



Solent

Annual Review
2016-17

Giving support, changing lives

**We're Solent Mind,
the leading mental health
charity across Hampshire.**

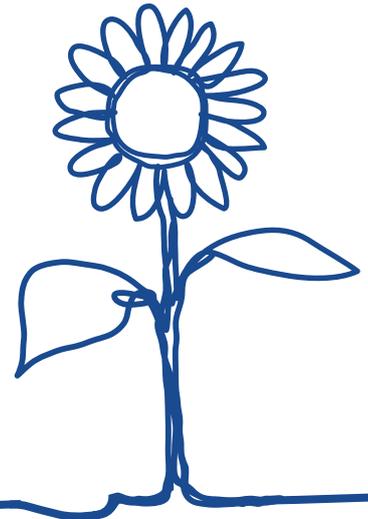
**We're here to make sure
anyone with a mental health
problem has somewhere to
turn to for advice
and support.**



Solent

**Thank you to Solent Mind
for helping me get to a better
place in my life.**

Portsmouth Employment
service user



Welcome from our Chair of the Trustees

I am delighted to introduce Solent Mind's Annual Review for 2016-17, a year of some major milestones.

On 31st March 2017 we said goodbye to our long serving Chief Executive Richard Barritt. Richard joined us in January 1997 and had overseen a period of significant development and growth for the charity.

During that same period, charities have faced much change in the world around them and this is particularly true for those supporting people with mental health difficulties. The shift from grant funding by local public services, to a market-driven world with competitive tendering for health and care services, is now the norm. We have adapted successfully to these changes and are delighted that we have won a further three year contact, in partnership with Southern Health NHS Foundation Trust, for the italk service in Hampshire.

Our advocacy partnership continues and we have joined with other local Minds in the tendering for wellbeing services in Hampshire. Since the year end we have learnt that our wellbeing tender was successful and we are delighted to be able to build on the work we have established in several different locations.

We have forged new and exciting partnerships with local employers including Ordnance Survey, Southern Co-operative and Westquay. Not only do these organisations help fundraise for us, but we are able to offer training and guidance on workplace wellbeing to them and their staff using our unique expertise in mental health awareness. We are hugely grateful for their support and that of all our donors throughout the year.

As another successful year ends we welcome Kevin Gardner as our new Chief Executive and thank Richard most warmly for his years of service to

Solent Mind. On behalf of the Board I also thank all our staff, volunteers and partners who work so hard to support people with mental health difficulties, their families and carers.

Ros Cassy

OBE
Chair of Trustee Board



... and our Chief Executive

It's an honour for me to be welcoming you to Solent Mind's Annual Review, as the new Chief Executive. This is a very exciting time to be joining our organisation. Almost every day now, mental health is featuring in the daily news agenda. Awareness is growing, public attitudes are changing, and stigma is reducing, with more and more figures in public life openly sharing their experiences. The Government's acceptance of the recommendations of the Five Year Forward View for Mental Health creates a wonderful opportunity for health and social care partners to work together in a more co-ordinated way, through sustainability and transformation partnerships, to bring about better outcomes for individuals experiencing mental health issues. The upcoming review of the Mental Health Act and green paper on children and young people, offer further opportunities to address decades of inequality and achieve sustainable long term change. Our passion and values, reputation, professionalism, good governance and financial control, close community ties and richness of lived experience at our core, mean Solent Mind is excellently placed to bring our influence to bear and help shape the future.



I wish to record my thanks to our trustees, staff and volunteers, whose passion and commitment has never failed to impress me. Most of all, though, I am continually inspired by those individuals who have achieved positive change in their lives through engagement with our services. You can read a selection of their personal stories in the pages ahead.

A handwritten signature in yellow ink, which appears to read 'K Gardner'.

Kevin Gardner, Chief Executive

 [@SolentMindCEO](https://twitter.com/SolentMindCEO)

Solent Mind

We provide support and services to help anyone experiencing mental health problems in Hampshire, Southampton and Portsmouth. We won't give up until everyone experiencing a mental health problem gets support and respect. We're part of a network of 136 local Minds in England and Wales, which are independent charities. We have our own board of trustees, and raise our own funds. We tailor our support to the needs of people living in Hampshire.

Our Mission

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Our mission is reviewed regularly as part of our overall business planning process, involving trustees, staff and service users in making sure our direction is the right one.

Our Values

Supporting our mission are our values, the ethical framework within which we operate our organisation:

Open

We reach out to anyone who needs us.

Together

We're stronger in partnership.

Responsive

We listen, we act.

Independent

We speak out fearlessly.

Unstoppable

We never give up.

By 2020, in the communities in which we work, we want:

- > Everyone with a mental health issue to trust Solent Mind to be on their side, and be able to support them or to find support for them.
- > Everyone supported by Solent Mind to know how they can achieve good mental wellbeing.
- > People with lived experience to share the power to design, deliver and lead mental health services.



Highlights 2016/17

April 2016

Louisa Emery skydives to raise funds for us.



May 2016

Our Cornerstone service begins, supporting families in Portsmouth affected by mental illness.

June 2016

Our new Remind Dementia Service team become Dementia Champions. Gardening on Prescription begins at Mayfield Nurseries.

July 2016

We launched our new Portsmouth Advocacy Service.

August 2016

Eastleigh Wellbeing Centre holds an open day, raising funds for their gardening group.

Hurst Point Yachts donate sailing trips to our service users.

September 2016

We hold the Mindfest music and fundraising event at the Wedgewood Rooms, Portsmouth.

SO18 Big Local funding allows us to begin our Hand in Hand peer support group.

October 2016

We launch our newest Wellbeing Centre in Portsmouth.



November 2016

Hampshire County Council award us a grant to try out new ways of improving wellbeing for individuals and communities through the Community Connectors project.

December 2016

Southampton Uni Mind Society students hold a sponsored Santa Walk.



January 2017

We are awarded the new italk talking therapies contract in partnership with Southern Health NHS Trust.

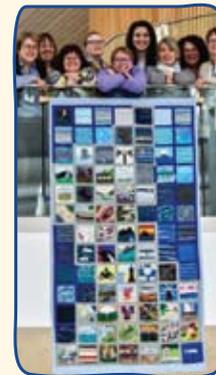
February 2017

Mayfield Nurseries is awarded Comic Relief funding to help grow its services to the Southampton community.

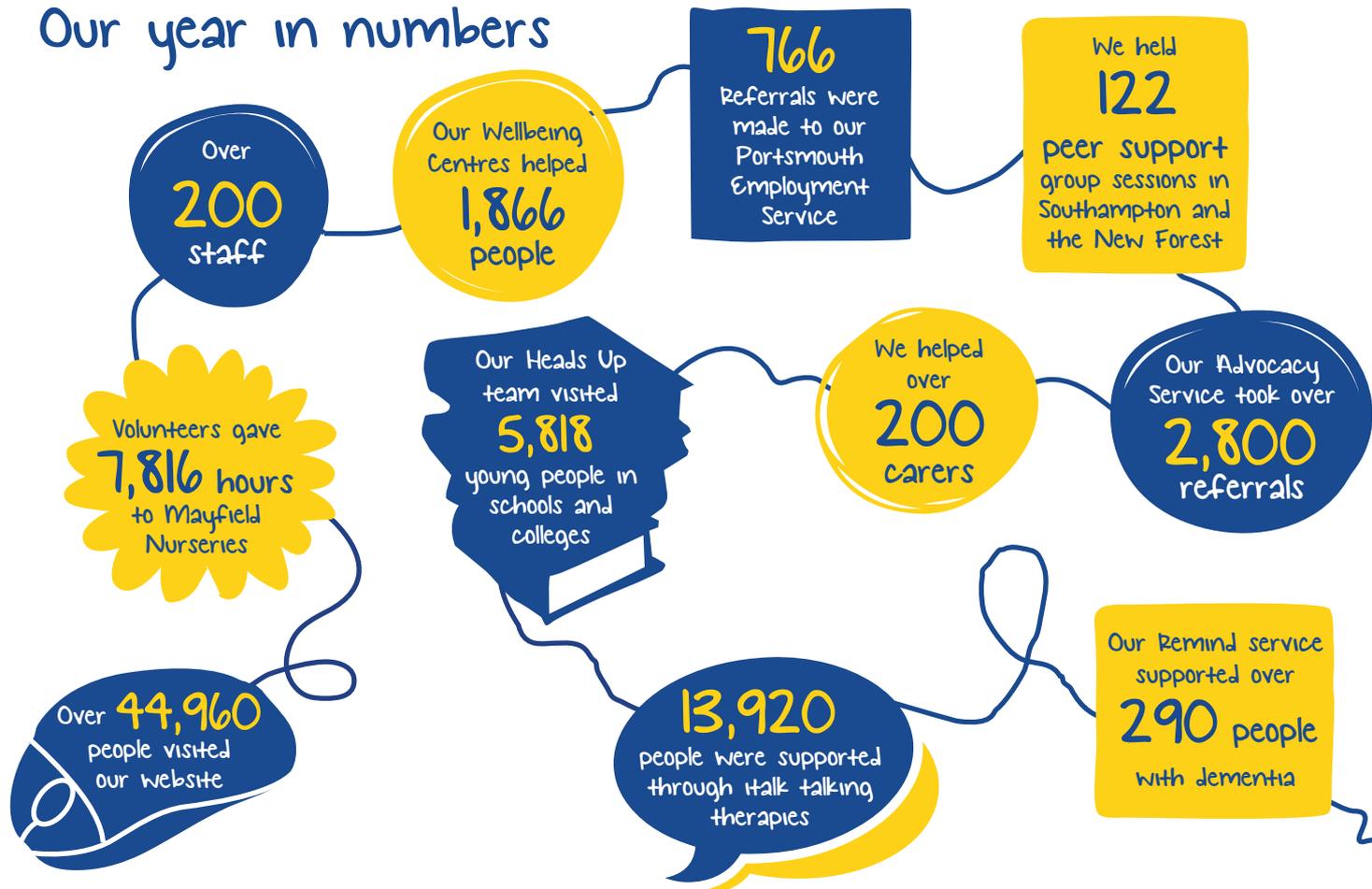
March 2017

We say good bye to Richard Barritt and welcome Kevin Gardner as our new CEO.

Ordnance Survey's Craft Club auctions its Great British Craftography Map to raise funds for us.



Our year in numbers



We've helped people to be heard

Our Advocates support people in times of need. Having a mental health problem can mean that you are not offered the choices you would like, or that you have difficulty in expressing your opinions. Our Advocacy teams across Hampshire, Portsmouth and Southampton have helped people to express their views, exercise their rights, and access services and information.

Working in the local community, hospitals and mental health units, we are now a lead provider of advocacy services in partnership with Choices Advocacy, Havant and East Hants Mind, Speakeasy Advocacy and Winchester Gold. We continue to give Independent Mental Capacity Advocacy support, helping people to return home after hospitalisation, and provide Independent Mental Health Advocacy support to people detained under the Mental Health Act in ten acute units across the region.

Our team of Advocacy volunteers play an important role in visiting people in care homes and hospitals to ensure their rights are being upheld and they are being treated fairly.

The service continues to grow and in July 2016 we launched our new Portsmouth Advocacy Service with Choices Advocacy.

Looking forward

We look forward to continuing to work with our partner advocacy organisations to promote the rights of vulnerable people across the region.

In the last year,
we supported over

1,970

vulnerable
people



**It's really good talking to you
and you listen without judging
me. Sometimes that is all I
need, someone to just listen
and not tell me what to do.**

Young person supported by our Independent
Mental Health Advocate in an adolescent
secure unit.

We've improved people's wellbeing

If you're living with a mental health problem, getting support with your wellbeing can help you cope with day-to-day life. Our friendly and welcoming Wellbeing Centres in Eastleigh, Fareham and Gosport, the New Forest, Portsmouth and Winchester offer a busy programme of groups and activities.

We help people learn new skills, support each other and learn techniques to improve and maintain their wellbeing. From managing anxiety and building confidence, to mindfulness, yoga and relaxation techniques, we help people build on the five steps to wellbeing: Connect, Give, Notice, Be Active, Learn.

Our growing number of peer-led groups, run by and for people with mental health issues, give people the opportunity to share their personal experiences. Over the next year we will be offering more opportunities for people to get active and connect with others through peer support.

Our partnerships with other agencies have helped us to give advice on accessing benefits, housing and living skills, and overcoming barriers to employment, education and training.



Looking forward

We are delighted to have been awarded a new wellbeing service contract from Hampshire County Council. Working in partnership with Andover and Havant & East Hants Minds, we will continue to develop and expand our wellbeing services across all our centres.

Fareham and Gosport
Wellbeing service
held over

1,100

different group sessions

I came here stressed out of my head. After two courses I feel more relaxed and able to enjoy the groups... I feel progress has been made.

Eastleigh and Winchester Wellbeing service user

The belief and enthusiasm of the staff at the wellbeing centre helped me on the way to recovery.

Fareham and Gosport Wellbeing service user

Wellbeing is my lifeline, going to Marcella House makes me want to leave the house and see the fantastic people I have met along the way.

New Forest Wellbeing service user

When I started the group I was off work due to stress... I am now back in full time employment and enjoying my job again. Through the work that I have done with Mind my life has changed for the better, giving me more confidence. I will always be indebted to Mind.

Winchester Wellbeing service user



We've helped people to bloom

Mayfield Nurseries is a friendly, supportive community, helping people to gain new skills, improve their mental health and build confidence to make a lasting change in their lives. As a social enterprise and subsidiary charity of Solent Mind, the proceeds of our plant nursery are ploughed back into running our services.

This year we launched our Gardening on Prescription service, reaching out to people with mild to moderate mental health issues with fantastic results. Supporting 32 people over three, ten week programmes, 100% of participants improved their mental wellbeing as a result, proving that being outdoors, learning skills and meeting others is an effective early intervention in mental health recovery. Our Forget Me Nots group continues to provide support for people with dementia through gardening.

Looking forward

Thanks to funding from HealthShape we will be running new peer support groups at Mayfield, and a grant from Comic Relief is helping us grow our mental health and dementia services to the Southampton community.

We supported

68

people experiencing mental health issues and dementia this year

93%

of service users told us their mental health was improved, and 98% told us their confidence had improved.



Melanie's story

Melanie joined Mayfield Nurseries in March 2016 following a particularly difficult period coping with bipolar disorder. She found the periods of depression, followed by periods where she did 'far too much,' extremely hard to deal with.

At Mayfield, Melanie volunteered with the Forget Me Nots dementia service as a support buddy and as a peer support volunteer. Melanie told us that working with people at Mayfield gave her non-judgemental support and an insight into her own mental health which she could reciprocate to others.

Melanie says being at Mayfield has opened up a different view on life and she can appreciate what is around her.

Mayfield has given me hope for the future and a better quality of life. I can start to think ahead about going back to work part time.

Melanie



We've supported people in Portsmouth

Getting the right kind of support when you have a mental health problem can make a big difference to your recovery. Our Portsmouth Support and Recovery Service is a unique partnership with Solent NHS Trust which helps people access a range of services:

Our **Support Time Recovery** team helps people to overcome difficulties they may be experiencing in their day-to-day lives. Working in partnership with NHS Community Mental Health Teams, we give people the tools to maintain their own wellbeing. 98% of people we supported this year said working with the Support Time Recovery team had positively impacted their mental health.

Carol's story

When Carol needed help to overcome social anxiety, her Care-Coordinator referred her to our Support Time Recovery team. Carol had been struggling to leave her house, but we helped her create a Support Plan and introduced her to a local healthy walks group. Nine months on she is still engaging with the walking group and goes out independently, involving herself in other community activities.

Our **Portsmouth Wellbeing Centre** first opened its doors in October 2016, and this service has quickly grown into a welcoming space in the local community where people can share their experiences, support one another and learn techniques to improve their wellbeing. A varied programme of workshops and groups take place every week, with many activities being accessed through self-referral.



1,015
people have come to our Wellbeing Centre courses this year

I feel comfortable here, it's a safe environment where I feel valued and listened to, I'm so glad we have this.

Portsmouth Wellbeing Centre service user

Our **Peer Support Service** gives people an opportunity to share similar experiences, giving and receiving hope and inspiration. Working within NHS mental health teams, we offer a range of peer support groups including dog walking, dealing with stress & anxiety, assertiveness and creative activities. Our workshops at Portsmouth Wellbeing Centre have been popular, and we look forward to expanding the variety of peer support groups offered.

Recovery can feel like pushing a rock up a hill - peer support feels like helping hands that made the load lighter.

Portsmouth Peer Support service user



Cornerstone is a unique service for families in Portsmouth affected by parental mental illness. We worked with children and parents to improve understanding of mental illness and reduce the impact a parent's mental illness can have on a child or young person's start in life. Our monthly social group 'Kidstime' gave families the opportunity to meet other parents and children who shared similar experiences to themselves. This service closed in May 2017 when its funding came to an end.

I know talking to others that I'm not alone in my mental health.

Cornerstone Kidstime social group service user

Cornerstone supported

50

children and young people caring for a parent with mental illness

Solent Recovery College provides courses for people with mental health problems, as well as their families, friends and carers. The College is a partnership between Solent Mind, Solent NHS Trust and Highbury College. Sessions are designed to help people understand their mental health issues, building knowledge and skills to help in their recovery and plan for their future.

We are working to develop our partnerships with other services, such as substance misuse and physical health, and will be reaching out to new parts of the community.

There is a world of difference between just knowing something and sitting in a room and learning with people who are in the same boat as you. There is something about that that really helps fix your own boat and help others to fix theirs.

Solent Recovery College student

947

Students enrolled at Solent Recovery College this year



Our **Portsmouth Employment Service** works in partnership with Adult Mental Health NHS colleagues and the Talking Change Improving Access to Psychological Therapies (IAPT) service, to help people with employment issues. In the last year we have supported 78 people into paid employment and have helped 80 people to retain their jobs. We have also helped people with voluntary work, training and education.

As employers become more aware of the value of workplace wellbeing, we will be reaching out to local businesses to offer support and guidance around mental health issues.

I would like to thank you for all your help, your advice has been paramount to my return to work - many thanks.

Portsmouth Employment service user

We've been there to talk to

Having someone to talk to when you're feeling anxious, low or stressed can help you get things back on an even keel. Our italk talking therapies service gives practical help and support towards getting back on your feet again. Working in partnership with Southern Health NHS Foundation Trust, italk is a free service which helps with many common issues including depression, anxiety, stress, phobias and obsessive compulsive disorder. All our treatments are approved by the National Institute of Clinical Excellence.

Our team of Employment Advisors support people to retain employment when struggling with depression and anxiety, and our Managing Moods groups help people learn coping strategies and become managers of their own wellbeing needs. We also offer Brighter Life groups designed especially for older people. Our Psychological Wellbeing Practitioners can offer one-to-one support for individuals, teaching skills for life helping people to stay well over time.

You can access italk services via the telephone, through groups, face to face, or online through the SilverCloud platform. This year we have also taken italk presentations and workshops to schools and colleges, businesses, health and social care events.



italk has been just brilliant. I can now talk myself out of worrying and can challenge the worries I have. It was great just being able to listen and I noticed that I am not alone – it was so refreshing to see that others go through the same things, so I am glad you talked me into attending the group. I have to say italk just gave me what I needed when I needed it. I needed someone to listen and I needed help with my work situation and I can't believe I actually got both. I was stuck in a hole and italk showed me the way out of it.

italk Managing Moods group and Employment Advice

Looking forward

The italk service, along with our Southern Health Foundation NHS Trust colleagues, will be moving to new hubs in Gosport, Basingstoke and Eastleigh, enabling better communication, collaboration and opportunities for responding to local needs.



We supported over

13,920

people in Hampshire
last year

We've supported people with their housing problems

When you are unwell you may feel less able to cope with day to day things. Practical problems, like unsuitable housing conditions, the threat of homelessness or lack of money, can become an issue when you are dealing with mental health problems too. Our Floating Support Service helps people with mental health issues in Southampton to find accommodation and supports those who are in unsuitable housing to move to more suitable properties.

Working alongside people to help them take control of their benefits, debt management and budgeting, the Floating Support team achieved amazing results in appeals made to benefits decisions.

During the past year the service received 275 new referrals, and a donation was used to run a short series of Wellbeing Workshops for service users.

Looking forward

After over 15 years as a Solent Mind Service, Floating Support transferred to Home Group following a tendering process.

**You have been
an anchor and
a godsend.**

Floating Support service user

The Floating Support
team raised over

£8,600

in grants for essential
items for service users,
including white goods
and furniture, carpets
and curtains.

We've supported carers

Caring for someone with mental health problems can mean a range of things, from practical tasks to giving emotional support. Helping someone else as their carer can be an uphill struggle and sometimes people neglect their own mental and physical needs. Our Carer Support Service has helped people through one-to-one support, carers assessments, information groups and coffee mornings. In the past year, we have supported over 200 carers.

Working closely with Community Mental Health Teams and our Wellbeing Centre staff, we provide carer respite and preventative support. We listen to carers' needs and give information and training to improve carers' knowledge and wellbeing.

Looking forward

We are looking forward to supporting carers through our Wellbeing Centres.



We've helped people with dementia in Portsmouth

Receiving a diagnosis for dementia can be a difficult time for people and their friends and family. Our friendly Remind dementia service supports people in Portsmouth who are living with dementia and those who care for them. Working in partnership with SCA Group and Rowans Hospice, and funded by Portsmouth Clinical Commissioning Group, Remind staff tailor their help to suit individual needs and ensure people have all the support and information they need.

We are also working to make Portsmouth a Dementia Friendly City. By engaging with local businesses and community services, we are helping people to have a better understanding of how they can support people with dementia and their carers.

Looking forward

We are starting regular drop-in sessions for people with dementia and their friends and family, to share information, advice and support.



Supporting you through
your dementia journey

Through the Dementia
Friends information sessions,

150

people have signed up to the
scheme this year

The team arranged support as soon as they visited. I am now attending an activity group... I feel much happier now about dementia as I was very scared before.

Remind service user



We've helped people support one another

Peer support groups give people the opportunity to give and receive help in a supportive environment with others who've had similar experiences.

Our Side by Side community peer support project in Southampton and the New Forest, funded by the Big Lottery, continued to grow throughout the year, offering groups, social activities and one-to-one support, all run by and for people with personal experience of mental health issues. We also held Side by Side events and training sessions for local groups and organisations interested in developing peer support themselves.

Side by Side will continue into 2018, thanks to support from Southampton Integrated Commissioning Unit and West Hampshire Clinical Commissioning Group, after the Big Lottery funding ended in 2017.

In the autumn of 2016 we launched Hand in Hand, our peer support project funded by the SO18 Big Local programme. Our Hand in Hand groups meet fortnightly in Townhill Park and Harefield, and offer a warm welcome to local people who feel lonely, anxious, depressed or isolated.

Looking forward

Our organisation-wide Peer Support Strategy underpins the development of peer support within Solent Mind in the year ahead.

I was in danger of feeling totally alone and socially isolated. My self-esteem was shot. Now things feel different – and that's a big step.

Peer support participant

During its two years of Big Lottery funding, Side by Side worked with

223 | **49**
individuals | organisations



We've helped young people

Being a young person today has lots of challenges. Pressure from exams, personal relationships and life's ups and downs can lead to difficulties with people's wellbeing. Heads Up works in local schools, colleges and universities to inform and educate young people about their wellbeing and mental health. We challenge stigma and equip people with coping strategies so that they can manage their own wellbeing.

Our staff and volunteers have lived experience of mental health issues and believe passionately that early intervention is the key to helping young people understand their mental wellbeing. Through workshops, presentations and group work, Heads Up helps children and young people feel more empowered, resilient and confident in identifying mental ill health, gaining better understanding of how they are feeling, and having the ability to ask for help.

Looking forward

The service has now been funded by Southampton City Council Child and Adolescent Mental Health Services to expand our work from the New Forest in to Southampton, delivering Heads Up in 30 primary schools and 12 secondary schools.

Abigail works with me to support the Ballard School PSHE* programme. She delivers a variety of sessions to our various age groups on mental health issues. Her delivery is excellent and she is always well received by both staff and pupils. She is so well respected that a House has decided to support the Solent Mind charity this academic year.

Andy Marshall
Senior Teacher, Ballard School, New Milton

*Personal, Social, Health and Economic education

Last year we saw

5,818

students
in New Forest schools
and colleges





I first met Abby when I was 17 and in my second year of college. I didn't know it properly at the time but I was dealing with particularly difficult bouts of depression and anxiety. I was at a point in my life where I felt extremely isolated and focused the majority of my time on trying to keep up appearances and assuring people that I was "normal" and nothing was wrong with me. That all changed when I met Abby. We started having one-to-one sessions which helped me immensely. It felt like for the first time someone understood me and what I was saying even if I didn't understand it myself. She taught me ways to cope with things and did everything she could to encourage me to seek out extra support.

Ultimately, without the Heads Up project and their support I can honestly say I would definitely not be at this point in my life. I would never have had the courage to attend university and I probably would still be at the point where I would be pretending I'm okay when I really am not. My hope is that there will always be support available to young people who are struggling with their mental health just as much as I was only a few years ago, and that this can all be achieved through work carried out in Heads Up.

Heads Up volunteer

Upturn helps young people aged between 14 to 18 years, living in Fareham or Gosport, who are struggling with mental health issues. Working through one-to-one sessions, group work and workshops, we help people address their feelings and learn tools to keep them well when life feels tough.

The young people we meet may be struggling with a range of issues, including depression, self-harm, psychosis, domestic abuse and bullying. We offer support from our Fareham Wellbeing Centre and also work in local schools and colleges. Our parent support group helps us to have an holistic approach to supporting people experiencing mental health issues within their families.

Looking forward

We are excited to be extending the Upturn service to children as young as eight, offering classroom sessions teaching wellbeing skills for life.

In ten months,
we responded to

168

referrals

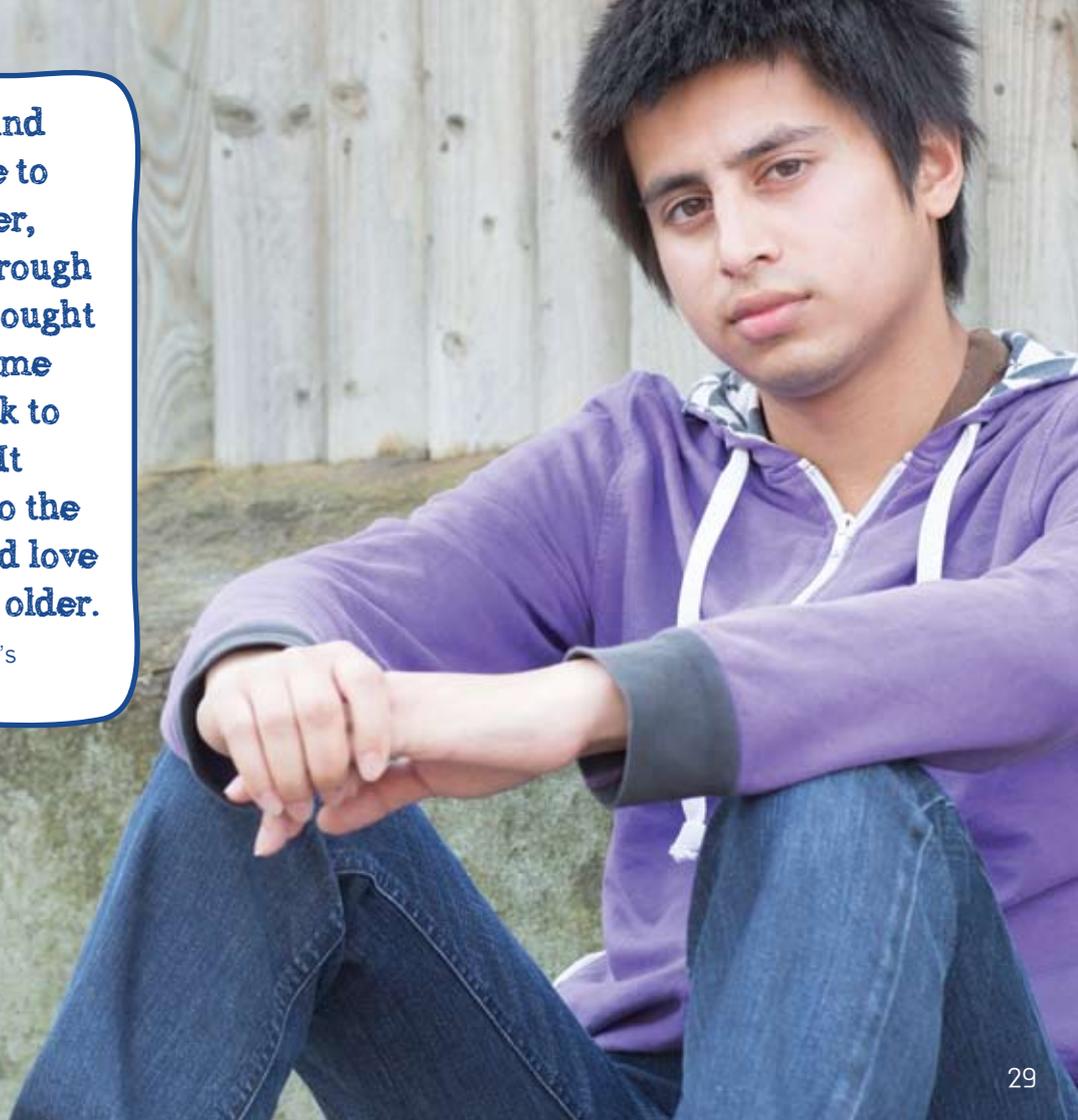


Being part of this group has helped me so much in dealing with my son's depression.

Parent, Upturn young people's service

Hannah was very kind and listened to me, I felt free to discuss anything with her, and was able to work through my problems. I never thought I would feel like the old me again, but I am now back to better than my old self. It has been great coming to the wellbeing centre, I would love to work here when I am older.

Young person, Upturn young people's service



Your support helps us change lives

We are very grateful to the many people who have supported our services through volunteering and fundraising activities this year. Fundraising enables us to offer more help and a wider range of services, so a huge thank you to all those individuals, organisations and community partners who have helped us.

I thought of all the people that have sponsored me, the people I've met through Solent Mind in Eastleigh and the people who continue to benefit from Solent Mind... and I just kept swimming!

Ele Jump swam around Bournemouth Island in September 2016, raising over £400 for us.

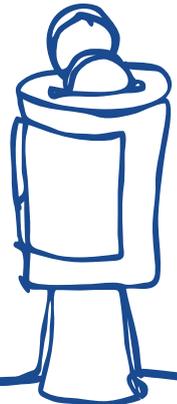


Our corporate partners have given us terrific support over the past year, through donations, fundraising and in-kind projects. We were thrilled when employees at Ordnance Survey chose us as their charity of the year for a second year, and Westquay invited us to join them in a charity partnership.

We have also been delighted to run mental health awareness training for a number of organisations, including Ordnance Survey and Southampton Solent University, helping employers and employees improve their workplace wellbeing.

Each year at Westquay, we select local charities to support... Solent Mind is a great cause whose work addresses issues around mental health and provides people with services that can really help. We hope our collaboration with the charity will help people to be even better informed about their wellbeing and help to challenge stigma.

Andy Collyer, Westquay General Manager,





Emma Tyler at Ordnance Survey raised nearly £900 for us running the London Marathon.

Looking forward

We look forward to continue developing our new partnerships over the coming year. Working with the Southern Co-operative in the 'Love Your Neighbourhood Campaign' will enable us to bring peer support to more local communities. At Mayfield Nurseries, funding from Comic Relief is helping us to expand the services we provide there, and we are delighted that Carnival UK has chosen Mayfield as its charity of the year.

Your support makes a real difference

Please contact our friendly team on fundraising@solentmind.org.uk or call us on 023 8202 7810.



Ordnance Survey volunteers kindly refurbished our Eastleigh Wellbeing Centre training room.

Financial Reports

“In our opinion the financial statements give a true and fair view of the state of the charitable company and charitable group’s affairs as at 31st March 2017 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended.”

P E H Wright FCA DChA (Senior Statutory Auditor) for and on behalf of Sheen Stickland, Chartered Accountants, Registered Auditors.

A copy of the Report to the Trustees and Audited Financial Statements for 2016-17 is available on our website www.solentmind.org.uk, or by request from Solent Mind, 15-16 The Avenue, Southampton, SO17 1XF.

Solent Mind

Consolidated Statement of Financial Activities For the year ended 31st March 2017

	2017 Total	2016 Total
	£	£
INCOME AND ENDOWMENTS FROM		
Donations and legacies	92,062	74,897
Charitable activities	5,661,213	5,716,552
Other trading activities	179,224	134,410
Investment income	2,165	5,461
Total	5,934,664	5,931,320
EXPENDITURE ON		
Raising funds	154,195	145,683
Charitable activities	5,893,792	5,814,785
Total	6,047,987	5,960,468
NET INCOME	(113,323)	(29,148)
Gains revaluation of fixed assets	-	308,663
Actuarial losses on defined benefit schemes	(4,736)	(18,106)
Net Movement in funds	(118,059)	261,409
Total funds brought forward	2,412,404	2,150,995
TOTAL FUNDS CARRIED FORWARD	2,294,345	2,412,404

All income and expenditure has arisen from continuing activities.

Solent Mind

Balance sheet

For the year ended 31st March 2017

		GROUP		CHARITY	
		2017	2016	2017	2016
		£	£	£	£
FIXED ASSETS		1,956,531	2,006,380	1,952,276	1,998,568
CURRENT ASSETS	Stock	37,668	33,731	-	-
	Debtors	617,311	684,720	609,076	681,146
	Cash at Bank	845,556	1,025,358	783,494	971,185
TOTAL CURRENT ASSETS		1,500,535	1,743,809	1,392,570	1,652,331
CREDITORS – Amounts falling due within one year	Creditors	(443,462)	(391,413)	(431,338)	(375,056)
	Deferred Income	(273,889)	(412,993)	(252,999)	(400,460)
	Mortgage	(19,777)	(18,774)	(19,777)	(18,774)
NET CURRENT ASSETS		763,407	920,629	688,456	858,041
TOTAL ASSETS LESS CURRENT LIABILITIES		2,719,938	2,927,009	2,640,732	2,856,609
CREDITORS – Amounts falling due after more than one year	Deferred Income	-	(63,462)	-	(63,462)
	Mortgage	(291,223)	(312,037)	(291,223)	(312,037)
PROVISION FOR LIABILITIES		(50,000)	(50,000)	(50,000)	(50,000)
PENSION LIABILITY		(84,370)	(89,106)	(84,370)	(89,106)
TOTAL NET ASSETS		2,294,345	2,412,404	2,215,139	2,342,004
FUNDS	Endowment funds	650,518	660,000	650,518	660,000
	Restricted funds	196,800	232,524	196,800	232,524
	Unrestricted funds	1,126,072	1,198,925	1,046,866	1,128,525
	Revaluation reserve	320,955	320,955	320,955	320,955
TOTAL FUNDS		2,294,345	2,412,404	2,215,139	2,342,004

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

Trustees

The following were Trustees of the Charity and Directors of the Company during the year ended 31st March 2017.

Chair Ros Cassy OBE

Vice Chair Richard Coundley (October 2016 to present)
Chris Martin (to October 2016)

Treasurer Peter Hanlon

.....

Bryan Palmer
Chris Martin
Claire Duncan
Fiona Hartfree
Jack Wiseman
Julie Todd
Matthew York (to October 2016)

.....

Chief Executive and Company Secretary Kevin Gardner (March 2017 to present)
Richard Barritt (to March 2017)

The following provide services to the charitable company:

Auditors Sheen Stickland, 7 East Pallant, Chichester, West Sussex, PO19 1TR

Bankers Unity Trust Bank, 9 Brindleyplace, Birmingham, B1 2HB

Handelsbanken, 3 Charlton Crescent, Southampton, SO15 2EY

Solicitors Lester Aldridge, Russell House, Oxford Road, Bournemouth, BH8 8EX

Blake Morgan, Harbour Court, Compass Road, North Harbour, Portsmouth, PO5 4ST (to March 2017)

Moore Blatch, 11 The Avenue, Southampton, SO17 1XF

I have a much better understanding now of why I feel like I do, I will be recommending this service to others.

Fareham and Gosport Wellbeing Service

Attending Marcella House has made me feel empowered about my recovery and I have hope for my future.

New Forest Wellbeing Service

I know for certain that I would have had a complete breakdown without Mind.

Floating Support Service

Thank you for all your help, I am so happy I was referred to this service. I am going to go home with a huge smile on my face.

Portsmouth Employment Service





We're Solent Mind, the leading mental health charity across Hampshire. We're here to make sure anyone with a mental health problem has somewhere to turn to for advice and support.

Solent Mind
15-16 The Avenue
Southampton
SO17 1XF

t: 023 8202 7810
e: info@solentmind.org.uk
w: www.solentmind.org.uk

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