

Registered Company Number: 5393807 (England & Wales)
Registered Charity Number: 1110130

Report of the Trustees and
Audited Financial Statements for the Year Ended
31 March 2023
For
Mind in Bexley and East Kent Limited

Mind in Bexley and East Kent Limited

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Mind in Bexley and East Kent Limited

Report of the Trustees for the year ended 31 March 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

5393807 (England and Wales) (A company limited by guarantee)

Registered Charity number

1110130

Registered office

2a Devonshire Road
Bexleyheath
Kent DA6 8DS

Trustees

S C Westcombe (Chair)
I Guerrini
J A Hofmann
M A Magho
N Mahama
E Mason
A M F Rashid – resigned April 2022

Adviser

R. Pendlebury (Adviser to the Board)

Company Secretary and Chief Executive

D Palmer

Senior Management Team

D Palmer	Chief Executive
B Goyal	Finance Manager
G Holmes	Senior Support Manager
E Collings	IAPT Clinical Lead
L Rey	Recovery and Prevention Lead
H Johnston	Strategic and Operations Lead
B Reader	IT Manager

Auditors

Oracle Limited
Chartered Certified Accountants & Registered Auditors
960 Capability Green, Luton, England LU1 3PE

Bankers

Barclays Bank
6 Market Place, Bexleyheath
DA6 7DY

Mind in Bexley and East Kent Limited

Report of the Trustees for the year ended 31 March 2023

The Trustees present their annual report together with the audited financial statements of the company for the year ended 31 March 2023. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Mind in Bexley and East Kent's Memorandum of Association sets out the organisations principle objectives, which are for public benefit and compatible with the Charities Act 2006. These are to promote the preservation and the safeguarding of mental health and the relief of persons suffering from mental disorder'. We promote health and well-being and work to reduce poor mental health and the stigma associated with it. We support people in their recovery and campaign for better services for everyone.

The charity met these objectives by undertaking a wide range of therapeutic and non-clinical preventative mental health activities within Bexley and East Kent, including direct therapeutic support of individuals, advice, training, education and workshops, advocacy and signposting, recovery and employment services, and campaigning to reduce the stigma of mental health issues and to raise awareness of mental health issues. Throughout the year we delivered support to individuals through more than 60 different community-based projects and in this report we highlight the public benefit and impact of our work from some of our main projects. We delivered contractual funded services in partnership with NHS England and local authority commissioning organisations. During 2022-3, we also continued our IT access HUB for those digitally excluded and with our community food pantry, which complemented and enhanced our existing services, and allowed us to support more people with enduring mental health issues. We carried out research on the impact on individuals accessing our Crisis Café's and also exhibited our research which explored the Impact of Covid on the mental health of residents at Hall Place, Bexley in January 2023 in order to share learning and raise awareness. With the aid of a grant from the Government Community Ownership Fund, we commenced extensive building works on our Revival building with a view to opening in Spring 2023.

Public Benefit

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's objectives and activities and in planning future activities. All our charitable activities focus on the provision of accessible and effective mental health support, education and campaigning for people in Bexley and East Kent. Our programme of activities is invaluable by contributing to healthy active citizens, family and community cohesion and increased social inclusion and connectedness.

Our work prevents the escalation levels of mental health issues. We offer a fully accessible service to all diverse community groups in our area. Our staffing reflected the communities we service and we can provide many services in a range of different languages. We offer a safe, effective and enabling environment to vulnerable adults which are cost effective.

Mind in Bexley and East Kent Limited

Report of the Trustees for the year ended 31 March 2023

Public Benefit (continued)

The Board recorded our sincere thanks to all our management, staff and volunteers, whose commitment and support to service users is incredible and lifesaving. Post COVID, our staff have determination and full commitment to establishing creative and flexible ways to support our service users. The demand for digital support, telephone wellbeing helpline, out of hours 365 day Crisis Cafe from 6-10pm and basic food supply from the Pantry have significantly increased. Working collaboratively with our funders, sponsors, partners, food stores and corporate bodies we have pooled shared resources to maximise local impact and level up local services so that we can all thrive together.

Principal activities

Our aims and objectives were achieved by various projects/services including our Recovery and Employment Hub, Improving Access to Psychological Therapies (IAPT) Employment Support (IPS), Crisis Cafes, Carers Support, Advocacy plus many other preventative services.

Our principal services during 2022/3 were:

- Advocacy Support Service
- Carers Support
- Community Connect/ Social Prescribing
- Community Pantry
- Crisis Café in Bexley and East Kent (Ramsgate)
- Suicide Bereavement
- Digital Inclusion Hub
- Live well Kent (East Kent)
- Kent Community Oasis Garden (University of Kent) (East Kent)
- Research
- Hosting Health watch Bexley
- Talking Therapies (Improving Access to Psychological Therapies IAPT)
- IPS Employment Support
- Peer Mentoring Support
- Recovery Services based on Co-Production/Volunteering and Peer Support
- Revival Food and Café Whitstable (East Kent)
- Welfare Rights
- Transformation Hub in Partnership with Oxleas Foundation Trust
- One Bexley

Advocacy Support Service

Independent Mental Health Advocacy (IMHA). We provided statutory advocacy to residents of Bexley Borough who were detained under the mental health act whilst in hospital or when in the community on a CTO or supervised discharge. We also provided Forensic Independent Mental Health Advocacy (IMHA) to all Residents at the Medium Secure Bracton Centre and the Memorial and secure settings of Greenwood and Hazelwood. The team also provided training sessions for staff to increase their knowledge and understanding of what advocacy is and staff attended the bi-monthly Service User Forum at the Bracton Unit, raising collective issues for residents detained in the forensic unit and assisted with challenging decisions when necessary.

Report of the Trustees for the year ended 31 March 2023

Advocacy Support Service (continued)

Staff also attended the monthly Acute Care Forum at the Woodlands Unit to provide patient feedback to the care service provider who in turn frequently implement changes to encompass these. The service supported over 500 residents last year.

South East London Suicide Bereavement Service

This service supports people who have lost someone to suicide across the boroughs of Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark. The service offers help in the aftermath of loss, offering one-to-one emotional and practical support, support groups where you can connect with other people bereaved by suicide and offer bereavement counselling by video call or phone. The Suicide Bereavement Service was launched in July 2021 and is funded by NHS England through South East London Integrated Care System. It is delivered as a partnership between Mind in South East London and South London and Maudsley NHS Foundation Trust. Mind in Bexley and East Kent provide the counselling support service.

The support team includes Suicide Bereavement Support Workers, Bereavement Counsellors and Community Chaplains, who work with people of all faiths and none. We work closely with local community organisations and have a focus on specific groups, including children, young people and BAME communities.

At the start of April 22, the IAPT service started to recover from COVID-19 and entered a post COVID-19 phase. Staff that were working remotely slowly started to return to the office. In April 22, IAPT staff, in line with other SEL services returned 1 day a week, offering face to face sessions once again. Initially, it took some time for clients to adjust and we had a few cancellations and DNA's to start but this soon settled.

Talking Therapies- Improving Access to psychological Therapies (IAPT)

In April 2022, our referrals numbers were still low at 348, slowly climbing to 427 in August of 2022 and stayed around the 420-430 mark until March 2023 when we had a spike in referrals to 530.

Covid-19 saw an effect on our Access numbers and this remained the case in April 2022 where we only achieved access of 843 in Q1; 773 in Q2; 728 in Q3 and 906 in Q4. The low referrals numbers and low engagement resulted in a drop in our conversion rates, coming in at 61%. The expected conversion rates are usually in the late sixties and high seventies.

The support to clients usually seen by other services continued seeing IAPT working to support a number of vulnerable clients, who would not usually be seen in primary mental health settings.

It was also apparent that the degree of Domestic Abuse increased, which led the service to increase its presence in the Bexley Safeguarding Board. Staff were trained to complete DASH risk assessments with Bexley Shield and leads were invited to the fortnightly DA Marac, CR Marac and IOM meetings.

Currently, the IAPT workforce consists of low-intensity practitioners (i.e. PWP's) and high-intensity IAPT therapists who together deliver the full range of NICE-recommended interventions for people presenting with mild to moderate, depression and anxiety disorders, operating within the stepped-care model. Referral sources into the Bexley IAPT service was very similar across South East London with services receiving referrals online (via their individual websites), email, and telephone referrals.

Report of the Trustees for the year ended 31 March 2023

Talking Therapies- Improving Access to psychological Therapies (IAPT continued)

These referrals are a combination of self-referrals and referrals from professionals. The total number of referrals to the service in 2022-23 was 4,929. We achieved a recovery rate of 48.7% in the year ending March 2023, which was 1.3% lower than the national target of 50%. Given the complexity of the client presentations, this was considered a success.

The number of clients who received a first treatment appointment was 3,250. The impact of the pandemic was still felt as 13% (2655 appointments) were cancelled by clients and 1,911 appointments or 9% of sessions were recorded as did not attend (DNA).

National waiting time targets (18 and 16 weeks) were met. The remote therapy options (telephone and telemedicine) were, and continue to be, well received by our clients. In 22-23, the number of internet enable therapy sessions were 4598. Of these, 5259 were CBT; 3883 were Guided Self Help, and 440 were low intensity CBT. 471 were counselling for Depression, 104 was EMDR, 230 was Interpersonal Therapy and 1000 was Employment Support. The average number of sessions provided was 10.3.

We continue to provide a DWP led project, which helps clients to find new employment, retain employment and manage difficulties in the workplace. We have a team of Employment Advisers who offer career support whilst our clients receive therapy. The role of Employment Support is to help people who are or have experienced barriers to the world of work because of their mental health issues to regain their confidence, their belief in themselves and their ability to get and hold down a job. We provide personalised, one to one support, to help people identify, understand and realise their career and workplace ambitions, and learn how to manage their mental health so it does not get in the way of fulfilling their dreams and aspirations. Each person who is referred to the service is supported to develop their own personal independence plan and to work through the issues and challenges in achieving it. In addition, certain clients have opted to receive therapy or counselling whilst receiving EA support.

In July 2022 we started working on integrating with Oxleas NHS trust wellbeing Hub and IAPT leads were invited into the client screening meeting that occur daily to determine the best treatment for the client. This also addressed the growing issue of the number of clients that historically did not meet the criteria of either primary or secondary care. In working towards a integrated model, both services were committed to addressing this issue and to find the client in Bexley the appropriate care.

In the Autumn of 2022, meetings were held to discuss the growing difficulty of recruiting qualified staff into the IAPT team. As a result of the pandemic staff left the service to find remote contracts in other areas of England. We experienced a loss of step 3 CBT and Step 2 Low Intensity CBT staff, which provided a challenge in meeting some of the Access and waiting time targets. In order to mitigate this, we entered into a contract with Xyla Digital Therapies and referred upwards of 400 clients over to their service for either assessment and treatment or CBT treatment alone.

In order to manage the change, certain staff had to incorporate the management of this project into their role. Weekly meetings were held between Xyla and our step 2 and 3 staff in order to discuss the referral progress of the clients. This helped us to circumvent the issue of recruitment, which was similarly felt in other boroughs and a regular agenda item on the SEL IAPT agenda.

In terms of the Perinatal project at Step 3, the Perinatal Lead held a Health Visitor forum to discuss referrals and this led to a slow influx of referrals.

The step 2 team continued their work in Long Term conditions in offering groups with Respiricare (now known as Bespoke Wellbeing) in providing treatment with Client with COPD and pain.

Report of the Trustees for the year ended 31 March 2023

Talking Therapies- Improving Access to psychological Therapies (IAPT continued)

Older adults continue to be prioritised and we received 80 referrals between the ages of 75 and 89. Close contact is kept between IAPT and the Older Adult CMHT team to discuss progress or issues in treatment. The majority of the clients are still recorded as female. 53% of referrals (2624) are in the age of 18-35.

Towards the end of the year, staff were in the office 2 days or more and by end of March 23, there was a huge effort made in increasing our social media presence in order to increase our referral rate. Plans were made for this to be an ongoing activity in 23-24 with a return of staff into the service.

RECOVERY SERVICES

The Recovery College at Mind in Bexley and East Kent was set up to empower those of us with mental health problems to become experts in our own recovery. Recovery is about a personal journey towards a meaningful and satisfying life, towards living as well as possible, whatever symptoms or difficulties are present.

The college offered a learning and strength-based model rather than a clinical approach. Our resources were developed, shaped and co-delivered with people with lived experiences. Our services delivered a holistic, person centred approach to mental health care.

During 2022-23 over 1,138 individuals attended Recovery College groups, courses and workshops. We facilitated 1,717 groups with 4,864 recorded attendances. The workshops and courses we run aim to provide the tools to make this happen and to help you become an expert in your own recovery or that of someone you care for. Our college offers a learning approach that complements other Mind in Bexley and East Kent services. We worked with those experiencing challenges in their own mental health and wellbeing and their families and we are accessible for any Bexley residents to enrol. Our principles are:

- 1) It is possible to recover from or live well with a mental health condition
- 2) The most effective recovery is client directed

We followed the four phases of learning in our online curriculum. That meant our interventions followed these concepts as a road map to learning:

- Explore: Students discover a concept
- Learn & Practice: Students apply their discoveries
- Reflect: Students review what they've learned
- Reinforce: Students apply theory, concepts, and materials to scenarios and problems. We aspired to empower people to actively take control of their wellbeing journey of discovery through providing opportunity, connectedness and hope.

The Recovery College in Bexley has a multi-faceted, diverse and innovation timetable with over 35 in person and online activities each week. Individuals can engage with:

- Psychoeducational workshops and courses
- Peer Support
- Young Adults Project for 18-28 year olds
- Psychosocial groups
- Green Spaces and Eco-Allotment
- Physical Activities

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RECOVERY SERVICES Recovery college (continued)

We worked alongside many agencies within Bexley including both statutory and voluntary sector. Mind in Bexley and East Kent are the leading VSC Mental Health provider in Bexley with representation on operational and strategic boards and meetings. These forums enabled us to develop strong relationships and encouraged collective responsibility. These relationships enabled us to continuously up-skill our workforce to improve outcomes for Bexley residents.

Bexley Crisis Café

Mind in Bexley and East Kent's Crisis Café is a safe, welcoming place where people can go outside of normal working hours, instead of A&E or other urgent or secondary services, if they are feeling emotionally distressed or are in a 'mental health crisis' The Bexley model follows these key outcomes:

- Preventing escalation of mental health problems and thereby avoid a mental health crisis
- Preventing unnecessary referrals to secondary Mental Health services, A&E departments, other emergency out of hours services.
- Providing emotional support and resilience building to improve mental health and wellbeing
- Increased independence and self-management
- Reduced isolation
- Signposting to appropriate services to be accessed within an acceptable time frame
- Actively encouraging/recruiting those who have attended the service to act as role models for others on their own personal recovery journey.
- Preventing unnecessary referrals to secondary Mental Health services, A&E departments, other emergency out of hours services
- Providing emotional support and resilience building to improve mental health and wellbeing
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- Reduced isolation
- Signposting to appropriate services to be accessed within an acceptable time frame
- Actively encouraging/recruiting those who have attended the service to act as role models for others on their own personal recovery journey

The Crisis Café opened every evening from 18.00 - 22.00 PM and offered face to face support with regular qualified professional members of staff.

We worked with over 511 individuals with 1022 separate interventions during the reported year. There were 116 A&E attendances avoided.

During the year, many service users that accessed the Crisis Café presented with complex need which included:

- Poverty
- Social isolation
- Trauma
- Housing / homeless
- Substance misuse
- Financial problems
- History of traumatic experiences
- Relationship problems / Domestic Abuse / Raising Safeguarding Issues
- Suicidal ideation and intent

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Bexley Crisis café (continued)

The Crisis Café worked, and continues to work, with many clients who display complex needs as outlined above with many 'presenting in crisis'. Service Users informed us that our crisis project helped them immensely when in crisis preventing further escalation of their mental health. Over 22% of those attending A&E informed us that they would have attended A&E whilst a significant amount stated they would have contacted Primary Care the following day.

Bexley Community Pantry

At Mind, we believe that everyone has the right to dignified access to high quality food. As part of our work tackling the causes and consequences of mental health we're determined to ensure no one unnecessarily suffers from food insecurity. Our innovative service aims to empower individuals to make a difference to their life. We work with individuals by offering good quality, healthy and nutritious food through our low cost membership. The Mind Community Pantry offered access throughout the year by signing up members who for a small weekly contribution receive food to a significantly higher value. The pantry refers individuals to Mind services to access Recovery College, Welfare Rights, Carers Service and Talking Therapies.

During 2022-23 there were 1,932 visits by Bexley residents who purchased £20 worth of food for £4. A team of 4 volunteers enabled the Community Pantry to be delivered 2 days a week and they provided an amazing 1,916 hours during the year.

We are grateful to all our donors since the Community Pantry opened including Ferndale Foods, Morrisons Welling, Morrisons Sidcup, Morrisons Erith, Asda Bexleyheath, Hovis Erith, Ferndales Belvedere, Farm Foods Erith, Asda Bexleyheath, The Works Bexleyheath - toys for the client's children, Holiday Inn Bexleyheath - at Christmas, Woman's Aid, Mayors Fund for London - Take and Bake Box's, Sherwood Park Primary School – Harvest, St Micheal's Church, Welling - Christine Lee (lady that drops off their donations), Members of The Community - who pop in with donations, Volunteers of The Pantry - who bring in something weekly, Staff of MiB, Relations/Friends of clients who attend The Pantry, Relations/Friends of The Pantry Team, Hovis Erith, and AMEY with Paul and Rani Babra who provided and cooked 60 delicious curry meals.

Cost of Living Grants

Mind in Bexley and East Kent received a grant of £45,000 from the London Borough of Bexley to assist with those vulnerable and struggling with cost of living payments which was impacting their mental health.

We paid an initial £42,690 in March 2023 to 283 endorsed Bexley residents who were struggling to struggling to afford energy and water bills, food, and other wider related essentials. Further additional payments totaling £2,304 were awarded to 36 of the residents who were facing exceptional hardship.

In total £44,994 was given over a 5 week period to service users endorsed from Mind in Bexley and East Kent, Re-instate and Oxleas.

Digital Hub

Our Digital Hub is open and accessible for any Mind in Bexley and East Kent service user to have access to digital devices in a safe environment, engage with others online and to be supported by a Digital Champion, if required. Our Digital Champions helps others to understand the benefits of being online and can spend some time showing them how use digital online services.

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Digital Hub (continued)

Digital Champions do a range of simple things that can make a big difference to people who can't, struggle with or don't use the internet.

Why this support matters:

- service users want to learn digital as more and more things are being done online, particularly by public services such as GPs, councils, energy companies and DWP.
- service users say that this digital support makes a massive difference.
- service users report improved mental health and wellbeing as the digital access reduces their stress and anxiety

Support on offer:

- Digital drop in 2-4pm Monday is useful for service users to help them access Recovery College or IAPT.
- 1:1 sessions with a Digital Champion with lived experience to help learners develop their digital skills and grow their confidence in doing things online.
- Vodafone Sim cards with 20GB data and unlimited calls and minutes are available for any service user who will benefit from these.
- Digital Hub in the community at Blackfen Community Library, Wednesdays 11am-1pm. Learners can drop by to complete an online interactive course with help on hand.

Many service users have anxiety about staying safe online:

- 59% answered that they were not confident or only slightly confident in keeping themselves or others safe online
- Many have shared that this lack of confidence leads to them avoiding doing things online - they worry about 'breaking something' or having their money taken.
- One lived experience digital champion observed: *'He came in quite anxious and lacking in self confidence. After our first session and exploring one of the things he needed support with together, he said he felt much more confident and proud of himself.'*

With support, service users can feel more confident and independent in exploring new things online, one learner shared: 'I learnt how to look for the padlock icon and 'https' to know if a website is safe, this made me feel a lot better about visiting new websites;

Carers Support

During 2022-23 Mind in Bexley and East Kent carers service provided support, information and advice to 174 relatives and friends caring for an adult experiencing mental health problems and/or substance and alcohol use who is either on a hospital ward or living in the community.

The service provided support to carers who:

- are registered with a Bexley GP or live in the Borough of Bexley.
- or are caring for an adult relative or friend who lives in Bexley and is experiencing mental health problems.

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Carers Support (continued)

During 2022-23 there were 48 new carers referred and over 174 carers received information and support.

- The Service works closely with the Family Support Service at the Pier Road Project (Drug & Alcohol Team). This support takes several forms including:
- Providing specific psychoeducation: mental health awareness addiction and cycle of change
- Discussing ways of coping and responding: boundaries, managing challenging behaviour
- Carers health & well-being - self-care/ help, stress reduction, CBT tools.
- Explore and enhance support and social networks
- Contingency planning/ Planning for the future
- Move on support options: peer support, carers advice line, health and wellbeing activities, counselling, recovery college, wider community.

We provided specific targeted information and advice regarding Carers Rights, Confidentiality and Information sharing, Carers Allowance.

- One to one support to 95 carers
- Weekly wellbeing telephone calls to isolated carers
- 128 Psychoeducation workshops on self-care/coping/resilience/boundaries and carers safety first
- 43 in person support groups
- 175 online sessions including 60 peer support sessions

We are delighted to continue offering free complimentary therapies to Carers in order to reduce stress and anxiety so that they are better equipped to be able to continue in the caring role.

Welfare Benefits

During 2022-23 we helped 54 people this year, supporting them to obtain in excess of £651,060 in welfare benefit take up. We took on appeal cases at the first tier and upper tribunal, preparing paperwork and evidence, and providing direct representation and support for our clients in online appeal hearings. We delivered 162 advice session/contacts with our clients.

We know that when people are supported by people who understand their mental health they can achieve more. We want to see a simpler, quicker, safer system for people, which enables them to manage the impact of their mental health whilst supported by the safety net of an effective, responsive and personalised social security system.

Employment Support

Our role in the Individual Placement and Support Employment Service (IPS) is to help people who are or have experienced barriers to the world of work because of their mental health issues to regain their confidence, their belief in themselves and their ability to get and hold down a job. During 2022-23, we provided one to one support to 164 individuals by helping people identify, understand and realise their career and workplace ambitions, and learn how to manage their mental health so it does not get in the way of fulfilling their dreams and aspirations. Each person who is referred to the service is supported to develop their own vocational plan and to work through the issues and challenges in achieving it. 27 individuals gained employment and 19 sustaining their employment for 3-6 months and a further 17 were supported to stay in their current employment.

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Live Well - East Kent Mind

East Kent Mind supported over 287 clients during 2022-23 with the rate of referrals increasing during the year. Residents report appreciating the quick contact with 98% being contacted within 2 days of being referred.

Increased Wellbeing

Client wellbeing was measured using the validated Short Warwick Edinburgh Wellbeing Scale and it was encouraging to see that over 77% of clients reported improved wellbeing during their involvement with East Kent Mind.

Groups, Workshops and Courses

During 2022-23 there were 12 weekly in person groups and access to the Recovery College 25 online groups, courses and workshops. The workshops included health topics such as Understanding Anxiety and Panic, Overcoming Loneliness and Body Image which helped clients understand mental health and learn coping strategies. There were classes on yoga, healthy walks, tai chi and other physical activities. The creative groups were especially popular with a weekly art group in Ramsgate and online Make, Mend and Motivate, Music and Photography where themed photos were shared each week online. Regular women's groups and a men's group gave clients an opportunity to talk and share openly and receive peer support.

Ramsgate Crisis Café

The Ramsgate Crisis Café was open every evening of the year on Fridays, Saturdays and Sundays providing a safe and friendly place for clients who are experiencing severe emotional or psychological distress. It is a drop-in service to access mental health support and advice from mental health and wellbeing workers. During 2022-23, the service supported 117 individuals with 373 separate interventions.

Mentoring and Volunteers

East Kent Mind mentoring service is a goal orientated service using the recovery star. During 2022-23, there were 26 volunteer mentors and volunteers provided 3,181 hours of support during 2022-23.

Kent Community Oasis Garden

The Kent Community Oasis Garden at the University of Kent is for students, staff and community members. The garden includes an allotment edible garden, pollinator garden, herb garden with wildlife biodiversity pockets. It provided opportunities for work experience for Canterbury College, promoted sustainable and healthy food, provided access to growing space and grew enough fruit and vegetables to sell to the Gulbenkian café as well as providing for volunteers and students helping with the garden. Wellbeing activities have included a Climate Café, Wild Wellbeing sessions, sustainability bird walk, nature puzzle trail and a monthly bee walk survey.

The profile of the garden is increasing in the university and the number of volunteers increased with the final quarter seeing 56 volunteers (including 42 students), 203 volunteer visits and 609 hours of volunteer time.

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STEP Project

East Kent Mind received funding for six months to provide support for 12 young people aged 16 to 18 who were not in education, employment or training (NEET). The young people had two group sessions each week focusing on Personal Engagement, Wellbeing and Progression and Support.

Alongside this each young person received one to one mentoring.

Feedback for the Kent NEET Support Team: "East Kent Mind's STEP programme has proved to be an invaluable asset to the young people of Thanet. The majority of the young people who participated have a clear onward plan to join other local training providers or return to college in September; this is testament to the work that has gone into supporting these young people to see a positive future for themselves".

Barbers Shop Project

In the autumn of 2022, the Kent and Medway Better Mental Health and Wellbeing Community Fund provided grant funding to enable East Kent Mind to test an innovative concept across the Thanet and Canterbury districts.

With research showing that men are statistically more likely to discuss mental health issues with their barber than with their GP, East Kent Mind wanted to use barbers' unique position to be able to help men battle anxiety and depression.

The Barbershop Project trained 28 barbers from 21 different barbershops in the two district council areas so they could spot signs of depression, be non-judgemental listeners and effective at signposting to a range of services delivered by the charity sector and NHS. We are exploring the possibilities of implementing a similar initiative in Bexley.

Bexley - NHS Community Mental Health Transformation

At the beginning of the year, the NHS Long Term Plan renewed our commitment to pursue the most ambitious transformation of mental health care England has ever known. The Five Year Forward View for Mental Health, published in 2016, represented a major step, securing an additional £1 billion in funding for mental health, so that an additional 1 million people could access high quality services by 2020/21.

Principles that underpin this community transformation are:

- Engagement and co-production with local communities
- Person centred care
- Whole person approach
- Genuine partnership
- Integrated care between primary and secondary care services

In Bexley, this community transformation was led by Oxleas, Bexley Care and Mind in Bexley and East Kent. The NHS LTP had provided the transformation concept and we were responsible in implementing those key principles locally through collaborative leadership, effective planning and forming positive relationships.

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Bexley - NHS Community Mental Health Transformation (continued)

Local steering and task and finished groups were introduced from the inception to monitor and evaluate the implementation, create project plans, define scope and budget, identify possible risks and problem solve.

Through extensive community engagement with a multitude of stakeholders inclusive of residents, service users, health and social care colleagues and the wider voluntary sector we were able to design a Bexley service model. This led us to shaping a staffing model that ensured we were able to deliver diverse, innovative and impactful mental health and wellbeing interventions to Bexley residents outside of clinical presentations. This included:

- Families and carers
- Lived experience practitioners
- Coproduction leads
- Wellbeing practitioners
- Social workers
- Occupational therapists
- Co-occurring Mental Health, Alcohol & Drugs (COMHAD) practitioner
- Mental Health nurses (based in both the Mental Health Hub and within GP Primary care setting)
- Psychologists
- Doctors

Providing integrated care through a multi-disciplinary approach successfully required patience, commitment and willingness from all stakeholders. We had to ensure the team had the skills, resources and knowledge with joint operational policies and procedures that would enable them to succeed.

Bexley Mental Health Hub was launched in August 2022. We continue to monitor progression, project performance and objectives, budget and quality. These performance indicators enable us to determine the project is on track and achieving its intended outcomes. As the project continues to evolve routinely reviewing budgets, activities, scope, schedules, risks and workflow creates effective change management plans are in place to keep the project running smoothly

Hosting Healthwatch Bexley

Over the past year, Healthwatch continued to actively listen to our local community, ensuring people's voices are heard and valued. This year, recruiting staff has been a challenge at times, and we have had a number of staff changes. However, we now have a new Healthwatch Manager, a Bexley resident who comes with a wealth of experience of local primary care services, including dentistry. She has hit the ground running and has started to build excellent local networks and develop partnerships. She has supported the development of the Bexley Health and Wellbeing Strategy, engaging with over 1,200 individuals from a variety of backgrounds, including young people, carers, community groups, and elders, among others, to ensure their unique perspectives were captured. Furthermore, we have continued working to ensure our local community is heard at the Integrated Care Systems level. Collaborating with other South East London Healthwatch organisations, we have effectively influenced decisions taken by Integrated Care Boards and Partnerships, ensuring local needs are prioritised in shaping healthcare provision.

Mind in Bexley and East Kent Limited

Report of the Trustees for the year ended 31 March 2023

Hosting Healthwatch Bexley (continued)

This year we have reached different communities by:

- Attending an event organised to help Ukrainian refugees
- Visited food banks, Job Centres and a Traveller site
- Worked with local partners to hear the views of the homeless
- Regularly engaged with faith groups, local Community Champions and charities

During the year the team engaged with 2,500 people to share their experiences of health and social care services with us in different community settings to help us to raise awareness of issues and improve care. An additional 1,505 residents came to us for clear information and topics such as mental health and the cost of living.

Top three priorities for 2023-24 are:

1. Reviewing the experiences of local people trying to access NHS dentists.
2. Highlighting the impact of the cost of living on access to services.
3. Looking at the low take-up of cancer screening in the borough.

Personal Health Budgets

The NHS Long Term Plan published in January 2019 made a clear commitment to expand personalised care and Personal Health Budgets, with a specific expectation that these will be offered within mental health services as part of plans for up to 200,000 people to benefit by 2023/24. One of the key drivers behind Personal Health Budgets is giving people greater choice and control over the support they access to manage their mental health as this increases their prospects of recovery. The South London Mental Health & Community Partnership (SLP) commissioned Mind in Bexley and East Kent in 2021 to develop a programme of engagement to draw on the expertise of people with lived experience of mental health difficulties regarding Personal Health Budgets. The research provided valuable information for commissioners and service providers in designing a pathway and as a result, the SLP commissioned MIND to work in partnership to support the uptake of Personal Health Budgets across the SLP with a view to increasing recovery outcomes, choice and control. This is an exciting initiative and we are looking at implementing a similar model in line with the Transformation Hub in Bexley.

Revival Food and Mood, Whit stable, East Kent

Revival Food & Mood was set up as a self-funded social enterprise by Mind in Bexley and East Kent in 2016, with the first Whitstable Cafe hub opening in the summer of 2017 in Oxford Street, run as a community café and mental health hub for families, young people and adults.

An innovative model combining food, community and wellbeing, premised on access for all in a purposefully visible, accessible, central High Street location supporting our community's wellness journey with an emphasis on prevention and proactive self-care. Revival provides support and information as well as facilitated peer support and mentoring, workshops, talks & discussion groups, wellness activities, referral pathways, signposting and space for the community to meet, upskill, train, volunteer and work.

Revival Food & Mood has had a challenging couple of years but its resilience, commitment and community support has been unwavering. Having received a no-fault eviction notice from its premises within a community arts centre in February 2021 a new building was identified in winter 2021 as suitable for a new Revival café and wellbeing hub on the High Street in Whitstable.

Report of the Trustees for the year ended 31 March 2023

Revival Food and Mood, Whit stable, East Kent (continued)

After a considerable engagement and consultation campaign led by MIBEK with the Revival Management and locally led Strategic Committee, in addition to a comprehensive feasibility study, the decision was made by Trustees to invest in the identified property in Whitstable; it would be an asset for the Charity and provide a secure base for its social enterprise Revival Food & Mood. The purchase was completed in March 2022 and much of 2022/23 was spent fundraising for its renovation. Building works commenced in January 2023. This was only possible thanks to the hard work of the Revival Executive Director who facilitated a successful application for matched funding from the UK.

Government's Levelling Up Community Ownership Fund. This funding recognised Revival as a sustainable asset of community value and has ensured that 58 High Street, Whitstable is Revival's permanent home and its unique happy place. During the year Revival facilitated a variety of outreach peer support groups throughout the week every week in local community settings, these included:

MenTalk, MenTalkWalk, Women's Wellness, Make, Mend & Motivate and Walking for Wellbeing. MenTalk is a drop in for men where individuals can unwind, talk, listen and make local connections in a friendly supportive social space. Walking for wellbeing is open to all. It is a friendly relaxed group helping residents to connect with nature, the community and the local area. The Revival Community Quilt Project, *Stitch Together* in partnership with local artist Nicole Bates, was a huge success. Over 230 local schoolchildren and adults contributed culminating in a highly acclaimed community quilt exhibition. Throughout the year, Revival worked with WMP on a Street Health Pop-Up, partnered with East Kent Mind on a successful mentoring project, delivered Wild-Well-being Workshops at the University of Kent Community Oasis Garden and participated in several raising awareness events in Whitstable including two in Tesco's Whitstable. Revival is planning to re-open in April 2023.

Research - COVID STORIES

After two years of living with COVID-19, Mind in Bexley and East Kent has sought to explore the impact of Covid-19 on mental health from the perspectives of individual residents and has established an 'Oral History' project in order to explore experiences and trends and share learning. The purpose of the 'COVID STORIES Oral History' project is to create unique, lengthy exchanges between interviewers and narrators, and conversations that yield a richness of detail and a sense of character not available through data or other primary sources. Each interview provides a first-hand account of, and unique individual insights into, resident's struggles, worries and anxieties, resilience, coping mechanisms, support, and triumphs from March 2020 onwards. Participants involved had a range of mental health conditions including depression and anxiety (including social anxiety and postnatal depression), Post Traumatic Stress Disorder (PTSD), Borderline Personality Disorder (BPD), Agoraphobia, Bipolar Disorder and Schizoaffective Disorder. Others spoke of accessing support for mild depression and anxiety. Some residents also presented with a range of physical health conditions including Chronic Obstructive Pulmonary Disease (COPD), Asthma and Irritable Bowel Syndrome (IBS). Autism and dyslexia were also issues raised by some participants.

With more than fifteen hours of recorded audio, the project bears witness to an unprecedented era as it unfolded in real time. The main themes were:

- Anxiety and Isolation
- Working through the pandemic, challenges of home schooling and family life
- Strategies for managing mental health
- Support from Mind and the wider Bexley community
- Accessing Digital Services

Report of the Trustees for the year ended 31 March 2023

Research - COVID STORIES (continued)

The project has highlighted some of the challenges and coping mechanisms encountered by residents during the pandemic.

The project was exhibited in Hall Place, Bexley throughout in January 2023. An information booklet was created to accompany both the online and physical exhibition to generate awareness and share learning.

During the year, we researched the Impact that accessing our Crisis Cafes had on individuals mental health. We are currently finalising an academic paper for publication which is based on the analysis of the testimonies of residents who had accessed the Mind Crisis Café's in Ramsgate and Bexley.

Research: Crisis Café Provision

The main remit of a crisis café is to provide a place other than hospital emergency departments where people in crisis can go to for support and signposting to other crisis services. They are often referred to as 'safe havens' or 'recovery cafés' and are typically provided by voluntary sector organisations.

The Bexley and Ramsgate Crisis Café were set up to provide out of hours crisis café provision which offers both a safe place for Bexley and Ramsgate Residents who are experiencing a mental health crisis to attend and socialise in a quiet non-judgemental atmosphere and /or to have access to one to one mental health support or peer support. The café's aim to provide an environment which feels safe and welcoming for people in distress, and to help people feel less isolated. Once individuals have accessed the Crisis Café, they are supported to access an array of holistic activities at Mind in order to improve and maintain their well-being. Both café's operate on a similar non-clinical staffing structure café's, are open 7 nights per-week and are managed by Mind in Bexley and East Kent.

The aim of this research was to evaluate the benefits of both Cafés over a 12-month period and this work forms the main body of the study. The key message of the analysis of themes is that face-to-face, non-medical care for people experiencing a mental health crisis, staffed by local people trained in mental health who listen, who are non-judgemental, and who care has had a significant impact on attendees. With this in place, people experiencing a mental health crisis feel more respected, and more able to speak about their difficulties, feeling unburdened, thus experiencing a decline in their crisis symptoms. As a result of this, there would be cost and resource savings for A&E departments: at least 65% of those interviewed said they would have gone to A&E had the Crisis Café not been there. A more remarkable saving would be the saving of lives. For many visiting the Crisis Café, the severity of crisis symptoms abated afterwards, and negative coping mechanisms such as taking an overdose or self-harming behaviour were prevented.

Engagement: To explore and gain insights into the impact of the Crisis Café has on participants, a qualitative inductive research design was employed. Various qualitative methods were used including ethnographic observations, focus groups and open-ended, semi structured interviews with residents (N=22 Bexley and 18 Ramsgate) who had attended the Cafe, which allowed for 'thick description' (Geertz 1973) through the narratives that emerged. Great care was taken to ensure that this evaluation was non-obtrusive and supportive. Voluntary participation, and confidentiality were emphasised and the researcher team made it clear that participants could withdraw at any stage. Interviews were undertaken on-line and face to face at a time convenient to the participant. The purpose of the evaluation was clarified, and informed consent was obtained, from all participants.

Mind in Bexley and East Kent Limited

Report of the Trustees for the year ended 31 March 2023

Research: Crisis Café Provision (continued)

The research highlighted that Crisis Café's offer greater choice and flexibility in managing crises, and the model which offer non-clinical forms of support in a less formal setting than a hospital emergency department appears from the participants perspective to facilitate earlier help-seeking, for example for people who may be at risk of harming themselves if they become severely distressed. It is however important to acknowledge the limitations of this study as it focuses on a small number of participants and therefore focuses on self-reported individual outcomes and experiences. This study does however add to the very limited research undertaken on individual experiences of accessing Crisis Cafes and support. An economic analysis would be beneficial to ensure that models make effective and efficient use of limited resources. Future research which helps better understand the role of people with lived experience in the development, and delivery (as peer support workers), of emerging crisis café's and services will also help inform future planning of services

STRUCTURE, GOVERNANCE AND MANAGEMENT

Affiliation

Mind in Bexley and East Kent is affiliated to National Mind, and this has been codified in a Mind Federation Agreement. This defines the relationship between National Mind and local Minds, as well as the relationship the 100 plus Local Mind Associations have with each other. This affiliation brings with it the advantages of a known and valued brand name, cooperative mutual help across the network, access to financially advantageous Insurance and Human Resources expertise, and regular quality audits. The parties agree to promote Mind's values (informed, determined, diversity, integrity and partnership) and to work to make it possible for people who experience mental distress to live full lives and play their full part in society.

We work closely with our local statutory partners the London Borough of Bexley, South East London ICB, Oxleas NHS Foundation Trust, Kent County Council and Porchlight.

Constitution and organisational structure

The organisation is a charitable company limited by guarantee. The Charitable Company was established under a Memorandum of Association, which established the objects and powers of the charitable company, and is governed by its Articles of Association. In the event of the Charitable Company being wound up members are required to contribute an amount not exceeding £1.

The Board of Trustees consists of 7 members who govern the Charity. The Board meets quarterly and some members are involved with project steering groups and co-production of new ideas.

Trustee Recruitment, Induction and Training

The charity encourages local people and service users with lived experiences to join the Board. Recruitment is an ongoing task. Once elected, new Trustees are provided with an induction pack, which includes the most recent annual accounts, organisational chart and a portfolio of current policies and procedures. A face-to-face meeting is held so as to give new Trustees an introduction to the Charity, meet the senior management team and understand its public benefit activities. Board meetings and training for Trustees takes place regularly through the year. All Board members are welcome to take up any of the charities training offers.

Mind in Bexley and East Kent Limited

Report of the Trustees for the year ended 31 March 2023

Trustee Recruitment, Induction and Training (continued)

The current Chief Executive Officer (CEO) appointed by the Trustees to manage the day-to-day operations of the Charity. To facilitate effective operations, the CEO has delegated authority, within terms of delegation approved by the Trustees, for operational matters including finance, employment and staff training. The CEO is supported by the Senior Management Team, which includes Head of Departments, IT, Finance and HR managers.

Risk Management

The Board of Trustees carried out the annual risk review to assess the impact of any identified risks and uncertainties may have upon the business and operation of the charity. They decided on how best to manage and mitigate potential risks with the probability of each risk happening at regular quarterly board meetings and with quarterly performance reports.

FINANCIAL REVIEW

The Charity's income was £4,743,159 in the year ended 31 March 2023 compared to £5,108,620 in the year ended 31 March 2022. A decrease of some 7.7%. The principal sources of funding continue to be grants received from the NHS South East London CCG and the London Borough of Bexley. The total expenditure amounted to £4,095,019 in the year to 31 March 2023 compared to £3,826,104 in the year ended 31 March 2022. The fund balance carried forward at 31 March 2023 was £1,327,635 on general funds and £2,576,349 on designated funds. The balance carried forward on restricted funds was £1,239,550 on 31 March 2023. The full Statement of Financial Activities is set out in these accounts.

The trustees are not aware of any issues that create an immediate threat to the charity continuing as a going concern.

Reserves policy

The Board of Trustees aim to maintain a level of unrestricted reserves which ensures that there are adequate funds to meet current and known future liabilities. In order to fulfil its responsibility to secure

Mind in Bexley and East Kent's viability beyond the immediate future, and in order to protect the charitable company against serious disruption to its charitable work, we need to build reliable funds against future uncertainty, to absorb setbacks, and to take advantage of change and opportunity over the long term.

The Trustees' policy aims to have free reserves to a minimum of 3 months (and preferably a maximum of 6 months) of core costs. At current levels of expenditure this amounts to between £600,000 to £1,200,000. The free reserves are unrestricted reserves excluding those amounts tied up in tangible fixed assets or designated for particular purposes. At the year-end free reserves amounted to £1,327,635. The board of Trustees is looking to build up free reserves to achieve the desired expansion programme as described in its future plans.

Mind in Bexley and East Kent Limited

Report of the Trustees for the year ended 31 March 2023

Investment policy and performance

The Memorandum & Articles of Association provides that the organisation invests monies not immediately required for its own purposes in or upon such investments, securities or property, as may be thought fit. At the present time, the Trustees' policy is to maintain all such monies on deposits earning a market rate of interest.

PLANS FOR THE FUTURE

Throughout 2023/4, Mind in Bexley and East Kent's performance will be assessed through a number of performance measures.

The key indicators (KPI's) are: Work with our funders to deliver quality services to achieve value for money

- Review our running costs to ensure cost value and maintain sufficient reserves
- Explore further the impact of the Crisis Café Provision and share learning
- Work with colleagues in South East London ICB to further develop our Talking Therapies services via digital means in Bexley in order to improve access and reduce waiting times
- Co-design in partnership with Oxleas a Transformation Hub based on co-production, co-delivery and learning-person Centred model of care including Personalisation
- Improve our communication and social digital mechanisms across all services
- Work closely with BVSC and Bexley consortia on future Adult Social Work contracts in Bexley
- Explore diversifying income streams with corporate partners, donors and trusts
- Host the Kent and Medway Mental Health and Well-being awards
- Expand the Barbers Suicide Prevention Initiative to Bexley
- Develop services in East Kent – mentoring, peer support and services for young people
- Promote the IT Digital Hub so that residents can be supported to access digital offers
- Develop volunteer services at Kent Community Open Gardens
- Retender for Live Well Contracts and expand provision in Canterbury District
- Explore opportunities with the Canterbury Umbrella to develop services in Herne Bay East Kent
- Explore Personal Health Budgets with service users who may be eligible
- Be actively involved in the development of Integrated Care Partnerships in South East London and East Kent
- Continue to offer tailored bereavement support for those affected by suicide
- Develop a pilot project with Charlton Athletic museum which explores reminiscence and aims to reduce isolation
- Enhance the mental health mentoring schemes in the area
- Open and Launch Revival Food and Mood
- Risk management – more rigorous monitoring of our own rising costs with high inflation.

Mind in Bexley and East Kent Limited

Report of the Trustees for the year ended 31 March 2023

ACKNOWLEDGEMENTS

The Charity's principle funding sources during the last year have been:

- NHS South East London ICB
- London Borough of Bexley
- Kent County Council
- Porchlight
- Greenwich and Bexley Community Hospice
- Thanet District Council
- Canterbury City Council
- Bromley, Greenwich and Lewisham Mind (Suicide Bereavement)
- University of Kent

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees (who are also the directors of Mind in Bexley and East Kent Limited for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditors are unaware; and
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

Mind in Bexley and East Kent Limited

Report of the Trustees for the year ended 31 March 2023

AUDITORS

The auditors, Moracle Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

APPROVAL

On behalf of the Board of Trustees:

S C Westcombe – Chair

15th December 2023

**Report of the Independent Auditor to the Trustees
Mind in Bexley and East Kent Limited
For the year ended 31 March 2023**

Opinion

We have audited the financial statements of Mind in Bexley and East Kent Limited (the 'charity') for the year ended 31 March 2023, which comprise the Statement of Financial Activities, Balance Sheet, 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 United Kingdom Accounting Standards, comprising Charities SORP - FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and applicable law (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the charitable company's trustees, 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 trustees 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 charitable company and its trustees as a body, for our audit work, for this report, or for the opinions we have formed.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2023 and of its results 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

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

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.

**Report of the Independent Auditor to the Trustees
Mind in Bexley and East Kent Limited
For the year ended 31 March 2023**

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.

Opinion on other matters 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 for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' 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 trustees

As explained more fully in the Statement of Trustees' Responsibilities (set out on page 4), the trustees 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 the trustees 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.

Auditor's 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.

**Report of the Independent Auditor to the Trustees
Mind in Bexley and East Kent Limited
For the year ended 31 March 2023**

As part of an audit in accordance with ISAs (UK), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.
- Obtain sufficient appropriate audit evidence regarding the financial information of the entities or business activities within the charity to express an opinion on the financial statements. We are responsible for the direction, supervision and performance of the charity audit. We remain solely responsible for our audit opinion.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

.....
Morlai Kargbo (Senior Statutory Auditor)
For and on behalf of Moracle Limited
Statutory Auditor
960 Capability Green
Luton
England
LU1 3PE

15th December 2023

Mind in Bexley and East Kent Limited

Statement of Financial Activities For the year ended 31 March 2023

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Income and endowments from:					
Donations and legacies	2	30,200	1,965	32,165	36,911
Investments	3	6,298	-	6,298	642
Other trading activities	4	7,986	-	7,986	4,299
Charitable activities: Mental health preservation	5	1,050,541	3,646,169	4,696,710	5,066,768
Total Income		<u>1,095,025</u>	<u>3,648,134</u>	<u>4,743,159</u>	<u>5,108,620</u>
Expenditure on:					
Raising funds	6	38,771	-	38,771	28,924
Charitable activity Mental health preservation	7	452,314	3,603,934	4,056,248	3,797,180
Total expenditure		<u>491,085</u>	<u>3,603,934</u>	<u>4,095,019</u>	<u>3,826,104</u>
Net income	9	603,940	44,200	648,140	1,282,516
Transfer between funds	18	-	-	-	-
Net movement in funds	18	<u>603,940</u>	<u>44,200</u>	<u>648,140</u>	<u>1,282,516</u>
Total funds brought forward		<u>3,300,044</u>	<u>1,195,350</u>	<u>4,495,394</u>	<u>3,212,878</u>
Total funds carried forward		<u><u>3,903,984</u></u>	<u><u>1,239,550</u></u>	<u><u>5,143,534</u></u>	<u><u>4,495,394</u></u>

All the charity's activities are continuing.

The accompanying notes form part of these financial statements.

Mind in Bexley and East Kent Limited

Balance Sheet For the year ended 31 March 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Intangible assets	12	-	-
Tangible assets	13	1,496,349	1,384,592
CURRENT ASSETS			
Debtors	14	222,820	519,362
Cash at bank and in hand		<u>3,721,524</u>	<u>2,905,373</u>
		3,944,344	3,424,735
CREDITORS			
Amounts falling due within one year	15	(62,674)	(83,533)
NET CURRENT ASSETS		<u>3,881,670</u>	<u>3,341,202</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		5,378,019	4,725,794
Creditors: Amounts falling due after more than one year	16	(234,485)	(230,400)
NET ASSETS		<u><u>5,143,534</u></u>	<u><u>4,495,394</u></u>
FUNDS	18		
Unrestricted funds			
General funds		1,327,635	1,170,452
Designated funds		2,576,349	2,129,592
Restricted funds		<u>1,239,550</u>	<u>1,195,350</u>
TOTAL FUNDS		<u><u>5,143,534</u></u>	<u><u>4,495,394</u></u>

The financial statements were approved and authorised by the Board of Trustees on 15th December 2023 and signed on their behalf, by:

.....
S C Westcombe - Trustee

The accompanying notes form part of these financial statements

Mind in Bexley and East Kent Limited

Statement of Cash flows For the year ended 31 March 2023

		2023	2022
	Notes	£	£
Cash flows from operating activities			
Cash generated from operations	1	969,231	1,234,728
Net cash provided by (used in) operating activities		969,231	1,234,728
Cash flows from investing activities:			
Investment income		6,298	4,299
Purchase of tangible fixed assets		(159,378)	(678,105)
Net cash provided by (used in) investing activities		(153,080)	(673,806)
Change in cash and cash equivalents in the reporting period		816,151	560,923
Cash and cash equivalents at the beginning of the reporting period	2	2,905,373	2,344,450
Cash and cash equivalents at the end of the reporting period	2	3,721,524	2,905,373

Mind in Bexley and East Kent Limited

Notes to the Statement of Cash flows For the year ended 31 March 2023

1 RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net movement in funds for the reporting period (as per the statement of financial activities)	648,140	1,282,516
Adjustments for:		
Depreciation charges	47,621	35,035
Investment income	(6,298)	(4,299)
(Increase)/decrease in debtors	296,542	44,396
Increase/(decrease) in creditors	(16,774)	(122,920)
Net cash provided by (used in) operating activities	<u>969,231</u>	<u>1,234,728</u>

2 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2023 £	2022 £
Cash in hand	3,721,524	2,905,373
Notice deposits (less than 30 days)	-	-
Total cash and cash equivalents	<u>3,721,524</u>	<u>2,905,373</u>

Mind in Bexley and East Kent Limited

Notes to the Financial Statements For the year ended 31 March 2023

1. ACCOUNTING POLICIES

1.1 Basis of preparation of financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 (FRS 102) (effective 1 January 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', the Charities Act 2011 and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The trustees consider there are no material uncertainties about the Charity's ability to continue as a going concern. The financial statements have therefore been prepared on a going concern basis.

1.2 Charitable Company status

The Charitable Company is a company limited by guarantee. The members of the Charitable Company are the Trustees named on page 1. In the event of the charitable company being wound up, the liability in respect of the guarantee is limited to £1 per member of the charitable company.

1.3 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charitable Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the Charitable Company for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.4 Income and endowments

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grant, whether capital grants or revenue grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

1.5 Expenditure

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Mind in Bexley and East Kent Limited

Notes to the Financial Statements For the year ended 31 March 2023

1. ACCOUNTING POLICIES (CONTINUED)

1.5 Expenditure (continued)

Overheads and other salaries are allocated between the expense headings on the basis of head count. Liabilities are recognised when there is a legal or constructive obligation committing the charity to the expenditure.

Support costs are those costs incurred directly in support of expenditure on the objects of the Charity and are allocated on the basis of staff cost. Governance costs which form part of Support costs and are those incurred in connection with enabling the Charity to comply with external regulation, constitutional and statutory requirements and in providing support to the Trustees in the discharge of their statutory duties.

1.6 Depreciation

Assets costing more than £1,000 are capitalised. Depreciation is provided using the following rates and bases to reduce by annual instalments the cost, less estimated residual values, of tangible assets over their estimated useful lives.

- | | | |
|-----------------------------|---|--|
| • Goodwill | - | Amortised over 10 years |
| • Freehold land & buildings | - | 2% straight line. The land element is not depreciated. |
| • Furniture & equipment | - | 25% on written down value |
| • Computer equipment | - | 25% on written down value |

1.7 Operating leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the Statement of Financial Activities as incurred.

1.8 VAT

The Charity is registered for VAT.

1.9 Pension scheme

The charity operates a defined Contribution Pension Scheme for its employees. The pension costs charged in the financial statements represent the contribution payable by the charity during the year.

Mind in Bexley and East Kent Limited

Notes to the Financial Statements For the year ended 31 March 2023

1.91 Judgements and key sources of estimation uncertainty

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors including expectations of future events that are believed to be reasonable under the circumstances. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

2. DONATIONS AND LEGACIES

Unrestricted	Restricted	2023	2022
Funds	Funds	Total	Total
£	£	Funds	Funds
£	£	£	£
30,200	1,965	32,165	36,911

3. INCOME FROM INVESTMENTS

	Unrestricted	Restricted	2023	2022
	Funds	Funds	Total	Total
	£	£	Funds	Funds
	£	£	£	£
Deposit account interest	6,298	-	6,298	642

4. OTHER TRADING ACTIVITIES

	Unrestricted	Restricted	2023	2022
	Funds	Funds	Total	Total
	£	£	Funds	Funds
	£	£	£	£
Trading Café	7,986	-	7,986	4,299

Mind in Bexley and East Kent Limited

Notes to the Financial Statements For the year ended 31 March 2023

5. INCOME FROM CHARITABLE ACTIVITIES

		2023 £	2022 £
Grants and other income	Mental health preservation	4,696,710	5,066,768

Grants received, included in the above, are as follows:

	2023 £	2022 £
Crisis Café Bexley	113,000	100,000
Ramsgate Wellbeing Café	59,199	59,199
IPS Employment	106,854	79,464
Hospital Discharge	-	99,618
DWP Employment Advisers	189,000	189,000
Digital Accelerator	5,835	30,000
East Kent Living Well	108,395	84,000
Community Connect	60,500	121,000
IMHA Advocacy	164,396	139,992
Breathing Space	-	374,834
Peer Support	-	80,000
Recovery, Wellbeing and Employment Support	727,697	715,177
Transformation Hub	275,919	69,087
Bexley Talking Therapies (IAPT)	2,288,990	2,278,123
HEE Bexley Talking Therapies (IAPT)	77,270	251,658
Healthwatch	107,398	107,574
Carers in Mind	26,520	42,500
Small Grants	362,108	182,114
Other Grants	-	63,428
	4,673,081	5,066,768

6. RAISING FUNDS

	2023 £	2022 £
Direct costs	13,932	7,302
Support costs (Note 8)	24,839	21,622
	38,771	28,924

Mind in Bexley and East Kent Limited

Notes to the Financial Statements For the year ended 31 March 2023

7. CHARITABLE ACTIVITY - Mental health preservation

	2023 £	2022 £
Direct costs	179,292	102,767
Staff costs	3,263,375	3,137,181
Support costs (Note 8)	613,581	557,232
	<hr/>	<hr/>
	4,056,248	3,797,180
	<hr/>	<hr/>

8. SUPPORT COSTS:

	Charitable activity £	Raising funds £	2023 £	2022 £
Premises costs	90,182	-	90,182	70,212
Staff costs	249,423	24,839	274,262	232,560
Office costs	79,536	-	79,536	88,114
Other costs	136,532	-	136,532	116,280
Governance costs	57,908	-	57,908	71,688
Total	<hr/>	<hr/>	<hr/>	<hr/>
	613,581	24,839	638,420	578,854
	<hr/>	<hr/>	<hr/>	<hr/>

Mind in Bexley and East Kent Limited

Notes to the Financial Statements For the year ended 31 March 2023

9. NET INCOME

Net income is stated after charging/ (crediting)

	2023 £	2022 £
Depreciation - owned assets	47,621	35,035
Amortisation - goodwill	-	-
Audit remuneration - audit services (excluding VAT)	10,000	10,000
- other services (excluding VAT)	5,000	4,440
	<u>62,621</u>	<u>49,475</u>

10. TRUSTEES' REMUNERATION AND BENEFITS

During the year, no Trustees received any remuneration (2022: Nil)

During the year, no Trustees received any benefits in kind (2022: Nil)

During the year, no Trustees received any reimbursements of expenses (2022: Nil).

11. STAFF COSTS

	2023 £	2022 £
Wages and salaries	2,607,780	2,552,993
Social security costs	255,604	224,971
Pension costs	121,390	113,104
	<u>2,984,774</u>	<u>2,891,068</u>
Other staff costs	<u>552,863</u>	<u>478,673</u>
	<u>3,537,637</u>	<u>3,369,741</u>

The average monthly headcount of staff during the year was 119 (2022: 127) and the average number of full time equivalent employees during the year was as follows:

	2023	2022
Charitable activities	75.0	72.0
Support activities	3.0	3.0
	<u>78.0</u>	<u>75.0</u>

The number of employees receiving remuneration between £60,000 - £70,000 is 1 (2022: Nil). Between £90,000 - £100,000 is Nil (2022: 1). Between £110,000 - £120,000 is 1 (2022: Nil).

The total employee benefits of the senior management team were £422,518 (2022: £343,948).

Mind in Bexley and East Kent Limited

Notes to the Financial Statements For the year ended 31 March 2023

12. INTANGIBLE FIXED ASSETS - GOODWILL

	£
COST	
At 1 April 2022	30,000
Additions	-
Disposal	(30,000)
At 31 March 2023	-
AMORTISATION	
At 1 April 2022	30,000
Charge for the year	-
Disposal	(30,000)
At 31 March 2023	-
NET BOOK VALUE	
At 31 March 2023	-
At 31 March 2022	-

The Goodwill related to the purchase of Revival 2 Café in Whitstable, which has now been surrendered.

13. TANGIBLE FIXED ASSETS

	Freehold Building	Leasehold properties	Fixtures and fittings	Computer equipment	Total
	£	£	£	£	£
COST					
At 1 April 2022	1,381,822	32,000	96,218	149,898	1,659,938
Additions	140,637	-	3,480	15,261	159,378
Disposal	-	(32,000)	-	-	(32,000)
At 31 March 2023	1,522,459	-	99,698	165,159	1,787,316
DEPRECIATION					
At 1 April 2022	58,426	32,000	70,866	114,054	275,346
Charge for year	27,636	-	7,209	12,776	47,621
Disposal	-	(32,000)	-	-	(32,000)
At 31 March 2023	86,062	-	78,075	126,830	290,967
NET BOOK VALUE					
At 31 March 2023	1,436,397	-	21,623	38,329	1,496,349
At 31 March 2022	1,323,396	-	25,352	35,844	1,384,592

Mind in Bexley and East Kent Limited

Notes to the Financial Statements For the year ended 31 March 2023

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	217,666	498,836
Other debtors	5,154	20,526
	<u>222,820</u>	<u>519,362</u>

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	38,346	72,992
Other creditors	24,328	10,541
	<u>62,674</u>	<u>83,533</u>

16. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2023 £	2022 £
Bank loan	234,485	230,400
	<u>234,485</u>	<u>230,400</u>

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	General funds £	Designated funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
Intangible fixed assets	-	-	-	-	-
Tangible fixed assets	-	1,496,349	-	1,496,349	1,384,592
Current assets	1,624,794	1,080,000	1,239,550	3,944,344	3,424,735
Current liabilities	(62,674)	-	-	(62,674)	(83,533)
Long term liabilities	(234,485)	-	-	(234,485)	(230,400)
	<u>1,327,635</u>	<u>2,576,349</u>	<u>1,239,550</u>	<u>5,143,534</u>	<u>4,495,394</u>

Mind in Bexley and East Kent Limited

Notes to the Financial Statements For the year ended 31 March 2023

17.1 ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	General funds	Designated funds	Restricted funds	Total funds 2022	Total funds 2021
	£	£	£	£	£
Intangible fixed assets	-	-	-	-	-
Tangible fixed assets	-	1,384,592	-	1,384,592	741,523
Current assets	1,484,385	745,000	1,195,350	3,424,735	2,908,208
Current liabilities	(83,533)	-	-	(83,533)	(436,853)
Long term liabilities	(230,400)	-	-	(230,400)	-
	<u>1,170,452</u>	<u>2,129,592</u>	<u>1,195,350</u>	<u>4,495,394</u>	<u>3,212,878</u>

18. MOVEMENT IN FUNDS - CURRENT YEAR

	At 01.04.22	Income	Expenditure	Transfers between funds	At 31.03.23
	£	£	£	£	£
Unrestricted funds					
General funds	1,170,452	1,095,025	(491,085)	(446,757)	1,327,635
	<u>1,170,452</u>	<u>1,095,025</u>	<u>(491,085)</u>	<u>(446,757)</u>	<u>1,327,635</u>
Designated funds					
Management recruitment	135,000	-	-	(35,000)	100,000
Legal Fees	45,000	-	-	(25,000)	20,000
Research	10,000	-	-	(10,000)	-
Tangible Fixed Assets	1,384,592	-	-	111,757	1,496,349
Building acquisition	-	-	-	300,000	300,000
Accounting systems	15,000	-	-	5,000	20,000
Building refurbishment	180,000	-	-	70,000	250,000
Marketing	15,000	-	-	-	15,000
Training	10,000	-	-	-	10,000
Minibus	15,000	-	-	-	15,000
Computers/IT	30,000	-	-	-	30,000
Staff salary	120,000	-	-	30,000	150,000
Recruitment & advertising	20,000	-	-	-	20,000
Loan repayment	150,000	-	-	-	150,000
	<u>2,129,592</u>	<u>-</u>	<u>-</u>	<u>446,757</u>	<u>2,576,349</u>
Total unrestricted funds	3,300,044	1,095,025	(491,085)	-	3,903,984

Mind in Bexley and East Kent Limited

Notes to the Financial Statements For the year ended 31 March 2023

Restricted funds

Community Connect	28,898	60,500	(89,398)	-	-
Bexley Talking Therapies (IAPT)	978,132	2,366,260	(2,351,598)	-	992,794
Healthwatch	36,919	107,398	(105,358)	-	38,959
Employment Recovery	96,508	727,697	(713,035)	-	111,170
Transformation Hub	65,841	275,919	245,133	-	96,627
East Kent Live Well	(10,948)	110,360	(99,412)	-	-
	<u>1,195,350</u>	<u>3,648,134</u>	<u>3,603,934</u>	<u>-</u>	<u>1,239,550</u>
TOTAL FUNDS	<u>4,495,394</u>	<u>4,743,159</u>	<u>4,095,019</u>	<u>-</u>	<u>5,143,534</u>

18.1 MOVEMENT IN FUNDS - PRIOR YEAR

	At 01.04.21	Income	Expenditure	Transfers between funds	At 31.03.22
	£	£	£	£	£
Unrestricted funds					
General funds	1,379,379	1,335,407	(646,265)	(898,069)	1,170,452
	<u>1,379,379</u>	<u>1,335,407</u>	<u>(646,265)</u>	<u>(898,069)</u>	<u>1,170,452</u>
Designated funds					
Management recruitment	120,000	-	-	15,000	135,000
Fundraising	15,000	-	-	(15,000)	-
Legal Fees	45,000	-	-	-	45,000
Research	10,000	-	-	-	10,000
Tangible Fixed Assets	741,523	-	-	643,069	1,384,592
Accounting systems	15,000	-	-	-	15,000
Building Refurbishment	20,000	-	-	160,000	180,000
Marketing	20,000	-	-	(5,000)	15,000
Staff	15,000	-	-	(15,000)	-
Training	10,000	-	-	-	10,000
Minibus	15,000	-	-	-	15,000
Computers/IT	30,000	-	-	-	30,000
Digital Support for IAPT	150,000	-	-	(150,000)	-
Health and Safety	25,000	-	-	(25,000)	-
Staff salary	-	-	-	120,000	120,000
Recruitment & advertising	-	-	-	20,000	20,000
Loan repayment	-	-	-	150,000	150,000
	<u>1,231,523</u>	<u>-</u>	<u>-</u>	<u>898,069</u>	<u>2,129,592</u>

Mind in Bexley and East Kent Limited

Notes to the Financial Statements For the year ended 31 March 2023

Restricted funds

Community Connect	40,096	121,000	(132,198)	-	28,898
BCT IMHA Advocacy	31,860	139,992	(171,852)	-	-
Bexley Talking Therapies (IAPT)	419,016	2,529,784	(1,970,668)	-	978,132
Healthwatch	32,513	107,574	(103,168)	-	36,919
Employment Recovery	78,488	715,177	(697,157)	-	96,508
Transformation Hub	-	69,087	(3,246)	-	65,841
East Kent Live Well	-	90,602	(101,550)	-	(10,948)
	<u>601,976</u>	<u>3,773,213</u>	<u>(3,179,839)</u>	<u>-</u>	<u>1,195,350</u>
TOTAL FUNDS	<u>3,212,878</u>	<u>5,108,620</u>	<u>(3,826,104)</u>	<u>-</u>	<u>4,495,394</u>

Designated funds purposes – current year:

Management recruitment - Recruitment to organisational and senior management incl specialism for in house HR support in Bexley and East Kent and additional operations support due to significant growth and the development of East Kent Mind in recent years

Fundraising - Recruitment fundraising support to develop Revival and explore diversifying income, now no longer required

Legal fees – for purchased of the building

Research - Research East Kent/Bexley exploring the impact of COVID on MH, printing boards and exhibiting in order to raise awareness, monies spent and exhibited Jan 23

Tangible Fixed Assets - Designated Fixed assets - additional monies spent for the improvement of the East Kent – Revival premises

Building acquisition - Additional premises to improve reach, access, support residents mental health, and wellbeing

Accounting system - Allocated for software development, training, additional support and preparation for quality standards

Building refurbishment - £30k for maintenance works at Bexleyheath and Thanet premises and £220k costs towards (quoted) building works for East Kent

Marketing - IT and integrated website support Bexley & East Kent in order to improve reach

Mini Bus - Agreed by trustees in order to improve reach, challenge stigma and improve access into Talking Therapies

Computers/IT - Computer equipment and an additional IT Support

Staff costs - Cost of living increases and financial support for staff to assist with retention and wellbeing

Recruitment & advertising - Agencies fees for recruitment (Talking Therapies and Transformation Hub)

Loan repayment - Reduce loan repayments due to rising interest rates national and concern about long-term liabilities

Mind in Bexley and East Kent Limited

Notes to the Financial Statements For the year ended 31 March 2023

Restricted funds purposes – current year:

Community Connect – a new social prescribing service in Bexley that aims to connect local people with non-clinical sources of support in the community to improve their health and wellbeing. The service finished during this year

Bexley Talking Therapies (IAPT) – Carried forward £300k for staff salaries uplift, additional data support, recruit a deputy clinical lead support and an additional external digital support with access due to national challenges with recruitment £690k

Healthwatch – staff recruitment and restructure to additional full time post – carried forward to 2023/24

Recovery, Wellbeing & Employment Support Service – Carried forward additional management due to staff restructure as a result of the Transformation agenda, additional fundraising and marketing support, support for residents via our community pantry provision

Transformation Hub (Stay Well in Bexley) - This community mental health service aims to deliver excellent integrated, recovery focused and effective evidence-based health and social care. The hub will make it easy for Bexley residents and anyone who is a carer to access a wide range of clinical and wellbeing services. Carried forward of £15k personal health budgets. Also, to spend in 2023/24 due to new service set-up. IT including Website and Design and recruitment

19. OPERATING LEASE COMMITMENTS

At 31 March 2023 the Charitable Company had lease commitments under non-cancellable operating lease as follows:

	2023 £	2022 £
Not later than one year	22,000	19,039
Later than one year and not later than five years	66,000	117,500
	<u> </u>	<u> </u>

20. SHARE CAPITAL

Mind in Bexley and East Kent Limited is a company limited by guarantee and has no share capital. Each member is liable to contribute a sum not exceeding £1 in the event of the Charity being wound up.

21. TAXATION

Under the provision of TA 1988 sections 505 and 506, the Charitable Company is not liable to tax on its charitable grants, donations or fee income earned in the course of its charitable activities, so long as the income is applied for the purposes of the company's charitable aims.