

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

**Trustees' Annual Report**  
**Year ended 30 September 2023**

The trustees present their report and the unaudited financial statements of the Charity for the year ended 30 September 2023.

**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>	Bishop Guli Francis-Dehqani	
<b>Trustees</b>	Mr B Wilson	(Chair)
	Mr A J P Summers	
	Mrs H Trout	
	Ms M Reyes	(retired 18 November 2022)
	Ms M Lawingco	(resigned 4 February 2023)
	Dr C Timehin	
	Mr S Cunningham	(resigned 4 February 2023)
	Revd Cathryn Wiles	(appointed 2 September 2023)
<b>Administrator/CIO Secretary</b>	Revd Lucy Roose	

# THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

## Trustees' Annual Report (*continued*) Year ended 30 September 2023

### 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 promotional activities.

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, beyond briefing on the Charity's Safeguarding Policy. 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 relevant professional organisations. The Charity's Safeguarding Policy is reviewed and signed by all Trustees annually.

At 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 2023

### 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 during this reporting year were "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 Charity's aim was 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, though they were reviewed during this reporting year to better reflect the contemporary work of the Charity. With the agreement of the Charity Commission given during the year, a new set of charitable objects was approved by the Trustees shortly after the reporting period and will be reflected in next year's report.

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

At the end of 2022, the Merton and Sutton branch committee took the reluctant decision to suspend operations until further notice, due to a lack of volunteers willing to serve on the committee. The Charity noted this development with sadness, recognising the considerable efforts taken by the branch committee members to discern a feasible way to continue operating locally. The Charity undertook some further steps to attract a new Chair for the branch committee, with no success. Steps were also taken to ensure that the small number of remaining service users were informed of other avenues of support. The branch's cash funds were transferred to the Charity's bank account in February 2023, and will be held for three years. If, within that time, the branch resumes some form of activity in line with the Charity's objects, then it is the intention of the Charity to make the funds available for the branch.

# THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

## Trustees' Annual Report (*continued*) Year ended 30 September 2023

### Achievements and performance (*continued*)

The Forest Hill Branch ended its regular weekly drop-ins in May 2019, though the former co-ordinators have sought to maintain contact with the volunteer group on an informal basis. In December 2022 a social event was held locally as an opportunity to celebrate the past work of the branch and provide informal fellowship. A donation towards expenses was made by the Charity, drawn from funds received from the branch after it ceased its activities in 2019.

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

In early 2023, the Cellar Camino Café in Godalming (operated by the Warehouse Christian Trust) became an affiliate member of Being Alongside. The café has "the principal objective of providing a caring and friendly meeting place for disadvantaged and vulnerable people in the community", and shares many of the same objects as the Charity. The Trustees are pleased to welcome the café to the Being Alongside family and we have offered contact from fellow Being Alongside affiliates whose experience may be useful.

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. With this aim in mind, in July 2023 the Trustees launched a new grant scheme, offering funding of up to £2,000 to organisations seeking to start a new support service to those experiencing mental health difficulties, particularly through the model of drop-in café or befriending relationships. The Trustees have set aside £10,000 for each of the financial years 2023/24 and 2024/25 for these purposes. The launch of the scheme was promoted during the summer, including at the National Estate Churches Conference, and in November 2023 a first set of awards were granted.

The Trustees also aim to provide regular magazines, conferences and training both online and in person. A series of 'action sheets' sharing good practice on different aspects of providing local pastoral support to those experiencing mental health issues were updated during the year, and are among the various resources made available freely on the "Being Alongside" website.

A conference was held in central London in March 2023 focusing on the inter-related topics of substance addiction, mental health and prison life. The event was addressed by a number of expert guest speakers, among them psychiatrist Dr Paul McLaren (who spoke about the current medical approach to substance addictions) and the Revd Jonathan Aitken and his colleague CM Neil Fraser from HMP Pentonville, who talked about their experience of mental health and neurodiversity among prisoners. More than 40 supporters gathered for the event: audio recordings of the main presentations were published on the "Being Alongside" website.

Magazines containing news about the Charity's latest activities and articles of related interest were published in December 2022 and August 2023, both of which were distributed to all of the Charity's regular supporters and made available at other events attended by Trustees.

# THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

## Trustees' Annual Report (*continued*) Year ended 30 September 2023

### Financial review

Income was mainly made up of donations (and membership fees for 2022) totalling £1,990 (2022: £5,405). There was Gift Aid tax reclaimable estimated at £223 (2022:£1,153).

There was a Grant of £2,500 from Merton Volunteer Services for the Merton and Sutton Branch. By agreement with the donor that sum is being treated as restricted.

There was no fundraising income (2022:£68 which was designated for the Merton and Sutton Branch)

There was interest of £1,464 (2022:£5). There were direct costs totalling £9,172 (2022:£8,608).

There were charity funds as at 30 September 2023 totalling £62,013 (2022: £65,008).

Of those funds £2,500 is restricted for the Merton and Sutton Branch.

The balance of funds are unrestricted with £5,783 (2022:£5,802) designated for the Merton and Sutton Branch.

Part of those funds came from branches that are currently dormant, namely, Forest 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.

The balance of the Charity's funds derive mainly from legacies totalling about £150,000 received in about 2008. Part of those legacies has been used to cover the Charity's annual deficits.

### 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 regular conferences and spreading the word via information leaflets, magazines and website.

As noted above, the new grant scheme will come into full operation in the next reporting year and the Trustees will seek to promote the availability of grants widely. It is hoped that over time, the grants will support the development of a new breed of local projects in sympathy with the Charity's objects.

### 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 *24 February 2024*  
and signed on behalf of the board of Trustees by:

Mr B. Wilson  
Chair of Trustees



# THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

## Statement of Financial Activities (including income and expenditure account) Year ended 30 September 2023

	Note	2023 £	2022 £
<b>Income and endowments</b>			
Donations and Membership	5	1,990	5,405
Grant	6	2,500	-
Fundraising	7		68
Investment income	8	1,464	5
Other income	9	223	1,153
<b>Total Income</b>		<b>6,177</b>	<b>6,631</b>
<b>Expenditure</b>			
Expenditure on charitable activities		<u>9,172</u>	<u>8,608</u>
<b>Total expenditure</b>		<u>9,172</u>	<u>8,608</u>
<b>Net expenditure and net movement in funds</b>		<b>-2,995</b>	<b>1,977</b>
<b>Reconciliation of funds</b>			
Total funds brought forward		<u>65,008</u>	66,535
Adjustment	10		<u>450</u>
<b>Total funds carried forward</b>		<u>62,013</u>	<u>65,008</u>

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

Of the charity funds at the year end, £2,500 is restricted and £59,513 is unrestricted. The restricted fund is for the Merton and Sutton Branch for which there are additional designated funds of £5,783.

The notes on pages 8 to 10 form part of these financial statements.

# THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

## Charitable Incorporated Organisation

### Statement of Financial Position as at 30 September 2023

		2023	2022
	Note	£	£
<b>Current assets</b>			
Debtors	9	223	1,153
Cash at bank and in hand		<u>61,790</u>	<u>63,855</u>
		<b>62,013</b>	<b>65,008</b>
<b>Creditors: amounts falling due within one year</b>		<b>0</b>	<b>0</b>
<b>Net current assets</b>		<b><u>62,013</u></b>	<b><u>65,008</u></b>
<b>Total assets less current liabilities</b>		<b><u>62,013</u></b>	<b><u>65,008</u></b>
<b>Net assets</b>		<b><u>62,013</u></b>	<b><u>65,008</u></b>
<b>Funds of the charity</b>			
Unrestricted funds		<u>62,013</u>	<u>65,008</u>
<b>Total charity funds</b>		<b><u>62,013</u></b>	<b><u>65,008</u></b>

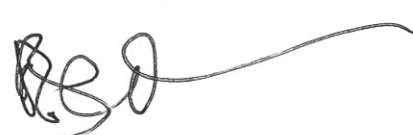
For the year ending 30 September 2023 the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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 24 February 2024 and are signed on behalf of the board by:

  
Mr Ben Wilson  
Chair of Trustees

The notes on pages 8 to 10 form part of these financial statements.

# THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

## Charitable Incorporated Organisation

### Notes to the Financial Statements

Year ended 30 September 2023

#### 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.

# THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

## Charitable Incorporated Organisation

### Notes to the Financial Statements

Year ended 30 September 2023

#### 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

## Charitable Incorporated Organisation

### Notes to the Financial Statements *(continued)*

Year ended 30 September 2023

#### 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) Members of the Charity are liable to contribute an amount not exceeding £1 to the assets of the Charity in the event of its dissolution.

	2023	2022
	£	£
5) <b>Donations and legacies</b>		
Donations and Membership Fees	1,990	5,405
6) <b>Grant</b>		
Received from Merton Volunteer Services for Merton & Sutton Branch (restricted fund)	2,500	
7) <b>Other trading activities</b>		
Fundraising events	0	68
8) <b>Investment income</b>		
Bank interest receivable	1,464	5
9) <b>Other income and Debtors</b>		
Gift Aid Tax recoverable (est for 2023)	223	1,153
10) <b>Adjustment</b>		
Accountants fee shown as a liability in last year's account was not paid or payable		450

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

END OF NOTES to the FINANCIAL STATEMENTS