

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

Report of the Trustees and
Financial Statements for the Year Ended 31 March 2019
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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for the Year Ended 31 March 2019

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MIND in Kingston

Report of the Trustees for the Year Ended 31 March 2019

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

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 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 issues to enable people experiencing, or who have experienced, mental health issues to reach their potential within the community; to enable people with mental health problems 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 the Royal Borough of Kingston 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. Services 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 co-ordinated by two Service User Involvement Officers.

Mental Health Housing Related Support :

This 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. Mind in Kingston's partners are registered social landlords and we work 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 Service

This service matches people with lived experience of mental health issues to provide each other with mutual support. They agree a support plan with specific goals that focuses on improving mental wellbeing and making positive changes in their lives.

Mental Health Awareness Training :

The aim is to 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.

Acute Recreation Service:

MIND in Kingston

Report of the Trustees for the Year Ended 31 March 2019

OBJECTIVES AND ACTIVITIES

Significant activities

This service provides arts and crafts groups on the acute psychiatric ward at Tolworth Hospital. Sessions are held in the afternoons, once a week.

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.

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.

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.

User-led Groups

Mind in Kingston supports a number of groups led by service users that provide peer support, offer a range of creative and other activities including art, music and drama, as well as Hearing Voices.

Kingston Eco-Op :

Mind in Kingston provides ad hoc support to Kingston Eco-Op for staff, volunteers and service users via its Service User Involvement service. The charity also facilitates service user groups and outings for those using the service.

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 disorder or distress who avail themselves of the opportunities which are offered. With the exception of rental charges to the residents of Carisbrooke and modest and appropriate fees for the counselling service, charges are not made in respect of the services provided and, consequently, there is no financial burden to the users of those services. 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.

MIND in Kingston

Report of the Trustees
for the Year Ended 31 March 2019

OBJECTIVES AND ACTIVITIES

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, Mind United FC, and Outreach. Currently, the charity has 15 volunteers (not counting our trustees, who are also volunteers) who provided approx. 1125 of volunteering during the year 2018-19. 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 we provide are enriched by the individual personalities and skills of our volunteers to whom we are very grateful.

The total number of volunteer hours provided by the board of trustees is 1251 as part of the board and sub-committees, as well as attending events.

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 47 years and continues to support those affected by mental health problems in the Royal Borough of Kingston upon Thames and surrounding areas. During 2018-19, 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 2018-19, the service received 1370 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 6 different courses during 2018-19 to support people to maintain and improve their mental wellbeing. This year, the project mostly ran longer-term courses that lasted up to 8 weeks including Mindfulness laughter yoga and art. 47 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 mind ful.

The **Counselling Service** provided 47 clients with one-to-one counselling, a low-cost option to access support for a range of emotional issues. During 2018-19 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 432 hours of support.

The football team, **Mind United FC**, supported 44 individuals to access the service and continued to offer service users with physical activity in a safe, peer-led football team. 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. During 2018-19, the team competed in amateur leagues including the Sunday League Crystal Palace and Woking Surrey Community Trophy and as well as winning various tournaments, they also received the Respect Award - a great recognition to all team members, as well as the staff.

In April 2018, the **Mental Health Housing Related Service (formerly Floating Support Service)**, a partnership between Hestia and Mind in Kingston, replaced the Floating Support Service. Working with 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 also answered by email. The Advice & Information Service received 296 direct enquiries, which are answered by the Service User Involvement Officers 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.

The **Service User Involvement Service** supported service users in a number of ways to participate in the local community, in statutory services and in our own services. It held 4 Service User sessions at the Drop-in Café, 12 Residents' Councils and 12 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 Health watch Kingston Mental Health Task group.

Mind in Kingston reached out to the community and attended 29 different events and stalls including Kingston University Freshers Week, Health Information Day for Homeless People, Surbiton Library and Kingston Foodbank.

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Report of the Trustees for the Year Ended 31 March 2019

ACHIEVEMENT AND PERFORMANCE

Charitable activities

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. During 2018-19, it held 9 open surgeries where people fed back issues and concerns about their experiences of local services. Staff and volunteers dealt with 15 separate issues, some of which are resolved quickly, and some are ongoing. The main issues reported on are the services provided by South West London and St George's Mental Health Trust and other statutory provision, which is an ongoing concern.

Mind in Kingston provided 19 free **Mental Health Awareness Training** sessions to schools and charities by offering workshops, courses and presentations. During 2018-19, the charity worked with secondary schools such as Coombe Girls, Kingston University and Chessington Community College and organisations such as Refugee Action Kingston, Staywell and the Sea Cadets. Feedback shows that this has increased awareness of mental health issues, and better understanding of how to manage it or support others. Mind in Kingston also continued to provide outreach about its Mental Health Awareness Training to ensure that people who live, study or work across the borough are aware of services and know how to access them. In addition, as mental health in the workplace is becoming a widely recognised issue that employers wish to address appropriately, we have started to work with local businesses to provide Mental Health Awareness Training for Businesses. 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** during 2018-19 included the Drama Group, the music group, two art groups and the Hearing Voices Group, which is a small support group for people who hear voices and experience hallucinations. Attendance has been steady, and groups have run at full capacity. 89 people were supported by these groups.

The b 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 6 volunteers during 2018-19, supporting 9 clients on a weekly basis. Funding is still being sought for this project.

ACHIEVEMENT AND PERFORMANCE

Internal and external factors

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 2018-19 Mind in Kingston entered the third year of its contract with RBK, and it is hoped it will be extended by at least one more year. This has offered Mind in Kingston some security for this period.

The strategy and business plan were completed early 2018, and during 2018-19, the trustees held several workshops to identify new areas to focus on as part of the ongoing development of the strategy. Diversifying the charity's income is a main priority and a new fundraising strategy was implemented during the year. 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 Marketing & Fundraising Sub-Committee has taken responsibility for implementing the Fundraising Strategy and Marketing plan, which seek to increase the amount of unrestricted income as well as raise the profile of the charity locally and on social media.

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.

Mind in Kingston is in its third 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 is also in its third year of three-year funding from The

Kingston Clinical Commissioning Group for Mind United FC and part-funding for the Counselling Service, ensuring that both services can meet the needs to their respective clients and service users. The contract will be extended for at least another year, offering some further security.

The Floating Support Contract ended in March 2018, and Hestia and Mind in Kingston successfully tendered for the new Mental Health Related Housing Support contract which commenced in April 2018. This contract is for three years, with a possible extension of 2 further years, and ensures 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.

During 2018-19, Mind in Kingston successfully achieved the Mind Quality Mark (MQM), a quality framework developed by Mind (the national charity). The MQM evaluated the charity in three main areas: governance, service delivery and service user involvement, covering a total of 24 standards. The evaluation process included a visit from the MQM Review team, which was comprised of a member of staff from Mind (the national charity), a peer reviewer (the CEO of another local Mind) and a service user. They met with Mind in Kingston trustees, staff, volunteers and services users to assess them and gather feedback as part of the review process. The MQM report identified areas of good practice as well as areas for improvement. Achieving the MQM has been a very positive development for Mind in Kingston, and the charity is committed to continually reviewing itself against the MQM framework to ensure it maintains the standards it has achieved.

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, and ensure that the Board receives timely, relevant information to help it make decisions and plan for the future. 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 and are grateful for their support and input.

MIND in Kingston

Report of the Trustees for the Year Ended 31 March 2019

FINANCIAL REVIEW

Principal funding sources

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

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. 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. During 2018-19 the charity invested a small proportion of its reserves in services such as the Mental Health Awareness Training for Businesses, and to increase support within the staff team, and this was reflected in its budget for 2018-19. 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 £18,379 from £288,414 to £306,793 as a result of increases in donations of £24,329, a decrease in contractual receipts of £10,055, an increase of £4,105 in other trading activities. Resources expended totalled to £277,245 year ended March 2019 (£247,632 in March 2018).

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. However, the Mental Health Awareness Training (free), Service User Involvement, General Manager, Drop-in Café and Advice & Information are now 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. These were previously paid under restricted fund grants.

The total funds held at the end of the year amounted to £204,400 (for 2018 £174,852) and bank balances amounted to £236,019 (2018 £167,588). Of the total reserves of £204,400 (2018 174,852), unrestricted funds amounted to £181,709 (2018 145,282) and restricted funds £22,691 (2018 £29,570).

The Board of Trustees are pleased that the charity has ended the 2018-19 financial year with a surplus. The Board is intent on increasing its income for the 2019-20 financial year and make further investments into the charity. The CEO has been working on increasing funding by applying to other sources, and also maintaining stricter controls over the finances and this has resulted in two new projects starting in April 2019. 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 2019

FUTURE PLANS

In the coming year Mind in Kingston intends to:

- Ensure it sustains its core projects 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 ensure the charity has 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.

During 2018-19, Mind in Kingston has maintained the number of trustees at 7 with two further appointments made in the new financial year. 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.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

Mind in Kingston is managed by a Board of Trustees; there were 7 in 2018-19. The Board has overall responsibility for the charity, and ensures that its governance, finance and management structures are managed appropriately. The Board has appointed a chair who oversees the board's activities and chairs the monthly board meetings. In 2019, Mrs Marilyn Corry stepped down as Chair and the two Vice-Chairs, Kevin Mitchell and Robyn McAllister, were appointed as Co-Chairs.

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 Drop-in Café is managed by a part-time Manager, who is responsible for supervising all staff at The Star and the Bridge. Each Café session is staffed by a Café Supervisor and a Café Worker.

The Board meets monthly to consider reports and recommendations made by the CEO, who is supervised by the Co-Chairs between Board meetings. 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.

In 2017, the board set up the Marketing Sub-Committee which initially focused on developing the Business Plan, Fundraising Strategy and Marketing Plan but oversees the organisation'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.

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, 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 RISE, 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).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03719792 (England and Wales)

MIND in Kingston

Report of the Trustees

for the Year Ended 31 March 2019

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1076791

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

Trustees

Mrs J Butterworth	Trustee	- resigned 29.1.19
Mrs M F Corry	Trustee	
Miss S A Forse	Trustee	- resigned 6.3.19
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	- appointed 7.11.18
Mr R L Kidger	Trustee	- appointed 9.1.19
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 the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 4th December 2019 and signed on its behalf by:


.....
Mr K Mitchell - Trustee

MIND in Kingston

Statement of Trustees Responsibilities
for the Year Ended 31 March 2019

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.

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 on 4th December 2019 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 2019 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 2019 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.

Report of the Independent Auditors to the Members of
MIND in Kingston

Matters on which we are required to report by exception

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.

Mark 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

Date: 17/12/14

MIND in Kingston

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2019

	Notes	Unrestricted funds £	Restricted funds £	31.3.19 Total funds £	31.3.18 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		29,253	12,934	42,187	17,858
Charitable activities					
Promote recovery from mental distress		243,973	15,000	258,973	269,028
Other trading activities	2	3,414	2,219	5,633	1,528
Total		<u>276,640</u>	<u>30,153</u>	<u>306,793</u>	<u>288,414</u>
EXPENDITURE ON					
Charitable activities					
Promote recovery from mental distress		249,225	28,020	277,245	247,632
NET INCOME		<u>27,415</u>	<u>2,133</u>	<u>29,548</u>	<u>40,782</u>
Transfers between funds	10	<u>9,012</u>	<u>(9,012)</u>	<u>-</u>	<u>-</u>
Net movement in funds		<u>36,427</u>	<u>(6,879)</u>	<u>29,548</u>	<u>40,782</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>145,282</u>	<u>29,570</u>	<u>174,852</u>	<u>134,070</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>181,709</u></u>	<u><u>22,691</u></u>	<u><u>204,400</u></u>	<u><u>174,852</u></u>

The notes form part of these financial statements

MIND in Kingston

Balance Sheet

At 31 March 2019

	Notes	Unrestricted funds £	Restricted funds £	31.3.19 Total funds £	31.3.18 Total funds £
CURRENT ASSETS					
Debtors	7	15,955	-	15,955	15,753
Cash at bank and in hand		213,328	22,691	236,019	167,588
		<u>229,283</u>	<u>22,691</u>	<u>251,974</u>	<u>183,341</u>
CREDITORS					
Amounts falling due within one year	8	(47,574)	-	(47,574)	(8,489)
		<u>181,709</u>	<u>22,691</u>	<u>204,400</u>	<u>174,852</u>
NET CURRENT ASSETS					
		<u>181,709</u>	<u>22,691</u>	<u>204,400</u>	<u>174,852</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>181,709</u>	<u>22,691</u>	<u>204,400</u>	<u>174,852</u>
NET ASSETS					
		<u>181,709</u>	<u>22,691</u>	<u>204,400</u>	<u>174,852</u>
FUNDS					
	10				
Unrestricted funds				181,709	145,282
Restricted funds				22,691	29,570
				<u>204,400</u>	<u>174,852</u>
TOTAL FUNDS					
				<u>204,400</u>	<u>174,852</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 on 6th December 2019 and were signed on its behalf by:


.....
Mr K Mitchell -Trustee


.....
Mr G N Doyle -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 2015)', 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 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.

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.

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

MIND in Kingston

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019

2. OTHER TRADING ACTIVITIES

	31.3.19	31.3.18
	£	£
Fundraising events	2,435	690
Sale of food	1,423	808
Mental Health Awareness	1,775	30
	<u>5,633</u>	<u>1,528</u>

3. NET INCOME/(EXPENDITURE)

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

	31.3.19	31.3.18
	£	£
Auditors' remuneration	3,900	3,700
Other operating leases	65,129	58,928
	<u>69,029</u>	<u>62,628</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2019 nor for the year ended 31 March 2018 .

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2019 nor for the year ended 31 March 2018 .

5. STAFF COSTS

	31.3.19	31.3.18
	£	£
Wages and salaries	146,413	140,112
Social security costs	7,439	6,389
Other pension costs	2,565	1,214
	<u>156,417</u>	<u>147,715</u>

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

	31.3.19	31.3.18
Direct charitable work	5	5
Administration	1	1
	<u>6</u>	<u>6</u>

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

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	9,088	8,770	17,858
Charitable activities			
Promote recovery from mental distress	243,983	25,045	269,028

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019

6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued	Unrestricted funds £	Restricted funds £	Total funds £
Other trading activities	1,467	61	1,528
Total	254,538	33,876	288,414
 EXPENDITURE ON			
Charitable activities			
Promote recovery from mental distress	217,475	30,157	247,632
Total	217,475	30,157	247,632
 NET INCOME			
	37,063	3,719	40,782
Transfers between funds	(3,908)	3,908	-
Net movement in funds	33,155	7,627	40,782
 RECONCILIATION OF FUNDS			
Total funds brought forward	112,127	21,943	134,070
TOTAL FUNDS CARRIED FORWARD	145,282	29,570	174,852
 7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	31.3.19	31.3.18	
	£	£	
Trade debtors	9,053	7,557	
Other debtors	2,740	2,740	
Tax	1,254	1,125	
Prepayments	2,908	4,331	
	<u>15,955</u>	<u>15,753</u>	
 8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
	31.3.19	31.3.18	
	£	£	
Trade creditors	948	1,613	
Social security and other taxes	(33)	2,415	
Accrued expenses	46,659	4,461	
	<u>47,574</u>	<u>8,489</u>	

MIND in Kingston

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019

9. LEASING AGREEMENTS

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

	31.3.19	31.3.18
	£	£
Within one year	1,000	-
Between one and five years	16,464	19,806
	<u>17,464</u>	<u>19,806</u>

10. MOVEMENT IN FUNDS

	At 1.4.18	Net movement	Transfers	At 31.3.19
	£	in funds	between funds	£
		£	£	
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 2019

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	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)
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
CEO Contract	-	(40,940)	(40,940)
	<hr/>	<hr/>	<hr/>
	276,640	(249,225)	27,415
Restricted funds			
Acute Recreation Service	31	(614)	(583)
Mind Football Project	5,710	(5,373)	337
Mental Health Awareness Training Grant	-	(496)	(496)
Wellbeing Wednesdays Project	5	(4,571)	(4,566)
Drop-In Peer Group Activity	14,407	(5,402)	9,005
Community Allotment	-	(221)	(221)
Counselling Grant	10,000	(11,148)	(1,148)
Mental Health Stall	-	(4)	(4)
Mental Health Parliament	-	(2)	(2)
Peer Support Project	-	(189)	(189)
	<hr/>	<hr/>	<hr/>
	30,153	(28,020)	2,133
TOTAL FUNDS	<hr/>	<hr/>	<hr/>
	306,793	(277,245)	29,548
	<hr/>	<hr/>	<hr/>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.17 £	Net movement in funds £	Transfers between funds £	At 31.3.18 £
Unrestricted Funds				
General Fund	112,127	90,523	(67,700)	134,950
Carisbrooke	-	11,520	(3,695)	7,825
Housing Support Worker	-	43,230	(43,230)	-
Arts & Music Festival	-	(133)	133	-
Mental Health Awareness Training Business	-	1,125	-	1,125
CEO Contract	-	(38,671)	38,671	-
Drop In Cafe Contract	-	(38,040)	39,422	1,382
Service User Involvement Service Contract	-	(32,491)	32,491	-
	<u>112,127</u>	<u>37,063</u>	<u>(3,908)</u>	<u>145,282</u>
Restricted Funds				
Acute Recreation Service	-	2,923	-	2,923
Music	-	(185)	185	-
Mind Football Project	2,525	1,336	-	3,861
Mental Health Awareness Training Grant	-	736	-	736
Counselling	13,372	1,360	-	14,732
Wellbeing Wednesdays Project	-	(2,446)	2,446	-
Mental Health Parliament	-	(54)	54	-
Drop-In Peer Group Activity	1,783	(117)	-	1,666
Personal Health Budgets	1,223	(1,223)	-	-
Football Fulham Foundation Grant	2,289	(2,289)	-	-
Peer Support Project	751	(182)	1,223	1,792
Community Allotment	-	3,188	-	3,188
Counselling Grant	-	672	-	672
	<u>21,943</u>	<u>3,719</u>	<u>3,908</u>	<u>29,570</u>
TOTAL FUNDS	<u>134,070</u>	<u>40,782</u>	<u>-</u>	<u>174,852</u>

MIND in Kingston

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019

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	118,751	(28,228)	90,523
Carisbrooke	72,486	(60,966)	11,520
Housing Support Worker	59,968	(16,738)	43,230
Arts & Music Festival	1,200	(1,333)	(133)
Mental Health Awareness Training Business	1,125	-	1,125
CEO Contract	-	(38,671)	(38,671)
Drop In Cafe Contract	808	(38,848)	(38,040)
Service User Involvement Service Contract	200	(32,691)	(32,491)
	<hr/>	<hr/>	<hr/>
	254,538	(217,475)	37,063
Restricted funds			
Acute Recreation Service	4,825	(1,902)	2,923
Mind Football Project	5,414	(4,078)	1,336
Mental Health Awareness Training Grant	1,155	(419)	736
Counselling	7,045	(5,685)	1,360
Wellbeing Wednesdays Project	2,187	(4,633)	(2,446)
Drop-In Peer Group Activity	-	(117)	(117)
Personal Health Budgets	-	(1,223)	(1,223)
Football Fulham Foundation Grant	-	(2,289)	(2,289)
Peer Support Project	-	(182)	(182)
Community Allotment	3,250	(62)	3,188
Counselling Grant	10,000	(9,328)	672
Music	-	(185)	(185)
Mental Health Parliament	-	(54)	(54)
	<hr/>	<hr/>	<hr/>
	33,876	(30,157)	3,719
TOTAL FUNDS	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	288,414	(247,632)	40,782

MIND in Kingston

Notes to the Financial Statements - continued
for the Year Ended 31 March 2019

10. MOVEMENT IN FUNDS - continued

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

	At 1.4.17	Net movement	Transfers	At 31.3.19
	£	in funds	between funds	£
		£	£	
Unrestricted funds				
General Fund	112,127	227,678	(192,995)	146,810
Carisbrooke	-	21,059	(3,695)	17,364
Housing Support Worker	-	14,028	(14,028)	-
Arts & Music Festival	-	(133)	133	-
Mental Health Awareness Training Business	-	(219)	219	-
CEO Contract	-	(79,611)	79,611	-
Drop In Cafe Contract	-	(65,243)	66,572	1,329
Service User Involvement Service Contract	-	(54,555)	54,555	-
Counselling	-	1,474	14,732	16,206
Restricted funds				
Acute Recreation Service	-	2,340	-	2,340
Mental Health Stall	-	(4)	4	-
Music	-	(185)	185	-
Mind Football Project	2,525	1,673	-	4,198
Mental Health Awareness Training Grant	-	240	-	240
Counselling	13,372	1,360	(14,732)	-
Wellbeing Wednesdays Project	-	(7,012)	7,012	-
Mental Health Parliament	-	(56)	56	-
Drop-In Peer Group Activity	1,783	8,888	-	10,671
Personal Health Budgets	1,223	(1,223)	-	-
Football Fulham Foundation Grant	2,289	(2,289)	-	-
Peer Support Project	751	(371)	1,223	1,603
Community Allotment	-	2,967	-	2,967
Counselling Grant	-	(476)	1,148	672
	<u>21,943</u>	<u>5,852</u>	<u>(5,104)</u>	<u>22,691</u>
TOTAL FUNDS	<u>134,070</u>	<u>70,330</u>	<u>-</u>	<u>204,400</u>

MIND in Kingston

Notes to the Financial Statements - continued for the Year Ended 31 March 2019

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	316,027	(88,349)	227,678
Carisbrooke	137,112	(116,053)	21,059
Housing Support Worker	59,968	(45,940)	14,028
Arts & Music Festival	1,200	(1,333)	(133)
Mental Health Awareness Training Business	8,179	(8,398)	(219)
Drop In Cafe Contract	2,358	(67,601)	(65,243)
Service User Involvement Service Contract	200	(54,755)	(54,555)
Counselling	6,134	(4,660)	1,474
CEO Contract	-	(79,611)	(79,611)
	<u>531,178</u>	<u>(466,700)</u>	<u>64,478</u>
Restricted funds			
Acute Recreation Service	4,856	(2,516)	2,340
Mind Football Project	11,124	(9,451)	1,673
Mental Health Awareness Training Grant	1,155	(915)	240
Counselling	7,045	(5,685)	1,360
Wellbeing Wednesdays Project	2,192	(9,204)	(7,012)
Drop-In Peer Group Activity	14,407	(5,519)	8,888
Community Allotment	3,250	(283)	2,967
Counselling Grant	20,000	(20,476)	(476)
Mental Health Stall	-	(4)	(4)
Music	-	(185)	(185)
Mental Health Parliament	-	(56)	(56)
Personal Health Budgets	-	(1,223)	(1,223)
Football Fulham Foundation Grant	-	(2,289)	(2,289)
Peer Support Project	-	(371)	(371)
	<u>64,029</u>	<u>(58,177)</u>	<u>5,852</u>
TOTAL FUNDS	<u>595,207</u>	<u>(524,877)</u>	<u>70,330</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

11. RELATED PARTY DISCLOSURES

MIND in Kingston is affiliated to National MIND. Affiliation fees for 2018/19 of £686 were paid to National MIND (2017/18 £686)