have visited the website.

### **f) The Cultural Advocacy Project**

The Camden Cultural Advocacy Project

The Cultural Advocacy Project (CAP) has had a busy fourth year, responding to challenges arising as a result of the pandemic and continued lockdowns. CAP has continually evolved and innovated services to respond to changing needs and has continued to support diverse community groups and organisations around Camden to promote mental health and wellbeing and support individuals and families to look after their wellbeing and mental health.

The emphasis has been on coproduction with each organisation, taking on board learning and feedback from continual conversations from members to ensure all services are reflective of specific needs and answering key questions around mental health. The aim is to support people's access to preventative services as well as build on internal strengths and resources to support mental health, resilience and reduction of isolation.

Due to the lockdown in March 2020, all face-to-face groups, events and one-to-one services were halted and coproduction with members took place to discuss how to develop necessary services. The project continued to support Bangladeshi, Black African and Caribbean, and Chinese communities. CAP has also started new partnerships with primary school parents, estate-based community centres, football clubs and faith centres.

Members formed WhatsApp groups for their organisations and held weekly Zoom sessions for online peer support. In addition, members seeking extra support were visited weekly by a volunteer from a safe distance to discuss their wellbeing and any other support they may need.

The main activities of CAP are:

**Community Mental Health Peer Support Groups:** CAP co-produces culturally specific training with community volunteers in facilitating weekly peer mental health/wellbeing theme based peer support groups aiming to promote wellbeing and resilience through mutual support, problem solving and access to statutory and non-statutory preventative services. These are in different settings:

- Community Organisations
- Estate-based community centres (TRAs)
- In school - for parents
- Sports clubs
- Within GP surgeries for specific cultural groups

CAP staff co-deliver groups initially, with the host organisation taking on the lead once groups are established to make it sustainable in the long term. Facilitators are provided with supervision once a month. We have set up 12 peer support groups, attended by over 200 individuals, and trained 15 facilitators.

The groups have a wide range of themes dictated by each individual group, themes have included:

- Wellbeing
- Family health
- Migration

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

- Impact of Physical Health on Emotions and vice versa.
- Safety
- Building self esteem
- Relationship Issues in the home
- Bereavement
- Parenting Issues

Feedback is largely through meetings and supervision and is based on narratives. SWEMBWBS (Short Warwick-Edinburgh Mental Wellbeing Scale) are used intermittently but due to movement in groups feedback is usually verbal.

Feedback from the groups have been positive. Attendees have reported feeling welcomed and embraced by the group and have found conversations helpful and relevant, such as managing daily stresses, isolation, behavioural problems in children and anxiety about financial and social issues arising as a result of the pandemic, and staying healthy. Bereavement sessions have supported members in coping with bereavement, especially as a result of COVID-19. Members have reported:

*"I lost a sense of myself and who I was in the lockdowns. I lost my identity, friendships, and family members. The bereavement group helped me understand what was happening to me and made me feel like I could cope"*

*"Having the group to talk to during lockdown made it so much easier for me and I stopped feeling like it was the end of the world. We learned to laugh together and find joy in small things in our lives"*

Members are encouraged to look at different ways of lifestyle such as diet, exercise, movement, sleep, relationships and stress as well developing new hobbies such as art, crafts, dance and music.

CAP sent out regular emails regarding Council support, access to PPE, food deliveries and Resources on anxiety and physical health management and referral pathways.

**Individual support:** CAP has trained 20 individual peer mentors, who are embedded in communities, to provide one-to-one support to community members. Members requiring additional support were called, and when possible, visited weekly to ensure they were supported and listened to and linked to any organizations delivering their additional needs.

**Community Workshops:** CAP delivered daily workshops run by a variety of experts during the week. These included Mental Health, Physical Health workshops run by a GP, Vaccination Advice Sessions, Arts and Crafts, Diet Nutrition and exercise classes, and specialised courses such as Bereavement, Parenting and Relationship Issues. These workshops were well attended by over 60 weekly attendees and slides were sent out to ensure everyone had access to support and material.

**Hospital based services:** The service employs a Hospital Link Worker to work in St Pancras Hospital and Highgate to help patients approaching discharge to access the peer support groups and community peer mentoring and support, and create post discharge pathways to peer mentoring and other non-statutory and preventative resilience network offers. The Link Worker has been working with patients remotely and supporting them with difficulties such as discharge, advocacy support, and linking back to the community.

**Reference Group:** All group facilitators are provided with regular personal development sessions and opportunities are given to come together to share experiences and expertise, get advice from our staff, and problem solve. Members can also feedback on the running of the groups and mental health provision, allowing the initiatives to develop and grow over time. This group is linked to the Equality and Diversity lead at Camden and Islington Trust, providing a link between the Trust and community groups to open a platform for dialogue and identify and collaboratively develop services catering to all members of the community that understand their specific needs and experiences. CAP regularly attends and feeds back learning to other member organisations to support effective and impactful delivery of projects.

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

**Referrals:** As a member of the Resilience Network, referral pathways are created for members of BME (Black and Minority Ethnic) groups to access preventative and other services in Camden.

**Council Engagement:** CAP has collaborated in several projects with Camden Council and Camden and Islington Foundation Trust, including working with the Council's Mental Health and Learning Disabilities Team, Camden Safer Neighbourhoods and Reducing Inequalities work stream. It has also been leading the Community Engagement Group for the Camden & Islington Community Framework Project.

### **g) Resilience Network Single Point of Access Service - (Support and Connect)**

Camden's Resilience Network – the Camden Commissioning Group, the Camden and Islington NHS Trust, and local Voluntary Sector mental health organisations – came together at the outbreak of COVID-19 to design and deliver a service that would:

- Meet the needs of the most vulnerable people in the borough during the pandemic
- Implement significant systems change to better respond to the social determinants of mental wellbeing
- Reduce the impact on an over-stretched NHS

Create a much more person-centred approach to mental health across the borough

The new service is seen as a vital first step into creating a stronger mental health system that reaches far beyond clinical services and into the community, ensuring that people are supported based on the diversity of their needs, be they clinical, social, physical, or anything else that is meaningful to them.

As such, the service identified several key aims:

- Reaching and supporting the most vulnerable people living with mental health issues during the pandemic, including people who don't usually engage with services and those isolated or disconnected
- Working to a 'whole person' approach, supporting people not only with mental health specific concerns but with the social determinants of wellbeing such as social contact, welfare, physical activity and beyond. During the pandemic, this includes food and medication supplies
- Ensuring any referrals between different partners are smooth, efficient, and do not repeat the same assessment processes
- Utilising the skills of the VCS (Voluntary and Community Sector) organisations in Camden to make sure everyone referred felt heard, understood, and treated like a full person
- Using the above to support Camden residents living with mental health issues to be as safe and as well as possible in their homes and in their communities

People are referred into the service predominantly through Secondary and Primary Care, with referrals being shared across Mind in Camden and our VCS partners at Likewise.

Support is provided over three phases:

1. **Getting to know you:** People introduced to the service are given a key worker as their main contact, together they work to build a relationship and understand the needs and hopes of the person using the service.
2. **Supporting and connecting:** They will then explore what they can do or who they can connect with so that each person can start to improve their own wellbeing. This could involve lots of different things depending on each person and how what matters to them may change over time. These include: Telephone and in person support, welfare support, support communicating and



## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

planning with wider support networks, helping people access and adapt to online and distanced offers and linking people in with appropriate support services.

- 3. Continuing, pausing or moving on:** After connections have been made and support has developed, key-workers will talk with people (and their care teams where relevant) to review how things are going and see if the support is still needed. Hopefully, people will be connected to other resources and/or be maintaining their wellbeing themselves. This means they will be put on 'pause' – the service will be slowed down, with a key worker or volunteer getting in touch to see how they are doing at an agreed frequency, from every couple of months to every 6 months.

However, if there are still things that need to be worked on after the initial period, the service is flexible so it can be continued and reviewed again after a few more sessions. If the person and their key worker realise that longer-term support is needed, then they can be connected to a longer-term service.

Finally, if someone is connected with a different service or decides with their key worker that the support is no longer needed, they can move on – hopefully with more connections to things that matter to them.

The impact over the first year of service has been:

- 485 total referrals across all service partners
- 198 people worked with by Mind in Camden
- 77% of people found their initial support offer either very or extremely useful
- 88% of people felt either very or mostly heard and understood by the service
- 91% Satisfaction with the service
- 37% Reduction in number of contacts with Secondary Care teams, including a 68% reduction with Mental Health A&E Liaison teams and a 45% reduction with the Crisis Team

Since implementation the service has continued to develop, with its success being recognised and shortlisted for the Health Service Journal Partnership Awards - which recognises, celebrates and creates a platform for the best products and services being used by the NHS.

Building on this success, the reach of the project includes efforts to influence broader systemic change under the national Mental Health Community Framework. Funding has been secured longer term and we are in the process of recruiting a permanent staff team to continue development of the project across the borough.

*"The service gave me a lift and a guide rather than pushing me into things. The world would be a better place if all services were like that" – (service user)*

*"Pause is a good idea. It gives a window to see how someone manages, and that all helps with forward planning – by a certain stage we'll know whether they need longer term support or not. It allows everyone to work together early on to identify and prepare for that." - (mental health social worker)*

### **g) The Impact of COVID-19**

The impact of lockdown measures to prevent the spread of COVID-19 began from March 23<sup>rd</sup> 2020 (the official start of full lockdown). Repeated lockdowns and restrictions for social distancing have affected us throughout the year and continue to the time of writing (July 2021)

**a) Effect on Activities:** All of Mind in Camden's services remained operational during all lockdowns, with several going entirely online and the majority of staff working from home. There was one exception where activity around a Camden grant given for funding mental health awareness and wellbeing events in local community venues, run in partnership with other mental health providers in Camden, had to be curtailed. We have agreed with Camden that the work can be carried over in a restricted fund to fund activity in 2021-2022.



## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

The majority of our services are, at the same time, facing increased need. Our office has been closed to the general public but still used as an appointment only base to provide essential services to very vulnerable people including doorstep support, the delivery of cooked meals to those in need of them and face-to-face work with those who could not cope with online interactions. We are grateful to the people who participate in our services, staff, volunteers and partner organisations who were key in making this response.

We began a gradual return to face-to-face work after the first lockdown but this was curtailed by further restrictions that took us up to the end of the financial year, at the time of writing we are again opening up to face-to-face work, starting with small groups and one-to-one work for those most in need. Overall we are taking a slow and cautious approach to ensure the safety of everyone involved.

**b) Financial Impact:** We have no pension fund or material investment liabilities, so the main impact was in lost income, mostly taking place in the financial year ending 2021. The subsidiary runs a charity shop that had to be periodically closed, and we anticipated and sustained losses in per capita funded services like training and counselling. Thanks to a combination of very quick action taken by funders and Local and National Government in making funds and relief available, we managed to mitigate the expected impact (see below), and have been able to make a surplus due to taking on new projects and improving our turnover overall.

**c) Impact on risk:** When the crisis began to take hold, risk levels varied widely almost day-to-day as information was vague, sometimes contradictory and often changing rapidly. At the very start we were facing a potential deficit of over £100,000 for YE 2021, and, with uncertainty over how long lockdown would last, we were losing in the region of £8,000 per month prior to the aid measures that central and local government took. We benefited from small business grants and furlough measures for our shop, and rate and rent relief, plus we made several applications for COVID-19 related funds and were granted extra money to maintain and even extend our services – this funding has been confirmed for future years, making a substantial contribution to our financial health and stability.

We were in a very similar situation in relation to putting measures in place to ensure that those few attending our offices were also safe and had struggles like many others in finding reliable sources of appropriate Personal Protective Equipment. At the same time, we were putting measures in place to ensure that all financial and other transactions could take place online and ensuring that our staff working from home were supported. All of this was managed successfully and this is a credit to all our staff teams, the people who use our services, partner organisations and funders.

**d) Ongoing, future and wider impacts:** Though, at the time of writing, lockdown is easing it is clear that there will be ongoing impacts both in the environment and wider context and in our own approaches.

In terms of how we provide services we have found that many can be provided effectively and safely online; so we will continue this element of our services even if the risk of COVID-19 is completely eliminated.

The Impact on the wider context is harder to estimate but, it seems an economic downturn is a probable result and, if past evidence is anything to go by, this will impact disproportionately highly on the people we serve. There is also the phenomenon of psychological damage from the lockdowns and trauma experienced during it. All of this indicates that need will increase. At the same time much money in the system, particularly from charitable trusts on whom some of our services rely, has gone into COVID-19 specific grants. Furthermore, the finances of Local Authorities have been negatively impacted and this often means, in the longer term, reduced funding for social care.

However, there have been sustainable gains. We have worked closely in an extremely positive partnership to serve Camden residents with Commissioners and other staff from our local and health authorities, gaining substantial extra funding for new services developed in lockdown, and have created new partnerships with other organisations in the sector and have gained skills and insights into online and distanced work that we would not have acquired otherwise.

#### **h) Public Benefit:**

We have assessed the benefit that our charity provides to the public through our services as:

- Enabling people to recover their mental wellbeing. This reduces the personal and social cost of mental health issues and enables people to **make an increased contribution to their communities** through peer support, volunteering and increased community activity, including gaining employment
- Working with the wider community, through volunteering and with community-based partners, to raise awareness of issues relating to mental health and increase capacity to deal with them, thereby increasing understanding, improving responses towards people with mental health issues, **reducing stigma and discrimination and increasing wellbeing**
- **Improving mental health**, including undertaking preventative work, reducing the societal and personal costs of far more expensive and life disruptive forms of help e.g. in hospital acute wards or long-term care
- **Reducing pressure on publicly funded statutory NHS and Local Authority social care resources**
- Providing non-medication based interventions like self-help, group work, and peer support/talking help and activities, **reducing reliance on medication regimes that can be expensive and can have damaging side effects, including addiction.**

## **5. The Contribution of Volunteers**

Our volunteer experience this year was very different than usual. Volunteers would normally help to run our on-site services and assist with office work, and we would usually expect to have about 100 people a year helping us.

In March 2020 we had to make a very speedy transition to mainly online service provision. There was also a requirement through the three lockdowns that people must stay at home if possible. Fortunately, volunteers continued to support us by helping to deliver the online services such as support groups and counselling, and a team of volunteers ran a "keeping in touch" service for members by phoning them once a week.

We also had a team of staff and volunteers based at Barnes House who ran a doorstep service for most of the year. The team made regular visits to people who were self-isolating to provide practical help with delivering shopping, collecting prescriptions, providing craft materials and, for a while books, as people did not have access to libraries or bookshops. We were also able to deliver hot meals once a week in collaboration with FEAST!, a voluntary organisation that collects donated food and turns it into free meals.

It was a challenging year, which would have been much more difficult had volunteers not been there to support us and we are indebted to them for all the help that they provided.

In 2020-21 we had 55 volunteers, contributing an estimated 12,000 hours or 1,714 days. Using the London Living Wage rate of £10.85 per hour, the financial benefit would have been £130,200.

## **6. Financial Review**

### **Principal Income Sources**

Our principal sources of income were:

- Camden Council provide 65% of our income through contracted services including Healthy Minds, Cultural Advocacy and Phoenix
- Charitable Trusts, who fund our Hearing Voices projects, representing 16% of our income

## **MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021**

- 7% comes from local NHS organisations funding our TAP, CCG website and new Single Point of Contact projects
- 8% comes from Mind Ventures, the charity's trading subsidiary.
- Personal Budget income and fees contribute 1% of our income
- The remaining 3% is from sales, mainly of training, and one-off donations.

### **Investment Policy**

Most of the charity's funds are revenue grants to be spent within each financial year. We need quick access to our limited reserves in order to cover cash flow and to meet unexpected expenditure, so there are no funds available for long term investment. The Management Committee delegates the Finance Director to invest the relatively small amounts of funds that the organisation has available in a short-term money market account to generate interest, with low interest rates this activity amounted to only £190 in this financial year.

### **Reserves Policy**

#### **Why Mind in Camden needs reserves:**

- They help to manage the risks of legal/financial liability around entering into contracts with individuals and organisations
- They protect the charity from insolvency or serious cash flow issues during times of change
- They enable us to temporarily support projects that are short of funding until funding is found. We do not see the deferment of difficult decisions as a good use of reserves, so our criterion is that it must be shown to be likely that funds will be raised to cover the costs
- When reserves are at an acceptable level, we can use them as investment, for example, over the past two years we have used designated funds to refurbish our main premises and our shop to make the space better for the people who use our services and staff, we have funded a consultant to help us with strategic planning and we have used designated funds to improve our online presence and IT capabilities
- We also have liability for many repairs in our leases. Reserves provide a way of meeting one-off obligations for major items that would not be attractive to funders
- Reserves can play a positive role in cash flow management, especially when statutory grants are late in arriving
- It is generally seen as a marker for financial health and prudence to have an appropriate level of reserves as it demonstrates financial competence and helps to ensure that we pass due diligence tests for contracts or other partnerships
- Some forms of revenue income carry a higher-level risk, for example, contracts where income is on a per capita basis and income that relies on sales. Reserves provide a buffer if our forecasts prove to be inaccurate, a particular risk when engaging with new contracts and untried markets, which is often the nature of our environment
- Where higher levels of risk mean higher potential gains, the better our reserves level, the more risk we can reasonably and safely sustain. This can increase confidence when, for example, bidding in competitive tenders where lowest unit cost or overall price is a substantial contributor to scoring. However, we are always prudent in assessing how much risk is involved and in identifying the strategic benefits of taking it

#### **The level of reserves needed:**

Since reserves are accrued in order to provide for unforeseen circumstances it is not possible to state an exact figure that will cover all eventualities.

## **MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021**

A commonly used rule of thumb in estimating the reasonable amount of reserves a voluntary organisation should have is that of three months running costs (25%) of the organisation's overall turnover.

For a long time it was unrealistic for us to achieve this because each year we struggled to create a balanced budget and were often faced with a choice of creating a fund for reserves at the expense of posts and/or services.

Since the aim of reserves is to preserve the organisation's services, we believe it would be contradictory to cut services in order to create more reserves. However, due to careful management of expenditure, a wider acknowledgement from funders that core costs are necessary through implementation of 'full cost recovery' funding, some unexpected income and better costings of competitive applications, we have now succeeded in building reserves to an appropriate level.

We note that many charitable funders express concerns about making grants to organisations that hold more than one year's reserves and we would automatically review the situation if we reach more than a six-month level.

However, these percentage levels are proportionate to turnover, so we will take into account potential shrinkage and/or anticipated growth in establishing whether our level of reserves is reasonable, for example, if we think that turnover will substantially increase, or be very variable in subsequent years, we might hold a higher level of reserves in anticipation of these changes, as reserves are something that, by their nature, cannot be directly fundraised for and so must be built up over time.

Even with this in mind, it is highly unlikely that we would ever allow reserves to go above the one year level.

We would not maintain the 25% of reserves at any cost, so we may decide (with good reason) to allow them to dip below this level, in which case we would assess the risk level and take action accordingly.

It is unlikely that we would allow reserves to drop below 14% of turnover.

### **Designated Expenditure**

Given that reserves are at an acceptable level, the Trustees have designated funds to improve our premises, facilities, services and online presence. The movement of designated expenditure during the year is explained in note 13 in the main accounts.

## **7. Plans for Future Periods**

Our plans include:

- Winning tenders for existing local services due to take place during the year
- Review Charitable Fundraising Strategy and revise accordingly
- Review post COVID-19 impacts and ensure operations and plans are revised accordingly
- Continue implementation and development of the new Single Point of Access service
- Ensure a smooth and safe return to face-to-face working in line with the easing of government restrictions
- Continue to ensure adherence to the new General Data Protection Regulations and further develop awareness and practice
- Launch the new website
- Continue the ongoing development of financial practice and controls
- Complete Community Impact Fund project and final report
- Review the Service Review Framework for internal reporting

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

- Continuing to develop and maintain relationships with both new and existing partners
- Continue to develop our range of offers based on emerging themes from members
- Align social prescribing services with the new Neighbourhood Core Teams as part of the new Community Framework
- Refurbish service user spaces at our base
- Continue to maintain and support current community projects for racialised groups
- Create new partnerships with local community centres, cultural groups and schools to embed mental health services in their organisations
- Begin to develop and deliver culturally sensitive training on equality and diversity in Mental Health to other significant providers in Camden
- Continue to develop work around hearing voices in prisons, secure units and immigration removal centres
- Continue to work with young people who hear voices to develop services – particular online and focusing on developing work with students through partnerships with universities
- Continue to facilitate and lead the London Hearing Voices Network

## **8. Trustees**

The following served as charity Trustees and Company Directors during and up to the date of this report:

Elise Ormerod, Chair

Rebecca Armstrong

Rebecca Hammond

Timothy Hobbs

Donna Ellis

All the Trustees are members of the company and guarantee to contribute to the assets of the company in the event of it being wound up; such amounts as may be required not exceeding £1. The number of guarantees at 31 March 2021 was five (2020: five)

Trustees have no beneficial interest in the company and are not remunerated. The company has obtained insurance indemnifying Trustees against liabilities arising from the performance of their duties.

### **Statement of Trustees' responsibilities**

Company law requires the Trustees to prepare financial statements for each financial year. Under that law the Trustees have elected to prepare the financial statements in accordance with the United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Make judgements and estimates that are reasonable and prudent
- Comply with applicable accounting standards, subject to any material departures disclosed and where explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business

## MIND IN CAMDEN TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDED 31 MARCH 2021

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions, and disclose with reasonable accuracy at any time the financial position of the charity, and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps in the prevention and detection of fraud and other irregularities.

The charity has taken advantage of the small entities exemption.

Approved by the Management Committee on 11<sup>th</sup> October 2021 and signed on its behalf by

A handwritten signature in black ink, appearing to be 'E. O.' followed by a stylized, wavy line.

Elise Ormerod – Chair



## **INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF MIND IN CAMDEN**

### **Opinion**

We have audited the financial statements of Mind in Camden (the 'Charity') for the year ended 31 March 2021 which comprise the consolidated Statement of Financial Activities, the group and parent Charity's Balance Sheets, group's statement of cash flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

### **Opinion on financial statements**

In our opinion the financial statements:

- give a true and fair view of the state of the group's and Charity's affairs as at 31 March 2021 and of its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the Charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

## **INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF MIND IN CAMDEN**

### **Opinion on other matter prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' report (incorporating the directors' report) has been prepared in accordance with applicable legal requirements.

### **Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the Charity and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Annual Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

### **Responsibilities of the trustees**

As explained more fully in the Trustees' Responsibilities Statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the Charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the Charity or to cease operations, or have no realistic alternative but to do so.

### **Our responsibilities for the audit of the financial statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:

## INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF MIND IN CAMDEN

- identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
- Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
- The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: [[www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities)]. This description forms part of our auditor's report.

### Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

Anthony Epton

23 November 2021

.....  
**Anthony Epton (Senior Statutory Auditor)**  
**for and on behalf of**  
**Goldwins Limited**  
**Statutory Auditor**  
**Chartered Accountants**  
**75 Maygrove Road**  
**West Hampstead**  
**London NW6 2EG**

MIND IN CAMDEN

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES  
(Incorporating an Income and Expenditure Account)

FOR THE YEAR ENDED 31 MARCH 2021

		<u>Restricted Funds</u>	<u>Unrestricted Funds</u> <u>General</u>	<u>Designated</u>	<u>2021 Total</u>	<u>2020 Total</u>
<u>Income from</u>	<u>Notes</u>	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
Donations and Legacies		-	15,716	-	15,716	18,223
Other Trading Activities						
-Gross Income from Subsidiary	9	-	102,711	-	102,711	105,216
Income From Investments		-	190	-	190	1,164
		-	118,617	-	118,617	124,603
Income from Charitable Activities						
Direct Support Services	2	227,234	931,978	-	1,159,212	1,023,651
		227,234	931,978	-	1,159,212	1,023,651
<b>Total Income</b>		<b>227,234</b>	<b>1,050,595</b>	<b>-</b>	<b>1,277,829</b>	<b>1,148,254</b>
<u>Expenditure on</u>						
Expenditure on Raising funds						
- Subsidiary costs	9	-	81,809	-	81,809	75,066
Expenditure on Charitable activities						
Direct Support Services	3(a)	159,995	815,128	3,920	979,043	979,347
<b>Total Charitable Expenditure</b>		<b>159,995</b>	<b>815,128</b>	<b>3,920</b>	<b>979,043</b>	<b>979,347</b>
<b>Total Expenditure</b>		<b>159,995</b>	<b>896,937</b>	<b>3,920</b>	<b>1,060,852</b>	<b>1,054,413</b>
<b>Net Income/(Expenditure) for the year</b>	<b>4</b>	<b>67,239</b>	<b>153,658</b>	<b>(3,920)</b>	<b>216,977</b>	<b>93,841</b>
<b>Transfer between funds</b>	<b>13,14</b>	<b>-</b>	<b>(51,000)</b>	<b>51,000</b>	<b>-</b>	<b>-</b>
<b>Funds at 1 April 2020</b>		<b>57,685</b>	<b>365,867</b>	<b>14,156</b>	<b>437,708</b>	<b>343,867</b>
<b>Funds at 31 March 2021</b>		<b>124,924</b>	<b>468,525</b>	<b>61,236</b>	<b>654,685</b>	<b>437,708</b>

The notes on pages 36 to 45 form part of these financial statements.

There were no other recognised surpluses or deficits for the year. The movement on reserves above is shown in notes 12,13 and 14 to the financial statements.

All of the organisation's operations are classed as continuing.

MIND IN CAMDEN


BALANCE SHEETS AS AT 31 MARCH 2021

		<u>The Group</u>		<u>The Charity</u>	
	<u>Notes</u>	<u>2021</u> <u>£</u>	<u>2020</u> <u>£</u>	<u>2021</u> <u>£</u>	<u>2020</u> <u>£</u>
<b>Fixed Assets</b>					
Intangible Fixed Assets	8	-	-	-	-
Tangible Fixed Assets	8	13,724	13,848	13,724	13,848
Investments	9	-	-	100	100
		<u>13,724</u>	<u>13,848</u>	<u>13,824</u>	<u>13,948</u>
<b>Current Assets</b>					
Debtors	10	114,772	108,644	100,901	109,269
Cash at Bank and in Hand		<u>641,201</u>	<u>424,477</u>	<u>634,266</u>	<u>417,900</u>
		755,973	533,121	735,167	527,169
<b>Creditors: Amounts Falling Due Within One Year</b>	11	(115,012)	(109,261)	(98,732)	(107,835)
<b>Net Current Assets</b>		<u>640,961</u>	<u>423,860</u>	<u>636,435</u>	<u>419,334</u>
<b>Net Assets</b>		<u><u>654,685</u></u>	<u><u>437,708</u></u>	<u><u>650,259</u></u>	<u><u>433,282</u></u>
<b>Funds</b>					
Restricted Funds	12	124,924	57,685	124,924	57,685
Unrestricted Funds - Designated	13	61,236	14,156	61,236	14,156
- General	14	468,525	365,867	464,099	361,441
		<u><u>654,685</u></u>	<u><u>437,708</u></u>	<u><u>650,259</u></u>	<u><u>433,282</u></u>

The notes on pages 35 to 45 form part of these financial statements.

The financial statements have been prepared in accordance with the special provisions relating to small companies exemption.

Approved and authorised for issue by the Management Committee on 11th October 2021

  
 .....  
 Elise Ormerod - Chairman



Mind in Camden

Consolidated Statement of Cash flows at 31st March 2021

	<u>Notes</u>	<u>2021</u>	<u>2020</u>
Cash flows from operating activities			
Net Income for the year		216,977	93,841
Adjustment for:			
Depreciation	8	7,283	6,946
(Increase) in Debtors	10	(6,128)	(40,281)
Increase/(Decrease) in Creditors	11	5,751	52,737
Cash flows generated (used in) from operating activities		223,883	113,243
Purchase of Equipment	8(a)	(7,159)	(4,386)
Cash flows used in Investment activities		(7,159)	(4,386)
Net Increase/(decrease) in cash -also see note 18		<u>216,724</u>	<u>108,857</u>

## MIND IN CAMDEN NOTES TO THE FINANCIAL STATEMENTS

### **1. Accounting Policies**

- (a) The Financial Statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting standard applicable in the UK and Republic of Ireland (FRS102) (effective January 2015) – (Charities SORP (FRS102)) and the Companies Act 2006.

-liabilities are initially recognised at historical cost transaction value unless otherwise stated in the relevant accounting policy note.

These accounts have been prepared on a going concern basis because the charity's projected earnings in the financial year 2021-2022 will be £1,264,959

The financial statements are prepared in sterling (£) and rounded to the nearest pound.

We have omitted the charity SOFA as allowed under the section 408 of Companies Act 2006

The charity is a public benefit entity.

- (b) Charges, investment income and voluntary income receivable by way of donations are included in full in the Statement of Financial Activities when receivable.

In preparing these accounts no value has been attributed to the work performed by volunteers although their work is considered vital to the activities of the charity.

Goods sold at the charity shop (Camden Mind Ventures Ltd) are recognised when the customer purchases the goods.

- (c) Restricted funds are to be used for specified purposes as laid down by the donor. Expenditure, which meets this criterion, is identified to the fund.

- (d) Unrestricted funds are donations and other income received or generated for the charitable purposes.

- (e) Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes. The purpose and use of each fund is described in note 13.

- (f) Funds received for the purchase of fixed assets are accounted for as restricted income. The treatment of the assets provided depends upon the restriction imposed by the grant. If the fixed assets' acquisition does not discharge the restriction then assets will be classified as restricted fixed assets and depreciation charged against the restricted fund.

- (g) Furniture, office equipment including IT equipment and software costs are capitalised if the purchase price and incidental costs of additions such as installation fees and labour costs are over £500 including VAT.

Depreciation is provided on all fixed assets calculated to write off the cost of each asset over its expected useful life as follows:

Furniture and equipment      - four years on a straight line basis

Software                              - four years on a straight line basis

- h) All leases of land and buildings and equipment are considered to be operating leases and rentals are charged to the Statement of Financial Activities when due on a straight line basis. No assets are held under hire purchase agreements.

- (i) The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The pension cost represents the contributions payable under the scheme by the company to

## MIND IN CAMDEN NOTES TO THE FINANCIAL STATEMENTS

the fund. The company has no liability under the scheme other than for the payment of those contributions. This meets new statutory requirements.

- (j) Staff costs, support costs and other expenses are allocated to activities on the basis of staff time and attributable cost.
- (k) Governance costs (note 3c) comprise statutory compliance including the costs of Trustees and auditors and legal and professional fees.
- (l) Expenditure is recognised on an accruals basis. In the charity, expenditure includes VAT, whereas the subsidiary excludes it as it is VAT registered.

MIND IN CAMDEN

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

2 Income from Charitable Activity	<u>Restricted</u>	<u>Unrestricted</u>	<u>2021</u>	<u>2020</u>
	<u>£</u>	<u>£</u>	<u>Total</u>	<u>Total</u>
<u>DIRECT SUPPORT SERVICES</u>			<u>£</u>	<u>£</u>
<u>Website Content Management</u>				
Camden Clinical Commissioning Group	-	18,984	18,984	18,984
<b>L B Camden - Cultural Advocacy Project</b>	-	197,499	197,499	194,183
<b>Fitzrovia Youth -CYP PM Project</b>	-	19,546	19,546	19,167
<u>Healthy Mind Projects</u>				
L B Camden - Social Prescribing	-	75,000	75,000	75,000
L B Camden - Community Programme	-	150,000	150,000	150,000
C & Islington -Green Social Project	-	1,000	1,000	2,000
<u>Phoenix and Administration</u>				
L B Camden Rent - Rent Subsidy	-	-	-	15,592
L B Camden - Community Support	-	101,178	101,178	101,178
L B Camden - Community Fund	91,667	-	91,667	100,000
Personal Budget Income	-	12,625	12,625	23,347
<u>Single Point of Access</u>				
Camden & Islington	-	198,590	198,590	-
<u>Voices Unlocked</u>				
Bromley Trust	15,000	-	15,000	15,000
Catalyst	4,000	-	4,000	-
City Bridges Trust	-	-	-	45,400
Sir Halley Stewart Trust	-	-	-	18,846
Evan Cornish	7,000	-	7,000	-
Third Housing	10,000	-	10,000	-
Tudor Trust	30,000	-	30,000	30,000
<b>TAP Funding- Camden &amp; Islington</b>	-	90,000	90,000	102,043
<u>Voice collective Project</u>				
Children in Need	27,245	-	27,245	36,104
Esmee Fairbairn	-	-	-	34,000
John Lyons Trust	13,333	-	13,333	-
London Community Response	4,365	-	4,365	-
Pixel	8,000	-	8,000	-
<u>Other</u>				
C & Islington -Primrose Hill Project	-	-	-	5,000
East Anglia University	-	2,928	2,928	-
GMS Holdings	-	17,000	17,000	15,000
Great Portland Estate	-	5,000	5,000	-
London Community Response	11,124	-	11,124	-
LB Camden-Staff Wellbeing Project	-	10,000	10,000	-
National Mind	5,500	-	5,500	-
Rank	-	18,000	18,000	-
Training Income	-	14,628	14,628	22,807
	<u>227,234</u>	<u>931,978</u>	<u>1,159,212</u>	<u>1,023,651</u>

\*Detailed comparative information for the year ended 31st March 2020 is given on page 45

MIND IN CAMDEN

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

3(a) Total Charitable expenditure

	<u>2021</u>	<u>2020</u>
	£	£
Direct Costs		
Staff related Cost	746,896	669,578
Other Direct Cost	178,463	235,506
Designated Expenditure	3,920	13,204
Support Cost (Note 3b)	49,764	61,059
	<u>979,043</u>	<u>979,347</u>

3(b) Support Cost Analysis

	<u>2021</u>	<u>2020</u>
	£	£
Staff Related Cost	7,523	7,006
Premises Cost *	21,656	34,650
Governance Cost	12,107	11,972
Overhead Cost	8,478	7,431
	<u>49,764</u>	<u>61,059</u>

\* 1st qtr. full rent 2nd qtr. half rent were waived by Camden due to Covid

Support costs are allocated on the basis of staff time. These include costs associated with providing IT, payroll, personnel, finance, property and other central services to charity's staff and volunteers.

3(c) Governance Costs

	<u>2021</u>	<u>2020</u>
	£	£
Auditors' Remuneration	5,500	5,500
Trustees' Expenses & Training	90	706
Trustees' Indemnity Insurance	763	700
Legal & Professional Cost	565	450
Appointment of Staff and other Cost	5,189	4,616
	<u>12,107</u>	<u>11,972</u>



# MIND IN CAMDEN

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 MARCH 2021

<b>4 Net Income/Expenditure</b>	<b><u>2021</u></b>	<b><u>2020</u></b>
This is stated after charging:	<b>£</b>	<b>£</b>
Depreciation and intangible amortisation (Note 8)	7,283	6,945
Lease Commitment (Note 16)	45,066	108,366
Auditors' Remuneration	5,500	5,500
<b>5 Staff Costs and Numbers</b>	<b><u>2021</u></b>	<b><u>2020</u></b>
	<b>£</b>	<b>£</b>
Salaries and Wages	591,289	534,745
Social Security Costs	48,506	44,240
Pension Costs (see accounting policy)	26,610	24,732
<b>Mind in Camden - Staff Cost</b>	<b><u>666,405</u></b>	<b><u>603,717</u></b>
<b>Camden Mind Ventures- Staff Cost</b>	<b>39,560</b>	<b>35,486</b>
<b>Agency &amp; Sessional Staff</b>	<b>85,445</b>	<b>62,637</b>
<b>Total</b>	<b><u><u>791,410</u></u></b>	<b><u><u>701,840</u></u></b>

No employee earned more than £60,000 during the year (2020: nil). Staff Costs under notes 3(a), 3(b) and 3(c) includes training and recruitment cost of £7,759 (2020:£14,845). The average number of staff (based on full time equivalent) employed during the year was as follows:

	<b><u>2021</u></b>	<b><u>2020</u></b>
Phoenix Project	2	2
Other Projects	20	19
Camden Mind Ventures	2	1
	<b><u>24</u></b>	<b><u>22</u></b>

Total Employee benefits of the key management personnel's of the charity were £184,933 (2020:£180,445)

#### **6 Trustees' Remuneration and Expenses**

The directors of the charitable company are trustees under charity law. Travel and training expenses paid on behalf of all of the trustees during the year were £150 (2020:£862). No trustees were paid any remuneration in the year (2020:£0). Total donations by trustees amounts to £69 (2020:£49). There were no reimbursement to Trustees during this period.

**MIND IN CAMDEN**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2021**

**7 Taxation**

All of the charity's income is applied for charitable purposes and therefore is exempt from corporation tax. The charity's trading subsidiary has no corporation tax liability because profits are transferred by Gift Aid to Mind in Camden.

**8(a) Fixed Assets - Group**

	<u>Furniture &amp; Equipment</u>	<u>Fixtures &amp; Fittings</u>	<u>Total</u>
<b>Cost</b>	<u>£</u>	<u>£</u>	<u>£</u>
At 1 April 2020	54,865	17,968	72,833
Additions	7,159	-	7,159
At 31 March 2021	<u>62,024</u>	<u>17,968</u>	<u>79,992</u>
<b>Depreciation</b>			
At 1 April 2020	41,017	17,968	58,985
Charge for Year	7,283	-	7,283
At 31 March 2021	<u>48,300</u>	<u>17,968</u>	<u>66,268</u>
<b>Net book value</b>			
At 31 March 2021	<u>13,724</u>	<u>-</u>	<u>13,724</u>
At 31 March 2020	<u>13,848</u>	<u>-</u>	<u>13,848</u>

**8(b) Fixed Assets -Charity**

	<u>Furniture &amp; Equipment</u>	<u>Fixtures &amp; Fittings</u>	<u>Total</u>
<b>Cost</b>	<u>£</u>	<u>£</u>	<u>£</u>
At 1 April 2020	52,875	17,968	70,843
Additions	7,159	-	7,159
At 31 March 2021	<u>60,034</u>	<u>17,968</u>	<u>78,002</u>
<b>Depreciation</b>			
At 1 April 2020	39,027	17,968	56,995
Charge for Year	7,283	-	7,283
At 31 March 2021	<u>46,310</u>	<u>17,968</u>	<u>64,278</u>
<b>Net book value</b>			
At 31 March 2021	<u>13,724</u>	<u>-</u>	<u>13,724</u>
At 31 March 2020	<u>13,848</u>	<u>-</u>	<u>13,848</u>

**MIND IN CAMDEN**

**NOTES TO THE FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2021**

**8(c) Intangible (Software) Fixed Asset -Charity and Group**

		<u>£</u>
<b>Cost</b>	At 1 April 2020	593
	At 31 March 2021	<u>593</u>
<b>Depreciation</b>	At 1 April 2020	593
	Charge for Year	-
	At 31 March 2021	<u>593</u>
<b>Net book value</b>	At 31 March 2021	-
	At 31 March 2020	<u>-</u>

**9 Investments**

The charitable company holds 100% of the 100 issued ordinary £1 share capital of Camden Mind Ventures Limited (Company Number 02525366), a company incorporated in England and Wales. Camden Mind Ventures Limited sells donated and bought in goods.

Relevant financial information regarding Camden Mind Ventures Limited is as follows:

	<u>2021</u>	<u>2020</u>
	<u>£</u>	<u>£</u>
Sale of Donated Goods	45,611	105,216
Covid Grant Income	57,100	-
Total Income	102,711	105,216
Administrative Expenses	(81,809)	(75,066)
Governance expenses	(1,000)	(1,000)
Net Profit	19,902	29,150
Transferred to Mind in Camden under Gift Aid	(19,902)	(29,150)
Retained in Subsidiary	-	-
<b>Net Assets</b>	<u><b>4,426</b></u>	<u><b>4,426</b></u>

The Subsidiary is exempt from audit by virtue of s479A of Companies Act 2006

The results of Camden Mind Ventures Limited have been consolidated on a line by line basis and included under activities for raising funds both under Income and Expenditure.

**10 Debtors**

	<b>The Group</b>		<b>The Charity</b>	
	<u>2021</u>	<u>2020</u>	<u>2021</u>	<u>2020</u>
	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
Amount due from Subsidiary	-	-	902	2,650
Other Debtors	92,251	88,366	77,596	88,121
Prepayments and Accrued Income	22,521	20,278	22,403	18,498
	<u>114,772</u>	<u>108,644</u>	<u>100,901</u>	<u>109,269</u>

MIND IN CAMDEN

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

11 Creditors: Amounts falling due within one year				
	The Group		The Charity	
	2021	2020	2021	2020
	£	£	£	£
Taxation & Social Security	14,391	11,109	14,391	11,109
Other Creditors	68,879	27,675	69,658	27,675
Accruals	25,075	9,810	8,016	8,384
Deferred Income (see Note 20)	6,667	60,667	6,667	60,667
	<u>115,012</u>	<u>109,261</u>	<u>98,732</u>	<u>107,835</u>
12 Movement on Restricted Funds	As At			As At
	01.04.20	Income	Expenditure	31.03.21
	£	£	£	£
<b><u>L B Camden</u></b>				
Community Fund	46,740	91,667	21,575	116,832
<b><u>Primrose Hill Project</u></b>				
Camden & Islington	4,955	-	353	4,602
<b><u>Server Upgrade</u></b>				
Clothworkers	5,990	-	2,500	3,490
<b><u>Voice Collective Project</u></b>				
Children in Need	-	27,245	27,245	-
John Lyons Trust	-	13,333	13,333	-
London Community Response*	-	4,365	4,365	-
Pixel	-	8,000	8,000	-
<b><u>Voices Unlocked</u></b>				
Bromley Trust	-	15,000	15,000	-
Catalyst	-	4,000	4,000	-
Evan Cornish	-	7,000	7,000	-
Third Housing	-	10,000	10,000	-
Tudor Trust	-	30,000	30,000	-
<b><u>Other Projects</u></b>				
London Community Response*	-	11,124	11,124	-
National Mind	-	5,500	5,500	-
	<u>57,685</u>	<u>227,234</u>	<u>159,995</u>	<u>124,924</u>

**Purposes of the Restricted Funds**

**Primrose Hill Project - Camden & Islington**

We are providing supervision and additional training for peer mentors from Camden & Islington Foundation Trust

**L B Camden - Community fund**

This is a restricted grant from Camden for staging local community mental health events in collaboration with other Camden organisations

**Voice Collective Project**

Donations from these Trusts were specifically for our Voice collective projects working with children and young people in London who experience distress due to voice hearing.

**Voices Unlocked**

The Voices Unlocked Project is developing peer support groups for prisoners who experience distressing voice hearing in prisons.

**London Community Response:**

This was a COVID-19 specific grant for increased hours to specific posts and associated costs to enable socially distanced provision.

**National Mind IT Grants (£5000 + £500)**

These were COVID-19 specific grants to pay for IT related expenses to enable home working

MIND IN CAMDEN

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

13 Designated Funds	As at 01.04.2020	Amount Utilised	Amount Transferred	As at 31.03.2021
	£	£	£	£
Website fund	12,000	(1,844)	-	10,156
Carpet replacement	186	(106)	-	80
Building Maintenance fund	375	(375)	-	-
Barnes House Upgrade	1,595	(1,595)	-	-
20 Camden Road maintenance	-	-	10,000	10,000
Barnes House basement refurbishing	-	-	25,000	25,000
SPA Handover	-	-	16,000	16,000
	<u>14,156</u>	<u>3,920</u>	<u>51,000</u>	<u>61,236</u>

14 Movement On Unrestricted Funds	As At 01.04.20	Income	Expenditure	Amount Transferred	As At 31.03.21
	£	£	£		£
Charity General Funds	361,741	947,884	(794,226)	-	515,399
Subsidiary General Funds	4,126	102,711	(102,711)	(41,000)	4,126
	<u>365,867</u>	<u>1,050,595</u>	<u>(896,937)</u>	<u>(41,000)</u>	<u>478,525</u>
Designated Funds (Note-13)	14,156		(3,920)	51,000	61,236
Group Unrestricted Funds	<u>380,023</u>	<u>1,050,595</u>	<u>(900,857)</u>	<u>-</u>	<u>529,761</u>

15(a) Analysis of Group Net Assets by Funds	Fixed Assets	Current Assets	Creditors	Net Assets
	£	£	£	£
Restricted Funds	3,490	121,434	-	124,924
Unrestricted Funds	10,234	634,539	(115,012)	529,761
	<u>13,724</u>	<u>755,973</u>	<u>(115,012)</u>	<u>654,685</u>

15(b) Analysis of Charity Net Assets by Funds	Fixed Asset & Investments	Current Assets	Creditors	Net Assets
	£	£	£	£
Restricted Funds	3,490	121,434	-	124,924
Unrestricted Funds	10,334	613,733	(98,732)	525,335
	<u>13,824</u>	<u>735,167</u>	<u>(98,732)</u>	<u>650,259</u>

16 Commitments Under Operating Leases

As at 31 March 2021 Commitments under non-cancellable operating leases were as follows

Group and Company	2021 Land & Buildings	2020 Land & Buildings
	£	£
Leases Expiring:		
-Within one year	45,066	63,300
-Within 2-5 year	-	45,066
	<u>45,066</u>	<u>108,366</u>



MIND IN CAMDEN

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

17 Related parties

During the year the Charity recharged Camden Mind Ventures Limited for staff related cost of £39,560(2020: £35,486) and premises cost of £28,725 (2020: £35,560).  
Total amount due from Camden Mind Ventures Limited as at 31st March 2021 was £778 (2020: £2,650).

18 Cash and Cash equivalents

	<u>At 1st</u> <u>April 2020</u>	<u>Cash Flow</u>	<u>At 31st</u> <u>March 2021</u>
Cash at Bank	<u>424,477</u>	<u>216,724</u>	<u>641,201</u>

	<u>At 1st</u> <u>April 2019</u>	<u>Cash Flow</u>	<u>At 31st</u> <u>March 2020</u>
Cash at Bank	<u>315,620</u>	<u>108,857</u>	<u>424,477</u>

19 Movement on Deferred Income

	<u>At 1st</u> <u>01.04.2020</u>	<u>Income</u>	<u>Expenditure</u>	<u>As At</u> <u>31.03.21</u>
The Bromly Trust	15,000	-	15,000	-
Catalyst	4,000	-	4,000	-
Community Fund	41,667	-	41,667	-
Evan Cornish	-	6,667	-	6,667
	<u>60,667</u>	<u>6,667</u>	<u>60,667</u>	<u>6,667</u>

MIND IN CAMDEN

NOTE TO THE ACCOUNTS - COMPARATIVE PAGES FOR YE 2020

	<u>Restricted</u>	<u>Unrestricted</u>	<u>Total</u>
<u>Income</u>	<u>£</u>	<u>£</u>	<u>£</u>
Donations and Legacies	-	18,223	18,223
Gross Income from Subsidiary	-	105,215	105,215
Income from Investments	-	1,164	1,164
<u>Website Design</u>			
Camden Community Commissioning Group	-	18,984	18,984
L B Camden - Cultural Advocacy Project	-	194,183	194,183
Fitzrovia Youth -CYP PM Project	-	19,167	19,167
<u>Healthy Mind Projects</u>			
L B Camden - Social Prescribing	-	75,000	75,000
L B Camden - Community Programme	-	150,000	150,000
C & Islington - Green Social Project	-	2,000	2,000
<u>Phoenix and Administration</u>			
L B Camden Rent - Rent Subsidy	15,592	-	15,592
L B Camden - Community Support	-	101,178	101,178
L B Camden - Community Fund	100,000	-	100,000
Personal Budget Income	-	23,347	23,347
<u>Voices Unlocked</u>			
Bromley Trust	15,000	-	15,000
City Bridges Trust	45,400	-	45,400
Sir Halley Stewart Trust	18,846	-	18,846
Tudor Trust	30,000	-	30,000
TAP Funding	-	102,043	102,043
<u>Voice collective Project</u>			
Children in Need	36,104	-	36,104
Esmee Fairbairn	34,000	-	34,000
<u>Other</u>			
C & Islington - Primrose Hill Project	5,000	-	5,000
GMS Holdings	-	15,000	15,000
Intervoice	-	-	-
Training Income	-	22,807	22,807
<b>Total Income</b>	<b>299,942</b>	<b>848,312</b>	<b>1,148,254</b>
<u>Expenditure</u>			
Subsidiary Cost	-	75,066	75,066
Expenditure on Charitable activities	255,301	724,046	979,347
<b>Total Expenditure</b>	<b>255,301</b>	<b>799,112</b>	<b>1,054,413</b>
<b>Net Income for the Year</b>	<b>44,641</b>	<b>49,200</b>	<b>93,841</b>