

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and not having a Share Capital)

ANNUAL REPORT AND ACCOUNTS
FOR THE 12 MONTHS FROM 30 MARCH 2022 TO 29 MARCH 2023



Sutton Mental Health Foundation
63 Downs Road
Belmont
Surrey
SM2 5NR

Telephone:
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Company Number: 03549053
Registered Charity Number: 1069945

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SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and not having a Share Capital)

Report of the Trustees for the twelve months ended 29 March 2023

Charity Name:	Sutton Mental Health Foundation Charity Company
Company Registration Number:	03549053
Charity Registration Number:	1069945
Registered Office:	63 Downs Road Belmont, Surrey SM2 5NR
Chair:	Peter Thomas
Treasurer:	Stephen Ofori
Trustees:	Naomi Kenny Heather Vernon Isobel Hayes Dominika Skwarek
Chief Executive Officer (CEO)	Lisa Lancefield
Operational Services Manager:	Ovie Oboh
Peer Support Co-ordinator and Community Liaison Lead:	Carol Jacques
Bankers:	Lloyds TSB Bank 49 High Street Sutton, Surrey The Charities Official Investment Fund (COIF) St Alphage House 2 Fore Street London EC2Y 5AQ The Charity Bank 182 High Street Tonbridge TN9 1BE Hampshire Trust Bank 55 Bishopsgate London EC2N 3AS

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

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Monmouthshire Building Society
John Frost Square
Newport
NP20 1PX

Redwood Bank Limited
The Nexus Building
Broadway
Letchworth Garden City SG6 3TA

United Trust Bank
1 Ropemaker St
London
EC2Y 9AW

Independent auditors:

Myrus Smith
Chartered Accountants
Norman House, 8 Burnell Road
Sutton, Surrey SM1 4BW

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

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Report of the Trustees for the twelve months ended 29 March 2023

Report of the year

In this year Sutton Mental Health Foundation has focussed on consolidating our new services and diversifying our offer to address the increased mental health need post-pandemic, which has been heightened by the cost of living crisis. We also continued to develop the organisation's infrastructure, to provide a solid foundation for future development.

Demand for mental health support has continued to rise, with all SMHF services seeing an increase in numbers, so much so that our 12-month figures are similar to, or exceed the figures reported in the previous 18 month period.

Almost all of our activities are now in person and face to face, although many staff continue hybrid working to enable us to make the most use of our premises.

Organisational Development

During this year, the foundation worked with a local not for profit IT company to review and restructure our IT and information security in compliance with GDPR and NHS requirements. We also continued to work on our financial and accounting procedures to accommodate the increase in staffing and income over the period. We conducted our first staff survey and the Board have reviewed their handbook, policies and procedures.

Project Development

During this year we have continued our focus on reducing stigma around Mental Health. Working with LB Sutton Heritage Department, Members of the Belmont Connect explored the history of mental health in the Borough, alongside their own personal mental health history. This co-curated exhibition at Whitehall Museum in Cheam combined art and lived experience to look at the themes of stigma and identity. The exhibition ran from January to July 23 and to end March 23 was seen by around 2,500 people.

In response to the cost-of-living crisis and increased mental health need in the community we secured funding from NHSE Health and Inequalities Programme to run "In Your Corner" a Sunday support service, for 6 months. Visitors benefitted from a safe, warm space and a hot meal at a subsidised rate. Support workers were on hand to talk if needed. Through outreach, the service targeted some of the most deprived areas of the borough; Shanklin Village, St Helier, Roundshaw and Benhill Estate. The service was well received and much appreciated, and we hope to repeat this in the coming winter.

Increased mental health need has led to longer waiting lists and it is apparent that the need for talking therapies is greater than ever. In January, SMHF began to pilot a psychodynamic counselling service, funded through general reserves. We now have 2 student counsellors working on Mondays and Tuesdays from Belmont Connect and seeing up to 4 people each, supervised by an experienced clinical supervisor. Counselling is currently free, and lasts generally up to 12 weeks, depending on need.

We received funding from the NHS to pilot a project to employ peer support workers to engage with people using the emergency department intensively. The aim of the project was to understand the potential underlying mental health reasons for attending the Emergency Department, and to provide emotional / psychosocial support as opposed to the traditional medical model. In this way it was hoped to improve their recovery and break the cycle to HIU of ED. The pilot began in January 2023 and is due to finish in Autumn 2023.

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Through Signpost Sutton talks at the Belmont Connect, we have continued to inform people about issues affecting those with mental health. During the year talks covered: Suicide Prevention Awareness, Intentional Peer Support, Diabetes in Mental Health, How to save on your energy bills. We have also run free courses on a diverse range of subjects: Menopause and Mental Health, Managing Pain, Creative Writing, IT for Mental Health; Irritable Bowel Syndrome.

Objects, Aims, Objectives and Activities

Charitable Objects

The revised articles of association provide that the objects of the Company shall be to promote any charitable purposes for the benefit of people with mental health problems resident in the London Borough of Sutton and other areas of the UK at the trustees' discretion.

Public Benefit

Within these Objects, the Company's public benefit aim is to provide high quality support to residents of Sutton who have experienced mental distress or who are at risk of doing so. Most services are provided free of charge to users, subject to capacity, although a charge may be made for services which provide direct benefit to individuals or small groups.

The Trustees seek continually to review the services provided and to adapt them to changing needs. In particular, the Trustees seek to involve the people who use the Foundation's services in developing, delivering and evaluating these services to ensure that they meet the relevant needs as fully as possible.

Accordingly, the Board of Trustees has complied with the duty in Section 17, Charities Act 2011, to have regard to the Public Benefit guidance published by the Charity Commission.

Activities

The Company's principal activities are as follows:

Belmont Connect

Belmont Connect is a drop-in service commissioned and paid for by the London Borough of Sutton, with additional activities and services paid for by public donation.

The drop in opens 3 days per week, serving affordable food - a light lunch and snacks on 2 days and a full cooked lunch on Fridays. Support workers are available to speak to people in need and assist with applications for PIP, blue badges etc.

Free wellbeing activities run 4 days per week, along with periodic Signpost Sutton Talks and free courses. Our IT hub offers free computer access.

Monthly Community Meetings offer a forum for people using the service to give feedback and offer suggestions for how the service can be developed. Members are encouraged to organise their own independent programme activities to promote their wellbeing, known as Activ8. These include a dining club and outings to places of interest. The Foundation is often able to arrange discounted or free tickets to these events.

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Report of the Trustees for the twelve months ended 29 March 2023

Advice and Support

The Foundation does not offer advice directly but supports people to access advice from other organisations, through signposting, setting up and supporting at appointments, form filling and assisting with telephone enquiries. During the year Sutton Citizens' Advice Bureau attended the service weekly, and there were weekly pop-up advice sessions from Inspire and Employment advisors from the Mental Health Trust.

For part of the year, the Foundation continued to offer Housing support, via a full-time worker. Given the increasingly difficult housing situation and the impact housing issues have on mental health and wellbeing, we hope to resume this post in 2023.

User engagement and co-production

The Foundation continues to support and facilitate the Sutton 1in4 Network, a community organisation for people in Sutton who have experience of mental distress, with the intention of improving local mental health services and providing mutual support.

We also facilitate the Sutton Mental Health (Service User) Commissioning Advisory Group, or CAG, which brings together local service users and commissioners to discuss and shape mental health commissioning in the borough. During this year these groups have been engaged in the review of the South West London St George's Safeguarding policy, scrutinising the Transformation of Mental Health Services in Sutton as well as the response to the Covid-19 Pandemic.

The Foundation also supports people with experience of using mental health services to represent Sutton Service Users on the various Service User panels and committees of the London Borough of Sutton and the NHS Sutton Clinical Commissioning Group, South West London St George's Mental Health Trust and the Sutton Primary Care Networks. We also support them to respond to consultations by service commissioners, and to comment on the design, commissioning, performance and review of mental health services in the borough.

Both groups meet monthly online.

Peer Support Service

The Foundation offers Peer Support, funded by SW London Integrated Care Board (Sutton Place). We offer accredited training in Intentional Peer Support (IPS) twice a year and manage a team of IPS workers who provide peer support in a number of different contexts, including the acute psychiatric ward at Springfield Hospital and the Accident and Emergency Department at St Helier Hospital. Individual appointments for peer support are arranged at various locations in the local community and for particular client groups. Peer support workers also run the Sutton Hearing Voices Group which supports people who experience intrusive voices and thoughts and is part of the National Hearing Voices Network.

Physical Health Checks

Following the successful pilot, funding has been secured to work with all GP practices in the Borough to engage with people on the Serious Mental Illness Register and support them to access their annual physical health check. This work is funded until 23/24.

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Perinatal Peer Support

Our IPS workers continue to offer one to one support to women during pregnancy and after giving birth, as part of our peer support project. The Foundation continues to work in partnership with Homestart Sutton to offer a perinatal support group to pregnant women and new mums struggling with their mental health and isolation.

Transformation Peer Support

The Foundation continues to work with South West London St George's Mental Health Trust in a project to transform Mental Health Services in Sutton. Now in the second year of the 3 year contract we work closely with the trust and other Voluntary Sector partners to provide peer support as an integral part of the secondary care treatment pathway.

Sutton Crisis Café

This service offers non clinical, non-judgemental support to adults in the London Borough of Sutton who are experiencing, or feel they are at risk of, a mild to moderate mental health crisis, as an alternative to A&E. It is open from 6.30pm to 11pm every evening, 365 days of the year and is funded to July 2024. Staff are trained in Intentional Peer Support and many have their own lived experience. The Service was independently evaluated in July 2022 and the model overwhelmingly endorsed by service users, clinicians and VCSE stakeholders alike. A further two years of funding, to July 2024, was confirmed.

Structure, Governance and Management

Governing Document

The Company is a charitable company limited by guarantee. Its governing documents are its Memorandum and Articles of Association.

Trustees

The directors of the Company are also charity trustees for the purpose of charity law. They are elected at the Annual General Meeting of the company and one third of them retire in rotation each year.

The Board seeks members who understand the needs of people who use mental health services, who reflect the diversity of the community and who can contribute to the business needs of the Company. People with direct experience of mental distress are actively welcomed to serve on the Board.

During this period, the Board had a broad mix of skills drawn from Psychotherapy & Counselling, the NHS, Social Services, Commercial Finance, the Charitable sector and Teaching. All made contributions to the work of the company by sharing their expertise with staff and in other ways.

In the event of the Company being wound up Trustees are required to contribute an amount not exceeding £1.

Organisational Structure

The Board of Trustees meets approximately every 6 weeks online via MS Teams and is responsible for the strategic direction and policy of the Company.

The managers are responsible for the day to day running of the Company's activities and for the supervision and development of its staff. The remuneration of the charity's key management personnel is set by the Board of Trustees, taking into account the charity's financial position and the amount paid for comparable roles in comparable organisations.

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Report of the Trustees for the twelve months ended 29 March 2023

The Board of Trustees is responsible for the management of the risks faced by the Company. Risks are identified, assessed and reviewed throughout the year. The Company's risk management processes are reviewed annually.

The key controls used by the Company include:

- Formal Board agendas, minutes and action logs.
- Strategic planning, budgeting and management accounting
- Established organisational structure and lines of reporting
- Formal written policies and procedures
- Clear authorisation and approval levels
- Vetting procedures as required by law for the protection of vulnerable adults.

The Board of Trustees is satisfied that the major risks identified through the risk management processes established for the Company have been adequately mitigated where necessary. It is recognised that systems can only provide reasonable but no absolute assurance that major risks have been adequately managed.

The Company recognises the importance of its relationships with its main funders, the South West London Integrate Care Board (Sutton Place), South West London St George's Mental Health Trust and the London Borough of Sutton. It also seeks to work closely with statutory service providers, local VCSE partners and third sector funders and charitable trusts.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
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Report of the Trustees for the twelve months ended 29 March 2023

Achievements and performance

April 2022 - March 2023



SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
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Report of the Trustees for the twelve months ended 29 March 2023

1. Providing support.

The Foundation provided direct support to over 800 people in this period.

We worked with:

- 274 through the Belmont Connect service
- 304 people (232 new) through Sutton Crisis Café
- 60 people (26 new) through Intentional Peer Support
- 120 people (103 new) through Transformation
- 30 people through the new In Your Corner (Sunday) service

Provided:

- 1,236 sessions of peer support (IPS) & 1,075 Transformation
- 1,039 crisis support appointments
- 106 housing and support appointments
- 18 IT hub appointments
- 111 CAB appointments

Ran:

- 405 Activity sessions
- 7 Signpost Sutton talks
- 4 courses incl. 1 at Whitehall / 1 online
- 2 IT for Mental Health courses
- 1 event for World Mental Health Day
- 2 Intentional Peer Support Training Courses
- 6 In Your Corner (Sunday) sessions

Held:

- 365 crisis support groups
- 11 OCD support group meetings
- 5 Community meetings
- 11 New members mornings
- 47 Hearing Voices group meetings & 17 Transformation Hearing Voices group meeting
- 16 EUPD support group meetings
- 11 Sutton 1 in 4 meetings
- 11 Commissioning Advisory Group meetings

2. Building relationships and resilience.

SMHF staff worked closely with service users, NHS and voluntary sector colleagues and the London Borough of Sutton throughout this period in the development of the Sutton Adult Mental Health Partnership Board, projects around Health and Inequalities and training Physician Associates.

We continued to work with a wide range of local community and voluntary organisations including Community Action Sutton, Homestart Sutton, Inspire, Sutton Women's Centre, Sutton Healthwatch, St Mungo's, Sutton Housing Partnership, Spire, Sutton Night Watch, and Citizens' Advice Sutton.

We attended a range of local meetings and fora including Sutton Together, the Anti- Poverty Forum, Sutton Safeguarding Adults Board (SSAB), Community Engagement sub-group (SSAB); Learning & Development sub-group (SSAB); Hoarding Panel;

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St. Helier Mental Health Partnership Group; Sutton Suicide Prevention Partnership Group; Southwest London St Georges' Mental health Trust's DIAM meeting, Sutton Adult Community Mental Health Transformation Partnership; High Intensity Users Group; Sutton Primary Care Networks; and Sutton Adult Mental Health Partnership Board.

We also attended numerous fairs and gave presentations to a number of local groups and NHS teams throughout this period.

3. Funding.

Our main funders were:

London Borough of Sutton to maintain our Belmont Connect service (to March 2023).

South West London ICB to fund our Peer Support services & CAG support, and continued funding **NHS England** funding to pilot a Crisis Café in Sutton.

South West London St George's Mental Health Trust to provide Peer Support to their Transformation Project.

In addition, we received grants from:

Sutton College Community Learning Programme for our IT for Mental Health courses.

We have also received a number of personal, charitable and corporate donations which give us a degree of freedom to supplement the services which we are contracted to provide and to explore new possibilities. We are very grateful to have been chosen as the joint Chair's Charity for Cheam and Sutton Rotary.

We are grateful to several generous donors who supported our work, including Primark Stores Ltd, Cheam and Sutton Rotary, Waitrose, Trinity Church Sutton and the Sutton Mayor's Fund. We are also grateful to the many individuals who have chosen to support our work during this period by their generous personal donations.

Plans for 2023-24

- Increase engagement in our services by targeting young people, and groups experiencing health inequalities in the borough as identified in the Core 20 plus definition
- Secure continued funding for the housing and support worker post
- Evaluate the counselling service and seek to expand if successful
- Hold a staff Away Day to contribute to the SMHF strategic plan
- Prepare for and successfully engage with the SW London ICB's upcoming recommissioning of our services by 2024
- Complete the implementation of SAGE Accounting in line with SORPS
- Develop plans to diversify funding

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Report of the Trustees for the twelve months ended 29 March 2023

Financial Review

The results of the Company for the twelve months to 29 March 2023 are set out on pages 18 to 29.

The gross income of the company for the period was £667,668, 17% of income came from the London Borough of Sutton, 18% from South West London St George's Mental Health Trust and 51% from NHS Sutton.

Gross expenditure amounted to £592,161 giving a net surplus of £75,507.

Unrestricted funds:

General fund: Balance: £186,938
Held to meet costs which fall outside the scope of restricted or designated funding, including costs arising from new initiatives and in response to specific needs for which no funding has been received.

Designated Funds:

Business Continuity Fund: Balance: £50,000
This fund has been set up by the Board to be held in reserve in case of cessation of funding by either (or both) the Local Authority and Clinical Commissioning Group (NHS Sutton) to enable the organisation to maintain its activities for a limited period where appropriate whilst seeking to secure alternative funding

Building Fund: Balance: £374,775
Represents the funds raised and used to purchase the premises and to refurbish them, less accrued depreciation. This fund represents the value of fixed assets and is not held in cash

Fund for Future Obligations: Balance: £50,000
Funds held in reserve to meet any adjustment costs resulting from future loss of funding, such as redundancy payments.

Training activities: Balance: £Nil
Fund to represent the surplus or deficit on training activities.

Crisis Café Fund Balance: £10,000
Donation designated for upgrades to building and outside space for the benefit of crisis café and other visitors

Total Unrestricted and Designated Funds: Balance: £671,713

Restricted funds

Belmont Connect Learn Support Balance: £1,156

Belmont Connect Centre was funded by a contract with the London Borough of Sutton, with activities and classes funded by donations from the public. Any deficit has been funded by the General Reserve.

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Crisis House Fund: (formerly Safe House Fund) Balance: £20,842
A fund derived mainly from funds raised by the Mayor's charity in 2012/14 to support the development of crisis support services.

Crisis Café Balance: £48,685
This represents the balance of provision by NHS Sutton for Sutton Crisis Café.

IT for Mental Health Balance: £Nil
Grant funding to run beginners IT courses to tackle digital exclusion

Hearing Voices: Balance: £3,147
Fund to support the Sutton Hearing Voices Network and associated groups.

Transformation IPS Balance: £64,594
This represents the balance of provision by SWLStG Mental Health Trust to establish a Peer Support Service as part of their Transformation Project

Peer Support and User Engagement Balance: £25,389
This represents the balance of provision by NHS Sutton for Peer Support and User Engagement

Housing Support Worker Balance: £Nil
Balance of covid relief funding to pay for a 6-month Housing Support Worker post until May 2022

Renovation: Balance: £12,825
The residue of a fund set up to provide for the modernisation of the Foundation's premises in 2011. This fund is now being used for improvements and repairs to the building as and when they are required.

Total Restricted Funds: £176,638

Investment Policy

Apart from the Building Fund, which is represented by the depreciated value of the Freehold Property, its original improvements and the 2011 refurbishment, fund balances are held in bank current and deposit accounts or as cash and as such are immediately available. To increase returns on funds which are not expected to be spent in the short term, the decision has been taken to invest some of the funds in limited fixed term bonds and savings accounts.

Reserves Policy

The reserves policy calls for two months operating expenditure to be held as reserves in the general funds. The general funds balance during the fiscal period was typically between £100,000 - £160,000 which averages at two to three months cover based on average monthly operating expenditure of circa £50,000 per month.

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Report of the Trustees for the twelve months ended 29 March 2023

In addition to this there are future obligations and business continuity reserves of £100,000.

The Trustees have continued to seek new opportunities for the Foundation, whilst seeking to manage costs. The current costs of most activities were fully met during the year. The Trustees continue to keep costs under regular review.

These unrestricted reserves are held in readily realisable assets which the Trustees consider to be assets that are easily converted into cash.

Statement of Trustee Responsibilities

The Trustees (who are also Directors of Sutton Mental Health Foundation for the purposes of Company Law) are responsible for producing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom accounting standards (United Kingdom General Accounting Standards)

Company Law requires the Trustees to prepare Financial Statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they 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 these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate 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 responsible for safeguarding the assets of the 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 auditor is 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 auditor is aware of that information.

Auditors

A resolution to re-appoint as Auditors Messrs. Myrus Smith, Chartered Accountants, Norman House, 8 Burnell Road, Sutton, Surrey SM1 4BW was adopted at the Annual General Meeting on 8 December 2022.

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Report of the Trustees for the twelve months ended 29 March 2023

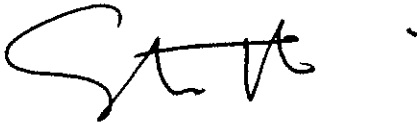
Exemption Statement

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

Approved and signed on behalf of the Trustees
Sutton Mental Health Foundation Charity Company
63 Downs Road
Belmont
Surrey
SM2 5NR



Chair
Peter Thomas



Treasurer
Stephen Ofori

Date:

~~23~~
21st December, 2023.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

Opinion

We have audited the financial statements of Sutton Mental Health Foundation Charity Company for the twelve months ended 29 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (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 the twelve months ended 29 March 2023, 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 Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report 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.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
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In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on 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 trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our 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 directors' report.

We have nothing to report in respect of the following matters in relation to which 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 directors' 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 prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, 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.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
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Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

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 auditor's 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.



Kevin Fisher BA FCA CTA (*Senior Statutory Auditor*)
For and on behalf of Myrus Smith, Statutory Auditor

Norman House
8 Burnell Road
Sutton, Surrey
SM1 4BW

22 December 2023

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
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**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE TWELVE MONTHS ENDED 29 MARCH 2023**

	Notes	Total Unrestricted funds £	Total Restricted funds £	Total Funds 2023 £
Income				
Donations and legacies	2	19,451	10,000	29,451
Charitable activities	3	1,943	625,640	627,583
Investments	4	1,693	-	1,693
Other	5	8,941	-	8,941
Total		<u>32,028</u>	<u>635,640</u>	<u>667,668</u>
Expenditure				
Charitable activities	6	41,355	550,806	592,161
Total		<u>41,355</u>	<u>550,806</u>	<u>592,161</u>
Net income/(expenditure)	8	(9,327)	84,834	75,507
Transfers between funds	14 & 15	10,500	(10,500)	-
		1,173	74,334	75,507
Net movement in funds				
Reconciliation of funds				
Fund balances brought forward	14 & 15	670,540	102,304	772,844
Fund balances carried forward	14 & 15	<u>£671,713</u>	<u>£176,638</u>	<u>£848,351</u>

All income and expenditure derive from continuing activities.

The statement of financial activities includes all recognised gains and losses.

The notes form part of these financial statements

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE EIGHTEEN MONTHS ENDED 29 MARCH 2022**

	Notes	Total Unrestricted funds £	Total Restricted funds £	Total Funds 2022 £
Income				
Donations and legacies	2	40,627	-	40,627
Charitable activities	3	-	604,953	604,953
Investments	4	654	-	654
Other	5	2,660	813	3,473
Total		<u>43,941</u>	<u>605,766</u>	<u>649,707</u>
Expenditure				
Charitable activities	6	4,902	515,615	520,517
Total		<u>4,902</u>	<u>515,615</u>	<u>520,517</u>
Net income/(expenditure)				
Transfers between funds	8 14 & 15	39,039 32,362	90,151 (32,362)	129,190 -
Net movement in funds		71,401	57,789	129,190
Reconciliation of funds				
Fund balances brought forward	14 & 15	599,139	44,515	643,654
Fund balances carried forward	14 & 15	<u>£670,540</u>	<u>£102,304</u>	<u>£772,844</u>

All income and expenditure derive from continuing activities.

The statement of financial activities includes all recognised gains and losses.

The notes form part of these financial statements.


SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

BALANCE SHEET AS AT 29 MARCH 2023

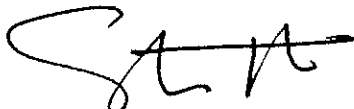
	Notes	2023		2022	
		£	£	£	£
FIXED ASSETS					
Tangible assets	11		374,775		376,769
CURRENT ASSETS					
Debtors	12	30,000		90,959	
Cash at bank and in hand		572,094		316,877	
		<u>602,094</u>		<u>407,836</u>	
CREDITORS: Amounts falling due within one year	13	<u>128,518</u>		<u>11,761</u>	
NET CURRENT ASSETS			<u>473,576</u>		<u>396,075</u>
NET ASSETS	16		<u>£848,351</u>		<u>£772,844</u>
FUNDS					
Unrestricted funds	14		671,713		670,540
Restricted funds	15		176,638		102,304
TOTAL FUNDS			<u>£848,351</u>		<u>£772,844</u>

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

Approved by the Board of Trustees on 21/12 2023
and signed on their behalf by



Peter Thomas
Chair



Stephen Ofori
Treasurer

The notes form part of these financial statements.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

CASH FLOW STATEMENT
(Incorporating Income and Expenditure account)
FOR THE TWELVE MONTHS ENDED 31 MARCH 2023

	2023 £	2022 £
Net cash generated from / (used in) operating activities (see below)	253,524	49,317
Cash flow from investing activities		
Interest received	1,693	654
Increase / (Decrease) in cash in the year	255,217	49,971
Cash brought forward	316,877	266,906
Cash carried forward	<u>£572,094</u>	<u>£316,877</u>
Analysis of cash		
Cash at bank	<u>£572,094</u>	<u>£316,877</u>
	2023 £	2022 £
Reconciliation of net income to net cash flow from operating activities		
Operating surplus on ordinary activities	75,507	129,190
Adjustments for non-cash items:		
Depreciation	1,994	4,027
Decrease / (Increase) in debtors	60,959	955,617
(Decrease) / increase in creditors	116,757	(27,629)
	<u>255,217</u>	<u>49,971</u>
Adjustment for investing activities		
Interest receivable	(1,693)	(654)
Net cash used in operating activities	<u>£253,524</u>	<u>£49,317</u>

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE TWELVE MONTHS ENDED 29 MARCH 2023

1. ACCOUNTING POLICIES

a) Basis of Preparation

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Income Recognition

Income is included in the Statement of Financial Activities when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Grant income is recognised in accordance with agreed budgets and timeframes. Amounts received but which relate to future reporting periods are accounted for as deferred income. In the case of multi-year grants, the aggregate amount of future instalments not yet received and which are subject to satisfactory performance is disclosed as a contingent asset.

c) Expenditure and Irrecoverable VAT

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Expenditure on charitable activities comprises the costs of running the various activities and services for the charity's beneficiaries

Expenditure includes those costs of a direct nature which can be allocated to a specific activity. It also includes indirect costs, including governance costs that do not relate to a specific activity but are necessary to support them.

Irrecoverable VAT is charged as a cost against the associated expense heading.

d) Fund Accounting

Unrestricted general funds are those funds which are freely available for use in furtherance of the objects of the charity and which have not been designated for specific purposes.

Designated funds are unrestricted funds which have been set aside by the trustees for specific purposes.

Restricted funds are funds which can only be used in accordance with specific restrictions imposed by the donor or which have been raised for a particular purpose.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE TWELVE MONTHS ENDED 29 MARCH 2023**

e) Fixed Assets and Depreciation

Depreciation is provided so as to write off the cost of each asset over its estimated useful life at the following annual rates:

Freehold Land	Nil
Freehold Property improvements	43 years straight line
Office equipment and computers	3 years straight line
Furniture and fixtures	5 years straight line

f) Debtors and creditors within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

g) Pension costs

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

2. DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
Donations	8,951	10,000	18,951	30,050
Legacies	-	-	-	-
Donation in kind	10,500	-	10,500	10,577
	<u>£19,451</u>	<u>£10,000</u>	<u>£29,451</u>	<u>£40,627</u>

Of the £40,627 received in 2022, £40,627 related to unrestricted funds and £Nil related to restricted funds.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Grants and contracts	1,943	625,640	627,583	604,953
	<u>£1,943</u>	<u>£625,640</u>	<u>£627,583</u>	<u>£604,953</u>

Of the £604,953 received in 2022, £Nil related to unrestricted funds and £604,953 related to restricted funds.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE TWELVE MONTHS ENDED 29 MARCH 2023

4. INVESTMENT INCOME

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
Bank interest	<u>£1,693</u>	<u>£Nil</u>	<u>£1,693</u>	<u>£654</u>

All of the £654 received in 2022 related to unrestricted funds.

5. OTHER INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Rental and other income	8,941	-	8,941	2,660
Kitchen income	-	-	-	813
	<u>£8,941</u>	<u>£Nil</u>	<u>£8,941</u>	<u>£3,473</u>

Of the £3,473 received in 2022, £2,660 related to unrestricted funds and £813 restricted funds.

6. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Direct Costs £	Support Costs £	Total 2023 £	Total 2022 £
Salaries	463,315	26,026	489,341	421,818
Staff and volunteer costs	-	12,073	12,073	10,663
Travel outings	-	2,064	2,064	1,003
Events and activities	-	17,825	17,825	16,318
Premises	-	20,315	20,315	30,195
General office	-	35,864	35,864	29,681
Publicity	-	-	-	57
Professional fees	-	8,415	8,415	1,979
Governance (note 7)	-	4,270	4,270	4,776
Depreciation	-	1,994	1,994	4,027
	<u>£463,315</u>	<u>£128,846</u>	<u>£592,161</u>	<u>£520,517</u>

Of the £520,517 expenditure in 2022, £4,902 was charged to unrestricted funds and £515,615 was charged to restricted funds.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE TWELVE MONTHS ENDED 29 MARCH 2023**

7. GOVERNANCE COSTS

	Total 2023 £	Total 2022 £
Wages and salaries	910	1,116
Audit fees	3,360	3,660
	<u>£4,270</u>	<u>£4,776</u>

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) for the year is stated after charging:

	2023	2022
- Auditor's remuneration	£3,360	£3,660
- Depreciation	£1,994	£4,027
	<u>£5,354</u>	<u>£7,687</u>

9. TRUSTEES' REMUNERATION AND EXPENSES

The trustees neither received nor waived any remuneration during the year (2022: £Nil) nor were they reimbursed any expenses.

10. STAFF COSTS

	Total 2023 £	Total 2022 £
Wages and salaries	451,147	396,291
Social security costs	31,867	21,779
Pension costs	7,237	3,748
	<u>£490,251</u>	<u>£421,818</u>

There was no employee who received total employee benefits (excluding employer pension costs) in excess of £60,000 in either year.

Total employee benefits received by key management amounted to £45,503. Under FRS102 employee benefits include gross salary, benefits in kind, employer's national insurance and employer's pension contributions.

The average number of employees, calculated on a full-time equivalent basis, analysed by function was:

	2023 Number	2022 Number
Direct charitable activities	15	11
Management and support	5	4
	<u>20</u>	<u>15</u>

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE TWELVE MONTHS ENDED 29 MARCH 2023**

11. TANGIBLE FIXED ASSETS

	Freehold Land £	Freehold Property £	Fixtures and Fittings £	Office and Computer equipment £	Total £
Cost					
At 30 March 2022	300,000	85,746	23,249	28,108	437,103
Additions	-	-	-	-	-
At 29 March 2023	<u>300,000</u>	<u>85,746</u>	<u>23,249</u>	<u>28,108</u>	<u>437,103</u>
Depreciation					
At 30 March 2022	-	8,977	23,249	28,108	60,334
Charge in year	-	1,994	-	-	1,994
At 29 March 2023	<u>-</u>	<u>10,971</u>	<u>23,249</u>	<u>28,108</u>	<u>62,328</u>
Net book value					
At 29 March 2023	<u>£300,000</u>	<u>£74,775</u>	<u>£Nil</u>	<u>£Nil</u>	<u>£374,775</u>
At 29 March 2022	<u>£300,000</u>	<u>£79,769</u>	<u>£Nil</u>	<u>£Nil</u>	<u>£376,769</u>

12. DEBTORS

	2023 £	2022 £
Other debtors	30,000	88,487
Prepayments	-	2,472
	<u>£30,000</u>	<u>£90,959</u>

13. CREDITORS – amounts falling due within one year

	2023 £	2022 £
Accruals	3,600	3,600
Deferred income	116,757	-
Other creditors	8,161	8,161
	<u>£128,518</u>	<u>£11,761</u>

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE TWELVE MONTHS ENDED 29 MARCH 2023**

14. UNRESTRICTED FUNDS

	29 March 2022 £	Income £	Expenditure £	Project transfers £	29 March 2023 £
General fund	183,335	32,028	38,925	10,500	186,938
Designated funds:					
Training	436	-	436	-	-
Business continuity	50,000	-	-	-	50,000
Future obligations	50,000	-	-	-	50,000
Building fund	376,769	-	1,994	-	374,775
Crisis Café fund	10,000	-	-	-	10,000
	<u>£670,540</u>	<u>£32,028</u>	<u>£41,355</u>	<u>£10,500</u>	<u>£671,713</u>

Comparative information for the analysis of unrestricted funds in the previous year is as follows:

	1 Oct 2020 £	Income £	Expenditure £	Project transfers £	29 March 2022 £
General fund	117,907	33,941	875	32,362	183,335
Designated funds:					
Training	436	-	-	-	436
Business continuity	50,000	-	-	-	50,000
Future obligations	50,000	-	-	-	50,000
Building fund	380,796	-	4,027	-	376,769
Crisis Café fund	-	10,000	-	-	10,000
	<u>£599,139</u>	<u>£43,941</u>	<u>£4,902</u>	<u>£32,362</u>	<u>£670,540</u>

The purpose of each fund is set out in the Report of the Trustees.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE TWELVE MONTHS ENDED 29 MARCH 2023**

15. RESTRICTED FUNDS

	29 March 2022 £	Income £	Expenditure £	Project transfers £	29 March 2023 £
Belmont Connect Learn Support Crisis House Fund (formerly Safe House)	-	92,051	90,895	-	1,156
Crisis Café	20,842	-	-	-	20,842
Wellbeing	13,452	253,013	213,780	(4,000)	48,685
IT for Mental Health	-	-	-	-	-
Hearing Voices	1,943	-	1,943	-	-
Transformation IPS	3,147	-	-	-	3,147
Peer Support Works and User Engagement	36,048	154,668	126,122	-	64,594
Housing Support Worker Renovation	7,877	135,908	111,896	(6,500)	25,389
	6,170	-	6,170	-	-
	12,825	-	-	-	12,825
	<u>£102,304</u>	<u>£635,640</u>	<u>£550,806</u>	<u>£(10,500)</u>	<u>£176,638</u>

Comparative information for the analysis of restricted funds in the previous year is as follows:

	1 Oct 2020 £	Income £	Expenditure £	Project transfers £	29 March 2022 £
Belmont Connect Learn Support Crisis House Fund (formerly Safe House)	-	113,313	130,951	17,638	-
Crisis Café	22,342	-	1,500	-	20,842
Wellbeing	-	157,993	144,541	-	13,452
IT for Mental Health	-	15,000	15,000	-	-
Hearing Voices	-	1,943	-	-	1,943
Transformation IPS	3,187	-	40	-	3,147
Peer Support Works and User Engagement	-	120,000	33,952	(50,000)	36,048
Housing Support Worker Renovation	3,325	174,825	170,273	-	7,877
	-	22,692	16,522	-	6,170
	15,661	-	2,836	-	12,825
	<u>£44,515</u>	<u>£605,766</u>	<u>£515,615</u>	<u>£(32,362)</u>	<u>£102,304</u>

The purpose of each fund is set out in the Report of the Trustees.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

NOTES TO THE FINANCIAL STATEMENTS
AS AT THE TWELVE MONTHS ENDED 29 MARCH 2023

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets £	Net current assets £	Total 2023 £
Restricted Funds:			
Hearing Voices	-	3,147	3,147
Crisis House Fund (formerly Safe House)	-	20,842	20,842
Crisis Café	-	48,685	48,685
Renovation	-	12,825	12,825
Belmont Connect Learn Support	-	1,156	1,156
Wellbeing	-	-	-
IT for Mental Health	-	-	-
Transformation IPS	-	64,594	64,594
Peer Support Works and User Engagement	-	25,389	25,389
Housing Support Worker	-	-	-
	<u>-</u>	<u>176,638</u>	<u>176,638</u>
Designated Funds:			
PSW Training	-	-	-
Business Continuity	-	50,000	50,000
Future Obligations	-	50,000	50,000
Building Fund	374,775	-	374,775
Crisis Café Fund	-	10,000	10,000
	<u>374,775</u>	<u>110,000</u>	<u>484,775</u>
Unrestricted Funds:			
General Fund	-	186,938	186,938
Total	<u>£374,775</u>	<u>£473,576</u>	<u>£848,351</u>

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

NOTES TO THE FINANCIAL STATEMENTS
AS AT THE TWELVE MONTHS ENDED 29 MARCH 2023

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS ..cont'd

Comparative information for the analysis of the net assets between the funds in the previous year is as follows:

	Tangible fixed assets £	Net current assets £	Total 2022 £
Restricted Funds:			
Hearing Voices	-	3,147	3,147
Crisis House Fund (formerly Safe House)	-	20,842	20,842
Crisis Café	-	13,452	13,452
Renovation	-	12,825	12,825
Belmont Connect Learn Support	-	-	-
Wellbeing	-	-	-
IT for Mental Health	-	1,943	1,943
Transformation IPS	-	36,048	36,048
Peer Support Works and User Engagement	-	7,877	7,877
Housing Support Worker	-	6,170	6,170
	<u>-</u>	<u>102,304</u>	<u>102,304</u>
Designated Funds:			
PSW Training	-	436	436
Business Continuity	-	50,000	50,000
Future Obligations	-	50,000	50,000
Building Fund	376,769	-	376,769
Crisis Café Fund	-	10,000	10,000
	<u>376,769</u>	<u>110,436</u>	<u>487,205</u>
Unrestricted Funds:			
General Fund	-	183,335	183,335
Total	<u><u>£376,769</u></u>	<u><u>£396,075</u></u>	<u><u>£772,844</u></u>

17. RELATED PARTY TRANSACTIONS

There were no transactions with related parties in 2023 or 2022.

18. CONTINGENT ASSETS

Total grant funding awarded as at 31 March 2023 but not yet received and recognised due to recognition criteria not being met amounts to £604,333.