

REGISTERED COMPANY NUMBER: 03719792 (England and Wales)
REGISTERED CHARITY NUMBER: 1076791

Report of the Trustees and
Financial Statements for the Year Ended 31 March 2020
for
MIND IN KINGSTON

Ark Accountancy
Chartered Certified Accountant &
Statutory Auditor
31 Cheam Road
Epsom
Surrey
KT17 1QX

MIND IN KINGSTON

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MIND IN KINGSTON

Report of the Trustees for the Year Ended 31 March 2020

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2019. The trustees have adopted the appropriate legislative provisions contained across a number of statutory instruments. This includes the 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) and the Companies Act 2006.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Mind in Kingston's vision is that everyone with a mental health issue in the Royal Borough of Kingston upon Thames gets support and respect. The charity's objects are to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment within an area centred on the Royal Borough of Kingston Upon Thames in association with the charity Mind and in accordance with the aims and objects of the national charity Mind.

OBJECTIVES AND ACTIVITIES

Significant activities

In more detail, the core objectives of the charity are: to provide advice and information regarding mental health and mental health conditions to support people experiencing, or who have experienced, mental health issues to reach their potential within the community; to provide a range of services that support people with mental health issues to maintain or improve their mental wellbeing; to support people with mental health issues to achieve accommodation according to their needs and to live as independently as possible in the community; to contribute and collaborate with statutory and voluntary agencies to improve and develop services for those experiencing mental health issues and respond to identified needs. These are underpinned by Mind in Kingston's core values and principles; to ensure the involvement of service users in the development and improvement of services, ensure their views and those of their families and carers are taken into account and to ensure that service users are treated with respect and dignity at all times. These objectives are achieved through a variety of activities, centred in and around the Royal Borough of Kingston upon Thames as follows:

Service User Involvement Service :

This service encompasses several different aspects of service users' inclusion in the decision-making process, e.g. regular forums for discussion that include Patients' and Residents' Councils, Public Meetings and other service user forums assisting service users to ensure their views are heard. It encourages service users to be involved with establishing new services that are designed, developed and led by service users. Projects include the annual celebration of World Mental Health Day and the Mental Health Parliament, which is led by peers who offer support, self-advocacy services and take up issues on behalf of people with mental health issues. The Service User Involvement Officers hold regular forums with services users at the Drop-in Café and work with other organisations to promote mental health issues. A monthly newsletter is distributed to all interested parties and is available at a range of different and accessible locations in the borough. This service is coordinated by one Service User Involvement Officer.

Mental Health Housing Related Support (formerly Floating Support Service) :

The Mental Health Housing Related Support Service enables people to live independently in the local community in a range of different accommodation options that include shared homes and individual accommodation. Mind in Kingston also provides support to people living in their own accommodation (Floating Support). Practical and emotional support is given to enable individuals to maintain and improve their quality of life and independence. This service is delivered in partnership with Hestia. Mind in Kingston's partners are registered social landlords and it works closely with the Royal Borough of Kingston upon Thames (the commissioner) and Hestia (the partner).

Drop in Cafés :

Mind in Kingston runs two Drop-in Cafés: The Bridge in Kingston upon Thames and the Star in Surbiton. The aim of the two Drop-in Cafés is to provide a service out of hours that promotes social inclusion, offers low cost nutritious meals and non-intrusive and non-stigmatising support. The cafés are open in the evening and weekends when other non-crisis services are closed. There are themed evenings (e.g. games, LGBT, film nights) as well as regular groups such as Art and Drama workshops. The Wellbeing Wednesdays Project is a permanent fixture to the café service, offering a rolling programme of wellbeing courses and workshops which are offered for free or at a low cost.

Counselling Service

An out of hours service that provides people in and around the borough of Kingston upon Thames with different counselling techniques to cope with and manage issues such as relationships, family dynamics, work or study pressures, bullying, stress and anxiety. The service is coordinated by a qualified counsellor who assesses new clients, deals with allocations and supervises the counsellors.

Placements for counselling are on a voluntary basis. The charity actively encourages students to take up placements, so it can support them to gain vital experience while they qualify. Students must be in at least the second year of their counselling qualification, receiving external clinical supervision and have some client experience prior to starting.

Peer Support & Peer Led Activities

Mind in Kingston runs various peer-led activities including a volunteer-led peer support service, which encourages people with lived experience to support each other and help maintain good mental wellbeing. It also runs peer-led activities such as the Summer Art Workshops, where people with mental health issues can use the medium of art to express their thoughts and emotions in a safe, supportive environment.

MIND IN KINGSTON

Report of the Trustees for the Year Ended 31 March 2020

OBJECTIVES AND ACTIVITIES

Mental Health Awareness Training:

Mind in Kingston delivers training to increase awareness of mental health issues and combat stigma by providing an understanding of the issues faced by those experiencing mental health issues through education, workshops and presentations, and for participants to take this information and understanding back into their lives. This service for schools and local groups is free of charge and for business the charity charges a fee.

Advice & Information Service:

Mind in Kingston provides advice and information by telephone, by appointment and via email, and offers to signpost or refer individuals to organisations which may be suitable to their needs, as well as offering a listening ear to those in distress, or who may want more information about mental health needs.

Outreach Service :

Staff and volunteers provide outreach at various locations in the Borough and provide information to the general public on mental health issues and support available.

Community Allotment

Mind in Kingston runs a plot at Tolworth Main Allotments that users can access to learn about growing food, healthy eating and gardening in general, as well as undertake gentle exercise. The allotment is in a safe green outdoors space which is beneficial to mental wellbeing, and users will meet like-minded people.

Kingstonian Mind FC :

Formerly Mind United FC, this football team is a member of Surrey Community Mental Health football league and offers a non-stigmatising, inclusive physical activity environment to develop a healthier lifestyle, social skills and networks as well as support service users to develop football skills through participation and, via our links with Woking FC and Chelsea FC, access to training as a referee, coach or manager. The team has been affiliated to Kingstonian FC, our local football team, and is receiving further support from AFC Wimbledon.

World Mental Health Day Activities :

Mind in Kingston celebrates this annual event to raise mental health awareness, promote a positive image of mental health and mental health service users and to reduce stigma and discrimination. The charity does this by organising community events which are led by people with mental health issues, such as art exhibitions, live music, readings, workshops and stalls.

Get Set to Go

Get Set to Go is a physical activity programme that offers participants a range of activities such as walking, fitness classes, boxing and yoga to improve their physical and mental wellbeing, with peer support to keep people motivated and involved. This project is delivered in partnership with AFC Wimbledon Foundation.

Suicide Prevention

Mind in Kingston is delivering two suicide prevention projects. Practise Hope is a pilot project run in partnership with national Mind, Olly's Future and Health Education England and works with GP practices in North and East Surrey to improve how they support children and young people at risk of suicidal thoughts and self-harm. The Suicide Prevention Trailblazer Project is a collaborative project across South West London targeted at reducing suicide amongst middle-aged men. Working with partners such as Mind in Croydon, Public Health Leads from the six boroughs in South West London and NHS South West London, the project seeks to support organisations, businesses and places used by middle-aged men with training and resources, and supports the development of training plans and Suicide Prevention Champions.

MIND IN KINGSTON

Report of the Trustees for the Year Ended 31 March 2020

OBJECTIVES AND ACTIVITIES

Public benefit

The trustees confirm that they have complied with the duty set out in Section 4 of the Charities Act 2006 to have due regard to the guidance published by the Charity Commission regarding public benefit reporting. The Trustees believe that the activities undertaken by the charity as detailed above constitute the proper provision of public benefit to those people suffering from mental disorders or distress who avail themselves of the opportunities which are offered.

Charges are not made in respect of the services provided and, consequently, there is no financial burden to the users of those services, with the exception of rental charges to the residents of Carisbrooke, and modest and appropriate fees for the counselling service. A small fee is charged for food supplied at the Drop-in Café which covers the costs of buying and preparing the food. Rentals charged to the residents of Carisbrooke are largely defrayed by residents' Housing Benefit, which is paid directly to the charity under the terms of the tenancy agreements with the residents.

Volunteers

Mind in Kingston has a small but dedicated team of volunteers who support the charity with general office tasks and events, as well as supporting services such the Counselling Service, Mental Health Parliament, Service User Involvement activities, Kingstonian Mind FC, and outreach events. Currently, the charity has 15 volunteers (not counting the trustees, who are also volunteers) who provided approx. 1208 of volunteering during the financial year. They undertake a variety of roles and have the opportunity to gain experience and skills and whom the charity assists in pursuing careers or education: in other cases, they remain committed to their role. The services Mind in Kingston provide are enriched by the individual personalities and skills of the volunteers to whom we are deeply grateful.

The total number of volunteer hours provided by the board of trustees is 1273 as part of the board and sub-committee meetings, as well as attending external meetings and events and providing support to the CEO and the team.

MIND IN KINGSTON

Report of the Trustees for the Year Ended 31 March 2020

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Mind in Kingston was initially established as a charity, the Kingston Mental Health Association, in 1972, and was formally established as a company on the 25th of February 1999. This is the twentieth year of operation of the company to carry out the work of the charity. Mind in Kingston has been providing services for 48 years and continues to support those affected by mental health problems in the Royal Borough of Kingston upon Thames and surrounding areas. During 2019-20, the charity has maintained its existing services and activities, ensuring that the people that use its services could continue to benefit from them.

The **Drop-in Cafés** continued to offer out of hours support and activities when other non-crisis services are closed. People using the service can access advice and information, take part in board games, and access activities such as art, film night and drama. The service is provided in a safe, sociable and welcoming environment where people are not stigmatised. During the financial year, the service received 1256 visits to the Café, some of which are regular visitors and some of which only require support for a short period. The Bridge Café is now well settled in at Welcare House in Kingston; the charity also runs the Wellbeing Wednesdays project and the Counselling Service from this venue.

The **Wellbeing Wednesdays Project** offered 5 different courses during the financial year to support people to maintain and improve their mental wellbeing. This year, the project offered a range of taster sessions and long-term courses including Mindfulness, Laughter Yoga and Shiatsu. 48 people attended the courses and feedback has been very positive, particularly the Laughter Yoga. People report they feel more positive and can cope better with their individual issues, such as dealing with anxiety and being more mindful.

The **Counselling Service** provided 45 clients with one-to-one counselling, a low-cost option to access support for a range of emotional issues. In this financial year the Counselling & Wellbeing Manager provided 10 hours of support per week to assess clients, allocate them to the counsellors, and provide administrative support for the project. This service is part-funded by the Kingston Clinical Commissioning Group, with fees for assessments and counselling sessions also going towards the project. Counselling Volunteers provided 415 hours of support.

The football team, **Kingstonian Mind FC** (formerly Mind United FC) began a new partnership with Kingstonian FC as part of the Grow the Game grant. This supported 41 individuals to access the service and take part in physical activity in a safe, peer-led football team. Mind in Kingston supported two teams that both entered a range of competitions as part of its new partnership with Kingstonian FC; and one of the teams won the Champion's League, which is a great achievement.

People can join regardless of their footballing ability and receive weekly training and attend local amateur football leagues. The team has a strong inclusive ethos, and players report a reduction in social isolation, and an increase in confidence, self-esteem and physical and mental wellbeing. As part of their activities, the team hosted its own tournament, and competed in amateur leagues including the Sunday League.

In April 2018, the **Mental Health Housing Related Service**, a partnership between Hestia and Mind in Kingston, replaced the Floating Support Service. Supporting the same client group as before, Mind in Kingston works closely with Hestia to ensure clients can live independently in the local community, have access to training, courses and external support and are able to move on into their own accommodation. Mind in Kingston currently supports 12 people in shared accommodation and 4 in their own homes. The charity has retained its position as managing agent for a property in Surbiton, and it supports people in two other locations; one in New Malden and one in Kingston. Hestia is the lead contractor and is commissioned by the Royal Borough of Kingston upon Thames. Mind in Kingston is sub-contracted by Hestia, and meets monthly to review the service, identify any issues and compile reports for commissioner.

The **Advice & Information Service** has grown throughout the year, and now offers advice and information, signposting and listening by telephone or by one-to-one appointment, and enquiries are also answered by email. The Advice & Information Service received 238 direct enquiries, which are answered by the Service User Involvement staff and office staff. Mind in Kingston works closely with local voluntary and statutory services to ensure that people have access the most relevant information and are referred appropriately.

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Report of the Trustees for the Year Ended 31 March 2020

The **Service User Involvement Service** supported service users in a number of ways to participate in the local community, in statutory services and in Mind in Kingston's own services. It held 3 Service User sessions at the Drop-in Café, 10 Residents' Councils and 9 Patient Councils on Lilacs Ward at Tolworth Hospital. Feedback is actively encouraged, as is taking part in local initiatives, such as the implementation of the mental health strategy, Time to Change Kingston Hub, statutory committees and the Healthwatch Kingston Mental Health Task group. Mind in Kingston reached out to the community and attended 23 different events and stalls including Kingston University Freshers Week, Chessington Business Expo, Hook Library Open Day and Mental Health Awareness Week events.

The **Mental Health Parliament** is one way of achieving continued engagement with users - it is led by peers who support other service users to raise issues through collective advocacy and to work with service providers to make improvements and positive changes to services accessed by people with mental health issues. In this financial year, it held 5 open surgeries where people fed back issues and concerns about their experiences of local services. Staff and volunteers dealt with 6 separate issues, some of which are resolved quickly, and some are ongoing. As numbers for the Mental Health Parliament have dwindled, a review of the project and user engagement started in 2020 and it is likely the project will see some changes over the next 12 months.

Mind in Kingston provided 17 free **Mental Health Awareness Training** sessions to schools and charities by offering workshops, courses and presentations. The charity worked with secondary schools such as Coombe Girls and Coombe Boys, Tolworth Girls' School as well as Kingston College and Kingston University, and organisations such as Staywell, Refugee Action Kingston, and the Kingston Voluntary Action. Feedback shows that this has increased awareness of mental health issues, and better understanding of how to manage it or support others. We are also providing local businesses with **Mental Health Awareness Training for Businesses** for a reasonable fee. Sessions have been provided to business such as John Lewis, BP and Kingston Adult Education. Feedback has been very positive, with businesses implementing strategies or policies to support staff with mental health issues.

Mind in Kingston's **Peer-led Activities** included the Drama Group, the Music Group, and two art groups, using the Drop-in Café premises to run these. 85 people were supported by these groups and feedback has been consistently positive, particularly about the peer-led elements which give service users an opportunity to be involved in the running of the groups.

The **Peer Support Project** is managed by a volunteer coordinator who matches peer volunteers with service users that want support to achieve specific goals. Peer volunteers are individuals with lived experience of mental health issues that are trained and supported by the coordinator, and that use their own experience in a positive, proactive way. The project had 3 volunteers during 2019-20, supporting 5 clients on a weekly basis. Funding is still being sought for this project.

Mind in Kingston started three new projects during 2019-20: **Get Set to Go** is funded by national Mind through EFL (English Football League) funding. Delivered in partnership with AFC Wimbledon, the project has supported 56 participants to access physical activities such as boxing, yoga, fitness sessions and football with peer support to help people stay focused and motivated.

The **Suicide Prevention Trailblazer** project is aimed at reducing suicides among middle-aged men. Working across South West London with colleagues from Mind in Croydon, the project targets organisations, businesses and places that are used by middle aged men, such as gyms, sports clubs, and pubs and supports them with resources and training. The project was due to end in April 2020 but has been extended to July 2020.

Practise Hope is a pilot project based on the PACE Setter model; this is a framework which seeks to improve the following areas in health services: Patient and carer engagement; Access to services; Clinical pathways implementation; and Education. Working with 10 surgeries in North and East Surrey, the Practise Hope Coordinator's role is to provide training and support to practice staff to improve how they support children and young people at risk of suicidal thoughts and self-harm.

ACHIEVEMENT AND PERFORMANCE

Internal and external factors

COVID-19 Pandemic

During the last two months of 2019-20, the COVID-19 pandemic made a major impact on Mind in Kingston's services, as well as its service users and its team. In February, Mind in Kingston activated its Business Continuity Plan and created a Coronavirus Contingency Plan to manage the likely impact of the pandemic. The charity reduced services that offered face-to-face contact, and increased telephone and video-based support to its service users. The charity implemented hygiene and social distancing measures to keep its team, as well as service users and external colleagues safe. Mind in Kingston joined the local voluntary sector response Kingston Stronger Together to ensure that the most vulnerable people in its community were supported, particularly in terms of food and household supplies and mental health support.

In March 2020, further measures were put in place to enable the team to work from home and provide services via phone or video where possible, as the country was put in lockdown. The charity continued to provide one-to-one support to its vulnerable Mental Health Housing Related Support Clients, as an essential service. Services such as Counselling, Get Set to Go, Football, Art Workshops and the suicide prevention work offered support via phone, email and video, ensuring that vital support could continue for service users. It is Mind in Kingston's intention to continue this for as long as the lockdown and restrictions are in place.

The Board made a small emergency fund available to support the team's working from home, and also to support its service users, particularly with emergency food supplies and support. Donation and fundraising income was also impacted and the Board agreed that the CEO should prioritise funding applications to supplement the charity's income. An initial small grant from RBK and an IT grant from national Mind were secured just before the end of the financial year which will support the costs of working from home, purchasing PPE (Personal Protective Equipment) and IT equipment and software. Further contingency plans are in place for 2020-21 that consider the likely issue longer-term lockdown and restrictions, risk reviews and assessments, working from home and emergency funding opportunities to support the local community with the impact of the pandemic. Included in these plans is the mental wellbeing of the Trustees, staff and volunteers, and a review of financial activities (see page 9).

Mind in Kingston continues to carefully monitor its finances. The Board is supported by the Finance Sub-Committee which meets monthly to review and scrutinise the charity's budgets, income and expenditure, cashflow, debtors and creditors and any potential risks. In 2019-20 Mind in Kingston entered the fourth year of its contract with RBK, and was due to finish in March 2021. However, due to the COVID-19 pandemic, the contract has been extended to September 2021, which has offered Mind in Kingston some security for this period.

The strategy and business plan were completed in 2018, but the Board and the Team have continued to review its priorities. The COVID-19 pandemic has changed the charity's current priorities and the board and team are focusing on supporting existing service users, expanding the counselling service and increasing the charity's emotional support services such as telephone support and wellbeing courses to ensure the impact of COVID-19 is having, and will likely have on the mental health of people in the local community.

Diversifying the charity's income remains a priority and the charity continues to work on its fundraising strategy. The charity is maintaining a good level of unrestricted reserves which ensures it has funds to support existing services and projects that are not funded, and develop new services such as Mental Health Awareness Training for Businesses. In addition, the charity secured further funding through donations from donors such as EmFest, as well as unrestricted donations via platforms like Facebook Fundraising and JustGiving. The Board is closely monitoring the impact of COVID-19 on fundraising income, and the expectation is that this will be significantly down in 2020-21

The Marketing & Fundraising Sub-Committee has taken responsibility for overseeing the Fundraising Strategy and Marketing plan, which seeks to increase the amount of unrestricted income as well as raise the profile of the charity locally and on social media. The impact of the COVID-19 pandemic is also monitored by the committee and it is adapting its strategy to meet some of the challenges the pandemic is causing, such as a reduction in fundraising income and an increase in need for online and social media resources.

MIND IN KINGSTON

Report of the Trustees for the Year Ended 31 March 2020

ACHIEVEMENT AND PERFORMANCE

Mind in Kingston is acutely aware of the continued commitment it receives from its staff, volunteers and trustees and it has ensured that all those involved in providing our services are supported via supervision, personal development plans and annual appraisals. The HR Sub-Committee oversees all HR issues including staff issues and support, recruitment and policies and procedures. The committee is working closely with the CEO to monitor the impact of COVID-19 on the team and ensure there is support in place.

Mind in Kingston is in its fourth year of the commissioning arrangements with RBK. Mind in Kingston is contracted by RBK to provide services including the Drop-in Café, Advice & Information, Service User Involvement and Mental Health Awareness Training (for schools and charities). The charity continues to be an active member of the Active & Supportive Communities network with 11 other local voluntary organisations that provide their own bespoke services but within a framework where joint working is key. The charity's funding from The Kingston Clinical Commissioning Group for Mind United FC and part-funding for the Counselling Service was extended in 2019-20, ensuring that both services can meet the needs to their respective clients and service users.

ACHIEVEMENT AND PERFORMANCE

The Mental Health Related Housing Support contract entered its second year and managed to achieve above the agreed targets. Mind in Kingston continues to work closely with its partner Hestia to deliver the service and ensure the continuation of housing-related support for Mind in Kingston's existing and new clients, both in shared accommodation and their own homes.

Mind in Kingston remains involved in the 5-year Thrive Kingston Mental Health Strategy, which was developed with input from people with lived experience of mental health issues, local voluntary organisations, statutory services and other key partners. Mind in Kingston is a member of the Thrive Kingston Mental Health Strategy Implementation Group, as well as some of the sub-groups including the Peer Support Sub-Group. An added area of monitoring and developed is the impact of COVID-19, and plans are in development to support those affected by the pandemic.

Mind in Kingston is an active member of Mind in London, a network of 18 Local Mind Associations (LMA's) based in London. In this financial year, a Memorandum of Understanding was signed by most LMA's that supported the development of Mind in London as an entity that could influence mental health policy across London, make London-wide bids and grant applications on behalf of the network and raise Mind in London's profile. Mind in Kingston sits on the Steering Group that directs the work of the network.

Mind in Kingston achieved the Mind Quality Mark in early 2019 and implemented an action plan based on the recommendation and feedback from national Mind. This has helped to focus the charity on the areas that need changing or developing and support a continued process of review and improvement.

Finally, the Board of Trustees are supported by three sub-committees (Finance, HR and Marketing & Fundraising) which provide scrutiny, review a wide range of reports and data, ensure they comply with the law and charity guidelines, review risks across all areas of the charity responsibilities and ensure that the Board receives timely, relevant information to help it make decisions and plan for the future. The Sub-Committees also support the board in managing its response to COVID-19, and adapt its contingency plans as needed. The Sub-Committees are attended by at least 2 trustees and at least 1 member of staff who specialise in each area.

The trustees highly value the work of the Sub-Committees are grateful for their support and input.

FINANCIAL REVIEW

Principal funding sources

The principle funding sources of Mind in Kingston are contracts from the Royal Borough of Kingston and Hestia, grants from the Kingston Clinical Commissioning Group, Mind and NHS South West London, donations and small grants together with the residential rents from Carisbrooke, the property managed by Mind in Kingston.

FINANCIAL REVIEW

Reserves policy

The Board of Trustees has reviewed the level of reserves, excluding restricted reserves, which they wish to retain, bearing in mind the guidance given in the Charity Commission publication CC19, Charities' Reserves.

The Board of Trustees are conscious that, while income has increased compared to the previous financial years, the economic climate remains uncertain and that funding and contracts may not remain at the same level in the future. This is particularly so in light of the COVID-19 pandemic. The Board has worked hard to ensure that it retains a minimum reserves of 6 months' of its annual expenditure, and is committed to investing funds above this level to help the charity develop. As in the previous financial year, the charity invested a small proportion of its reserves in services such as the Mental Health Awareness Training for Businesses, and to support internal roles, and this was reflected in its budget for 2019-20. This budget is reasonable and supports the view that the charity will be a going concern for at least the next 12 months.

Furthermore, expenditure is required to fund the continuous rolling programme of training for staff, board members and volunteers. In addition, the Trustees recognise the need for sufficient funds to be available for uninsurable contingencies such as litigation, compensation and the cost of statutory tribunals.

For all the above reasons, the Board of Trustees believe that the level of unrestricted reserves held at the balance sheet date is not excessive and needs to increase to maintain, invest in and expand the activities of the charity and to guard against uninsurable risks including the risk of decreases in future funding.

Financial Review

The income of the charity increased by £91,592 from £306,793 to £398,385 as a result of an increase in donations of £9,284, an increase in grants of £78,792, a decrease of £9,690 in counselling fees and increased rental income and supporting people of £10,528. There was an increase of £56,40 in resources expended, including an increase in staff, social security and pension costs of £25,239. There was an excess of income over expenditure of £64,900 for the year compared with an excess of income over expenditure of £29,548 in the previous year.

The transfers from unrestricted funds to restricted funds is to reimburse the restricted funds with costs paid by the restricted funds in excess of the balances of restricted funds available. The Mental Health Awareness Training (free), Service User Involvement, General Manager, Drop-in Café and Advice & Information are under contracts with the Royal Borough of Kingston upon Thames and presented as unrestricted funds as any balance left over may be used for charitable purposes.

The total funds held at the end of the year amounted to £269,300 (for 2019 £204,400) and bank balances amounted to £259,199 (2019 £236,019). Of the total reserves of £269,300, unrestricted reserves amounted to £201,500.

The Board of Trustees planned for a small deficit in 2019-20 and are therefore pleased that the charity has ended the 2019-20 financial year with a surplus. The Board is intent on increasing its income for the 2020-21 financial year and make further investments into the charity. The COVID-19 pandemic's impact on mental health is likely to be long-term and the CEO has been tasked with focusing on increasing funding for services such as Counselling, Telephone Support and Wellbeing Courses. Increasing unrestricted funds to support the internal staff roles and develop new areas of work is another priority, as it maintaining the existing projects and services. The Board is also pleased to retain the treasurer who is the chair of the Finance Sub-Committee, and who ensures that the finances are appropriately scrutinised, reports are prepared and reviewed on a regular basis and recommendations are made to the board to ensure appropriate decisions are made about income, expenditure and financial management.

MIND IN KINGSTON

Report of the Trustees for the Year Ended 31 March 2020

FUTURE PLANS

In the coming year Mind in Kingston intends to:

- Apply for funding for services that will support people affected by COVID-19
- Monitor the impact and risks of COVID-19 closely, and ensure the charity can respond in a pro-active, agile way
- Ensure it sustains its core projects and services and maintain current staff levels
- Continue to monitor and scrutinise its finances closely, and ensure the Board of Trustees can make informed decisions about finances
 - To diversify its income by applying for new funding streams and contracts, and by working more closely with other organisations to deliver services
 - To continue to increase income from donations and fundraising activities to invest in current and new services
 - To expand its existing services where appropriate so that people with mental health needs have more options to maintain their mental health and wellbeing
 - To develop new services based on demand, such as Mental Health Awareness Training for Businesses, and to further promote the charity in our local area.
- Maintain the number of trustees on the Board, and aim for clinical representation on the board.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a registered charity and company limited by guarantee established under a Memorandum of Association and operating under its Articles of Association. It was incorporated on 25 February 1999.

Recruitment and appointment of new trustees

The directors of the company are also charity trustees for the purpose of charity law. At every AGM one third of the directors retire by rotation and may offer themselves up for re-election.

Mind in Kingston increased its number of Trustees from 7 to 9 in the last financial year, adding further expertise to the board. The trustees have a wide range of skills which ensure that the Board is able to effectively manage its various responsibilities. The Board is keen to have more diversity among its trustees and continue to look for trustees from different backgrounds and with different life experiences. In addition, they would like to have clinical representation on the board. In order to address any imbalances in diversity and ensure a comprehensive range of skills and experience amongst the trustees, Mind in Kingston will on occasion approach specific individuals. There are no provisions for any outside agency to appoint trustees to the board.

MIND IN KINGSTON

Report of the Trustees for the Year Ended 31 March 2020

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Mind in Kingston is managed by a Board of 9 Trustees. The Board has overall responsibility for the charity, and ensures that its governance, finance and management structures are managed appropriately. The Board has appointed two Co-Chairs to oversee the board's activities and chair the monthly board meetings. Kevin Mitchell and Robyn McAllister were appointed as Co-Chairs in 2019 and remained in post throughout the financial year.

The operational responsibility of the charity is delegated to the Chief Executive Officer, who is in a full-time paid post. The CEO is responsible for 15 staff, two of whom are full time with the remainder being part time. The Counselling & Wellbeing Manager oversees the Drop-in Cafe and Counselling Service and with the Finance Officer, they support the CEO to manage the charity's operations.

The Board meets monthly to consider reports and recommendations made by the CEO, who is supervised by the Co-Chairs between Board meetings. The Board agreed to change the meeting frequency to approx. every 6 weeks starting in February 2020. There are three Sub-committees which support the work of the Board. The Finance Sub-Committee meets monthly to monitor and scrutinise the financial activities of the charity and to provide recommendations and specific advice to the Board when required. Its membership consists of the Treasurer, Chair or Vice-Chair, the CEO and the Finance Officer. There is a Contract, Tenders and Funding sub-group that oversees all fundraising activities for the organisation. The HR Sub-Committee provides the board with guidance and recommendations in terms of staffing (including salaries, contracts and role descriptions), policies and procedures, staff management, and training and development. The committee meets every 6-8 weeks, and is chaired by a Trustee, attended by two other trustees and the CEO.

The Marketing Sub-Committee oversees the charity's fundraising and marketing activities with the aim of promoting the charity, making the local community more aware of its purpose, activities and brand, and to organise fundraising activities, assisted by volunteers. The sub-committee is chaired by a Trustee.

All Sub-Committees and Sub-Groups have terms of reference that list the purpose of each committee or group, its membership, and their lines of reporting.

Decision making

Due to the COVID-19 pandemic, the board delayed the AGM, acting in accordance with the Charity Commission guidance on AMG requirements. The charity is considering contingency plans to hold the AGM, which will include a reconsideration of how to effect the re-election and other requirements.

Induction and training of new trustees

All potential new trustees are invited for an informal interview with the Co-Chair or Vice Chair and the CEO where they will learn more about the role of a Trustee and its requirements and they are invited to join the board at one of their meetings. We encourage potential trustees to speak to existing trustees to get a better sense of what is expected.

New trustees will receive induction and training to ensure they fully understand the responsibility of the trustee role, which includes governance, charity finance, policies and procedures and HR. An annual training plan is in place to ensure trustees' skills and abilities are up to date.

Wider network

Mind in Kingston works with a wide range of charities, community groups, businesses and statutory bodies. This includes the Royal Borough of Kingston, the Kingston Clinical Commissioning Group, NHS Kingston, NHS South West London, Health Education England, South West London & St George's Mental Health NHS Trust, Tolworth Hospital, Balance Community Interest Company (C.I.C.), Kingston Voluntary Action, Staywell, Hestia, Kingston Advocacy Group, Kingston Carers Network, the Fircroft Trust, Kingston Bereavement Service, Refugee Action Kingston, other local mental health groups, local community groups (e.g., heritage2health, churches and faith groups), Kingston University, Kingston College, schools, local libraries and GP's. Mind in Kingston also works closely with the Mind in London network, and as a Local Mind Association within the Mind network in England and Wales. Although Mind in Kingston is affiliated to Mind (the national charity), this report is solely that of Mind in Kingston.

Related parties

Mind in Kingston is a registered charity and company limited by guarantee affiliated to Mind (the national charity).

MIND IN KINGSTON

Report of the Trustees
for the Year Ended 31 March 2020

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03719792 (England and Wales)

Registered Charity number
1076791

Registered office
Siddeley House
50 Canbury Park Road
Kingston upon Thames
Surrey
KT2 6LX

Trustees

Mrs M F Corry Trustee
Mr C Alberts Trustee
Mr K Mitchell Co-Chair & Trustee
Mr G N Doyle Treasurer & Trustee
Miss R L McAllister Co-Chair & Trustee
Ms C E Green Trustee
Mr R L Kidger Trustee
Ms B Dattani Parekh Trustee (appointed 5.6.19)
Ms C A M Tanurdirdja Trustee (appointed 5.6.19)

Senior Statutory Auditor
Mary E Ryan FCCA

Auditors

Ark Accountancy
Chartered Certified Accountant &
Statutory Auditor
31 Cheam Road
Epsom
Surrey
KT17 1QX

Chief Executive Officer

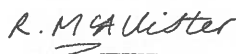
Rianne (Maria Petronella) Eimers (appointed 7.4.15)

AUDITORS

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

This report has been prepared in accordance with the special provisions of Part 15 of Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 18 November 2020 and signed on its behalf by:



Miss R L McAllister - Trustee

MIND IN KINGSTON

Statement of Trustees' Responsibilities for the Year Ended 31 March 2020

The trustees (who are also the directors of Mind in Kingston for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law, Accounting and Reporting by Charities: Statement of Recommended Practice, the Companies Act 2006 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;
- 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:

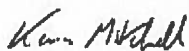
- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

The Board acknowledges the difficulties caused by COVID-19 and is spending significant time to create and implement contingency plans to ensure the safety of its employees, volunteers and trustees whilst maintaining and diversifying our services as appropriate. We recognise that the financial year beginning from 1 April 2020 has had and will continue to have a significant impact in the way we operate our services, the way our employees work and, potentially, our fundraising. This will be discussed in more detail in the accounts for the appropriate reporting period.

AUDITORS

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on18/11/2020..... and signed on its behalf by:



.....
Mr K Mitchell - Trustee

Report of the Independent Auditors to the Members of
MIND IN KINGSTON

Opinion

We have audited the financial statements of MIND IN KINGSTON (the 'charitable company') for the year ended 31 March 2020 which comprise the Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2020 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company 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 charitable company'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 Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions 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 Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

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

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; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as 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 charitable company'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 charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors 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.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' 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 the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Mary E Ryan

Mary E Ryan FCCA (Senior Statutory Auditor)
for and on behalf of Ark Accountancy
Chartered Certified Accountant &
Statutory Auditor
31 Cheam Road
Epsom
Surrey
KT17 1QX

18 November 2020

MIND IN KINGSTON

Statement of Financial Activities (Incorporating an Income and Expenditure Account) for the Year Ended 31 March 2020

	Notes	Unrestricted funds £	Restricted funds £	31.3.20 Total funds £	31.3.19 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		36,998	14,473	51,471	42,187
Charitable activities					
Promote recovery from mental distress		256,029	83,792	339,821	258,973
Other trading activities	2	4,565	2,528	7,093	5,633
Total		297,592	100,793	398,385	306,793
EXPENDITURE ON					
Charitable activities					
Promote recovery from mental distress		268,454	65,031	333,485	277,245
NET INCOME		29,138	35,762	64,900	29,548
Transfers between funds	10	(9,347)	9,347	-	-
Net movement in funds		19,791	45,109	64,900	29,548
RECONCILIATION OF FUNDS					
Total funds brought forward		181,709	22,691	204,400	174,852
TOTAL FUNDS CARRIED FORWARD		201,500	67,800	269,300	204,400

MIND IN KINGSTON


Balance Sheet

31 March 2020

	Notes	Unrestricted funds £	Restricted funds £	31.3.20 Total funds £	31.3.19 Total funds £
CURRENT ASSETS					
Debtors	7	38,412	25,000	63,412	15,955
Cash at bank and in hand		173,743	85,456	259,199	236,019
		<u>212,155</u>	<u>110,456</u>	<u>322,611</u>	<u>251,974</u>
CREDITORS					
Amounts falling due within one year	8	(10,655)	(42,656)	(53,311)	(47,574)
		<u>201,500</u>	<u>67,800</u>	<u>269,300</u>	<u>204,400</u>
NET CURRENT ASSETS					
		<u>201,500</u>	<u>67,800</u>	<u>269,300</u>	<u>204,400</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>201,500</u>	<u>67,800</u>	<u>269,300</u>	<u>204,400</u>
NET ASSETS		<u>201,500</u>	<u>67,800</u>	<u>269,300</u>	<u>204,400</u>
FUNDS	10				
Unrestricted funds				201,500	181,709
Restricted funds				<u>67,800</u>	<u>22,691</u>
TOTAL FUNDS				<u>269,300</u>	<u>204,400</u>

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 18 November 2020 and were signed on its behalf by:



Mr K Mitchell - Trustee



Miss R L McAllister - Trustee

1. ACCOUNTING POLICIES

Basis of preparing the 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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably. This is derived from the provision of goods or services and is after trade discounts, if applicable. As a charity, Mind in Kingston is exempt from VAT.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources. Costs include VAT where applicable.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Allocation and apportionment of costs

As explained above, expenditure on charitable activities is allocated to the activities which use those resources. Direct staff costs, other direct charges and the appropriate proportion of central support costs are charged against the activities in which those staff are engaged. Central support costs are allocated to each activity on the basis of time spent by indirect personnel in the supporting of each activity. If costs are incurred from restricted funds, and those costs exceed the available balance of those restricted funds, then the resulting shortfall of restricted funds will be made good, wherever possible, from the balance of unrestricted funds.

Governance costs are those relating specifically to the charity, as distinct from the services provided by the charity, and include the costs associated with constitutional and statutory requirements.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the trustees report.

Hire purchase and leasing commitments

The charity does not hold any assets under hire-purchase agreements. Rentals paid under operating leases are charged on a straight-line basis.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

MIND IN KINGSTON

Notes to the Financial Statements - continued for the Year Ended 31 March 2020

1. ACCOUNTING POLICIES - continued

Donated goods

Donated goods and services are not recognised in the accounts as they are donated by general volunteers as it is impractical for their contribution to be measured accurately

2. OTHER TRADING ACTIVITIES

	31.3.20	31.3.19
	£	£
Fundraising events	4,575	2,435
Sale of food	868	1,423
Mental Health Awareness	1,650	1,775
	<u>7,093</u>	<u>5,633</u>

3. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.20	31.3.19
	£	£
Auditors' remuneration	3,900	3,900
Other operating leases	<u>63,573</u>	<u>65,129</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2020 nor for the year ended 31 March 2019.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2020 nor for the year ended 31 March 2019.

5. STAFF COSTS

	31.3.20	31.3.19
	£	£
Wages and salaries	176,890	146,413
Social security costs	10,031	7,439
Other pension costs	4,735	2,565
	<u>191,656</u>	<u>156,417</u>

The average monthly number of employees during the year was as follows:

	31.3.20	31.3.19
Direct charitable work	5	5
Administration	<u>2</u>	<u>1</u>
	<u>7</u>	<u>6</u>

No employees received emoluments in excess of £60,000.

MIND IN KINGSTON

Notes to the Financial Statements - continued
for the Year Ended 31 March 2020

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	29,253	12,934	42,187
Charitable activities			
Promote recovery from mental distress	243,973	15,000	258,973
Other trading activities	3,414	2,219	5,633
Total	276,640	30,153	306,793
EXPENDITURE ON			
Charitable activities			
Promote recovery from mental distress	249,225	28,020	277,245
NET INCOME	27,415	2,133	29,548
Transfers between funds	9,012	(9,012)	-
Net movement in funds	36,427	(6,879)	29,548
RECONCILIATION OF FUNDS			
Total funds brought forward	145,282	29,570	174,852
TOTAL FUNDS CARRIED FORWARD	181,709	22,691	204,400

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.20 £	31.3.19 £
Trade debtors	45,483	9,053
Other debtors	4,322	2,740
Tax	642	1,254
Prepayments	12,965	2,908
	63,412	15,955

MIND IN KINGSTON

Notes to the Financial Statements - continued for the Year Ended 31 March 2020

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.20	31.3.19
	£	£
Trade creditors	7,715	948
Social security and other taxes	3,204	(33)
Grants in advance	37,093	-
Accrued expenses	5,299	46,659
	<u>53,311</u>	<u>47,574</u>

9. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.20	31.3.19
	£	£
Within one year	500	1,000
Between one and five years	18,432	16,464
	<u>18,932</u>	<u>17,464</u>

10. MOVEMENT IN FUNDS

	At 1.4.19	Net movement in funds	Transfers between funds	At 31.3.20
	£	£	£	£
Unrestricted funds				
General Fund	146,810	143,685	(138,887)	151,608
Carisbrooke	17,364	19,860	-	37,224
Housing Support Worker	-	(32,689)	32,689	-
Mental Health Awareness Training				
Business	-	(12,584)	12,584	-
CEO Contract	-	(42,821)	42,821	-
Drop In Cafe Contract	1,329	(27,126)	27,118	1,321
Service User Involvement Service Contract	-	(14,328)	14,328	-
Counselling	16,206	(4,859)	-	11,347
	<u>181,709</u>	<u>29,138</u>	<u>(9,347)</u>	<u>201,500</u>
Restricted funds				
Acute Recreation Service	2,340	-	-	2,340
Mind Football Project	4,198	(1,230)	-	2,968
Mental Health Awareness Training Grant	240	-	-	240
Counselling	672	-	-	672
Wellbeing Wednesdays Project	-	(3,368)	3,368	-
Drop-In Peer Group Activity	10,671	8,805	-	19,476
Peer Support Project	1,603	2,829	-	4,432
Community Allotment	2,967	(600)	-	2,367
Counselling Grant	-	1,312	-	1,312
Suicide Prevention	-	8,088	5,781	13,869
Get set to go	-	9,917	-	9,917
Pace Setter	-	10,207	-	10,207
COVID19 Emergency fund	-	(198)	198	-
	<u>22,691</u>	<u>35,762</u>	<u>9,347</u>	<u>67,800</u>
TOTAL FUNDS	<u>204,400</u>	<u>64,900</u>	<u>-</u>	<u>269,300</u>

MIND IN KINGSTON

Notes to the Financial Statements - continued for the Year Ended 31 March 2020

10. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	213,254	(69,569)	143,685
Carisbrooke	76,017	(56,157)	19,860
Housing Support Worker	-	(32,689)	(32,689)
Mental Health Awareness Training			
Business	1,650	(14,234)	(12,584)
CEO Contract	-	(42,821)	(42,821)
Drop In Cafe Contract	1,174	(28,300)	(27,126)
Service User Involvement Service Contract	-	(14,328)	(14,328)
Counselling	5,497	(10,356)	(4,859)
	<hr/>	<hr/>	<hr/>
	297,592	(268,454)	29,138
Restricted funds			
Mind Football Project	6,011	(7,241)	(1,230)
Wellbeing Wednesdays Project	822	(4,190)	(3,368)
Drop-In Peer Group Activity	15,168	(6,363)	8,805
Peer Support Project	2,938	(109)	2,829
Community Allotment	-	(600)	(600)
Counselling Grant	10,000	(8,688)	1,312
Suicide Prevention	13,889	(5,801)	8,088
Get set to go	20,567	(10,650)	9,917
Pace Setter	31,398	(21,191)	10,207
COVID19 Emergency fund	-	(198)	(198)
	<hr/>	<hr/>	<hr/>
	100,793	(65,031)	35,762
TOTAL FUNDS	<hr/>	<hr/>	<hr/>
	398,385	(333,485)	64,900
	<hr/>	<hr/>	<hr/>

MIND IN KINGSTON

Notes to the Financial Statements - continued for the Year Ended 31 March 2020

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.18 £	Net movement in funds £	Transfers between funds £	At 31.3.19 £
Unrestricted funds				
General Fund	134,950	137,155	(125,295)	146,810
Carisbrooke	7,825	9,539	-	17,364
Housing Support Worker	-	(29,202)	29,202	-
Mental Health Awareness Training Business	1,125	(1,344)	219	-
CEO Contract	-	(40,940)	40,940	-
Drop In Cafe Contract	1,382	(27,203)	27,150	1,329
Service User Involvement Service Contract	-	(22,064)	22,064	-
Counselling	-	1,474	14,732	16,206
	<u>145,282</u>	<u>27,415</u>	<u>9,012</u>	<u>181,709</u>
Restricted funds				
Acute Recreation Service	2,923	(583)	-	2,340
Mental Health Stall	-	(4)	4	-
Mind Football Project	3,861	337	-	4,198
Mental Health Awareness Training Grant	736	(496)	-	240
Counselling	14,732	-	(14,732)	-
Wellbeing Wednesdays Project	-	(4,566)	4,566	-
Mental Health Parliament	-	(2)	2	-
Drop-In Peer Group Activity	1,666	9,005	-	10,671
Peer Support Project	1,792	(189)	-	1,603
Community Allotment	3,188	(221)	-	2,967
Counselling Grant	672	(1,148)	1,148	672
	<u>29,570</u>	<u>2,133</u>	<u>(9,012)</u>	<u>22,691</u>
TOTAL FUNDS	<u>174,852</u>	<u>29,548</u>	<u>-</u>	<u>204,400</u>

MIND IN KINGSTON

Notes to the Financial Statements - continued for the Year Ended 31 March 2020

10. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	197,276	(60,121)	137,155
Carisbrooke	64,626	(55,087)	9,539
Housing Support Worker	-	(29,202)	(29,202)
Mental Health Awareness Training			
Business	7,054	(8,398)	(1,344)
CEO Contract	-	(40,940)	(40,940)
Drop In Cafe Contract	1,550	(28,753)	(27,203)
Service User Involvement Service Contract	-	(22,064)	(22,064)
Counselling	6,134	(4,660)	1,474
	<hr/>	<hr/>	<hr/>
	276,640	(249,225)	27,415
Restricted funds			
Acute Recreation Service	31	(614)	(583)
Mental Health Stall	-	(4)	(4)
Mind Football Project	5,710	(5,373)	337
Mental Health Awareness Training Grant	-	(496)	(496)
Wellbeing Wednesdays Project	5	(4,571)	(4,566)
Mental Health Parliament	-	(2)	(2)
Drop-In Peer Group Activity	14,407	(5,402)	9,005
Peer Support Project	-	(189)	(189)
Community Allotment	-	(221)	(221)
Counselling Grant	10,000	(11,148)	(1,148)
	<hr/>	<hr/>	<hr/>
	30,153	(28,020)	2,133
TOTAL FUNDS	<hr/>	<hr/>	<hr/>
	306,793	(277,245)	29,548

MIND IN KINGSTON

Notes to the Financial Statements - continued for the Year Ended 31 March 2020

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.18 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General Fund	134,950	280,840	(264,182)	151,608
Carisbrooke	7,825	29,399	-	37,224
Housing Support Worker	-	(61,891)	61,891	-
Mental Health Awareness Training Business	1,125	(13,928)	12,803	-
CEO Contract	-	(83,761)	83,761	-
Drop In Cafe Contract	1,382	(54,329)	54,268	1,321
Service User Involvement Service Contract	-	(36,392)	36,392	-
Counselling	-	(3,385)	14,732	11,347
	<u>145,282</u>	<u>56,553</u>	<u>(335)</u>	<u>201,500</u>
Restricted funds				
Acute Recreation Service	2,923	(583)	-	2,340
Mental Health Stall	-	(4)	4	-
Mind Football Project	3,861	(893)	-	2,968
Mental Health Awareness Training Grant	736	(496)	-	240
Counselling	14,732	-	(14,732)	-
Wellbeing Wednesdays Project	-	(7,934)	7,934	-
Mental Health Parliament	-	(2)	2	-
Drop-In Peer Group Activity	1,666	17,810	-	19,476
Peer Support Project	1,792	2,640	-	4,432
Community Allotment	3,188	(821)	-	2,367
Counselling Grant	672	164	1,148	1,984
Suicide Prevention	-	8,088	5,781	13,869
Get set to go	-	9,917	-	9,917
Pace Setter	-	10,207	-	10,207
COVID19 Emergency fund	-	(198)	198	-
	<u>29,570</u>	<u>37,895</u>	<u>335</u>	<u>67,800</u>
TOTAL FUNDS	<u>174,852</u>	<u>94,448</u>	<u>-</u>	<u>269,300</u>

MIND IN KINGSTON

Notes to the Financial Statements - continued for the Year Ended 31 March 2020

10. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General Fund	410,530	(129,690)	280,840
Carisbrooke	140,643	(111,244)	29,399
Housing Support Worker	-	(61,891)	(61,891)
Mental Health Awareness Training			
Business	8,704	(22,632)	(13,928)
CEO Contract	-	(83,761)	(83,761)
Drop In Cafe Contract	2,724	(57,053)	(54,329)
Service User Involvement Service Contract	-	(36,392)	(36,392)
Counselling	11,631	(15,016)	(3,385)
	<u>574,232</u>	<u>(517,679)</u>	<u>56,553</u>
Restricted funds			
Acute Recreation Service	31	(614)	(583)
Mental Health Stall	-	(4)	(4)
Mind Football Project	11,721	(12,614)	(893)
Mental Health Awareness Training Grant	-	(496)	(496)
Wellbeing Wednesdays Project	827	(8,761)	(7,934)
Mental Health Parliament	-	(2)	(2)
Drop-In Peer Group Activity	29,575	(11,765)	17,810
Peer Support Project	2,938	(298)	2,640
Community Allotment	-	(821)	(821)
Counselling Grant	20,000	(19,836)	164
Suicide Prevention	13,889	(5,801)	8,088
Get set to go	20,567	(10,650)	9,917
Pace Setter	31,398	(21,191)	10,207
COVID19 Emergency fund	-	(198)	(198)
	<u>130,946</u>	<u>(93,051)</u>	<u>37,895</u>
TOTAL FUNDS	<u>705,178</u>	<u>(610,730)</u>	<u>94,448</u>

The nature and purpose of the restricted and unrestricted funds mentioned above are described in detail in the Report of the Trustees in the section "Objectives and Activities". In the unrestricted funds, the fund Carisbrooke is in respect of the house which provides accommodation for residents who are recovering from mental distress. The residents pay rent to the charity to cover the running costs of the house.

The decision was taken by the trustees in 2018-19 that the counselling funds were no longer restricted funds. A transfer was therefore made from restricted funds to unrestricted

MIND IN KINGSTON

Notes to the Financial Statements - continued for the Year Ended 31 March 2020

11. RELATED PARTY DISCLOSURES

MIND in Kingston is affiliated to National MIND. Affiliation fees for 2019/20 of £686 was paid to National MIND (2018/19 £686)