



for better mental health

Solent



Annual Review
2017-18

Giving support, changing lives

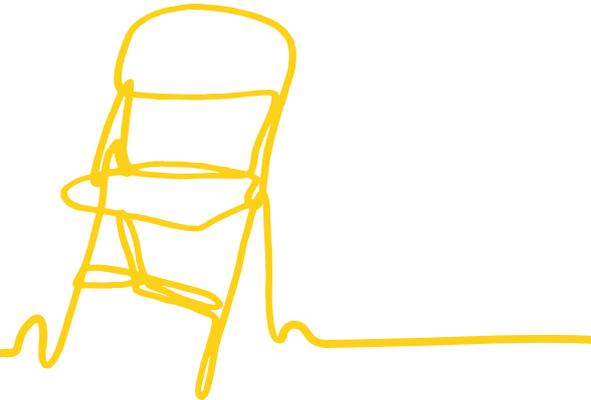
We're Solent Mind,
the leading mental health
charity across Hampshire.
We're here to make sure
anyone with a mental health
problem has somewhere to
turn to for advice
and support.

**Just knowing this place is
here keeps me safe.**

Portsmouth Wellbeing Centre service user



Solent



Welcome from our Chair of Trustees

I am delighted to introduce Solent Mind's Annual Review for 2017-18. Over the 9 years I have been a trustee I have seen Solent Mind grow and develop in a remarkable way. It is now a substantial service provider of mental health services but still retains its charitable ethos in the informal as well as formal support it provides to those with mental health problems.

This year has been a year of consolidation and new initiatives. This includes renewal of the Board with the appointment of five new trustees who bring skills of human resources, including working with diverse groups and individuals, digital marketing and organisational development. Together with our established trustees we have all assessed the Board against the principles of the new Code of Governance and will continue to work to strengthen these principles in all our activities. We are increasingly focused

on assessing the impact of our work on those with mental health problems.

We retain a strong emphasis on our commitment to people with lived experience sharing the power to design, deliver and lead mental health services and pride ourselves on listening to our service users and working with them in developing services. We have an excellent Service User Forum who feed in to our discussions.

None of our work is possible without the generosity of our funders including some brilliant corporate partners, nor the dedication and commitment of our staff and volunteers – over 300 people working tirelessly for people with mental health difficulties. On behalf of the Board I thank them most warmly, it has been a pleasure and privilege to work with them all.

Ros Cassy

OBE
Chair of Trustee Board



... and our Chief Executive

It is with tremendous pride that I welcome you to Solent Mind's Annual Review for 2017-18.

Our world continues to be one shaped by political turbulence and economic uncertainty. Reduced investment in public services, alterations to benefits entitlement, changes in demographics and increased demand are placing great pressure on the NHS and local authorities to meet needs for health, housing and care. Despite Government promises of funding, concerns and lack of transparency persist as to whether these translate into actual increases in resources for the 1 in 4 people who experience issues with mental health. Charities also face growing challenges, the Oxfam revelations in the past year prompting us to further review our safeguarding practices, to give assurance these remain suitably robust.

And yet, every day our services are helping people make a positive difference to their lives. As Hampshire's leading mental health charity, we influence policy and decision making, ensuring the voice of lived experience is at the heart of service planning. We promote awareness of mental health issues and challenge stereotypes, to reduce stigma. All of this happens through the dedication and commitment of our trustees, staff, volunteers, members and service users – the heart and soul of Solent Mind - to whom I express my utmost gratitude and admiration.



Kevin Gardner
CEO

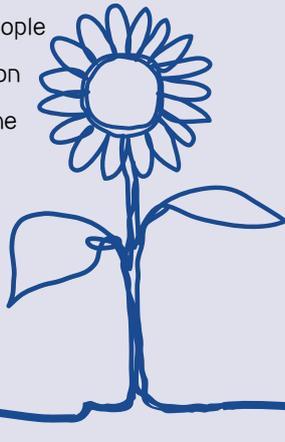
 @SolentMindCEO

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 135 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.

In 2017-18 we adopted our 2020 Plan, focusing on:

- Campaigning and influencing
- Diversity and equality
- Children and young people
- Research and evaluation
- Diversification of income
- Workforce wellbeing
- Communications
- Digital



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.

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.

Contents

Our year in numbers	7
Highlights 2017/18	8
We've helped people to be heard	10
We've helped people's wellbeing	12
We've helped people to bloom	14
We've supported people in Portsmouth	16
We've helped people with dementia in Portsmouth	20
We've been there to talk to	22
We've brought people together to support each other	24
We've helped young people	25
Your support helps us change lives	30
Financial reports	32
Our Trustees	34



Our year in numbers

Our Advocacy Service supported

2,932
people

Mayfield Nurseries launched three new services

Nearly
1,200
students registered with the Solent Recovery College

Portsmouth Employment Service supported

798
people

Over **44,970**
people visited our website

We helped
221
people become Dementia Friends this year

15,840
people were supported through talk talking therapies

Peer support & Community Connectors volunteers gave

4,289
hours this year

Our Winchester & Eastleigh Wellbeing Centres helped

400
people


Our Facebook videos were viewed
7,712
times

485
new people followed us on
Twitter



Highlights 2017/18

April 2017

We join The Saints Foundation and Southampton City Council at the Saints vs Stigma event, transforming Southampton's Guildhall Square into a five-a-side football arena to raise awareness of mental health and challenge stigma.

'Our Version of Events' theatre company fundraise for us with a Gala event.



May 2017

We celebrate Mental Health Awareness Week 2017 with a range of events and activities across Hampshire.

Carnival UK chooses Mayfield Nurseries as its charity partner for the year, raising over £64,000.

Research is published by Mind showing the positive impact of our Side By Side Peer Support programme.

June 2017

Eva Woodstock takes an epic sponsored walk from Tunbridge Wells to Fareham for us.



Our Marcella House New Forest Wellbeing Centre is featured on ITV News with our creative peer support group run by volunteer Jonathan Jones.

July 2017

Our Solent Recovery College students graduate, celebrating their achievements over the last year. The College provides courses for people with mental health problems, as well as their families, friends and carers.



August 2017

The London Road Brewhouse fundraise for us at their Brewfest music festival.

We support the launch of Mind's new Mindline Trans+ helpline for people who identify as trans or non-binary and are looking for mental health support.

September 2017

Caitlyn and Nigel run the Great North Run to raise funds for us in memory of Lottie Goodman.



We launch Portsmouth's Dementia Action Alliance with our partners at Gunwharf Quays, working towards a dementia-friendly city.

October 2017

We celebrate World Mental Health Day, looking at mental health in the workplace with activities across Hampshire.

We are especially busy with our 'Arms Around Portsmouth' events and activities.

Mark Robins runs 10 marathons in 10 days from the 4th to the 13th October for us.

November 2017

Mayfield Nurseries' Seeds of Hope Appeal raises nearly £14,500 thanks to members of the public and Comic Relief, supporting people with mental health issues as a result of their time in the armed forces.

.....
We create the 'M4' group, sharing best practice with Birmingham, Coventry & Warks and Oxfordshire Minds.

December 2017

Steph Allen from the Sustainability and Transformation Partnership joins our Service User Forum to talk about how service users, carers, families, friends, colleagues and communities can help to design mental health services.

.....
Lou Richards presents the views of our Service User Forum to Southampton commissioners on the future of mental health services in the city. Sam Gould, Portsmouth Peer Support Worker, talks to the QA Hospital Mental Health & Capacity Board about services from the perspective of a patient in crisis.

Our Portsmouth Wellbeing Centre is open Christmas Day to offer support during the festive period. We are joined by harpist Alice McGarvie.



January 2018

Our amazing RED January runners raise over £7,500 running every day in January.

.....
Our Remind dementia service is proud to be at Tesco North Harbour's launch event, becoming a Dementia Friendly Shop, part of the PO6 area becoming a Dementia Friendly Community.

February 2018

We celebrate Time to Talk Day 2018, getting people talking about mental health, challenging stereotypes, and taking the stigma out of something that affects us all.

.....
We submit our views to the Government on its green paper on the future of mental health services for young people.

March 2018

Our Charity of the Year two-year partnership with Ordnance Survey comes to an end, raising an amazing £33,572 for local mental health services.



We've helped people to be heard

Our Advocates work in hospitals, mental health units, care homes and in the community, supporting people in having their wishes heard and ensuring their rights are upheld. Having a mental health problem can make it difficult to express your views and understand the choices you are being offered. We help people to access information and services to ensure they get the support they need and are treated fairly.

We work across Hampshire, Southampton and Portsmouth providing both statutory and non-statutory Advocacy. We work as part of a CIC (Community Interest Company) with four other organisations in Hampshire: Winchester Gold, Choices Advocacy, Havant & East Hants Mind and Speakeasy Advocacy. We also work in partnership with Choices Advocacy in Southampton.

We provide Independent Mental Capacity Advocacy for people who need support to return home from hospital or who may need serious medical treatment. We also provide Independent Mental Health Advocacy for people who are detained under the Mental Health Act in mental health units across Southampton, Portsmouth and Hampshire.

Our staff are supported by a team of volunteers who play an important role in visiting people in care homes and hospitals to ensure everyone is being treated fairly and their voices are being heard.

Looking forward

We will continue to work with our partners, the NHS and local government to contribute the views and perspective of people with lived experience in the design and delivery of advocacy services.

Last year, we supported

1,558 people
in Hampshire,
665 in Southampton
and **679** in Portsmouth.

Peter's story

When Peter* was told that his care home was closing and he would be found new accommodation in another county, he had many concerns about moving out of the area. With the support of one of our Care Act Advocates, Peter was able to express his worries and explain his needs through an assessment process. His views were heard and taken into consideration and, as a result, Peter was found local accommodation, making it possible for him to continue his regular activities.

*Names have been changed.



We've improved people's wellbeing

Our Wellbeing Centres in Eastleigh, Fareham & Gosport, the New Forest, Portsmouth and Winchester continue to provide welcoming places where people can share experiences and support each other. Following the five steps to wellbeing: Connect, Give, Notice, Be Active and Learn, we help people learn new skills and support each other.

In Fareham, our evening appointments have been popular with working people and in Gosport we have held groups in a number of community locations. In the New Forest, service users produced a film about their experience of the Wellbeing Centre, which was shown to local GP's. In Winchester and Eastleigh we have worked with the Family Support Service to improve the mental health of parents.

In 2017, we were successful in winning contracts with Hampshire County Council in partnership with Andover Mind and Havant & East Hants Mind, to support people in improving and maintaining their wellbeing, and the range of activities we offer continues to expand.



Looking forward

In the coming year we will be developing our peer support programmes, enabling more people to improve their wellbeing through social and leisure activities in their local community. We will also be providing wellbeing services at the new Gosport Hub.

Fareham and Gosport Wellbeing service responded to

60

new referrals every month

Winchester & Eastleigh Wellbeing Centres supported over

400

people

The support at the Wellbeing Centre has opened doors to potential employment in the future. I feel a lot more stable and secure now than at the start. It has given me hope that I can have a positive future.

Winchester and Eastleigh Wellbeing service user

The service offered is so valuable. It has literally changed my life.

Fareham and Gosport Wellbeing service user

See page 16 for our Portsmouth Wellbeing Centre

Michael's* story

I haven't done any drawing or painting since I was a young child at school. When I was invited to join Pete's art courses I accepted, simply on the premise that it would be useful to attend for the social aspect.

Pete very quickly explained the concept of mindfulness in art, such as being in the moment, using the senses and being non-judgemental. As a sufferer of depression and anxiety I find it almost impossible to relax at home and I become very restless. I now make time for art as a wellbeing tool. The positive aspects on my home life have been tremendous and I would encourage everyone to simply give it a go!

I have been given the opportunity to volunteer alongside Pete and the RSPB, in setting up a weekly Men's group which encourages men to simply chat and tap in to this 'Eco-therapy' which is freely available. I am due to start my Peer Support training and I am also training to become a 'Healthy Walks' leader.

My journey is really just beginning and at times it is difficult (as my wife can vouch for!) but Solent Mind is helping me turn my life around and I hope to be able to give something back!

New Forest Wellbeing service user

*Names have been changed.



We've helped people to bloom

Mayfield Nurseries provides a special place for people to learn new skills, improve their mental health and be part of a supportive community. We are a social enterprise project and a subsidiary charity of Solent Mind, and the proceeds of our plants sales are ploughed back into running our services.

Thanks to support from Carnival UK, Comic Relief, Health Shape and Southampton City Council, Mayfield has been able to support many more vulnerable people in Southampton launching three new services. Our Steps Together peer support groups now run alongside our Gardening on Prescription courses, and our new Seeds of Hope project offers ten local veterans a chance to engage in horticultural therapy to improve their wellbeing and rehabilitation into civilian life. Our community gardening project, Plants for People, runs in partnership with Southampton City Council and takes our services out into local housing estates.

Our Forget Me Nots group continues to provide support to people living with dementia and their carers.

We supported

105

people with mental health problems and dementia

Looking forward

We are excited to have launched a new wholesale trade element to our business and look forward to offering this as an opportunity for people to learn further horticultural skills. We would also like to offer support to much younger age groups and will be exploring this in the coming months.



96%

of service users told us their mental health and confidence had improved

Jonathan's story

Jonathan was diagnosed with depression and chronic fatigue syndrome in 2014, leaving him feeling isolated and struggling with low self-confidence. He wanted to improve his mental health and it was whilst looking online he discovered our peer support groups at Mayfield Nurseries.

Within four weeks of joining our welcoming group, Jonathan noticed his wellbeing was improving and he had begun to make friends. Friends and family noticed that he seemed happier, more confident and that he had a spring in his step. His confidence continued to grow and in September 2017 Jonathan joined our Gardening on Prescription Group. He was an active member and helped others settle into the group, answering gardening questions and talking about mental health with the other group members.

Jonathan's mental health and confidence has continued to improve, to such an extent that he is now a peer support volunteer and is employed at Mayfield during our spring season.

Coming to Mayfield has given me a fresh outlook on life as well as a sense of purpose.

Jonathan, Mayfield Nurseries service user



We've supported people in Portsmouth

We're helping the people of Portsmouth achieve good mental health. Our Portsmouth Support and Recovery Service works in partnership with Solent NHS Trust's Adult Mental Health Teams, helping people to get the support they need through a range of services:

Our **Portsmouth Wellbeing Centre** is a friendly, welcoming place where people can participate in a range of groups and activities to learn new skills, share experiences and maintain their own wellbeing. Over the past year, we have seen a large increase in the number of people coming to the Centre for support, with referrals from primary care increasing from 41 to 110 each month. We are running several new groups, ranging from Anxiety Management to Badminton, increasing our evening and weekend activities, and have a new LGBTQ+ peer support group which we will be developing over the coming year.

Our Employment Service supported

798 people
with their employment goals

Our **Employment Service** works in partnership with Adult Mental Health NHS colleagues and the Talking Change Improving Access to Psychological Therapies Service, to help people with employment issues.

Through our IPS (Individual Placement and Support) service, we have been able to support more people who need help preparing for work and building confidence through voluntary work, education, and advice around CVs, application forms and interview skills.

Over the past year, our team has doubled in size, working with the Department for Work and Pensions to build more relationships with employers, supporting workplace wellbeing across the city. We have helped 271 people to retain or obtain employment.



We helped

89 people

with individual Peer Support
in Portsmouth

Our **Peer Support Service** brings together people who have experience of mental health issues to share support and coping techniques. Peer Support Workers are able to inspire hope because they have experienced difficulties with their own wellbeing and can show that recovery is possible. One person said of her peer support worker, "You are a kind and brave lady, you have inspired me."

This year we helped 89 people with 12 weeks of individual Peer Support, and a number of these people have gone on to work with us.

The fact that you have been through bad experiences like I have, that gives me hope, if you can do it then maybe I can!

Portsmouth Peer Support service user



The **Solent Recovery College** offers a unique learning experience for people with mental health difficulties. Based at Highbury College this year, courses are designed and delivered in partnership between Solent Mind Peer Trainers, who all have their own lived experience of mental health issues, and Solent NHS Trust Adult Mental Health Trainers who bring learned experience of managing mental health and wellbeing.

This year we hosted visits from mental health colleagues from Lincoln and Australia Recovery Colleges, and in May the Mental Health Network (representing NHS funded mental health and learning disability service providers in England) joined us for the day.

With almost 1,200 registered students to date, we are expanding the scope of our courses to include living with dementia, substance misuse and coping with longer-term health conditions.

In 2018-19, we look forward to developing new partnerships to further extend the opportunities available through the College.

Nearly

1,200 students

registered with the
Solent Recovery College

Our **Support Time and Recovery Programme** helps people experiencing severe and enduring mental health issues, offering practical support to help them manage day-to-day life. We have seen people progress from being unable to leave their homes to becoming active participants in our allotment group and our social inclusion group.

This year we are expanding our service to use the expertise of Peer Practitioners to inspire hope on people's recovery journeys.

I cannot imagine what life in the past six weeks would have been like without these skills.

Anxiety Management Skills service user,
Portsmouth Wellbeing Centre



I attended Francess' course about managing anxiety and it has helped me no end. In particular, one skill I learned on the course "square breathing". I carry a piece of folded paper in my bag everywhere and have managed anxiety with this skill in theatres, cinemas, car/train journeys, and whilst being in London. I always avoided these things before. So a huge, big, massive thank you to Francess and the Wellbeing Centre.

Portsmouth Wellbeing Centre service user

We've helped people with dementia in Portsmouth

Our Remind dementia service continues to offer support to people in Portsmouth living with a dementia diagnosis and their carers. Working in partnership with Rowans Hospice and SCA Group, and funded by Portsmouth Clinical Commissioning Group, we provide information, activities and practical help tailored to people's individual needs. We also hold drop-in sessions across the city where people with dementia and their family and friends can receive, support, guidance and information.

The Remind team's work to make Portsmouth a Dementia Friendly City had a launch event in September, where many organisations came together to work in partnership. Our Dementia Friends sessions are engaging with an increasing number of local businesses and services, helping people to support those with dementia and their carers.

Looking forward

We will be working with a broader range of cultures and communities in Portsmouth, making Remind a more inclusive service.



Supporting you through
your dementia journey

As a Dementia friend, the training really helped my awareness of people who may have a form of dementia, and I can use the insight to help support business decisions and strategies at Gunwharf Quays in the future.

Jay Wood, Guest Relations Manager at Gunwharf Quays retail outlet

We helped

221 people

become Dementia Friends
this year



The emotional support
Karen has given me
has been a life-saver,
knowing someone who
cares and understands
is on the other end of
the phone is so amazing.

Carer

We've been there to talk to

Sometimes it's easier to talk to a stranger than a friend or family member. italk is our free talking therapies service, giving practical help and support to people struggling with common issues like anxiety, phobias, stress and depression. Working in partnership with Southern Health NHS Foundation Trust, we help people over the telephone, in groups, online or face to face, depending on the support they need.

Our popular groups and workshops continue to run in local communities supporting a range of people, from Brighter Life workshops for the over 50s, to Exam Stress courses for students. We have also helped new mums at baby clinics, provided face to face support to serving members of the armed forces, and helped patients whose musculoskeletal problems are affecting their wellbeing by teaming-up with physiotherapists.

This year, 470 people also benefited from our Employment Advice Team who offer specialist advice, information and support to help those whose work may be causing issues with their wellbeing, or whose mental health may be affecting their employment.

We are excited this year to have launched the new italk website, making it possible for people to book appointments or join a group directly online.



Looking forward

We will continue to work closely with local communities from our hubs in Gosport, Basingstoke and Eastleigh so that people can access support when and where they need it.

We ran

162

groups and
workshops

We supported over

15,840

people in Hampshire
last year

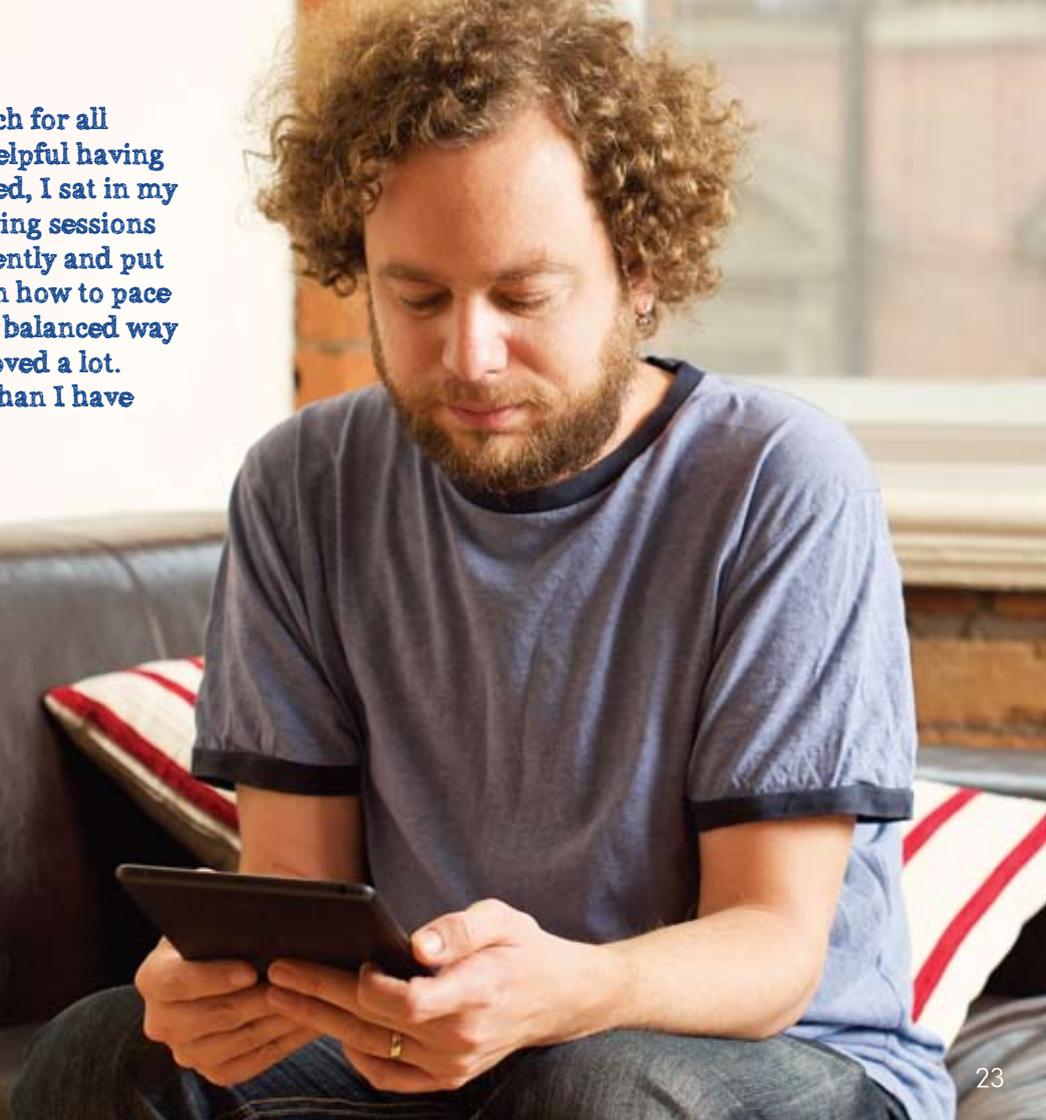
I would like to thank you so so much for all your telephone calls. It's been so helpful having these sessions. When we first started, I sat in my bed and felt bad about myself. Having sessions allowed me to look at things differently and put things into a new perspective, learn how to pace myself, how to do things in a more balanced way and as a result my mood has improved a lot. I feel so much better. I feel better than I have been in years.

Italk service user: guided self-help for low mood

Our Employment Advice
Team supported

470 people,

65% of whom were
able to retain their
employment or gain
new jobs



We've helped people support one another

People who have struggled with their own wellbeing have a lot of knowledge and experience to share. Our peer support groups bring people together to offer hope and support to others going through tough times.

The range of activities offered by our groups continues to grow, including arts and crafts, badminton, photography and walking. By doing things that people enjoy, groups create supportive environments where tips for self-care and staying well can be shared.

Support from Southampton Integrated Commissioning Unit and West Hampshire Clinical Commissioning Group has allowed our groups in Southampton and the New Forest to continue, while a generous donation from Southern Co-op has helped us to bring Side by Side peer support groups to other areas of Hampshire, beginning with Eastleigh and Winchester.

We worked with the Institute for Voluntary Action Research and local partners in the Hampshire Mental Health Alliance to co-produce proposals for a new county-wide peer support network. We look forward to helping to implement these proposals in 2018-19.

Looking forward

We are developing peer support groups at our wellbeing centres and Mayfield Nurseries, and look forward to increasing the range of our groups across Hampshire. We will also continue to bring peer support training to local groups and organisations.

Two years ago I struggled to leave the house. I can't believe how far I've come, I've surprised myself.

Volunteer peer supporter

249

people were helped by Side by Side peer support



Peer support and Community
Connectors volunteers gave

4,289

hours this year

We've helped young people

Our Heads Up service works with children and young people in Southampton and the New Forest to help them understand more about their mental health and wellbeing. Through group work, presentations and workshops, our staff and volunteers share their lived experience to help young people learn skills to manage their own wellbeing.

We work with all year groups from reception to university, helping young children learn about mindfulness and relaxation, and supporting older students to manage exam stress, increasing resilience and awareness of a wide range of issues. This year we have also supported parents to help improve family wellbeing, and worked closely with school and college staff to increase their understanding of mental health issues and help them better support their students.

Looking forward

We recognise that we have a role to play in the development of Children and Young People's mental health services, and we will continue to seek to influence Government legislation following the publication of the Transforming Children and Young People's Mental Health Provision green paper.

I would like to say a massive thanks to Abby for her dedication, enthusiasm and support. I really hope that the work Solent Mind does in schools and colleges continues so that more young people can gain a proper understanding of mental health.

Angela Horn, Eastleigh College

Heads Up worked with over

4,000

children and young people this year





What Year 7 children told us they learnt from Heads Up:

I learnt **LOADS** of strategies that could **REALLY** help me at the moment.

I am now able to tell people how I actually feel instead of hiding it and getting worse.

I've learnt not to go on my phone at night.

Our Upturn service continues to grow, supporting children and young people with their wellbeing. Working in schools and colleges in Fareham and Gosport, we provide workshops, group work and one-to-one sessions. This year we have begun to help younger age groups with workshops, starting at eight years of age.

Nearly 500 young people participated in our workshops and groups over the past year, with 92% saying that the skills they had learnt helped them with their worries and anxiety. We also supported nearly 150 young people with one-to-one sessions, looking at issues including depression, anxiety, self-esteem and self-harming.

Our popular Parent Support group continues to meet once a month, providing support beyond the school environment.

Looking forward

We are grateful to Zurich in Whiteley, who have given a generous donation to Upturn, enabling us to employ an additional member of staff, helping us meet the growing demand for our service. We look forward to expanding our work within schools, particularly junior schools.

Coming to the parent group is very helpful and has changed our home life for the better, thank you for your support and understanding.

Upturn service user: parent

Upturn supported nearly

500

young people
through workshops
& groups this year

Hi, just wanted to say a massive thank you for the support you both gave me during my exams. I couldn't be happier with the results I got and I couldn't have done it without you!

Upturn service user: young person

Almost

150

young people
had one-to-one
sessions



Your support helps us change lives

We are privileged to have been supported by so many individuals and organisations over the past year, helping us to continue to be there for those in our community who really need our support. From national events like RED January, to local fundraising events such as the Yoga Sun Salutes Challenge, we are very grateful to everyone who has chosen to raise funds for us throughout 2017/18.

We have also been fortunate to partner with many organisations who have invited us into their workplaces to support their employees with wellbeing training.

Looking forward

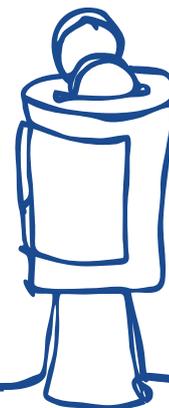
In the year ahead, we are continuing to focus on workplace wellbeing, helping local organisations to become more open about mental health, reducing stress, building resilience, supporting line managers to help their teams, and de-stigmatising mental health in the workplace.

We are also excited to be working with our existing corporate partners, and building new partnerships in the coming year.

Laura Green Yoga held an epic 60 Sun Salutes Charity Challenge to raise funds for us in October.



Our amazing RED January participants ran every day throughout the month to raise over £7,500 for us.



After two years' of fantastic support, our Charity of the Year partnership came to an end with Ordnance Survey. Shown are Teena Munden and colleagues receiving our Charity Partnership Award in appreciation of all their fantastic fundraising activities.



Your support makes a real difference

Whether you're an individual, business, or community group, if you'd like to support our work, please contact our friendly team on fundraising@solentmind.org.uk or call us on **023 8202 7810**.

To get in touch about workplace wellbeing training, please contact us on training@solentmind.org.uk

Friendly and approachable trainers. Great discussions and an open atmosphere.

Workplace wellbeing training in partnership with Wheatsheaf Trust

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 2018 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 2017-18 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 2018

	2018 Total	2017 Total
	£	£
INCOME AND ENDOWMENTS FROM		
Donations, legacies and fundraising	158,715	103,359
Charitable activities	5,477,360	5,661,213
Trading activities	161,214	167,927
Investment income	744	2,165
Total	5,798,033	5,934,664
EXPENDITURE ON		
Raising funds		
- Donations, legacies and fundraising	68,425	60,203
- Trading activities	156,630	93,992
Charitable activities	5,437,712	5,893,792
Total	5,662,767	6,047,987
NET INCOME	135,266	(113,323)
Gains revaluation of fixed assets	-	-
Actuarial losses on defined benefit schemes	48	(4,736)
Net Movement in funds	135,314	(118,059)
Total funds brought forward	2,294,345	2,412,404
TOTAL FUNDS CARRIED FORWARD	2,429,659	2,294,345

All income and expenditure has arisen from continuing activities.

Solent Mind

Balance sheet

For the year ended 31st March 2018

		GROUP		CHARITY	
		2018	2017	2018	2017
		£	£	£	£
FIXED ASSETS		1,873,698	1,956,531	1,861,441	1,952,276
CURRENT ASSETS	Stock	41,615	37,668	-	-
	Debtors	479,241	617,311	473,223	609,076
	Cash at Bank	1,082,781	845,556	956,677	783,494
TOTAL CURRENT ASSETS		1,603,637	1,500,535	1,429,900	1,392,570
CREDITORS – Amounts falling due within one year	Creditors	(341,203)	(443,462)	(328,325)	(431,338)
	Deferred Income	(338,592)	(273,889)	(260,958)	(252,999)
	Mortgage	(18,064)	(19,777)	(18,064)	(19,777)
NET CURRENT ASSETS		905,778	763,407	822,553	688,456
TOTAL ASSETS LESS CURRENT LIABILITIES		2,779,476	2,719,938	2,683,994	2,640,732
CREDITORS – Amounts falling due after more than one year	Mortgage	(274,872)	(291,223)	(274,872)	(291,223)
PROVISION FOR LIABILITIES		-	(50,000)	-	(50,000)
PENSION LIABILITY		(74,945)	(84,370)	(74,945)	(84,370)
TOTAL NET ASSETS		2,429,659	2,294,345	2,334,177	2,215,139
FUNDS	Endowment funds	641,036	650,518	641,036	650,518
	Restricted funds	138,126	196,800	138,126	196,800
	Unrestricted funds	1,329,542	1,126,072	1,234,060	1,046,866
	Revaluation reserve	320,955	320,955	320,955	320,955
TOTAL FUNDS		2,429,659	2,294,345	2,334,177	2,215,139

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 2018:

Chair Ros Cassy OBE
Vice Chair Richard Coundley
Clare Duncan (Retired Oct 17)

Treasurer Peter Hanlon

.....
Fiona Hartfree
Chris Martin (Retired Oct 17)
Bryan Palmer
Julie Todd
Jack Wiseman
Sarah Clements
Louise Goux-Wirth
Polly Hicks
Sharon Hill
Rachael Jessney

.....
Chief Executive Kevin Gardner
and Company
Secretary

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 Carlton Crescent,
Southampton, SO15 2EY

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

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

It has helped just knowing there are others going through similar experiences or feeling the same.

New Forest Wellbeing service user

It's never a problem contacting Remind for a chat. We have both loved Karen and the team's help and support during the most difficult time of our lives and I feel the service is invaluable.

Remind dementia service: carer

I have learnt good simple ways to help me cope, which can also help my friends too.

Upturn young people's service

A very caring, supportive and respectful environment. Thank you for your help.

Fareham and Gosport Wellbeing service user

I love it. I feel like I belong. No one makes judgements. I am with others with different conditions and we all have strengths and weaknesses and good days or bad. But the group has lots of positivity, so if I am down, someone will cheer me up or have a good discussion.

Portsmouth Wellbeing Centre service user





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

Follow us on:



Registered Charity No. 1081116.
Registered with Limited Liability in
England and Wales No. 4004500.

SEPTEMBER 2018 MIN 54

