

REDBRIDGE CONCERN FOR MENTAL HEALTH

Company Limited by Guarantee No. 3115971

Registered Charity No. 1065770

ACCOUNTS FOR THE YEAR ENDED

31 MARCH 2013

**REDBRIDGE CONCERN FOR MENTAL HEALTH
INDEX TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2013**

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**REDBRIDGE CONCERN FOR MENTAL HEALTH
(LIMITED BY GUARANTEE)
COMPANY INFORMATION – 31 MARCH 2013**

Directors and Trustees

Barbara Withington
Annette Challenger-Babalola
Michelle Crouch (Chair)
Jennifer Dalby (Vice Chair)
Kate Harrison
Helen McDonald

Secretary

Annette Challenger-Babalola

Registered Office

98 Ilford Lane
Ilford
IG1 2LD

Company Registration No.

3115971 (England & Wales)

Charity Registration No.

1065770

Auditors

Fredericks Limited
Chartered Accountants & Registered Auditors
5th Floor Newbury House
890-900 Eastern Avenue
Newbury Park, Ilford
Essex, IG2 7HH.

Bankers

HSBC Plc
Ilford Branch

**REDBRIDGE CONCERN FOR MENTAL HEALTH
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2013**

The Trustees present their report with the financial statements of the charitable company for the year ended 31 March 2013. The Trustees are also Directors of the charitable company. The financial statements have been prepared in accordance with the accounting policies set out in the notes to the financial statements and comply with the charitable company's Memorandum & Articles of Association, applicable law and the requirements of the Statement of Recommended Practice, "Accounting and Reporting by Charities" issued in 2005.

Trustees

The Trustees who served during the year are set out on the legal and administrative information page at the front of these accounts.

Principal Activities and Objects of the Charitable Company

The Company is established for the promotion, preservation and safeguarding of mental health and the relief of persons resident in the London Borough of Redbridge and neighbouring boroughs and counties, suffering or having suffered from, or caring for someone suffering from mental disorder or from any other form of mental or emotional distress in particular by:

- (a) advancing public education in matters relating to mental health;
- (b) undertaking or assisting in the undertaking of research into all aspects concerning mental health and publishing the useful results of such research; and
- (c) providing care services, outreach support, housing, associated amenities and day activities for the beneficiaries who are experiencing or have experienced profound or long term mental health problems or dementia.

Organisation

The charitable company is managed by a Board of Trustees elected at the Annual General Meeting. Vacancies are filled by co-option within the terms of the Memorandum & Articles of Association. There were four Directors at 31 March 2013.

Staff members are responsible to the Board of Trustees via the General Manager.

Achievements

Redbridge Concern for Mental Health continues to provide a range of high quality services to people affected by mental health conditions. We also provide information and signposting as well as running a range of mental health promotion events challenging the stigma and discrimination that people experience in their everyday lives as well as promoting well being. We also continue to actively work with partners and stakeholders across the public and third sector to influence the design, delivery and management of local health services.

This year there have been many highlights across the organisation and it would be impossible to cover every single event.

World Mental Health Week is in October. Unfortunately due to funding constraints we were unable to hold our usual event in the Town Hall. However, we had an information stand in the Exchange Ilford (local shopping mall). Sadly, this did not seem to have the same impact as the Town Hall event and consideration will need to be given to how to mark the event next year. Over 75 people were in attendance and 60 people participated in our annual World Mental Health Day Bowling Competition.

Outlook Drop-In Service provided out-of-hours support, activities and the opportunity for socialisation to 170 individuals during 2013/13. This project was put out to tender and RCMH did not meet the criteria for application, therefore this project will no longer be in existence after 31 March 2013.

Redbridge Befriending Service supported individuals on a one-to-one basis to engage with community activities.

Dementia Befriending Service during 2012/13, 38 people with dementia have been supported to participate in activities that have increased their level of social and leisure activities appropriate to their capabilities.

RUN-UP has continued to ensure that the service users' voice is heard when developing and monitoring mental health service provision. This project was successful in a Big Lottery bid to deliver a new piece of work – Next Steps which provides opportunities for people with lived experience of mental health problems to develop and promote the skills, confidence and capacity to promote a mental health 'voice' in the community and challenge stigma and discrimination.

Voleclub had contact with 30 people regarding volunteering opportunities.

Centre of Independent and Inclusive Living – Redbridge. RCMH are continuing to host this user led organisation. We will be working with the CiiLR board to enable them to become independent and to secure new contracts and sustainable funding.

**REDBRIDGE CONCERN FOR MENTAL HEALTH
REPORT OF THE TRUSTEES (CONT'D)
FOR THE YEAR ENDED 31 MARCH 2013**

The Year Ahead

Over the forthcoming year, the Trustees, staff and volunteers of Concern will, I am sure, be committed to developing and strengthening the services and building stronger links throughout the community.

As with many voluntary organisations, it is becoming increasingly difficult to secure funding for core activities. We continue to have a high demand for our help and we work hard to identify new sources of funding. Uncertainty remains on future funding for some of our services and we will have to work hard to ensure that RCMH can respond to the new way in which services are commissioned and funded.

We believe that with such a great team, the year 2013/14 will be another opportunity to further improve and develop services, raise awareness and fight the stigma mental health service users face within the London Borough of Redbridge.

Volunteers

Once again, many volunteers have given their time and energy helping in the projects and the office, and we want to thank them, and the staff for providing oversight, support and training for them. The development, efforts and support of volunteers has been a key factor in Concern's achievements over the year.

Directors/Trustees/Management Committee

Thanks to all Trustees and other Committee members for giving their time, commitment and expertise to the work of Redbridge Concern.

Funding

We are indebted to all our funders especially London Borough of Redbridge, NHS East London and the City, NELFT, City Bridge Trust, Catalyst, Fowler, Smith and Jones Trust, Mrs Smith and Mount Trust, DPULO, and Big Lottery.

Reserves Policy

The Board of Trustees has reviewed the charity's needs for reserves in line with the guidance issued by the Charities Commission. Funds are set aside to safeguard the charity's service commitment in the event of delays in receipt of grants, or to bridge the cessation of one grant and the commencement of another, or to meet a range of contingent liabilities and costs that would be incurred if the charity were to close.

Risk Statement

The Charity has considered a range of risks to which it could be exposed and the Directors regularly review the policies and procedures which aim to minimise those risks, ensuring that these are adequate, appropriate and complied with fully.

Statement of Trustees' Responsibilities

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the net incoming resources of the charity for that period. In preparing those financial statements, the Trustees are required to:-

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis and in accordance with applicable accounting standards

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**REDBRIDGE CONCERN FOR MENTAL HEALTH
REPORT OF THE TRUSTEES (CONT'D)
FOR THE YEAR ENDED 31 MARCH 2013**

Statement as to disclosure of information to auditors

So far the trustees are aware, there is no relevant audit information (as defined by Section 418 of the Companies Act 2006) of which the company's auditors are unaware, and each trustee has taken all the steps that he or she ought to have taken as a trustee in order to make himself or herself aware of any relevant audit information and to establish that the company's auditors are aware of that information.

A resolution proposing the reappointment of Fredericks Limited, Chartered Accountants, as auditors will be submitted at the Annual General Meeting.

Small Company Rules

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

On behalf of the Trustees

A handwritten signature in cursive script, appearing to read 'M Crouch', written over a horizontal dotted line.

M Crouch

Date: 20.11.13

**REDBRIDGE CONCERN FOR MENTAL HEALTH
REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS
FOR THE YEAR ENDED 31 MARCH 2013**

We have audited the financial statements of Redbridge Concern for Mental Health for the year ended 31 March 2013 on pages nine to fourteen. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of trustees and auditors

As explained more fully in the Statement of Trustees' Responsibilities, 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.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the trustees; and the overall presentation of the financial statements.

Opinion on financial statements

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 2013 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements.

**REDBRIDGE CONCERN FOR MENTAL HEALTH
REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS
FOR THE YEAR ENDED 31 MARCH 2013 (CONTINUED)**

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption in preparing the Report of the Trustees.



S.G. Duker
Senior Statutory Auditor
Fredericks Limited
Chartered Accountants
Registered Auditors
5th Floor, Newbury House
890-900 Eastern Avenue
Newbury Park, Ilford
Essex, IG2 7HH

Date 22/11/13

**REDBRIDGE CONCERN FOR MENTAL HEALTH
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2013**

INCOME AND EXPENDITURE	Notes	Unrestricted £	Restricted £	Total 2013 £	Total 2012 £
INCOMING RESOURCES					
Sundry income and donations	2	-	52,137	52,137	40,025
Grants	2 a	-	460,783	460,783	489,837
Investment income	3	-	2,025	2,025	731
Activities for generating funds					
Fundraising income		-	-	-	-
Total Income		-	514,945	514,945	£530,593
RESOURCES EXPENDED					
Charitable expenditure					
Cost of activities in furtherance of the charity's objects	5	-	543,805	543,805	477,496
Governance Costs	6	-	3,659	3,659	3,155
Total expenditure		-	547,464	547,464	£480,651
Net surplus/(deficit) for the year before transfers		-	(32,519)	(32,519)	49,942
Transfer between funds		2,677	(2,677)	-	-
Net (deficit)/surplus for the year after transfers		2,677	(35,196)	(32,519)	49,942
Net movement in funds		2,677	(35,196)	(32,519)	49,942
Funds brought forward		67,422	169,167	236,589	186,647
Funds carried forward	10,11	£70,099	£133,971	£204,070	£236,589

The notes on pages 11 to 14 form part of these financial statements.

**REDBRIDGE CONCERN FOR MENTAL HEALTH
BALANCE SHEET
AS AT 31 MARCH 2013**

	Notes	£	2013 £	£	2012 £
Fixed assets					
Tangible fixed assets	7		-		-
Investments			-		-
			-----		-----
					-
Current assets					
Debtors	8	22,642		2,489	
Cash at bank and in hand		190,413		246,728	
		-----		-----	
		213,055		249,217	
Creditors: amounts falling due within one year					
	9	8,985		12,628	
		-----		-----	
Net current assets			204,070		236,589
			-----		-----
Net assets			£204,070		£236,589
			=====		=====
Funds:					
Unrestricted funds	10/11		70,099		67,422
Restricted funds	10/11		133,971		169,167
			-----		-----
Total Funds			£204,070		£236,589
			=====		=====

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

ON BEHALF OF THE BOARD:


.....
M. Crouch - Trustee


.....
K Harrison - Trustee

Date: 20/11/13

The notes on pages 11 to 14 form part of these financial statements.

**REDBRIDGE CONCERN FOR MENTAL HEALTH
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2013**

1. Accounting policies

Basis of Accounting

The financial statements have been prepared under the historical cost convention, and in accordance with the Companies Act 2006, the Statement of Recommended Practice issued in March 2005 and Financial Reporting Standard for Smaller Entities (effective April 2008).

Incoming Resources

Grant income is accounted for on an accruals basis when the funding is considered definite. Otherwise it is accounted for when received. Donations and legacies income is accounted for on a received basis.

Allocation of Expenditure

Expenditure is accounted for on an accruals basis and is allocated within the Statement of Financial Activities to one of the following headings:-

- (i) Costs of generating funds comprise the costs associated with attracting voluntary income.
- (ii) Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities. It includes costs that can be allocated directly to that activity and those costs of an indirect nature necessary to support them.
- (iii) Governance costs include those costs associated with meeting and the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.
- (iv) All costs are allocated between the expenditure categories of the Statement of Financial Activities on the basis designed to reflect the use of the resource. Costs relating to staff are apportioned on a time spent basis, property costs are allocated by floor space, other costs are allocated with reference to an estimate of the resource usage.
- (v) Volunteer time is not accounted for in the financial statements.

Fixed Assets

Fixed assets are written off to the profit and loss account in the year expenditure is incurred.

Assets individually purchased in excess of £10,000 will be depreciated at a rate to be determined by the trustees if such expenditure is made.

Fund Accounting

Funds held by the charity are either:-

Unrestricted funds – these are funds which can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanations of the nature and purposes of each restricted fund and its income and expenditure is included in note 10 to the accounts.

**REDBRIDGE CONCERN FOR MENTAL HEALTH
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2013 (CONTINUED)**

2. Sundry income relates to management charges rendered and charges for other services provided as well as a small number of donations.

2. a	Grants	Unrestricted Funds £	Restricted Funds £	Year ended 31.03.2013 £	Year ended 31.03.2012 £
	London Borough of Redbridge:				
	Core funding	-	44,670	44,670	67,003
	World Mental Health Day	-	-	-	5,000
	Consortium Premises	-	39,240	39,240	59,996
	SLA	-	153,771	153,771	148,838
	Dementia Befriending Service	-	-	-	30,000
	CiiL-R	-	133,669	133,669	124,000
	Air Football	-	9,400	9,400	-
	Primary Care Trusts:				
	Crisis Project	-	-	-	20,000
	Peer Point Project	-	4,327	4,327	-
	Other				
	NELFT – Tea Bar	-	-	-	-
	NELFT World Mental Health Day	-	-	-	-
	Lloyds TSB	-	-	-	-
	Comic Relief	-	-	-	-
	NELFT (Air Football)	-	4,890	4,890	-
	City Bridge Trust	-	35,000	35,000	35,000
	Big Lottery Fund	-	24,816	24,816	-
	Catalyst	-	5,000	5,000	-
	Fowler Smith & Jones Trust	-	3,000	3,000	-
	Mrs Smith & Mount Trust	-	3,000	3,000	-
		£ -	£460,783	£460,783	£489,837
		-----	-----	-----	-----
		£ -	£460,783	£460,783	£489,837
		=====	=====	=====	=====
3.	Investment income	£	£	£	£
	Interest receivable on cash deposits	-	2,025	2,025	731
		-----	-----	-----	-----
		£ -	£2,025	£2,025	£ 731
		=====	=====	=====	=====

4.	Payroll Costs	Year ended 31.03.2013 £	Year ended 31.03.2012 £
	The aggregate payroll costs were:-		
	Wages and salaries	306,543	274,407
	Social security costs	25,800	19,278
		-----	-----
		£332,343	£293,685
		=====	=====

During the year no trustees were paid or received significant reimbursed expenses (2011: £Nil).

No employee received an annual remuneration in excess of £50,000. The total number of employees calculated on a full time equivalent basis during the year was 10 (2011: 10).

**REDBRIDGE CONCERN FOR MENTAL HEALTH
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2013 (CONTINUED)**

5.	Charitable Expenditure	Unrestricted Funds £	Restricted Funds £	2013 Total £	2012 Total £
	Wages and salaries	-	306,543	306,543	274,407
	Social Security costs	-	25,800	25,800	19,278
	Training and volunteer training	-	6,091	6,091	2,578
	Travel	-	2,079	2,079	3,235
	Rent and property services	-	28,979	28,979	50,889
	Meetings and events	-	3,900	3,900	1,770
	Telephone, fax and internet	-	5,841	5,841	6,579
	Printing, postage and stationery	-	13,200	13,200	17,212
	World Mental Health Day expenses	-	1,237	1,237	5,100
	Insurance	-	2,787	2,787	2,392
	Repairs and renewals	-	45,860	45,860	13,340
	Professional fees	-	11,738	11,738	9,280
	Recruitment costs	-	2,367	2,367	483
	Project costs	-	39,689	39,689	42,285
	Refreshments	-	841	841	833
	Publicity costs	-	6,632	6,632	4,331
	Consortium expenses	-	20,761	20,761	23,504
	Air Football expenses	-	19,460	19,460	-
		£ -	£543,805	£543,805	£477,496
		=====	=====	=====	=====
6.	Governance Costs				
	Audit fees	-	2,444	2,444	1,980
	Payroll	-	1,215	1,215	1,175
		£ -	£3,659	£3,659	£3,155
		=====	=====	=====	=====
7.	Tangible Fixed Assets				
	Cost				
	Brought forward and carried forward			£8,894	£8,894
				=====	=====
	Depreciation				
	Brought forward and carried forward			£8,894	£8,894
				=====	=====
	Net book value			£ -	£ -
				=====	=====
8.	Debtors				
	Trade debtors			22,642	2,489
	Prepayments			-	-
				£22,642	£ 2,489
				=====	=====
9.	Creditors: Amounts falling due within one year				
	Taxation and Social Security			6,581	6,936
	Deferred grants			-	-
	Accruals			2,404	5,692
				£ 8,985	£12,628
				=====	=====

**REDBRIDGE CONCERN FOR MENTAL HEALTH
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2013 (CONTINUED)**

10. Restricted Funds		Balance at 01.04.2012	Incoming Resources	Resources Expended	Transfers between Funds	Balance at 31.03.2012
		£	£	£	£	£
Revenue Funds						
Concern - Core	-	61,853	(119,238)	57,385	-	-
- Volunteer Coordinator	17,948	-	(12,645)	(4,565)	738	-
- Premises costs	48,767	41,407	(50,509)	-	-	39,665
Befriending	-	37,000	(30,685)	(6,315)	-	-
Outlook Drop In	-	91,690	(81,749)	(9,941)	-	-
Run up	-	33,828	(30,361)	(3,467)	-	-
Tea Bar	2,631	16,011	(15,280)	(2,000)	1,362	-
Dementia Befriending Service	11,378	43,500	(34,107)	(4,763)	16,008	-
LBR CiiL-R (formerly ULO)	72,443	145,863	(128,903)	(22,919)	66,484	-
Crisis Project	16,000	-	(16,000)	-	-	-
Air Football	-	14,290	(13,350)	(940)	-	-
Isabelles Fund	-	360	-	-	360	-
Big Lottery (Run up)	-	24,816	(13,272)	(3,625)	7,919	-
Peerpoint Project	-	4,327	(1,365)	(1,527)	1,435	-
		<u>169,167</u>	<u>514,945</u>	<u>(547,464)</u>	<u>(2,677)</u>	<u>133,971</u>
Unrestricted Funds						
Revenue Funds						
Concern for Mental Health	67,422	-	-	2,677	70,099	-
	<u>67,422</u>	<u>-</u>	<u>-</u>	<u>2,677</u>	<u>70,099</u>	<u>-</u>
Total Funds	<u>236,589</u>	<u>514,945</u>	<u>(547,464)</u>	<u>-</u>	<u>204,070</u>	<u>-</u>

The transfer between restricted funds represents interfund management charges rendered – Designated funds represent sums set aside by the trustees for future projects.

11. Analysis of Net Assets Between Funds		Net Assets	Total 31.03.2013	Total 31.03.2012
		£	£	£
Unrestricted Funds	<u>£70,099</u>	<u>£70,099</u>	<u>£67,422</u>	<u>£67,422</u>
Restricted Funds	<u>£133,971</u>	<u>£133,971</u>	<u>£169,167</u>	<u>£169,167</u>
Total Funds	<u>£204,070</u>	<u>£204,070</u>	<u>£236,589</u>	<u>£236,589</u>

12. Limited Liability
The Redbridge Concern for Mental Health is a company limited by guarantee. The Memorandum and Articles of Association restrict the liability of members on winding up to £1. In case of winding up none of the accumulated funds are distributable to the members, but shall be given, or transferred to, some other charitable institutions having similar objectives.

13. APB Ethical Standard – Provisions available for smaller entities
In common with many other businesses of our size and nature we use our auditors to assist in the preparation of the financial statements.