

**THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH**  
**(operating as Being Alongside)**  
**Charitable Incorporated Organisation**

**Trustees' Annual Report**  
**Year ended 30 September 2022**

The trustees present their report and the unaudited financial statements of the Charity for the year ended 30 September 2022.

**Reference and administrative details**

<b>Registered charity name</b>	The Association For Pastoral Care in Mental Health	
<b>Charity registration number</b>	1081642	
<b>Principal office and address</b>	17 Conifer Close Fleet, Hants GU52 6LR	
<b>Patrons</b>	Professor Andrew Sims Bishop Guli Francis-Dehqani	
<b>Trustees</b>	Mr B Wilson	(appointed as Chair 21 May 2022)
	Mr A J P Summers	(resigned as Chair 21 May 2022)
	Mrs H Trout	
	Canon A Wilson	(retired 18 May 2022)
	Ms M Reyes	(retired 18 November 2022)
	Ms M Lawingco	
	Dr C Timehin	
	Mr S Cunningham	
<b>Supporting Committee Members</b>	Ms D Klewin	
	Mr R Trout	
	Mr G Shorter	(retired 18 May 2022)
<b>Company/CIO Secretary</b>	Mr B Wilson	(resigned 18 May 2022)
	Revd Lucy Roose	(appointed 21 May 2022)
<b>Treasurer</b>	Mr J Vallat	
<b>Administrator</b>	Revd Lucy Roose	

## THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

### Trustees' Annual Report *(continued)*

Year ended 30 September 2022

#### Structure, governance and management

The Association was formed in 1986 by the parents of a son who was living with serious and long term mental ill-health in order to educate and campaign for effective and appropriate spiritual care at a time when little was available or even understood within the mental health context. In the ensuing 36 years, local initiatives have offered drop-ins, one-to-one befriending schemes, art, spirituality and creative writing groups, together with national and local seminars and conferences to raise the profile of spirituality and mental health. More details of the history and activity of the Association can be found at [www.beingalongside.org.uk](http://www.beingalongside.org.uk).

Initially the Association was formed as an unincorporated association. It was managed by a committee the members of which were responsible for its operation. It was called The Association for the Pastoral Care of the Mentally Ill. Its name was changed in 1997 to The Association for Pastoral Care in Mental Health.

In 2000 the Association was incorporated in England and Wales with registered number 3957730. Its charitable registration was transferred to the Company.

The Association adopted the operational name of "Being Alongside" and continues to use that name for its activities including its magazine, website and publicity.

On 18 May 2022 the Association converted to a Foundation Charitable Incorporated Organisation ("CIO") and it ceased to be registered as a Company Limited by Guarantee. A new Constitution was adopted. In this Report for the time after its conversion to a CIO the Association is referred to as "the Charity".

Under the new Constitution Trustees are appointed for specified terms not exceeding 3 years. On the expiry of their specified terms Trustees may be reappointed subject to an agreed policy that no Trustee should serve in that capacity for a total of more than 9 years.

The Trustees keep the skill requirements of the Trustee body under review and when a Trustee retires or additional new trustees are required, the existing trustees collectively discuss the change. There is no formal induction or training of the new Trustee. Appointment is made by nomination based on their skill and knowledge. The background of the Charity is provided to new trustees and any further information is shared at the regular trustee meetings.

Trustees are kept up to date on new issues through their own professional expertise and under advice from professional organisations.

At the trustee meetings the trustees agree the broad strategy and areas of activity for the Charity. The day to day administration of the Charity is delegated to the Administrator, Revd Lucy Roose.

The Trustees and co-opted Committee members who served during the year and up to the date of this report are set out on page 1. They all give of their time freely and none of them was paid during the year.

**THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH**  
**Charitable Incorporated Organisation**

**Trustees' Annual Report (*continued*)**  
**Year ended 30 September 2022**

**Objectives and activities**

The trustees confirm that they have referred to the guidance contained within the Charity Commission's guidance on public benefit when reviewing the Charity's aims and objectives and planning future activities.

The charitable objects of the Charity as set out in its Constitution are that the Charity exists to promote the relief of persons suffering from the problems of mental illness and their families by the provision of pastoral counselling and care appropriate to their individual needs. The aim is to enable these people to develop their spiritual, physical and mental capacities so that they may realise their full potential as individuals and participating members of society and so that their conditions of life may be improved.

These charitable objects were formulated when the Association was first established and were agreed by the Charity Commission to be charitable objects. The objects were retained when the Association was incorporated as a Company Limited by Guarantee and also on the Charity's conversion to a CIO.

The aims of the Charity are mainly achieved through:

- (a) activities of local branches and affiliated groups such as drop-in facilities and befriending schemes;
- (b) by encouraging others to provide similar activities and appropriate pastoral care; and
- (c) its website and by publication of a national newsletter and resource information.

The Charity, both locally and nationally, depends on its many volunteers to carry out its work.

**Achievements and performance**

There remains one active project at Merton and Sutton operating as a branch of the Charity. That Branch is a volunteer befriending scheme; social events are also arranged. At present the Merton and Sutton Branch is without a paid coordinator and has had to cease recruiting and training new volunteer befrienders. It continues to support about 30 befriending relationships and provides some social activities.

The Forest Hill Branch ended its regular weekly drop-ins in May 2019. Lockdown has made it difficult to resume activities at the same level as before. But they have now started monthly coffee mornings with a view to providing ongoing support for previous members who used to attend the drop-ins. They aim to encourage others to join them in the future.

Croydon APCMH and the Battersea Befriending Network continue to operate as affiliated groups, providing drop-ins, support and befriending between them.

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**Trustees' Annual Report *(continued)***  
**Year ended 30 September 2022**

**Achievements and performance *(continued)***

The Trustees continue to see an important role of the Charity as encouraging the development and continuation of local initiatives for the support of those with mental health difficulties and their carers. They also aim to provide regular magazines, conferences and training both online and in person. Resource materials are, and will continue to be, made available on the "Being Alongside" website.

The website is visited by many more people over a much wider area than would be possible by traditional means. This is seen by the Trustees as a part of its awareness-raising role. Efforts have been made over the year to add new content on a regular basis, such as reports of the Charity's conferences.

Two conferences have been held at the beginning of 2022 when lockdown restrictions permitted. In January an event looked at anxiety, and the role of chaplains in both statutory and informal settings; and in the spring we explored the subject of 'Being Alongside the marginalised' and how minority groups can be particularly affected by mental health problems. These events were attended by 30-50 people and audio recordings of the main content have been made freely available on our website.

A magazine was published in December 2021 and another before Christmas 2022. The Trustees intend to publish 2 magazines and to arrange at least one conference each year.

**Financial review**

Income was mainly made up of donations and membership fees, totalling £5,405 (2021: £10,284). There was Gift Aid tax reclaimable of £1,153 (2021:£259).

There was fundraising income £68 (2021:nil) which was designated for the Merton and Sutton Branch

There were direct costs totalling £8,608 (2021: £12,235).

There were charity funds as at 30 September 2022 totalling £65,008 (2021: £66,535). Of those funds £5,802 is designated for the Merton and Sutton Branch.

Part of those funds came from branches that are currently dormant, namely, Forset Hill (£1,812) and Haslemere (£1,903) which paid over those amounts to the national committee when they ceased their activities. The funds are held by the National Committee. Future payments to a re-established Forest Hill or Haslemere Group would be for the Trustees to determine.

All funds are unrestricted and derive mainly from legacies totalling about £150,000 received around 2008. Part of those legacies has been used to cover any of the Association's annual deficits before its conversion to a CIO.

**THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH**  
**Charitable Incorporated Organisation**

**Trustees' Annual Report (*continued*)**  
**Year ended 30 September 2022**

**Plans for future periods**

The Charity intends to continue its activities as before while looking for ways of developing and improving its delivery. Provision of open drop-ins and befriending schemes remain priorities, as do conferences and spreading the word via information leaflets, magazines and website.

It is also intended to set up a fund of £10,000 pa (to be reviewed after two years) for seed-funding of local initiatives following an application process and limited to £2,000 for any one project. The trustees are currently devising the criteria for such grants and will seek to publicise these during 2022/23.

**Small company provisions**

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The Trustees' annual report was approved on 2023  
and signed on behalf of the board of Trustees by:

Mr B. Wilson  
Chair of Trustees

Mrs Helen Trout  
Trustee

**THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH**  
Charitable Incorporated Organisation

**Statement of Financial Activities**  
**(including income and expenditure account)**  
**Year ended 30 September 2022**

	Note	2022 £	2021 £
<b>Income and endowments</b>			
Donations and Membership	5	5,405	9,744
Other trading activities	6	68	540
Investment income	7	5	5
Other income	8	1,153	259
<b>Total Income</b>		<b>6,631</b>	<b><u>10,548</u></b>
<b>Expenditure</b>			
Expenditure on charitable activities		<u>8,608</u>	<u>12,235</u>
<b>Total expenditure</b>		<u>8,608</u>	<u>12,235</u>
<b>Net expenditure and net movement in funds</b>	-	1,977	<u>-1,687</u>
<b>Reconciliation of funds</b>			
Total funds brought forward		66,535	<u>68,222</u>
Adjustments from 2021	9	<u>450</u>	
<b>Total funds carried forward</b>		<u><u>65,008</u></u>	<u><u>66,535</u></u>

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

All income and expenditure derive from continuing activities.

All funds are unrestricted.

Of the income, the fundraising of £68 is designated for the Merton and Sutton Branch.

Of the charity funds at the year end, £4,990 is designated for the Merton and Sutton Branch.

**THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH**  
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**Statement of Financial Position as at 30 September 2022**

	Note	2022 £	2021 £
<b>Current assets</b>			
Debtors	11	1,153	259
Cash at bank and in hand		<u>63,855</u>	<u>67,101</u>
		65,008	67,360
<b>Creditors: amounts falling due within one year</b>		0	<u>825</u>
<b>Net current assets</b>		<u>65,008</u>	<u>66,535</u>
<b>Total assets less current liabilities</b>		<u>65,008</u>	<u>66,535</u>
<b>Net assets</b>		<u>65,008</u>	<u>66,535</u>
<b>Funds of the charity</b>			
Unrestricted funds		<u>65,008</u>	<u>66,535</u>
<b>Total charity funds</b>		<u>65,008</u>	<u>66,535</u>

For the year ending 30 September 2022 the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

In view of the small amount of annual income, the Charity has determined not to incur the costs of an independent examination and the Trustees have accepted responsibility for ensuring that these accounts represent a fair and true view of the Charity's finances.

Trustees' responsibilities:

- \* The members have not required the Charity to obtain an audit of its financial statements for the year in question;
- \* The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the board of Trustees and authorised for issue on \_\_\_\_\_ and are signed on behalf of the board by:

Mr Ben Wilson  
Trustee Chair

**THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH**  
**Charitable Incorporated Organisation**

**Notes to the Financial Statements**  
**Year ended 30 September 2022**

**1) General information**

The Charity is a Charitable Incorporated Organisation (Foundation Model) and is a registered charity in England and Wales.

The address of its office is 17 Conifer Close, Fleet, Hants GU52 6LR.

**2) Statement of compliance**

These financial statements have been prepared in compliance with FRS 102, "The Financial Reporting Standard applicable in the UK and the Republic of Ireland", the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

**3) Accounting Policies**

**Basis of preparation**

The financial statements have been prepared on the same basis as in the preceding year.

**Going concern**

There are no material uncertainties about the charity's ability to continue.

**Judgements and key sources of estimation uncertainty**

The preparation of the financial statements may require management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

**Fund accounting**

Unrestricted funds are available for use at the discretion of the Trustees to further the Charity's purposes.

Designated funds are unrestricted funds earmarked by the Trustees for particular future projects or commitments.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds. There are no such funds in the current or previous year.

**THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH**  
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**Notes to the Financial Statements** (continued)  
**Year ended 30 September 2022**

**3) Accounting policies (continued)**

**Incoming resources**

All incoming resources are included in the statement of financial activities when entitlement has passed to the Charity; it is probable that the economic benefits associated with the transaction will flow to the Charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- \* income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- \* legacy income is recognised when receipt is probable and entitlement is established.
- \* income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- \* income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

**Resources expended**

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- \* expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- \* expenditure on charitable activities includes all costs incurred by the Charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- \* other expenditure includes all expenditure that is neither related to raising funds for the Charity nor part of its expenditure on charitable activities.

**THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH**  
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**Notes to the Financial Statements *(continued)***  
**Year ended 30 September 2022**

**Resources expended *(continued)***

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

**4) Limited by guarantee**

Members of the Charity are liable to contribute an amount not exceeding £1 to the assets of the Charity in the event of winding up.

		<b>2022</b>	<b>2021</b>
		<b>£</b>	<b>£</b>
<b>5) Donations and legacies</b>			
Donations and Membership Fees		<u>5,405</u>	<u>9,744</u>
<b>6) Other trading activities</b>			
Fundraising events		<u>68</u>	<u>540</u>
<b>7) Investment income</b>			
Bank interest receivable		<u>5</u>	<u>5</u>
<b>8) Other income</b>			
Tax recoverable		<u>1,153</u>	<u>259</u>
<b>9) Independent examination fees</b>		<u>0</u>	<u>0</u>
No fees were payable for the years 2021 or 2022.			
The unearned fee of £450 allowed for in the 2021 accounts has been corrected by adding £450 to the funds carried forward from 30 September 2021			
<b>10) Trustee remuneration and expenses</b>			
No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.			
<b>11) Debtors</b>		<b>2022</b>	<b>2021</b>
		<b>£</b>	<b>£</b>
Other debtors being gift aid recoverable		<u>1,153</u>	<u>259</u>

**END OF NOTES to the FINANCIAL STATEMENTS**





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