

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

Report of the Trustees and  
Financial Statements for the Year Ended 31 March 2022  
for  
MIND IN KINGSTON

Ark Accountancy  
Chartered Certified Accountant &  
Statutory Auditor  
31 Cheam Road  
Epsom  
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for the Year Ended 31 March 2022

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## MIND IN KINGSTON

### Report of the Trustees for the Year Ended 31 March 2022

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 2022. 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 national 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 support people with mental health issues to maintain or improve their mental wellbeing by providing a wide range of community-based and low-level clinical support; 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 beneficiaries 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 beneficiaries 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:

### **Outreach & Engagement Service :**

In 2021-22, this service supported beneficiaries to be involved, influence and participate in the decision-making process of Mind in Kingston's own services as well as external voluntary and statutory services, e.g. Patients' and Residents' Councils, Public Meetings and other user forums supporting beneficiaries to have their views heard. In addition, the service provides a forum for beneficiaries to engage in various ways, including interviews, surveys, events and feedback forms. It encourages beneficiaries to be involved with establishing new services that are designed, developed and led by beneficiaries through the Empowering Minds Forum. The Outreach & Engagement Officer provides opportunities for beneficiaries to engage with us on mental health issues and services and goes into the community to promote mental health services and initiatives. A regular newsletter is distributed to all interested parties and is available at a range of different and accessible locations in the borough.

### **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, LGBTQ+, 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. The service includes virtual café sessions, which were developed during the COVID-19 pandemic and will remain in place to ensure that those that cannot access the service in person, can still use the services the Cafés offer.

### **Counselling Service**

An out of hours service that provides people in and around the borough of Kingston upon Thames with different counselling tools and 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, and it offers remote and face to face sessions.

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. To support clients affected by COVID-19 or other issues, we now offer remote options as well as face to face counselling

### **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.

## **OBJECTIVES AND ACTIVITIES**

### **Mental Health Awareness Training:**

Mind in Kingston delivers virtual and face-to-face 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 voluntary organisations and groups is free of charge and for businesses 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 more 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. This service is supported by volunteers.

### **Time to Change Kingston**

In March 2021, Mind in Kingston took over the Time to Change Kingston Campaign from Healthwatch Kingston, after the national Time to Change campaign formally came to an end. RBK offered a small grant to continue to service which challenges stigma and discrimination in mental health, and supports champions (people with lived experience of mental health issues) to speak out about mental health issues, and engage specifically with people who have no, or little experience of mental health issues

### **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 is affiliated to Kingstonian FC, our local football team, and is receiving further support from AFC Wimbledon.

### **Raising Awareness of Mental Health :**

Mind in Kingston raises awareness and celebrates a number of mental health awareness days and events throughout the year to improve mental health awareness, promote a positive image of mental health and mental health beneficiaries and to reduce stigma and discrimination. Key dates and events are Time to Talk Day, Mental Health Awareness Week, World Suicide Prevention Day and World Mental Health Day. 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.

### **Physical & Inclusive Activities for Better Mental Health**

Formerly Get Set to Go, this service 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. Every Friday, we run a virtual quiz which is open to anyone and offers a fun, social activity with staff providing mental health support.

### **Youth Zone**

Mind in Kingston, in partnership with Richmond Mind, runs the Youth Zone, a wellbeing service for young people ages 12-25. This service was started in December 2021 and is funded by Southwest London CCG. Evidence showed that there is very little wellbeing support for young people, despite demand. The Youth Zone offers a wide range of opportunities for young people to get advice and information in supportive, non-judgemental surroundings, access sports, creative and inclusive activities and access other support including sexual health, jobs and education.

## **OBJECTIVES AND ACTIVITIES**

### **Alfriston Outreach**

In October 2021, Alfriston Outreach was transferred to Mind in Kingston from another organisation. Originally providing day centre activities, Alfriston became an outreach service during the COVID pandemic, offering a wide range of practical and emotional support options to mostly older people that could not necessarily be supported by Adult Social Care or other local organisations. With the transfer came a team of 4 members of staff, 6 volunteers and a building in Surbiton which is used run the service from, as well as running activities and as rental space to other local organisations.

### **South West London Discharge Service**

In partnership with Brent, Wandsworth and Westminster Mind and Richmond Mind, Mind in Kingston supported patients due to be discharged from South West London & St George's Mental Health Trust. Focusing on holistic support, the service employed support workers to work with patients to identify their most immediate needs such as housing, benefits, employment and family support and ensured they were safely discharged. This service was funded by South West London & St George's Mental Health Trust for approximately 8 months to reduce winter pressures on health services.

### **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. Rent 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 growing and dedicated team of volunteers that support the charity by providing their time and skills. As well as supporting services such the Counselling Service, Outreach & Engagement activities, physical activities, the Telephone Advice Line, Time to Change Kingston, Kingstonian Mind FC, they support the charity to raise awareness of mental health at community events. Currently, the charity has 35 volunteers (not counting the Trustees, who are also volunteers) who provided approx. 2,432 hours 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 1989 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 2022

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Charitable activities**

The Mental Health Related Housing Support contract entered its fifth year and managed to achieve above the agreed targets. Mind in Kingston delivers the service with its partner Hestia to 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 acts as the landlord for a property in Surbiton, and supports residents in a property in Kingston. The charity ensured COVID measures remained in place but offered face-to-face support to all clients.

Mind in Kingston remains involved in the 5-year Thrive Kingston Mental Health Strategy which was extended in 2021-22. The Strategy, which was developed with input from people with lived experience of mental health issues, local voluntary organisations, statutory services and other key partners, maintained its focus on the impact of COVID-19 rather than going through a complete renewal. 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. The ongoing impact of COVID-19 on people mental health and wellbeing remains a priority, and Mind in Kingston sits on the Loneliness and Isolation Sub-Group.

Mind in Kingston is a member of Mind in London, a network of 18 Local Mind Associations (LMA's) based in London, and sits on the steering group. During 2021-22, a formal partnership was drawn up between the 4 local Minds that cover Southwest London: Brent, Wandsworth and Westminster Mind (BWW Mind), Mind in Croydon, Richmond Mind and Mind in Kingston. In early 2021, BWW was the lead provider for the Discharge Support contract, which was initially set up to support people who were due to be discharged from Southwest London & St George's Hospital. The project ran for 8 months and ended in November 2021.

In 2021-22, Mind in Kingston took over the contract for Time to Change Kingston (TTCK), a local campaigning project challenging stigma and discrimination in mental health. The national campaign came to an end in March 2021, meaning that the host for the local Time to Change campaign, Healthwatch Kingston, also ended the project. However, due to ongoing interest from champions (people with lived experience of mental health issues) and local organisations, RBK agreed to fund the project. Mind in Kingston recruited a part-time Coordinator, who supports the champions, organises campaigns and events and ensures that outcomes are reported to RBK. Mind in Kingston also manages a small 'Champions' Fund' which provides champions with a small amount of funding to run their own events, challenging mental health stigma and discrimination.

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. The MQM is reviewed every three years and Mind in Kingston expects that the review will be announced in 2022.

A new development is the Advancing Mental Health Equality Collaborative, which Mind in Kingston successfully bid for in 2021. The charity received a fully funded place for three years, and is working together with Mind in Croydon. The collaborative strives to improve access to mental health services for people that are more like to face barriers; these may be people from different ethnic backgrounds, people with learning disabilities, people with multiple health diagnoses or (unpaid) carers. The collaborative is run by the Royal College of Psychiatrists and provides learning sets and workshops to support organisations to make changes in their own communities. Mind in Kingston and Mind in Croydon are focusing on the Korean Community in Kingston, older carers in Croydon and people with neurodiverse conditions across both areas.

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 two trustees and at least one member of staff who specialise in each area.

Following the Black Lives Matter campaign in the summer of 2020, and the subsequent discussions this encouraged on equality, diversity and inclusion (EDI), the Board appointed Trustee Bijal Dattani as the EDI Lead for Mind in Kingston and agreed to set up an EDI Group to review how it supports EDI internally and externally. This work is part of the charity's Strategy Review, which started in 2021 and due to be completed in 2022.

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

## **ACHIEVEMENT AND PERFORMANCE**

### **Internal and external factors**

#### **COVID-19 Pandemic**

The COVID pandemic remained a major feature during 2021-22 and required Mind in Kingston to offer hybrid services to its beneficiaries and hybrid working options to its team. The charity maintained its Business Continuity Plan and Coronavirus Contingency Plan and took measures to support the safe delivery of its projects and services remotely and face-to-face, providing practical help and support to beneficiaries and allowing staff to work remotely.

The Board maintained the safety and wellbeing of beneficiaries, staff and volunteers and whilst COVID emergency funding was reduced in 2021-22, the charity continued to apply for funding to support the increased demand on its services. The CEO applied for grants to deliver Time to Change Kingston, the Discharge Project, a Digital Support project and worked with Richmond Mind to apply for the Youth Zone. Together with the Physical Activity Coordinator they applied for the Magpie Project, This Girl Can and some smaller physical activity grants. Trustees, staff and volunteers were supported to work remotely, and extra attention was given to maintain the mental wellbeing of the whole team.

Mind in Kingston remained vigilant during 2021-22 in monitoring its income and expenditure, and sourcing new funding as the impact of the pandemic is ongoing. In addition, it is acutely aware of the upcoming cost of living crisis which is likely to impact heavily on mental health and wellbeing, and it is expected that those on lowest incomes will be most affected.

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. RBK confirmed an extension of the Active & Supporting Communities Contract until March 2023, and the Southwest London Clinical Commissioning Group also extended the contract for Counselling and the football project until March 2023, offering security for the next financial year.

The Strategy Review started early in 2021, led by the Chair and supported by the Trustees, staff, volunteers and beneficiaries. The review is due to finish at the end of 2021 and will focus on meeting identified needs, achieving good outcomes for beneficiaries, maintaining existing services, developing new services, supporting and increasing the staff and volunteer team, and providing COVID-19 safe services.

The Equality, Diversity and Inclusion (EDI) Group was set up during 2020-21 and became a formal sub-committee to ensure that the charity incorporates equality, diversity and inclusion in all its work, processes and procedures, whether internal or external. The charity recognises that it must do more to be truly inclusive and representative of the community it supports. The group is led by Trustee Ms Parekh Dattani who was appointed the charity's Equality Lead and is currently working on supporting the Strategy review and developing a work plan for the next three years.

Diversifying the charity's income remains a priority and the charity continues to work on its fundraising strategy. Whilst the majority of income comes from statutory funding, Mind in Kingston has focused in increasing its grant income and was able to start up new projects and services including the Magpie Project as a result. 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 can develop new services such as the Physical Activities for Mental Health, Wellbeing Wednesdays and Peer Support. 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. Whilst the pandemic reduced donation income during 2020-21, the charity has seen a steady increase in fundraising income during 2021-22 and expects to be back at pre-pandemic levels in 2022-23.

The Marketing & Fundraising Sub-Committee oversees 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. During 2021-22, the committee identified several objectives including the charity's 50th anniversary which it intends to mark with videos highlighting its many services, stories from former staff and service users and an event in October 2023.



## **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 regular performance development appraisals. The charity also provides access to an Employee Assistance Programme, which offers advice on a wide range of issues as well as counselling and wellbeing support. The HR Sub-Committee oversees all HR issues including staff issues and support, recruitment and policies and procedures. The committee has focused on maintaining staff and volunteer wellbeing throughout the pandemic and supporting the team to carry out their duties in challenging circumstances.

Mind in Kingston commissioning arrangements with RBK and SWL CCG have been extended until March 2023, offering the charity more security. The charity maintains a positive relationship with its commissioners, and works closely with them to inform commissioning plans for the future.

## **FINANCIAL REVIEW**

### **Financial Review**

The income of the charity decreased by £24,952 from £458,517 to £433,565 including a decrease in donations of £5,624, an decrease in grants and contracts of £35,347, an decrease of £2,295 in counselling fees and decreased rental income and supporting people of £4,748 offset by new fees of £23,197 from room hire and services. There was an increase of £83,684 in resources expended, including an increase in staff, social security and pension costs of £68,308. There was an excess of income over expenditure of £2,995 for the year compared with an excess of income over expenditure of £111,631 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 Alfriston Outreach contract, and 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 £383,926 (2021 £380,931) and bank balances amounted to £408,254 (2021 £357,641). Of the total reserves of £383,926, unrestricted reserves amounted to £293,884.

The Board of Trustees planned for a small deficit in 2021-22 and are therefore pleased that the charity has ended the financial year with a surplus. The Board is intent on increasing its income for the 2022-23 financial year and make further investments into the charity to support its internal staff team and develop existing and new services; this is part of the charity's strategy which is being developed in 2022-23. While the charity continues to support those affected by the COVID-19 pandemic, the CEO is focusing on funding and income that will support the charity's strategic aims.

The charity's Treasurer, Melissa Tanudirdja, who also chairs the Finance Sub-Committee provided scrutiny and oversight of the finances and supported the Board of Trustees to make decisions on financial matters. Together with the Finance Sub-Committee, the Treasurer ensured that the finances are appropriately scrutinised, monthly 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 2022

#### **FUTURE PLANS**

In the coming year Mind in Kingston intends to:

- Apply for funding and income in line with the charity's strategic objectives, which focus on equality, cost of living crisis, young people, loneliness and isolation and partnership work across Kingston and southwest London
- Supplement income via other grant opportunities, donations and community fundraising events
- Monitor the impact and risks of the Cost of Living crisis on beneficiaries and work with partners to support people affected by the crisis
- Monitor the impact of the Cost of Living crisis on Trustees, staff and volunteers, and provide practical support (including salary reviews), advice and signposting
- 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.
- To implement lessons learned from the COVID pandemic, including how the charity plans for future pandemics

#### **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, in line with its Memorandum and Articles of Association.

Mind in Kingston's number of Trustees went down to 7 in the last financial year, with trustees providing a wide range of expertise to the board. Catherine Green stepped down in March 2022. Ms Green's extensive HR expertise provided the Board with valuable input and ensured that the Board and the CEO were able to make informed and fair decisions in relation to HR matters. Ms Green chaired the HR Sub-Committee and offered advice and guidance on HR matters, carried out regular reviews of policies and procedures and supported the recruitment, induction and salary reviews of staff. The Board was very sad to see Ms Green leave the charity, and wishes to formally thank her for her commitment, time and support to trustees and the wider team.

Recruitment for new trustees started during 2021-22 and Sophie Adam was recruited in March 2022. After attending the April Board meeting, she was formally appointed as a trustee in May 2022.

The trustees have a wide range of skills, including legal expertise, HR experience and financial expertise 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 more 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**

During the financial year, Mind in Kingston was managed by a Board of 7 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 a chair to oversee the board's activities and chair the monthly board meetings. Kevin Mitchell became the sole chair in March 2021 and remained in post throughout the financial year. Melissa Tanudirdja remained in post as the Treasurer.

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 22 staff, four of whom are full time with the remainder being part time. The Counselling & Wellbeing Manager oversees the Drop-in Café and Counselling Service and with the Finance Officer, they support the CEO to manage the charity's operations. Alfriston Outreach has a full-time Manager and a Deputy Manager overseeing the delivery of community outreach and support.

The Board meets approx.. every 6 weeks 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, a Trustee, 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, and 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 meets every 6-8 weeks and is chaired by a Trustee and attended by the CEO, the Communications Officer and the Outreach & Engagement Officer.

The Equality, Diversity and Inclusion Group was set up during 2021-22, and is focused on ensuring the charity increases diversity among the whole organisation, learns to recognise and address the barriers faced by people accessing mental health services and supports, challenges racism and discrimination and addresses accessibility issues. It became a sub-committee in 2022 to give the group more authority and make recommendations to the board. The committee meets every 6-8 weeks and is chaired by a Trustee, and membership is based on a rotation system to ensure that all trustees, staff and volunteers can take part in the group.

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**

The AGM for 2020-21 was held via the video platform Zoom. The Board made the decision based on the ongoing impact of COVID-19. This ensured that Mind in Kingston followed government COVID-19 measures as well as safeguarding the wellbeing of all those attending.

### **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.

## MIND IN KINGSTON

Report of the Trustees  
for the Year Ended 31 March 2022

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **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 South West London Clinical Commissioning Group, NHS Kingston, NHS South West London, Health Education England, South West London & St George's Mental Health NHS Trust, Tolworth Hospital, Kingston Voluntary Action, Staywell, Hestia, Kingston Advocacy Group, Kingston Carers Network, the Fircroft Trust, Kingston Bereavement Service, Refugee Action Kingston, Kingston Welcare, other local mental health groups, local community 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)

#### **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 K Mitchell Chair  
Mr G N Doyle Trustee  
Ms C E Green Trustee (resigned 16.3.22)  
Mr R L Kidger Trustee  
Ms B Dattani Parekh Trustee  
Ms C A M Tanudirdja Treasurer & Trustee  
Mrs S M Adam (appointed 25.5.22)

#### **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.

MIND IN KINGSTON

Report of the Trustees  
for the Year Ended 31 March 2022

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 19 October 2022 and signed on its behalf by:

Ms C A M Tanudirdja - Trustee

## MIND IN KINGSTON

### Statement of Trustees' Responsibilities for the Year Ended 31 March 2022

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 on 19.10.22 and signed on its behalf by:

C A M Tanudirdja - Trustee

### **Opinion**

We have audited the financial statements of MIND IN KINGSTON (the 'charitable company') for the year ended 31 March 2022 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 2022 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**

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

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

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

### **Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our 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 this gives rise to a material misstatement in the financial statements themselves. 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**

A description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our 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 FCCA (Senior Statutory Auditor)  
for and on behalf of Ark Accountancy  
Chartered Certified Accountant &  
Statutory Auditor  
31 Cheam Road  
Epsom  
Surrey  
KT17 1QX

28 November 2022



MIND IN KINGSTON

Statement of Financial Activities  
(Incorporating an Income and Expenditure Account)  
for the Year Ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		33,869	801	34,670	40,294
<b>Charitable activities</b>					
Promote recovery from mental distress		303,984	94,730	398,714	417,907
Other trading activities	2	31	150	181	316
<b>Total</b>		<u>337,884</u>	<u>95,681</u>	<u>433,565</u>	<u>458,517</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Promote recovery from mental distress		338,617	91,953	430,570	346,886
<b>NET INCOME/(EXPENDITURE)</b>		(733)	3,728	2,995	111,631
<b>Transfers between funds</b>	10	<u>(8,876)</u>	<u>8,876</u>	<u>-</u>	<u>-</u>
<b>Net movement in funds</b>		<u>(9,609)</u>	<u>12,604</u>	<u>2,995</u>	<u>111,631</u>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		303,493	77,438	380,931	269,300
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>293,884</u></u>	<u><u>90,042</u></u>	<u><u>383,926</u></u>	<u><u>380,931</u></u>

The notes form part of these financial statements

MIND IN KINGSTON

Balance Sheet  
31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	7	27,247	9,399	36,646	38,921
Cash at bank and in hand		279,894	128,360	408,254	357,641
		<u>307,141</u>	<u>137,759</u>	<u>444,900</u>	<u>396,562</u>
<b>CREDITORS</b>					
Amounts falling due within one year	8	(13,257)	(47,717)	(60,974)	(15,631)
		<u>293,884</u>	<u>90,042</u>	<u>383,926</u>	<u>380,931</u>
<b>NET CURRENT ASSETS</b>					
		<u>293,884</u>	<u>90,042</u>	<u>383,926</u>	<u>380,931</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>293,884</u>	<u>90,042</u>	<u>383,926</u>	<u>380,931</u>
<b>NET ASSETS</b>		<u>293,884</u>	<u>90,042</u>	<u>383,926</u>	<u>380,931</u>
<b>FUNDS</b>	10				
Unrestricted funds				293,884	303,493
Restricted funds				90,042	77,438
<b>TOTAL FUNDS</b>				<u>383,926</u>	<u>380,931</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 19 October 2022 and were signed on its behalf by:

Ms C A M Tanudirdja - 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.

**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**

	31.3.22	31.3.21
	£	£
Fundraising events	31	166
Mental Health Awareness	150	150
	<u>181</u>	<u>316</u>

**3. NET INCOME/(EXPENDITURE)**

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

	31.3.22	31.3.21
	£	£
Auditors' remuneration	4,200	4,000
Other operating leases	70,802	54,979
	<u>75,002</u>	<u>58,979</u>

**4. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**5. STAFF COSTS**

	31.3.22	31.3.21
	£	£
Wages and salaries	252,429	190,252
Social security costs	15,074	10,415
Other pension costs	6,540	5,070
	<u>274,043</u>	<u>205,737</u>

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

	31.3.22	31.3.21
Direct charitable work	8	5
Administration	2	2
	<u>10</u>	<u>7</u>

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

**6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	36,890	3,404	40,294
<b>Charitable activities</b>			
Promote recovery from mental distress	248,246	169,661	417,907
Other trading activities	166	150	316
<b>Total</b>	<u>285,302</u>	<u>173,215</u>	<u>458,517</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Promote recovery from mental distress	173,203	173,683	346,886
<b>NET INCOME/(EXPENDITURE)</b>	112,099	(468)	111,631
<b>Transfers between funds</b>	(10,106)	10,106	-
<b>Net movement in funds</b>	101,993	9,638	111,631
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	201,500	67,800	269,300
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>303,493</u></u>	<u><u>77,438</u></u>	<u><u>380,931</u></u>

**7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.22	31.3.21
	£	£
Trade debtors	16,724	23,811
Other debtors	3,203	3,203
Tax	80	386
Accrued income	2,740	9,802
Prepayments	13,899	1,719
	<u>36,646</u>	<u>38,921</u>

MIND IN KINGSTON

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.22	31.3.21
	£	£
Trade creditors	3,141	3,895
Social security and other taxes	5,893	4,026
Credit balances on sales ledger	-	15
Grants in advance	46,160	-
Accrued expenses	5,780	7,695
	<u>60,974</u>	<u>15,631</u>

**9. LEASING AGREEMENTS**

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

	31.3.22	31.3.21
	£	£
Between one and five years	<u>18,432</u>	<u>18,432</u>

**MIND IN KINGSTON**

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**10. MOVEMENT IN FUNDS**

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
<b>Unrestricted funds</b>				
General Fund	303,493	66,722	(102,622)	267,593
Carisbrooke	-	2,500	11,700	14,200
Housing Support Worker	-	(30,649)	30,649	-
Drop In Cafe Contract	-	(23,272)	23,272	-
Service User Involvement Service Contract	-	(22,454)	22,454	-
Counselling	-	(5,671)	5,671	-
Alfriston Outreach Service	-	12,091	-	12,091
	<u>303,493</u>	<u>(733)</u>	<u>(8,876)</u>	<u>293,884</u>
<b>Restricted funds</b>				
Mind Football Project	5,143	(3,866)	-	1,277
Mental Health Awareness Training Grant	240	(2,451)	2,211	-
Counselling	672	-	-	672
Wellbeing Wednesdays Project	-	(3,622)	3,622	-
Drop-In Peer Group Activity	15,084	(270)	-	14,814
Peer Support Project	4,233	(202)	-	4,031
Community Allotment	2,367	(58)	-	2,309
Counselling Grant	264	(1,223)	959	-
Suicide Prevention	5,930	-	-	5,930
Get set to go	6,473	(4,923)	-	1,550
Pace Setter	237	-	-	237
COVID19 Emergency fund	3,167	(1,179)	-	1,988
Creative Projects	2,456	(1,384)	-	1,072
Telephone Support Project - Loneliness	282	(33)	-	249
CAF Emergency Counselling Fund	1,011	-	-	1,011
Covid-19 Listening Service	1,825	(1,900)	75	-
National Lottery Counselling Fund	85	(236)	151	-
National Lottery Art Therapy and Creative Project	10,802	(2,573)	-	8,229
RBK Covid-19 Telephone Support Project	7,166	(158)	-	7,008
Southwest London Discharge Project	10,001	8,768	-	18,769
Physical Activity	-	4,934	-	4,934
Time to change	-	10,637	-	10,637
Korean Equality Fund (Magpie Project)	-	5,325	-	5,325
Children & young people Project	-	(1,500)	1,500	-
Kingston College Drop-in	-	(358)	358	-
	<u>77,438</u>	<u>3,728</u>	<u>8,876</u>	<u>90,042</u>
<b>TOTAL FUNDS</b>	<u>380,931</u>	<u>2,995</u>	<u>-</u>	<u>383,926</u>

**10. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General Fund	219,521	(152,799)	66,722
Carisbrooke	53,950	(51,450)	2,500
Housing Support Worker	50	(30,699)	(30,649)
Drop In Cafe Contract	-	(23,272)	(23,272)
Service User Involvement Service Contract	-	(22,454)	(22,454)
Counselling	4,860	(10,531)	(5,671)
Alfriston Outreach Service	59,503	(47,412)	12,091
	<u>337,884</u>	<u>(338,617)</u>	<u>(733)</u>
<b>Restricted funds</b>			
Mind Football Project	5,906	(9,772)	(3,866)
Mental Health Awareness Training Grant	150	(2,601)	(2,451)
Wellbeing Wednesdays Project	-	(3,622)	(3,622)
Drop-In Peer Group Activity	-	(270)	(270)
Peer Support Project	-	(202)	(202)
Community Allotment	-	(58)	(58)
Counselling Grant	10,105	(11,328)	(1,223)
Get set to go	-	(4,923)	(4,923)
COVID19 Emergency fund	-	(1,179)	(1,179)
Creative Projects	-	(1,384)	(1,384)
Telephone Support Project - Loneliness	-	(33)	(33)
Covid-19 Listening Service	-	(1,900)	(1,900)
National Lottery Counselling Fund	-	(236)	(236)
National Lottery Art Therapy and Creative Project	-	(2,573)	(2,573)
RBK Covid-19 Telephone Support Project	-	(158)	(158)
Southwest London Discharge Project	30,092	(21,324)	8,768
Physical Activity	11,000	(6,066)	4,934
Time to change	16,823	(6,186)	10,637
Korean Equality Fund (Magpie Project)	21,605	(16,280)	5,325
Children & young people Project	-	(1,500)	(1,500)
Kingston College Drop-in	-	(358)	(358)
	<u>95,681</u>	<u>(91,953)</u>	<u>3,728</u>
<b>TOTAL FUNDS</b>	<u>433,565</u>	<u>(430,570)</u>	<u>2,995</u>



**10. MOVEMENT IN FUNDS - continued****Comparatives for movement in funds**

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
<b>Unrestricted funds</b>				
General Fund	151,608	202,565	(113,197)	240,976
Carisbrooke	37,224	13,453	-	50,677
Housing Support Worker	-	(35,988)	35,988	-
CEO Contract	-	(45,556)	45,556	-
Drop In Cafe Contract	1,321	(22,738)	21,417	-
Service User Involvement Service Contract	-	(130)	130	-
Counselling	11,347	493	-	11,840
	<u>201,500</u>	<u>112,099</u>	<u>(10,106)</u>	<u>303,493</u>
<b>Restricted funds</b>				
Acute Recreation Service	2,340	(2,340)	-	-
Mind Football Project	2,968	2,175	-	5,143
Mental Health Awareness Training Grant	240	-	-	240
Counselling	672	-	-	672
Wellbeing Wednesdays Project	-	(2,863)	2,863	-
Mental Health Parliament	-	(27)	27	-
Arts & Music Festival - Grant	-	(7)	7	-
Drop-In Peer Group Activity	19,476	(4,392)	-	15,084
Peer Support Project	4,432	(199)	-	4,233
Community Allotment	2,367	-	-	2,367
Counselling Grant	1,312	(1,048)	-	264
Suicide Prevention	13,869	(7,939)	-	5,930
Get set to go	9,917	(3,444)	-	6,473
Pace Setter	10,207	(9,970)	-	237
COVID19 Emergency fund	-	3,167	-	3,167
Creative Projects	-	2,456	-	2,456
Covid-19 MIK Contingency Fund	-	(2,132)	2,132	-
Telephone Support Project - Loneliness	-	282	-	282
CAF Emergency Counselling Fund	-	1,011	-	1,011
Covid-19 Listening Service	-	1,825	-	1,825
National Lottery Counselling Fund	-	85	-	85
National Lottery Art Therapy and Creative Project	-	10,802	-	10,802
RBK Covid-19 Telephone Support Project	-	3,673	3,493	7,166
Southwest London Discharge Project	-	10,001	-	10,001
Mental Health Awareness Training Business	-	(1,584)	1,584	-
	<u>67,800</u>	<u>(468)</u>	<u>10,106</u>	<u>77,438</u>
<b>TOTAL FUNDS</b>	<u><u>269,300</u></u>	<u><u>111,631</u></u>	<u><u>-</u></u>	<u><u>380,931</u></u>

**10. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General Fund	216,785	(14,220)	202,565
Carisbrooke	59,021	(45,568)	13,453
Housing Support Worker	-	(35,988)	(35,988)
CEO Contract	-	(45,556)	(45,556)
Drop In Cafe Contract	2,341	(25,079)	(22,738)
Service User Involvement Service Contract	-	(130)	(130)
Counselling	7,155	(6,662)	493
	<hr/>	<hr/>	<hr/>
	285,302	(173,203)	112,099
<b>Restricted funds</b>			
Acute Recreation Service	(2,340)	-	(2,340)
Mind Football Project	8,454	(6,279)	2,175
Wellbeing Wednesdays Project	500	(3,363)	(2,863)
Mental Health Parliament	-	(27)	(27)
Arts & Music Festival - Grant	-	(7)	(7)
Drop-In Peer Group Activity	1,895	(6,287)	(4,392)
Peer Support Project	-	(199)	(199)
Counselling Grant	10,105	(11,153)	(1,048)
Suicide Prevention	11,111	(19,050)	(7,939)
Get set to go	16,733	(20,177)	(3,444)
Pace Setter	15,699	(25,669)	(9,970)
COVID19 Emergency fund	5,000	(1,833)	3,167
Creative Projects	5,000	(2,544)	2,456
Covid-19 MIK Contingency Fund	-	(2,132)	(2,132)
Telephone Support Project - Loneliness	9,918	(9,636)	282
CAF Emergency Counselling Fund	7,500	(6,489)	1,011
Covid-19 Listening Service	2,000	(175)	1,825
National Lottery Counselling Fund	43,006	(42,921)	85
National Lottery Art Therapy and Creative Project	11,484	(682)	10,802
RBK Covid-19 Telephone Support Project	12,038	(8,365)	3,673
Southwest London Discharge Project	14,962	(4,961)	10,001
Mental Health Awareness Training Business	150	(1,734)	(1,584)
	<hr/>	<hr/>	<hr/>
	173,215	(173,683)	(468)
<b>TOTAL FUNDS</b>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	458,517	(346,886)	111,631

MIND IN KINGSTON

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**10. MOVEMENT IN FUNDS - continued**

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

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
<b>Unrestricted funds</b>				
General Fund	151,608	269,287	(215,819)	205,076
Carisbrooke	37,224	15,953	11,700	64,877
Housing Support Worker	-	(66,637)	66,637	-
CEO Contract	-	(45,556)	45,556	-
Drop In Cafe Contract	1,321	(46,010)	44,689	-
Service User Involvement Service Contract	-	(22,584)	22,584	-
Counselling	11,347	(5,178)	5,671	11,840
Alfriston Outreach Service	-	12,091	-	12,091
	<u>201,500</u>	<u>111,366</u>	<u>(18,982)</u>	<u>293,884</u>
<b>Restricted funds</b>				
Acute Recreation Service	2,340	(2,340)	-	-
Mind Football Project	2,968	(1,691)	-	1,277
Mental Health Awareness Training Grant	240	(2,451)	2,211	-
Counselling	672	-	-	672
Wellbeing Wednesdays Project	-	(6,485)	6,485	-
Mental Health Parliament	-	(27)	27	-
Arts & Music Festival - Grant	-	(7)	7	-
Drop-In Peer Group Activity	19,476	(4,662)	-	14,814
Peer Support Project	4,432	(401)	-	4,031
Community Allotment	2,367	(58)	-	2,309
Counselling Grant	1,312	(2,271)	959	-
Suicide Prevention	13,869	(7,939)	-	5,930
Get set to go	9,917	(8,367)	-	1,550
Pace Setter	10,207	(9,970)	-	237
COVID19 Emergency fund	-	1,988	-	1,988
Creative Projects	-	1,072	-	1,072
Covid-19 MIK Contingency Fund	-	(2,132)	2,132	-
Telephone Support Project - Loneliness	-	249	-	249
CAF Emergency Counselling Fund	-	1,011	-	1,011
Covid-19 Listening Service	-	(75)	75	-
National Lottery Counselling Fund	-	(151)	151	-
National Lottery Art Therapy and Creative Project	-	8,229	-	8,229
RBK Covid-19 Telephone Support Project	-	3,515	3,493	7,008
Southwest London Discharge Project	-	18,769	-	18,769
Mental Health Awareness Training Business	-	(1,584)	1,584	-
Physical Activity	-	4,934	-	4,934
Time to change	-	10,637	-	10,637
Korean Equality Fund (Magpie Project)	-	5,325	-	5,325
Children & young people Project	-	(1,500)	1,500	-
Kingston College Drop-in	-	(358)	358	-
	<u>67,800</u>	<u>3,260</u>	<u>18,982</u>	<u>90,042</u>
<b>TOTAL FUNDS</b>	<u>269,300</u>	<u>114,626</u>	<u>-</u>	<u>383,926</u>

**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 £
<b>Unrestricted funds</b>			
General Fund	436,306	(167,019)	269,287
Carisbrooke	112,971	(97,018)	15,953
Housing Support Worker	50	(66,687)	(66,637)
CEO Contract	-	(45,556)	(45,556)
Drop In Cafe Contract	2,341	(48,351)	(46,010)
Service User Involvement Service Contract	-	(22,584)	(22,584)
Counselling	12,015	(17,193)	(5,178)
Alfriston Outreach Service	59,503	(47,412)	12,091
	<hr/>	<hr/>	<hr/>
	623,186	(511,820)	111,366
<b>Restricted funds</b>			
Acute Recreation Service	(2,340)	-	(2,340)
Mind Football Project	14,360	(16,051)	(1,691)
Mental Health Awareness Training Grant	150	(2,601)	(2,451)
Wellbeing Wednesdays Project	500	(6,985)	(6,485)
Mental Health Parliament	-	(27)	(27)
Arts & Music Festival - Grant	-	(7)	(7)
Drop-In Peer Group Activity	1,895	(6,557)	(4,662)
Peer Support Project	-	(401)	(401)
Community Allotment	-	(58)	(58)
Counselling Grant	20,210	(22,481)	(2,271)
Suicide Prevention	11,111	(19,050)	(7,939)
Get set to go	16,733	(25,100)	(8,367)
Pace Setter	15,699	(25,669)	(9,970)
COVID19 Emergency fund	5,000	(3,012)	1,988
Creative Projects	5,000	(3,928)	1,072
Covid-19 MIK Contingency Fund	-	(2,132)	(2,132)
Telephone Support Project - Loneliness	9,918	(9,669)	249
CAF Emergency Counselling Fund	7,500	(6,489)	1,011
Covid-19 Listening Service	2,000	(2,075)	(75)
National Lottery Counselling Fund	43,006	(43,157)	(151)
National Lottery Art Therapy and Creative Project	11,484	(3,255)	8,229
RBK Covid-19 Telephone Support Project	12,038	(8,523)	3,515
Southwest London Discharge Project	45,054	(26,285)	18,769
Mental Health Awareness Training Business	150	(1,734)	(1,584)
Physical Activity	11,000	(6,066)	4,934
Time to change	16,823	(6,186)	10,637
Korean Equality Fund (Magpie Project)	21,605	(16,280)	5,325
Children & young people Project	-	(1,500)	(1,500)
Kingston College Drop-in	-	(358)	(358)
	<hr/>	<hr/>	<hr/>
	268,896	(265,636)	3,260
<b>TOTAL FUNDS</b>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	892,082	(777,456)	114,626

**10. MOVEMENT IN FUNDS - continued**

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.

**11. RELATED PARTY DISCLOSURES**

MIND in Kingston is affiliated to National MIND. Affiliation fees for 2021/22 of £686 were accrued to National MIND (2020/21 £686).