

Registered number: 05000185
Charity number: 01103063

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023



**The Queen's Award
for Voluntary Service**

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

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**THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)**

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2023**

Trustees	P R Bruce, Chair (Resigned 6 December 2022) B M Sturdy C L Robinson-Learoyd (Resigned 16 March 2023) R E A Long B P Henry L R Michaelis Chair R K Avann (Resigned 10 November 2022) S K Stinton S K Sotomey C A Charlesworth (Deceased 20 th July 2023) Emma Bester (Appointed 21 st July 2023)
Company registered number	05000185
Charity registered number	01103063
Registered office	260 Desborough Road, High Wycombe, HP11 2QR
Company secretary	A McCubbin
Chief executive officer	A McCubbin
Independent auditor	Hillier Hopkins LLP Chartered Accountants Radius House 51 Clarendon Road Watford Herts WD17 1HP
Bankers	Lloyds Bank 1 Market Square Aylesbury Bucks HP20 1TD

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report together with the audited financial statements of the Buckinghamshire Association for Mental Health for the year 1 April 2022 to 31 March 2023. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Update from the Chair of Trustees

Across Buckinghamshire and East Berkshire we see the lasting mental health effects of the Covid pandemic, amplified now by the impact of the rise in the cost of living. The scale and complexity of support needs across our communities is increasing along with a widening gap in health inequalities.

People are facing difficulties accessing the support and care they need. And, while there is more awareness of the signs of poor mental health, services are stretched to keep up with demand.

As a local Mind we work hard, with national Mind and the federation of over 100 local Minds, to step up to the plate, galvanise real change and demonstrate our commitment to system wide leadership – standing shoulder to shoulder with those with lived experience. We know that poverty, deprivation and economic inequality has a profoundly negative impact on mental health. Buckinghamshire Mind continues to work, as an influential and visible partner in the broader mental health system across the Buckinghamshire, Oxfordshire and Berkshire (West) Integrated Care System (ICS) and the Frimley ICS, to voice the concerns and experiences of people accessing our services across Buckinghamshire and East Berkshire.

It is within this context, that I am pleased to report that during the year we have touched the lives of 8,926 people delivering services across a wide range of mental health interventions. In addition, I am delighted that our fantastic teams' exemplary work was recognised receiving a Highly Commended in the Leadership category in the Mind Quality Mark awards earlier this year. On behalf of the board of trustees I would like to thank our colleagues, volunteers and Trustees who passionately and tirelessly work to deliver our wide-ranging portfolio of services in these most challenging of circumstances, providing transformation differences to those lives we touch. I know that every single individual involved in Buckinghamshire Mind will endeavour to ensure that we evolve, develop and grow our service to meet the needs of the community.

The report outlines the trustees' response to mitigating the risks posed to the charity to ensure the ongoing success of the organisation. Trustees are pleased to report this approach has been successful with the continuation of service delivery and the stabilisation of the charity's financial position. However, moving forward trustees are focused on closely monitoring the risks to the charity posed by the current cost of living crisis precipitated by widespread inflationary pressures. The closure of Ashton House as an office location in Aylesbury has helped to reduce our overhead costs, whilst not compromising service delivery. Our registered office has now changed to 260 Desborough Road, High Wycombe, HP11 2QR.

2023-24 is the final year to deliver against our current three-year strategic plan. This report highlights our progress through the second year and sets out our priorities for the third year. Once again, we will look to showcase our three golden threads – agile, inclusive and informed – through everything we do. I do hope you enjoy learning more about the work of our organisation and are inspired to join us in standing up for mental health across the communities we support.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Our Vision, Strategy and Objectives

About Buckinghamshire Mind

For over 100 years Buckinghamshire Mind has been a trusted charity working to support and represent people with mental health problems. We tackle stigma and discrimination head on. We support our service users to live safe, purposeful and fulfilled lives in our communities. We believe in their recovery and are hopeful about their future. Working together with national Mind we will not give up until everyone in our community gets the respect and support they need.

The charity is independent and responsible for its own governance and income generation. We are proud to be affiliated to national Mind (the leading mental health charity in England and Wales) and to play our part in a diverse network of over 100 other local Mind associations. To retain our affiliation, we adhere to the principles of the Mind Federation Agreement, which sets out the terms within which we work together.

In 2021 Oxfordshire Mind and Buckinghamshire Mind were granted exclusive use of the operating name "Mind in Berkshire" by national Mind. Buckinghamshire Mind operate in the East and Oxfordshire Mind operate in the West. Our partnership seeks to work together to deliver mental health services across the county and create a unified voice and understanding across East and West Berkshire. In the autumn of 2022, we started the formal process of applying to national Mind for East Berkshire to formally be named as part of our designated area. Following consultation with neighbouring local Minds our request was approved by national Mind in early 2023 and services delivered in the area are in the process of being re-branded.

The vision, purpose and values of the charity are as follows:

Our vision

Everyone experiencing a mental health problem gets both support and respect.

Our purpose

We are Buckinghamshire Mind – affiliated to national Mind and proud to play our part in the local Mind network. Together we are Mind.

Open, caring, experienced, unstoppable, together. We connect. We support. We influence. We are at the heart of our local communities, in Buckinghamshire and East Berkshire. We promote wellbeing and recovery; we prevent mental ill-health; we offer talking therapies and we provide support in times of crisis.

We stand up for mental health. Our services change lives. For support. For respect. For you.

Our values

- Open - we reach out and welcome anyone with a mental health need
- Caring - we treat everyone with compassion and kindness
- Experienced - we stand shoulder to shoulder with people with lived experience, ensuring our services make a difference
- Unstoppable - we speak out fearlessly and won't give up
- Together - we are stronger in partnership and respect everyone's contribution and background

Structure, governance and management

Structure of the Charity

The company is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association on 19 December 2003. On 1 January 2006, the organisation changed its operational name to Buckinghamshire Mind, although it is still legally known as The Buckinghamshire Association for Mental Health.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Structure, governance and management (continued)

The charity is a membership-based organisation that delegates authority for administering the charity to the Buckinghamshire Mind Board of Trustees. It is important that the membership remains representative of all stakeholders to ensure that their diverse voices are heard and to keep the charity at the heart of the communities it serves.

The board meets four times per annum with additional meetings convened as and when required. In addition to the trustees, the CEO and Director of Services, (Deputy CEO) attend the meetings. The board is further supported by the Finance and Risk Committee, the Operations and HR Sub Committee and the Accommodation Committee. All these Committees report directly to the board with terms of reference in place. There are clear guidelines by which authority is delegated within the organisation, with trustees delegating the day-to-day running of the charity to the senior management team.

Methods of appointment or election of Trustees

Under the requirements of the Memorandum and Articles of Association, the members of the Buckinghamshire Mind Board of Trustees are elected by ordinary resolution. At each Annual General Meeting (AGM) one third of the trustees or, if their number is not three or a multiple of three, the number nearest to one third must retire from office. The trustees to retire by rotation shall be those who have been longest in office since their last appointment. During the year trustees can be co-opted onto the board for ratification at the AGM. There is a robust recruitment, induction and checking process for all new trustees joining the board.

All members of the board of trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the accounts. Trustees are required to disclose all relevant interests and withdraw from decisions where a conflict of interest arises and a conflict of interest register, which includes connected persons, is maintained.

Policies adopted for the induction and training of Trustees

The Chair of the Board and the Chief Executive are responsible for the induction of new trustees. Once the appointment of the new trustee has been confirmed the trustee will receive a pack of relevant supporting information and a programme of meetings will be scheduled with staff, volunteers and other trustees, along with an observation of some activities and an opportunity to meet with service users. Trustees are also able to access governance support hosted by national Mind and can attend the annual Mind conference. It is very important that trustees are a visible part of the organisation, and they are encouraged to visit services and volunteer in other ways.

The Finance and Risk Committee

This committee meets quarterly and takes delegated responsibility on behalf of the board to ensure there is a clear framework for accountability. The key tasks include:

- Examining and reviewing all systems and methods of control, both financial and otherwise. The committee produces and reviews, on a rolling basis, all the financial controls and procedures of the organisation. Any changes are brought, on an annual basis, to the board.
- Risk analysis and risk management.
- Ensuring the charity is complying with all aspects of the law, relevant regulations and good practice.
- Reviewing the monthly management accounts and annual budget and the overall financial position of the charity. The production of the budget is delegated to the Chief Executive, Director of Services (Deputy CEO) and Finance Manager.

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**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

Structure, governance and management (continued)

- Reviewing statutory and grant funding agreements/contracts delivered by the organisation.

The committee has delegated authority for making financial decisions that are within the currently agreed financial year budget. For decisions relating to out of budget expenditure and investment decisions, the committee reviews and submits recommendations to the main board meeting

The Operations and Human Resources Sub Committee

This committee meets quarterly and oversees the development, monitoring and evaluation of operational delivery, quality programmes and strategic human resources actions and policies. Specifically, the committee:

- Monitors and advises on operational delivery, delivery strategy, policy development, quality improvements, safeguarding and health and safety reporting to the board.
- Oversees the progress against the operational plan for all funding/project streams and seeks to address any areas where targets are missed or delivery issues are experienced.
- Ensures that all new projects are effectively mobilised or ceased projects exited effectively, as appropriate.
- Advises on and monitors HR policy development, HR change management and pay, performance and reward systems, reporting to the board as appropriate.

The Accommodation Committee

This committee meets when required and takes delegated responsibility on behalf of the board to ensure there is a clearly defined accommodation strategy that:

- Matches service delivery need both now and into the future.
- Ensures the most efficient use of the organisation's assets and resources.

The committee has some operational decision making capability. However, any recommendations relating to the selling of assets and undertaking/terminating leases must be given final approval at the main board meeting. This committee has not been required to meet during FY22_23.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Structure, governance and management (continued)

Risk management

The board fully accepts its responsibilities under the Charity Commission's Statement of Recommended Practice (SORP) for ensuring that the major risks to which the charity is exposed are identified and reviewed, and that there are systems in place to mitigate them. Major risks are those that have a high probability of occurring and would, if they occurred, have a severe impact on either operational performance or achievement of purposes or could damage the charity.

The charity recognises that risk management is an essential part of good business practice and an effective mechanism of good governance. The board is committed to ensuring that risk management processes are embedded throughout the charity, and that these processes are used to help identify at an early stage issues that affect performance or achievement of purposes. However, the board recognises that risk management systems can only seek to manage rather than eliminate risk, and that it should therefore be only one of the tools that the board uses to provide effective control of the administration of the charity. Additionally, in recruiting new trustees, the board ensures that there is an appropriate mix of skills to further mitigate risk.

A detailed risk register is reviewed and updated quarterly by the Finance and Risk Committee and presented at each subsequent board meeting. The register covers risk across the following four categories:

- o Quality and Management
- o Operations
- o Funding and Assets, and
- o Staffing

As a result, the trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to manage exposure to the risks.

The key risks to which the charity is exposed, along with the current situation, are outlined below:

Cost of Living Crisis	<p>The current level of inflation is increasing the costs of running the charity. We have worked to ensure that salaries are benchmarked against sector averages to support retention and recruitment but are still seeing differentials emerge across the health and social care sector in the localities we support.</p> <p>To mitigate these increased costs, we have negotiated small increases with commissioning partners for those contracts renewing this year along with continuing to look for efficiencies, for example in closing the office in Aylesbury or delivering services differently. We will also invest in workplace wellbeing and training, increase opportunities for colleagues to collaborate and promote flexible hybrid working practices to support colleague retention.</p> <p>Additional pressures on fuel, food, supplies, activity and transport costs require a robust approach to cost centre accounting. We will strengthen our financial reporting framework during the year to enable managers to closely monitor their budget allocations.</p> <p>We will also respond to the changing needs of our volunteers, offering flexibility in the ways they can volunteer alongside colleagues to support people in our community. This is crucial as we know from previous experience that a squeeze on living standards, unmanageable debt and economic recession cause a rise in mental health problems. Our volunteers play a crucial role in helping us to respond to this demand.</p> <p>We also need to be mindful that for some, our paid for services, such as adult counselling, might not be accessible. Alternative funds to support people in this position need to be sourced.</p>
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Structure, governance and management (continued)

Digital security and implementation risk	We have been alerted by our insurers of the number of cyber-attacks increasing. As we move forward with our organisational digital strategy we have strengthened our Cyber security measures across all platforms and are now working towards Cyber Essentials Plus accreditation. In addition, we now exceed all elements of the NHS Data Security and Protection Toolkit.
Sustainability of Funding Sources	<p>The cost-of-living crisis is having an impact on our community fundraising activities due to the impact on our supporters' ability to donate. This is somewhat offset by the resumption of face-to-face community fundraising events and the fact that people want to stand-up for mental health across our communities. To help mitigate this risk we will continue to explore new digital fundraising opportunities and strengthen our offer to corporate and community partners.</p> <p>All stakeholder relationships remain positive and we thank all our funders and statutory partners for their support. Buckinghamshire Mind is well positioned to work collaboratively with mental health system partners on identified gaps in service provision across both the Buckinghamshire, Oxfordshire and Berkshire (West) ICS and the Frimley ICS.</p> <p>However, the continued pressure on statutory budgets means we must ensure that contingency plans are in place in the event of funding being withdrawn or reduced.</p>

Key Management Personnel Remuneration

Key management personnel remuneration and benefits (the Senior Management Team) totals £238,874 (2022 £206,143) per annum.

All Buckinghamshire Mind colleagues are subject to annual appraisals and trustees' approval is required prior to implementing salary increments. As means of good practice, a benchmarking exercise is undertaken when recruiting into new roles against other competitors within the sector of a similar size and activity to ensure that the remuneration is in line with that of generally similar roles.

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**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

Structure, governance and management (continued)

Investment policy

Our investments have been with M&G Charifund since May 2018. This investment product was felt by trustees to have a strong track record on growth, whilst also offering a quarterly income distribution.

In February 2021 trustees revised the investment policy to incorporate an investment performance framework with reserves invested in a minimum of two global multi-asset investment funds. In addition, suitably qualified advisors should be retained with a requirement for two trustees to participate in education and training events. The Finance and Risk Committee selected two suitable funds which were approved at the September 2021 board meeting.

We were able to invest in one of these funds (COIF Charities Investment Fund) and sought the advice of our advisors again in June 2022 for an update on the performance of the second fund. Acting upon this advice the trustees decided to move one of our investments from M&G Charifund to SUTL Cazenove Multi-Asset Fund. This switch was completed in May 2023.

Objectives and activities

Policies and objectives

The trustees confirm that they have referred to the guidance obtained in the Charity Commission's general guidance on the public benefit when reviewing the charity's aims and objectives and in planning future activities for the year.

The charity's objects are, "to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment."

Strategies for achieving objectives

All our charitable activities focus on promoting good mental health and reaching out to support those who experience mental health problems. The trustees have considered how planned activities will contribute to the aims and objectives they have set for the future as outlined in the strategic planning process. This section sets out how we performed against our strategic objectives this year, reports on our key achievements and outlines our objectives for 2023-2024.

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**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

Objectives and activities (continued)

Our Strategy

In August 2021 we launched our new strategy, "We are Buckinghamshire Mind, 2021-2024". We have written five statements that describe our ambition in each of the following key areas – people, impact, engagement, sustainability and resources. These ambitions provide the framework against which we will measure our impact.

People	<i>"We will ensure we are a great place for people to work, volunteer and experience services"</i>
Impact	<i>"We will target our services where we can have greatest impact"</i>
Engagement	<i>"We will build engagement, increase our influence and champion our vision for mental health"</i>
Sustainability	<i>"We will improve sustainability at a time of unprecedented need, building collaborations and partnerships with other service providers."</i>
Resources	<i>"We will invest in and maximise our resources to develop an organisation fit for the future."</i>

As we face issues and opportunities, we will repeatedly ask ourselves how our decisions fulfil at least one of these ambitions and how they align with our golden threads of agile, inclusive and informed.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Objectives and activities (continued)

Our progress in Year 2

To deliver these strategic priorities we identified 8 specific targets in the second strategic year, as outlined in the table below alongside our performance: -

Training	<ul style="list-style-type: none"> An increased budget to deliver our training and development plan ensures colleagues have access to opportunities to build their confidence and skills and succeed in their role. We were delighted that seven colleagues were promoted to new roles in 2022/23.
Engagement	<ul style="list-style-type: none"> We have expanded the ways in which the people we support can get involved and influence the shape of our services. We call this Lived Experience Leadership. 50% of our colleagues bring their lived experience to our charity. Alongside this, a volunteer development working group has been established to focus on supporting our much-valued and committed volunteers. Both of these programmes of work will continue to be key focus areas throughout the final year of our strategy.
Prevention	<ul style="list-style-type: none"> We have built awareness of wellbeing at a time when so many have experienced challenges with their mental health. This has been achieved by securing four new contracts with a focus on the prevention of mental health problems and we continue to advocate for preventative approaches across the mental health system.
The difference we make	<ul style="list-style-type: none"> We have developed more sophisticated ways to understand our reach and demonstrate both the short and long-term impact of our work. This has been through improved data capture (both internal and external) and storytelling across all our services.
Inclusion	<ul style="list-style-type: none"> The focus has been to adapt our services to be more accessible, with a specific focus on people experiencing racial inequality; facing financial hardship and financial insecurity; at risk of, or enduring homelessness and to LGBTQIA+ identities. We were proud to publish the Listen, Learn, Adapt report alongside four other Buckinghamshire charities. This has informed a widespread programme of work that includes: <ul style="list-style-type: none"> Improved mechanisms to collect Equality, Diversity and Inclusion data. Creating an inclusion library of resources. Partnership working with local organisations to raise mental health awareness amongst racialised communities.
Responding to demand	<ul style="list-style-type: none"> We have looked to expand capacity in specific areas, mindful of the impact of the pandemic on people with existing mental health problems and children and young people. We have secured funding to launch a Young Peoples' counselling service in Q3 of FY23_24. With national Mind's agreement, we have expanded the geographical area we support to officially include East Berkshire. This underpins our Mind in Berkshire collaboration with Oxfordshire Mind and allows us to build on our established portfolio of services operating in the area. Our strategic partnership with Citizens Advice Bucks is focused on the opportunity to support the wellbeing of people experiencing financial hardship with new, integrated approaches.
Data	<ul style="list-style-type: none"> The rollout of a new Customer Relationship Management system is going to plan. This allows us to put evidence at the heart of our decision-making processes in relation to the services we offer and the allocation of resource.
Funding	<ul style="list-style-type: none"> Securing larger, multi-year contracts, such as the expanded Community Connectors service, helps to build our financial resilience.

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**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

Objectives and activities (continued)

Our activities in the year and numbers of people supported

In the 2022/23 financial year, Buckinghamshire Mind has directly touched the lives of **8,926** people, an 18% decrease in total lives touched from the previous year [FY21/22: 10,906]. This decrease is directly attributable to reduced Children and Young People (CYP) service delivery, which had a 28% lower reach due to the impact of needing to work within revised funding models. Happily, secured funding for FY23_24 means that we can rebuild our young peoples' offer moving forward.

It remains the case, however, that the complexity of support needs we are seeing across all services means all teams are working at full capacity. We would like to acknowledge the support of all those organisations who work with us to respond to this increase in demand. During the year we made referrals to 166 partner organisations.

Conversely, our Rough Sleeper Partnership and Social Prescribers Team increased their reach by 113% and 106% respectively, evidencing a continued and growing need across the spectrum of crisis and prevention services.

With the expansion to 7 days in High Wycombe, the increased provision within our Safe Haven crisis services offered greater flexibility and access for support. Across both Aylesbury and High Wycombe services, on 321 occasions people accessed support from Safe Haven as an alternative to attending Accident and Emergency, an increase of 16% in 2022/23.

Within our low cost and general counselling services referrals continue to increase. Through access to additional funding to subsidise sessions, the low-cost counselling service supported 56 individuals who may not have had the financial means to access such support previously.

The training team successfully established a number of new partnerships with local charities and statutory partners, increasing the reach and opportunities for participants. As we continue to move on from the impact of Covid, the team has increased the delivery of face-to-face training from 3% in the previous year to 41% in 2022/3.

Throughout the year, our impact continued to be measured through our service user feedback form. The response rate reduced this year to 392, representing a reduction of 60% from the previous year. Of note, the previous year had represented an increased response rate of 148% which was an exception and could be linked to the increased reach of services after the impact of Covid. Whilst figures highlight a reduction in response rate, this year's figure is in line with the average response rate seen in previous years.

Across the services:-

- **93%** of respondents were either satisfied or very satisfied with the services they received from Buckinghamshire Mind
- **79%** of respondents reported a positive response to the question '*I am better able to manage my mental health*'
- **76%** reported a positive response the question '*My mental health has improved*'
- **85%** reported a positive response to '*I feel less isolated and on my own*'

This impact reflects the dedication and hard work of colleagues and volunteers in reaching out to ensure that people across Buckinghamshire and East Berkshire get access to the mental health support they need, across a broadening range of services, as outlined below.

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**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

1. Community and Prevention Services

a. Wellbeing Groups

Wellbeing Groups have provided an in-person service across all four locations for the whole year, with digital/remote support being offered when circumstances required it, such as extreme weather. All groups increased their focus on creating more structure and engagement with wellbeing activities. In June 2022 the Chesham service expanded from 2 weekly groups to 3, with the addition of an art group on Wednesdays. In line with service user feedback, the group began providing monthly cooked food including healthy cooking sessions (education and preparation) as a wellbeing and social activity. Across the year the Wellbeing Groups supported 124 people; 58 in Aylesbury and 66 across High Wycombe, Chesham and the Chalfont's. Across all groups there was an annual attendance of 4,429 sessions.

b. Employment Support

This year, the Employment Support programme was solely funded by Adviza's Building Futures programme with the delivery of the service ceasing in December 2022. Due to this closure, the service saw a reduction in staffing down to 1 part-time worker from August to December. With no team from January 2023, the service closed and signposted referrals back to Adviza. Over the year the team supported 102 people.

c. Befriending

This service offers training and support for volunteers to form befriending partnerships with referred clients who are lonely or socially isolated because of mental ill health. We offer a blended approach, with both face-to-face and telephone partnerships available.

By this means, 196 people were supported by 134 volunteers during 2022/23. 67 partnerships were carried over from March 2022 into April 2022 and 129 new partnerships have been started since April 2022, of which 52 were face-to-face. We have received 80 volunteer applications and have trained 72 of those during this time. This programme continues to be grant funded by Buckinghamshire Council.

d. Services for Older People

As of April 2022, we transitioned to a fee-paying model following the grant funding for this service being withdrawn and have only been taking referrals for adults 65+ who are experiencing poor mental health. We continued to support existing service users (those living with dementia) and were starting to transition to a wellbeing group with three paid members of staff and 5 volunteers over the year. We supported 20 service users over the year with many attending both a Tuesday and a Thursday.

Sadly, the very difficult decision was made in April 2023 to close the older adult's wellbeing group due to the lack of financial stability of the service, with the last day being May 25th 2023. The people accessing the service and their carers were supported to look for alternative provision. Trustees would like to thank those colleagues and volunteers who have supported the delivery of this service over many years.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

e. Training

The training service delivered 81 training sessions to 1,030 individuals with a continued focus on courses that promote both workplace and general wellbeing. 41% of these sessions were delivered face to face (vs. 3% in FY21-22) meaning that we're now providing a hybrid training model that delivers choice, flexibility and inclusivity to reach a wider range of learners.

We continued our partnership with Bracknell Forest Community Network for a third year, delivering monthly wellbeing sessions to their supported individuals, which has been re-commissioned for FY23-24. We also formed a new partnership with Lindengate to develop and deliver a unique wellbeing programme for Oxford Health NHS staff which received incredibly positive feedback.

We continued to support the need for prevention training in the community, training 288 people in Mental Health First Aid, Youth Mental Health First Aid and Suicide First Aid through contracts with Buckinghamshire Council (targeting frontline VCSE, statutory and community organisations), Community Boards (targeting school staff) and Buckinghamshire Health & Social Care Academy (targeting faith organisations).

We also played a part in the community response to support Ukrainians in Buckinghamshire by delivering trauma awareness training to 118 hosts and sponsors.

f. Outreach Services

The Outreach team operated with reduced capacity this year due to staffing changes. That said, the team supported 150 people, 132 of those being new referrals, with 127 people signposted into local services.

In the Perinatal team the Mind Support Worker supported 31 women in a 1:1 setting, as well as co-facilitating 45 support groups with 140 attendances across the year. The work continues to cover a broad-spectrum of support including improving access to community support, befriending, exposure work, benefit and housing support and support throughout child protection inquiries.

g. Safe Haven

Safe Haven is continuing to provide blended crisis provision to service users across the county from two locations - Aylesbury and High Wycombe. We have been encouraging service users to attend the service for face-to-face support to utilise the longer support sessions as well as access to peer support. There has been a positive response and increase in attendance during the year particularly towards the latter part of the year.

Over the year of 22/23 we have received 204 new referrals and there were 321 occasions where individuals utilised Safe Haven as an alternative to A&E.

We have strengthened our links in the community, providing a monthly support session within community churches for those who are accessing foodbank resources, local shopping centres and libraries across north and south Bucks. Alongside this we continue to visit Primary Care Networks and provide awareness for the local GP surgeries which has been positively received.

Alongside our community work we have been attending High Intensity Users meetings and integrating appropriate service users away from long term secondary care into community resources such as the Service User Network, Friends in Need and Safe Haven.

The Safe Haven+ partnership referrals maintain steady; Citizens Advice Bucks and Connection Support receive most of the referrals, however the Oasis Partnership has also maintained steady numbers. The cost-of-living crisis is evident from conversations with service users and we are fortunate to be able to provide both the mental health support alongside this additional expertise within the Safe Haven+ partnership.

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**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

Objectives and activities (continued)

Our plans remain focused on the planned 7 day a week expansion to the Aylesbury site which is in the early stages of mobilisation alongside promotional activity to look at areas around supporting racialised communities, LGBTQIA+, and men's mental health.

h. Suicide Bereavement Support service

Following the tender process for a Thames Valley wide service in January 2022 (for which we did not tender) there was a delay in the awarded provider starting. The contract with Bucks Mind was extended for 3 months from April - June 2022. Over this time, new referrals were limited with 4 families supported following bereavement through suicide. Existing clients were either supported to move towards exiting the service, or to transition for ongoing support to the new provider.

i. Rough Sleeper Initiative

Buckinghamshire Mind has continued to maintain both a therapeutic and outreach role within the partnership. The activity focuses on providing support for individuals who have a mental health need and are either street homeless, in temporary accommodation or those who recently obtained longer term accommodation. Our psychodynamic counsellor individually provided support to 46 new referrals, completed a total of 192 therapeutic sessions and 178 support sessions which include wellbeing and psychoeducation. In total 100 people were supported by this service.

Working closely with Oasis Partnership we have been able to look at meeting immediate needs through the outreach work whilst building trusting relationships to enable longer-term steps towards the goal of tenancy sustainment.

We have now successfully recruited our second colleague working within the partnership and have been able to grow our provision into South Buckinghamshire. We have elected to separate the therapeutic/psychoeducation from the outreach element to enable both parties to work in tandem but have a clearer defining pathway of their role and provide more secure boundaries for the clients.

j. Peer support

• **Friends in Need**

Our peer support groups for people experiencing mental health problems and/or social isolation, Friends in Need (operating across East Berkshire and Buckinghamshire), supports people through a varied timetable of both face-to-face and online activities based on the 5 Ways to Wellbeing.

430 new people registered with Friend in Need across Buckinghamshire and East Berkshire. Since September 2022, individual attendance data is collected which will give greater insight into how and when members are choosing to access the support available.

• **Mind the Gap**

Mind the Gap has continued to grow with 71 new members this year. As of January 2023, the group took over the existing online yoga class, adding it to their timetable and taking on the administration of the class. Due to the closure of the Healthy Living Centre and low numbers the Aylesbury Men's group ended in March '23. Where possible, existing attendees transferred to the Aylesbury Social group.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Objectives and activities (continued)

k. Supporting Children and Young People

We delivered the Peer Support in Schools (PSIS) programme to 45 schools across Buckinghamshire. This service reached 1,428 mentors and mentees throughout the year. In addition, the Education team reached 3,364 children and young people over the course of the year via the delivery of assemblies and bespoke projects and workshops in Buckinghamshire and East Berkshire.

Uncertainty around sustainable funding models led to the restructuring of this team in Q3 2022. More positively, we have secured additional funding for FY23_24 allowing us to rebuild our young peoples' offer moving forward.

l. Social Prescribing

Since November 2019, with funding from NHS England via Primary Care Networks (PCNs), we have recruited a team of 9 Community Link Workers to deliver a social prescribing service. Working within 2 PCNs the team has supported 1,382 people to access community-based groups and services that support their health and wellbeing.

The vast majority of our support is done face-to-face, working 1:1 with patients. We are also able to support people remotely if required.

We are now directly involved in supporting those people that would benefit from seeing the Social Prescribing service when they are discharged from hospital.

m. Community Connectors

The Community Connector service expanded in January 2023 after winning the tender to reach out into all 9 Primary Care Networks in East Berkshire. The Community Connectors have supported 119 people across East Berkshire, offering 648 support sessions. Working within the Mental Health Integrated Community Service (MHICS) the team provides the best care possible for those with significant mental ill health who often fall between the gaps in services.

2. Counselling Service

As the impact of the cost-of-living crisis started to become more evident, the demand for the low-cost counselling service increased through 2022. Over the financial year, the team delivered 670 sessions to 56 clients, exceeding the targets for the grant period.

Across the rapid access offer, general counselling and low-cost service, through the dedication of a consistent team of 10 Volunteer counsellors, 301 individual assessments were completed with 1,339 counselling sessions delivered to 171 clients.

New opportunities and partnership were explored to increase our reach, with the successful delivery of counselling sessions at Bucks New University. Through 30-minute individual sessions, the service offers students an introduction to counselling and techniques to proactively manage their mental wellbeing alongside the demands of college.

To increase accessibility and choice, the counselling service secured a room within a new GP surgery, offering the option for face-to-face counselling for residents of north Buckinghamshire.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Our digital reach

Our digital activity has expanded with increased social media activity by way of Instagram (IG) development and more regular activity on Linked In. In addition, we have implemented Linktree (social media reference landing page) within IG to prompt readers to our website for further content and information and to make direct call to actions.

Content planning and key messaging remains consistent, focusing on: Buckinghamshire Mind and Mind in Berkshire service information, signposting for additional information and support, tackling stigma and discrimination and celebrating achievements and collaborations. Added to this, we inform our audience on relevant topics impacting our community's mental health in a given time, being agile and evolving the messages within the rapidly changing landscape.

Time and development have also been spent improving the quality of imagery that accompanies our digital content, becoming more adept with the offerings of the Canva design platform. Over the next year we would like to improve on video content creation and reels to further add value to our storytelling.

Ongoing uncertainties on Twitter meant we took the decision in January 2023 to pause activity on this platform until further review. Therefore, overall growth percentages for social media are skewed (as shown below). Twitter remains an evolving space, therefore we will continue to regularly review and monitor this space with the intention to reengage; initially with broad national topics or campaigns, avoiding sensitive or other topics which are open to trolling and/or fuelling negative or hate speech.

We have also implemented new monthly social media data recording to better analyse the effectiveness of our social media performance overall as well as content. From next year we look forward to presenting this data more effectively, including Linked In figures.

The data relating to our social media reach is outlined in the table below: -

	FY2021/22	FY2022/23	Increase	% Change
Twitter (impressions)	276,201	135,338	-140,863	-49%
Facebook (reach)	66,274	121,209	54,935	+82%
Instagram (reach)	5,629	21,824	16,195	+287%
Social Media Total	348,104	278,371	-69,733	-20%

In 2022 we worked with Carbon Creative to redesign the Bucks Mind website. The aim was to modernise the site, implement the new Mind brand, update the appearance to make it more visually appealing and accessible and improve the users' journey. We held a focus group with people we support to ensure that we had their needs at the heart of the re-design. Before launching the new site, we invited people we support, staff and volunteers to test the site and complete a survey. We reviewed the responses and amended the design accordingly. The new website was launched in July 2022 and received very positive feedback. The site looks much fresher and, more importantly, provides an improved user journey for people we support, including people wanting to find out more about Bucks Mind and our services, healthcare professionals and those wishing to support us.

In FY2022/23 there were 47,456 users of the Buckinghamshire Mind website and 165,945 page views.

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**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

Objectives and activities (continued)

The Bucks Mind Guide, an online directory of mental health services across Buckinghamshire, continues to be a valuable resource in supporting people to access community based mental health services; visit www.bucksmind.org.uk/guide.

Our Campaigning

The Champion the Change (CtC) campaign reached 15,960 individuals and 26 organisations by starting conversations about mental health and providing signposting information. The campaign distributed 6,577 marketing resources in-person, with digital marketing resources reaching 14,000 people. CtC's social media reached 20,734 people with 671 engagements, as well as more than 14,500 live radio listeners.

The highlights of the year include a partnership with Bucks New University, who have over 7,000 students and working with Wycombe Wanderers Football club at a match reaching 10,000 fans and 3,500 live radio listeners.

Events

This year CtC held or worked in partnership to deliver 12 in-person events with a total of 10,532 attendees leading to 278 conversations, 4 own-led Bucks Big Chat events, 10 digital events and actively celebrated 4 national awareness days.

Large scale and piggyback events

CtC's main event this year was at Wycombe Wanders Football Club, where the campaign attended a match raising awareness of men's mental health. Among the supporting Champions were volunteers from Bucks New University football team. Highlights included:

- a live radio interview,
- half time speech to the 10,000 fans,
- Bucks Mind branding and messaging displayed on the main screen and digital perimeter boards.

In addition, CtC attended many piggyback events including Waddesdon Summer Fetes, Lindengate Networking Event, and Bucks County Show. A key piggyback event was with Wendover parkrun where CtC had a stand and spoke to participants.

Champions

This year CtC have had 25 Champions support the campaign through 12 areas of activity such as champion blog articles, a men's peer support group, an inclusive football club for children impacted by low mental health and plans to provide mental health training to rural communities in Bucks.

Awareness days

CtC marked 4 key awareness days: International Suicide Prevention Day, World Mental Health Day, Mental Health Awareness Week and Eating Disorders Awareness Week. The campaign shared Champions' quotes on social media and raised awareness in the community e.g., by hosting a stand at Aylesbury shopping centre.

Bucks Big Chats

The Bucks Big Chats (BBC) days have continued to be a focus of the campaign since, with CtC hosting four throughout the year:

- June's BBC, focused on social isolation and loneliness by creating an interactive map containing all social/ sports clubs across Bucks that welcome those with low mental health and/or have trained staff/volunteers about mental wellbeing.

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**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

Objectives and activities (continued)

- October BBC involved three Champions in partnership with Bucks New University, holding a film premiere of 'Who Am I' a short film about mental health in the Black community.
- January's BBC was the WWFC Event (outlined above)
- February's BBC was celebrated in line with Time To Talk Day where CtC co-hosted a student mental health awareness event at Bucks New University. Over 160 students engaged with at least one workshop on offer. Activities included arts and crafts, yoga and pet therapy led by facilitators trained in mental health.

Other Projects

a) Bucks New University

In 2022 CtC established a partnership with Bucks New University by attending wellbeing fayres and student union events and building relationships with the safeguarding and wellbeing teams. CtC's work with female students from diverse groups has developed significantly with plans to expand this across 2023.

b) Employer's Pledge

The Employer's Pledge offer continued to grow reaching 4,205 employees. Organisations included Buckinghamshire Council, who have been the first to sign, as well as Silverson Machines and Citizens Advice Bucks.

Our Volunteers 22/23

During the year 254 adult volunteers generously gave their time to volunteer across many of our service areas, as outlined in the table below. This equates to 8,306 hours of volunteer support.

Service	Number of volunteers
Befriending	134
Mind the Gap	21
Older Adult Services	8
Wellbeing Groups	7
Counselling	10
Friends in Need	36
Champion the Change	25
Trustees	11
Gardener	1
Volunteer Information Analyst	1
	254

The majority of our adult volunteers are within the befriending service where 196 people have been supported to date by 134 volunteers. Based on an average of 70 partnerships a week (meeting or talking for approximately 30mins -2 hours) this equates to the capacity of 2 full time colleagues over the year.

The Friends in Need and Mind the Gap peer support groups have 57 active volunteers and they are the 'backbone of the service'. Mostly they are 'homegrown', joining us as members before being trained up to run peer support activities on their own. They come with a range of skills and many have lived experience. The other area that continues to provide a progression for people we support into volunteering is wellbeing groups. This is a significant step in their recovery journey and an inspiration to their peers.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

In addition, our dedicated team of 10 volunteer counsellors have delivered a total of 1,339 counselling sessions over the year to 171 clients – supporting many on our communities who would otherwise not have access to this source of support. Two of the volunteers were successful in gaining paid roles within Bucks Mind (one in counselling, one in the rough sleeper initiative). As volunteer counsellors move on, service delivery was maintained through being able to fill volunteer positions effectively and swiftly through our rolling recruitment process.

We have 25 Champions signed up through the Champion the Change programme which works with people with lived experience to help break down mental health stigma and discrimination.

We also trained a 583 young people via our Peer Support in Schools programme which enables young people to learn about mental health and start their volunteering career supporting their peers at school.

Looking forward

We are finding the retention of volunteers more challenging across all areas. Compassion fatigue and the need to work due to the cost of living crisis have seen volunteer numbers fluctuate. In addition, some volunteers need to withdraw in the induction period due to changing circumstances and being no longer able to commit.

At the end of the year a working group was formed to look at volunteering across the organisation. The group will explore current volunteer opportunities and experiences, create consistency, efficiency and ways to share good practice and develop strategies to increase recruitment and retention.

Through the support of our existing and new volunteers, Buckinghamshire Mind continued to deliver services at a scale in the community that simply could not have been achieved without them. Trustees offer their warmest thanks to all volunteers who have given their time so generously over the past year.

Strategic Objectives for the forthcoming year

During this financial year we move into the final year of delivering against our strategic priorities. Outlined below are the 6 chosen priority focus areas identified.

People:- “We will ensure we are a great place for people to work, volunteer and experience services”

Workplace	Offer a workplace which enables flexibility, promotes wellbeing and makes people feel valued, enabling us to attract and retain colleagues and volunteers.
Diversity	Improve the breadth and depth of our understanding of our local community and aim to represent its diversity amongst our colleagues and volunteers, including across the board of trustees.

Impact:- “We will target our services where we can have greatest impact”

Access	Reach out and find new ways to make our services more accessible to those identified as having a need but who are currently under-represented in our community.
The difference we make	Develop more sophisticated ways to understand our reach and demonstrate both the short and long-term impact of our work. This also incorporates deepening our understanding of local need,

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**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

Objectives and activities (continued)

Engagement:- “We will build engagement, increase our influence and champion our vision for mental health”

Inclusion	Adapt our services to be more accessible, with a specific focus on people experiencing racial inequality; facing financial hardship and financial insecurity; at risk of, or enduring homelessness and to LGBTQIA+ identities.
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Sustainability:- “We will improve sustainability at a time of unprecedented need, building collaborations and partnerships with other service providers.”

Responding to demand	Expand capacity in specific areas, mindful of the impact of the pandemic on people with existing mental health problems and children and young people.
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A detailed implementation plan is in place to define the key metrics for each of these indicators and this will be used to monitor our progress moving forward.

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**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

Financial Review

Buckinghamshire Mind recorded a surplus of £1,517 for the financial year ended 31 March 2023. This compares with a surplus of £59,606 for the previous year.

Total income increased by £131,463 to £2,038,672 (2022: £1,907,209). This is the first time that income has been over £2 million so that is a welcome milestone in the history of the charity.

The balance sheet is showing a total of £1,096,325 of unrestricted funds - £496,325 unrestricted cash reserves and a £600,000 property reserve on the Chesham property owned by Buckinghamshire Mind that is used for the provision of services and for office space.

Our donations, fundraising and legacy income have recovered slightly this year, largely due to the reduction of restrictions due to Covid and lockdown, and the welcome but unexpected receipt of a £50,000 legacy. The total increased from £124,810 in 2021/22 to £144,016 this year. The current cost of living crisis is impacting on our donors' ability to give, and despite mental health remaining a cause people want to support, the receipt of funds is proving difficult to forecast.

The trustees would like to thank warmly those members of the community who have chosen to fundraise for us both in this year and moving forward in so many diverse ways.

Income from charitable activities has increased by 5% on the previous year (2023 £1,861,640 and 2022 £1,770,586) which reflects the increasing demand for the services that we offer. In the same period the expenditure on charitable activities increased by 8% to £1,981,627 from £1,831,868. We maintained and enhanced the broad range of quality services we provide to the community and put in place a quality team to help maintain our standards and provide more robust support for our frontline service teams.

In delivering these activities, alongside the generous contributions of individual donors and those organisations who have requested to not be publicly mentioned, trustees would like to gratefully acknowledge the support of the following funders during the course of the year:-

- Buckinghamshire Council
- Oxford Health NHS Foundation Trust
- NHS Frimley ICB
- Buckinghamshire, Oxfordshire and Berkshire ICB
- Berkshire Community Foundation
- Heart of Bucks
- Monodraught Limited
- Shanley Foundation
- Adviza
- Fairhive Homes Ltd
- Mind
- Big Lottery Fund
- Heart of Bucks Kop Hill Climb
- Berkshire Healthcare NHS Trust
- Marlow Rotary Club
- Chesham Sick Poor Fund
- Silverson Machines Ltd
- Grace Trust
- David Family Foundation
- Walter Hazell Charitable Trust
- Bucks New University
- JP Hildreth Limited
- The Rothschild Foundation
- William Harding's Charity

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**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

- Buckinghamshire Community Boards
- Buckinghamshire East PH Hub
- Healthy Living Centre, Aylesbury
- Dayla Drinks
- Chesham United FC
- Chesham United Ladies FC
- Tuneless Choir, Maidenhead
- Penn 7 & super fun run
- District 9 Inner wheel
- Materials Analysis Group
- Waddesdon Cricket Club
- Winslow Lions Club
- Haddenham Community
- Cippenham Community Carnival Association
- Aston Clinton Charity Foundation
- Marlow Centre Ladies Club
- Misbourne Matins Rotary Club
- Marlow Education Trust
- Holy Trinity School Marlow
- St Joseph's furniture market
- Holy Trinity Church
- Waitrose Gerrards Cross
- Drayton Parslow social club
- Rebellion Brewery
- Allsorts Band
- Orange Genie
- Dayla Drinks
- Beaconsfield Mercedes
- Waitrose Maidenhead
- Waitrose Windsor
- Waitrose Aylesbury
- Girlguiding Bucks
- Aylesbury Youth Town Council
- Penn 7
- Oxford Instruments
- South Bucks Rethink Group
- TK Maxx & HomeSense Foundation
- Castle Street Dance Studios
- Maidenhead Community Centre Café
- Zebra Technologies
- Haddenham Scout and Guide Association
- Holy Trinity School High Wycombe
- Chesham Grammar School
- Aylesbury Grammar School
- Aylesbury Vale Academy
- St Mary's School Gerrards Cross
- Claytons Primary School
- Beaconsfield High School
- The Clare Foundation
- Masonic Charitable Foundation

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Reserves policy

The Charity's funds consist of unrestricted funds and a revaluation reserve. Buckinghamshire Mind maintains a formal reserves policy, reviewed by trustees at least annually and amended as appropriate. The policy currently considers the following aspects:

- The definition of reserves as being the free reserves; namely total reserves less any restricted or asset reserves.
- The level of reserves decided by our trustees is no less than three months of the total annual budgeted operating costs.
- How the trustees intend to maintain reserves at the agreed level.
- The arrangements required by trustees to ensure the policy is regularly monitored and reviewed.

During 2022/23 we tested our reserves policy and carried out a risk-based assessment of the actual amount of funds we would need. This assessment demonstrated that our 3 months policy is in excess of what we would need if we had to wind down our operations. The Trustees decided that it was prudent not to make any changes to the policy, but recognised that when trending slightly below our 3 months level there is negligible risk to the charity.

The required level of unrestricted reserves based on the criteria outlined in our policy on reforecast expenditure values was £534,608 in 2022/23. The unrestricted reserves at balance sheet date are £496,326 so we are £38,282 or 8% below the required level. This is mainly due to the decrease in the value of our investments during the year because of turbulent stock markets. However, based on our actual expenditure during 2022/23 the reserves target would be revised downwards to £503,579 so this slight drop below the target means that the variance is within a controllable level.

For 2023/24 the required level will be £645,276. In accordance with our policy, the level of reserves will be reviewed by the trustees in conjunction with the approval of the annual accounts. We expect the value of our investments to recover in the next year. Appropriate business development and/or fundraising strategies will be put in place to increase reserves to the agreed level at the end of next year.

Fundraising Activities

Fundraising activities are carried out in-house largely by the Community Fundraising and Communications Team. We are committed to excellence in fundraising practices and have voluntarily registered with the Fundraising Regulator and comply with their Fundraising Promise as outlined on our website, <https://www.bucksmind.org.uk/fundraising/> In addition, we have a procedure for supporting potential donors' whole circumstances, which links to our Safeguarding policy and procedure. There have been no complaints received during the year in relation to our fundraising practices.

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**TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023**

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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 Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) 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 Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditor

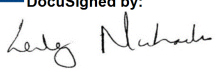
Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditor is unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

Auditor

The auditor, Hillier Hopkins LLP, has indicated his willingness to continue in office. The designated Trustees will propose a motion reappointing the auditor at a meeting of the Trustees.

Approved by order of the members of the board of Trustees and signed on their behalf by:

DocuSigned by:

.....97FQDB99A2AC498.....

L Michaelis

Date: 14-11-2023 | 17:40 GMT

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BUCKINGHAMSHIRE ASSOCIATION
FOR MENTAL HEALTH**

Opinion

We have audited the financial statements of The Buckinghamshire Association for Mental Health (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes, including a summary of significant accounting policies. 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 31 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 Charities Act 2011.

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 United Kingdom, including the Financial Reporting Council'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

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

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**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BUCKINGHAMSHIRE ASSOCIATION
FOR MENTAL HEALTH (CONTINUED)**

Other information

The other information comprises the information included in the Annual Report other than the financial statements and our Auditor's Report thereon. The Trustees are responsible for the other information contained within the Annual Report. 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. 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 course of 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 this gives rise to a material misstatement in the financial statements themselves. 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.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Trustees' Report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

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.

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**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BUCKINGHAMSHIRE ASSOCIATION
FOR MENTAL HEALTH (CONTINUED)**

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- the nature of the industry and sector, control environment and business performance including the remuneration incentives and pressures of key management;
- the primary responsibility for the prevention and detection of fraud rests with both those charged with governance of the entity and management. We consider the results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- any matters we identified having obtained and reviewed the Company's documentation of their policies and procedures relating to:
 - identifying, evaluating and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
 - the internal controls established to mitigate risks of fraud or non-compliance with laws and regulations;
- the matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and any potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the organisation for fraud and identified the greatest potential for fraud. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override, including testing journals and evaluating whether there was evidence of bias by the directors that represented a risk of material misstatement due to fraud.

We also obtained an understanding of the legal and regulatory frameworks that the Company operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. We focused on laws and regulations that could give rise to a material misstatement in the financial statements, including, but not limited to, the Companies Act 2006 and relevant tax legislation.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance occurring due to fraud rather than error, as fraud involves forgery, collusion, omission or misrepresentation.

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

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BUCKINGHAMSHIRE ASSOCIATION
FOR MENTAL HEALTH (CONTINUED)**

Auditor's Report.

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees 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 its members, as a body, for our audit work, for this report, or for the opinions we have formed.

DocuSigned by:

Hillier Hopkins LLP

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Hillier Hopkins LLP
Chartered Accountants
Statutory Auditor
Radius House
51 Clarendon Road
Watford
Herts
WD17 1HP

Date: 23-11-2023 | 03:46 PST

Hillier Hopkins LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

	Note	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	3	-	98,982	98,982	48,264
Charitable activities	4	132,202	1,729,437	1,861,639	1,770,586
Other trading activities	5	-	58,414	58,414	76,546
Investments	6	-	19,637	19,637	11,813
Total income		132,202	1,906,470	2,038,672	1,907,209
Expenditure on:					
Raising funds	7	-	32,689	32,689	36,580
Charitable activities		132,202	1,849,425	1,981,627	1,831,868
Total expenditure		132,202	1,882,114	2,014,316	1,868,448
Net income before net (losses)/gains on investments		-	24,356	24,356	38,761
Net (losses)/gains on investments		-	(22,839)	(22,839)	20,845
Net movement in funds before other recognised gains		-	1,517	1,517	59,606
Other recognised gains:					
Gains on revaluation of fixed assets		-	-	-	382,400
Net movement in funds		-	1,517	1,517	442,006
Reconciliation of funds:					
Total funds brought forward		-	1,094,808	1,094,808	652,802
Net movement in funds		-	1,517	1,517	442,006
Total funds carried forward		-	1,096,325	1,096,325	1,094,808

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 33 to 48 form part of these financial statements.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)
REGISTERED NUMBER: 05000185

BALANCE SHEET
AS AT 31 MARCH 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	12	600,000	600,000
Investments	13	428,575	451,414
		<u>1,028,575</u>	<u>1,051,414</u>
Current assets			
Debtors	14	218,122	73,471
Cash at bank and in hand		204,096	298,496
		<u>422,218</u>	<u>371,967</u>
Creditors: amounts falling due within one year	15	(354,468)	(328,573)
		<u>67,750</u>	<u>43,394</u>
Net current assets		<u>67,750</u>	<u>43,394</u>
Total assets less current liabilities		<u>1,096,325</u>	<u>1,094,808</u>
Net assets excluding pension asset		<u>1,096,325</u>	<u>1,094,808</u>
Total net assets		<u><u>1,096,325</u></u>	<u><u>1,094,808</u></u>
Charity funds			
Restricted funds	16	-	-
Unrestricted funds			
General funds	16	496,325	494,808
Revaluation reserve		600,000	600,000
		<u>1,096,325</u>	<u>1,094,808</u>
Total unrestricted funds	16	<u>1,096,325</u>	<u>1,094,808</u>
Total funds		<u><u>1,096,325</u></u>	<u><u>1,094,808</u></u>

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.


The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)
REGISTERED NUMBER: 05000185

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2023

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

DocuSigned by:

97F0DB99A2AC498...

L R Michaelis
(Chair of Trustees)

Date: 14-11-2023 | 17:40 GMT

The notes on pages 33 to 48 form part of these financial statements.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2023

	2023	2022
	£	£
Cash flows from operating activities		
Net cash used in operating activities	(114,037)	91,331
Cash flows from investing activities		
Dividends, interests and rents from investments	19,637	11,813
Purchase of investments	-	(200,000)
Net cash provided by/(used in) investing activities	19,637	(188,187)
Cash flows from financing activities		
Net cash provided by financing activities	-	-
Change in cash and cash equivalents in the year	(94,400)	(96,856)
Cash and cash equivalents at the beginning of the year	298,496	395,352
Cash and cash equivalents at the end of the year	204,096	298,496

The notes on pages 33 to 48 form part of these financial statements

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

1. General information

The company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the company.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - 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 (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Buckinghamshire Association for Mental Health meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Going concern

The trustees have considered the financial statements and believe that they have the ability to continue in operation for at least 12 months from signing these financial statements. As such, the Trustees consider it appropriate to prepare the financial statements on the going concern basis.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2. Accounting policies (continued)

2.3 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the Company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the Company, can be reliably measured.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Donated services or facilities are recognised when the company has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the company of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised and refer to the Trustees' report for more information about their contribution.

On receipt, donated professional services and facilities are recognised on the basis of the value of the gift to the Company which is the amount it would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2. Accounting policies (continued)

2.4 Expenditure (continued)

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

2.5 Government grants

Government grants relating to tangible fixed assets are treated as deferred income and released to the Statement of Financial Activities over the expected useful lives of the assets concerned. Other grants are credited to the Statement of Financial Activities as the related expenditure is incurred.

2.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.7 Tangible fixed assets and depreciation

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is not charged on freehold land. Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Freehold property	-	2%	Freehold property includes freehold land which is not depreciated.
Fixtures and fittings	-	33%	
Office equipment	-	33%	

2.8 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance Sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of Financial Activities.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2. Accounting policies (continued)

2.9 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.11 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation.

2.12 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

2.14 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

3. Income from donations and legacies

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Donations	48,982	48,982	48,264
Legacies	50,000	50,000	-
	<u>98,982</u>	<u>98,982</u>	<u>48,264</u>

4. Income from charitable activities

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Counselling	-	96,763	96,763	72,425
Community Services	132,202	1,632,674	1,764,876	1,698,161
	<u>132,202</u>	<u>1,729,437</u>	<u>1,861,639</u>	<u>1,770,586</u>
<i>Total 2022</i>	<u>201,130</u>	<u>1,569,456</u>	<u>1,770,586</u>	

5. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Sponsorship and fundraising	45,034	45,034	75,456
Rental property income	13,380	13,380	1,090
	<u>58,414</u>	<u>58,414</u>	<u>76,546</u>

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

6. Investment income

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Income from listed investments	18,784	18,784	11,744
Bank interest	853	853	69
	<u>19,637</u>	<u>19,637</u>	<u>11,813</u>

7. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Costs of raising voluntary income	2,024	2,024	2,261
	<u>2,024</u>	<u>2,024</u>	<u>2,261</u>

Other trading expenses

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Rental property costs	30,665	30,665	34,319
	<u>30,665</u>	<u>30,665</u>	<u>34,319</u>

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

8. Analysis of expenditure by activities

	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Counselling	159,212	42,025	201,237	196,527
Community Services	1,654,316	126,074	1,780,390	1,635,341
	<u>1,813,528</u>	<u>168,099</u>	<u>1,981,627</u>	<u>1,831,868</u>
<i>Total 2022</i>	<u><u>1,651,159</u></u>	<u><u>180,709</u></u>	<u><u>1,831,868</u></u>	

Analysis of direct costs

	Counselling 2023 £	Community Services 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Staff costs	155,119	1,471,141	1,626,260	1,492,005
Direct costs	4,093	183,175	187,268	159,154
	<u>159,212</u>	<u>1,654,316</u>	<u>1,813,528</u>	<u>1,651,159</u>
<i>Total 2022</i>	<u><u>152,150</u></u>	<u><u>1,499,009</u></u>	<u><u>1,651,159</u></u>	

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

8. Analysis of expenditure by activities (continued)

Analysis of support costs

	Counselling 2023 £	Community Services 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Depreciation	-	-	-	3,200
Support costs	42,025	126,074	168,099	177,509
	<u>42,025</u>	<u>126,074</u>	<u>168,099</u>	<u>180,709</u>
<i>Total 2022</i>	<u>44,377</u>	<u>136,332</u>	<u>180,709</u>	

9. Auditor's remuneration

The auditor's remuneration amounts to an auditor fee of £7,980 (2022 - £7,380).

10. Staff costs

	2023 £	<i>2022 £</i>
Wages and salaries	1,474,905	1,362,387
Social security costs	111,918	93,226
Contribution to defined contribution pension schemes	39,437	36,392
	<u>1,626,260</u>	<u>1,492,005</u>

The average number of persons employed by the Company during the year was as follows:

	2023 No.	<i>2022 No.</i>
Employees	<u>77</u>	<u>82</u>

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

10. Staff costs (continued)

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2023	<i>2022</i>
	No.	<i>No.</i>
In the band £60,001 - £70,000	1	<i>-</i>

During the year the charity paid remuneration of £238,874 (2022 - £206,143) to its key management personnel.

11. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 31 March 2023, no Trustee expenses have been incurred (2022 - £31).

12. Tangible fixed assets

	Freehold property £	Office equipment £	Other fixed assets £	Total £
Cost or valuation				
At 1 April 2022	600,000	76,044	15,421	691,465
At 31 March 2023	600,000	76,044	15,421	691,465
Depreciation				
At 1 April 2022	-	76,044	15,421	91,465
At 31 March 2023	-	76,044	15,421	91,465
Net book value				
At 31 March 2023	600,000	-	-	600,000
<i>At 31 March 2022</i>	<i>600,000</i>	-	-	<i>600,000</i>

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

12. Tangible fixed assets (continued)

Included in Freehold property are land and buildings which were originally gifted to the charity. On the introduction of FRS102 these were brought in at a deemed value of £340,000. The assets were professionally valued by a member of RICS in 2022, the trustees consider this to be a fair estimate of the value at the balance sheet date.

The carrying amount under the cost model of the assets which have been revalued would have been £340,000 (2022 - £340,000).

13. Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2022	451,414
Revaluations	(22,839)
	428,575
At 31 March 2023	428,575
 Net book value	
At 31 March 2023	428,575
<i>At 31 March 2022</i>	451,414

14. Debtors

	2023 £	2022 £
Due within one year		
Trade debtors	178,043	61,029
Other debtors	21,894	200
Prepayments and accrued income	18,185	12,242
	218,122	73,471
	218,122	73,471

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

15. Creditors: Amounts falling due within one year

	2023	<i>2022</i>
	£	£
Trade creditors	40,599	<i>35,503</i>
Other taxation and social security	33,313	<i>32,359</i>
Other creditors	9,132	<i>10,938</i>
Accruals and deferred income	271,424	<i>249,773</i>
	354,468	<i>328,573</i>

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

16. Statement of funds

Statement of funds - current year

	Balance at 1 April 2022 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 March 2023 £
Unrestricted funds					
General Funds	494,808	1,906,470	(1,882,114)	(22,839)	496,325
Revaluation reserve	600,000	-	-	-	600,000
	<u>1,094,808</u>	<u>1,906,470</u>	<u>(1,882,114)</u>	<u>(22,839)</u>	<u>1,096,325</u>
Restricted funds					
Befriending Services	-	88,598	(88,598)	-	-
National Mind	-	1,700	(1,700)	-	-
Mind equality improvement	-	2,000	(2,000)	-	-
Organisational development fund	-	19,904	(19,904)	-	-
Ukraine crisis support	-	5,000	(5,000)	-	-
Friends in Need	-	15,000	(15,000)	-	-
	<u>-</u>	<u>132,202</u>	<u>(132,202)</u>	<u>-</u>	<u>-</u>
Total of funds	<u><u>1,094,808</u></u>	<u><u>2,038,672</u></u>	<u><u>(2,014,316)</u></u>	<u><u>(22,839)</u></u>	<u><u>1,096,325</u></u>

PURPOSE OF FUNDS

RESTRICTED FUNDS

Befriending – this grant contributes towards our long term and short term befriending services.

National Mind – this fund contributed to our support of Time to Talk day.

Mind equality improvement - this fund was allocated to the employment costs of a Equality, Diversity and Inclusion Lead.

Organisational development fund - this fund supports the employment costs of the Director of Services (Deputy CEO)

Ukraine crisis support - this fund was allocated to the delivery of mental health awareness training for host families supporting people from the Ukraine settling in Buckinghamshire.

Friends in Need - grant to support the delivery costs of Friends in Need in Buckinghamshire.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

16. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2022 £</i>
Unrestricted funds					
General Funds - all funds	432,002	1,706,079	(1,664,118)	20,845	494,808
Revaluation reserve	220,800	-	(3,200)	382,400	600,000
	<u>652,802</u>	<u>1,706,079</u>	<u>(1,667,318)</u>	<u>403,245</u>	<u>1,094,808</u>
Restricted funds					
Befriending Services	-	88,598	(88,598)	-	-
Employment Support	-	41,018	(41,018)	-	-
Older Adults Service	-	67,864	(67,864)	-	-
Mind CRM systemdevelopment	-	3,000	(3,000)	-	-
National Mind	-	650	(650)	-	-
	<u>-</u>	<u>201,130</u>	<u>(201,130)</u>	<u>-</u>	<u>-</u>
Total of funds	<u><u>652,802</u></u>	<u><u>1,907,209</u></u>	<u><u>(1,868,448)</u></u>	<u><u>403,245</u></u>	<u><u>1,094,808</u></u>

17. Summary of funds

Summary of funds - current year

	Balance at 1 April 2022 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 March 2023 £
General funds	1,094,808	1,906,470	(1,882,114)	(22,839)	1,096,325
Restricted funds	-	132,202	(132,202)	-	-
	<u>1,094,808</u>	<u>2,038,672</u>	<u>(2,014,316)</u>	<u>(22,839)</u>	<u>1,096,325</u>

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

17. Summary of funds (continued)

Summary of funds - prior year

	<i>Balance at 1 April 2021</i>	<i>Income</i>	<i>Expenditure</i>	<i>Gains/ (Losses)</i>	<i>Balance at 31 March 2022</i>
	£	£	£	£	£
General funds	652,802	1,706,079	(1,667,318)	403,245	1,094,808
Restricted funds	-	201,130	(201,130)	-	-
	<u>652,802</u>	<u>1,907,209</u>	<u>(1,868,448)</u>	<u>403,245</u>	<u>1,094,808</u>

18. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2023	Total funds 2023
	£	£
Tangible fixed assets	600,000	600,000
Fixed asset investments	428,575	428,575
Current assets	422,218	422,218
Creditors due within one year	(354,468)	(354,468)
Total	<u>1,096,325</u>	<u>1,096,325</u>

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2022</i>	<i>Total funds 2022</i>
	£	£
Tangible fixed assets	600,000	600,000
Fixed asset investments	451,414	451,414
Current assets	371,967	371,967
Creditors due within one year	(328,573)	(328,573)
Total	<u>1,094,808</u>	<u>1,094,808</u>

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NOTES TO THE FINANCIAL STATEMENTS
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19. Reconciliation of net movement in funds to net cash flow from operating activities

	2023 £	2022 £
Net income for the year (as per Statement of Financial Activities)	1,517	59,606
Adjustments for:		
Depreciation charges	-	3,200
Gains/(losses) on investments	22,839	(20,845)
Dividends, interests and rents from investments	(19,637)	(11,813)
Increase in debtors	(144,651)	(34,857)
Increase in creditors	25,895	96,040
Net cash provided by/(used in) operating activities	(114,037)	91,331

20. Analysis of cash and cash equivalents

	2023 £	2022 £
Cash in hand	204,096	298,496
Total cash and cash equivalents	204,096	298,496

21. Analysis of changes in net debt

	At 1 April 2022 £	Cash flows £	At 31 March 2023 £
Cash at bank and in hand	298,496	(94,400)	204,096
	298,496	(94,400)	204,096

22. Pension commitments

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the group to the fund and amounted to £39,437 (2022 - £36,392). Contributions totalling £7,861 (2022 - £9,236) were payable to the fund at the balance sheet date and are included in creditors.

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23. Operating lease commitments

At 31 March 2023 the Company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2023	<i>2022</i>
	£	£
Not later than 1 year	18,717	<i>26,381</i>
Later than 1 year and not later than 5 years	26,334	<i>45,051</i>
	<hr/> 45,051 <hr/>	<hr/> <i>71,432</i> <hr/>