

Balance Sheet at 31 March 2011

	2011		2010	
	£	£	£	£
Fixed Assets				
Freehold property		366,991		366,991
Mortgage		(366,991)		
		<u>-</u>		<u>-</u>
Other fixed assets at book value		7,795		8,684
Current Assets				
Debtors	8,193		107,162	
Cash at bank and in hand	<u>560,221</u>		<u>499,638</u>	
	568,414		606,800	
Less Creditors: amounts falling due within one year	<u>(132,806)</u>		<u>(123,813)</u>	
Net assets		435,608		482,987
		443,403		491,671
Funds				
Unrestricted - General fund		73,426		72,869
- Contingency fund		<u>20,000</u>		<u>20,000</u>
		93,426		92,869
Restricted		<u>349,977</u>		<u>398,802</u>
Total Funds		<u>443,403</u>		<u>491,671</u>

The above is a summary of the accounts for the year ended 31 March 2011. The accounts were approved by the directors on 13 July 2011 and will be filed with Companies Registry and The Charity Commission after the annual general meeting.

Full accounts and the audit report can be obtained from the company secretary at the registered office.

Auditors: Antony Joseph & Co, Suite G34, Business & Technology Centre, Bessemer Drive, Stevenage, Herts SG1 2DX

Bankers: National Westminster PLC, PO Box 8804, 104/110 Fore Street, Upper Edmonton, London N18 2YR

Director's and trustees'

All directors of the company are also trustees of the charity and there are no other trustee. Trustees are brought on board to the charity via a variety of ways. This includes formal and informal advertising and promotion of the organisation.

There is a formal application process and the Trustees can only be elected by members at the Annual General Meeting in accordance with the constitution.

Trustees with the requisite skills set are taken on board and where required relevant training is provided as per our policy/procedures.

It must be noted that in matters of decision making procedures, all operational matters are dealt with by senior management whilst matters pertaining to strategy etc. is undertaken by both the board of Trustees and management.

The Trustees continue to carry out the aims of Mind in Enfield for the public benefit within the definition of the Charity's objectives and the Charity Commission's guidance on Charity's Trustees public benefit duties.

Mind in Enfield

275 Fore Street, Edmonton, London N9 0PD

T: 020 8887 1480 F: 020 8887 1481

www.mind-in-enfield.org.uk

Registered Charity Number 1054539

Company limited by guarantee 3151981



Trustees

Chair

Margaret Bryant

Vice Chair

Dr Hanne Strange

Acting Treasurer

Colin Carter

Secretary

Colin Carter

Board of Trustees

Olive Olney

Margaret Dixon

Alan Melhuish

Jean Butterworth

Mohamed Kamara Kolleh

Louise Gillic

Management

Chief Executive Officer

David Hart

Finance Manager

Janice Chandler

Advice Team Manager

Petronella Davis

Counselling Manager

Stephen Raybould

Snr. Manager Services

Maya Wadhvani

Staff

Edward Connolly

Michelle Dobrin

Martine Drake

Stephen Fox

Nick Hoare

Femi Iyoha

Valerie Kadrass

Paula Keane

Irene Mejeh

Ahmet Ocak

Merle Osei

Phidias Panayides

Dawn Peters

Sufia Rahman

Debbie Whitney

Zehra Yesilkanat



For better mental health

Philosophy

Mind in Enfield believes that life experiences and the environment we live in can play a major part in influencing our mental health. Our upbringing and the pressures of day-to-day living can have adverse effects on our mental health. Mind in Enfield believes the experience and expression of our distress is individual. All people are valuable, worthy of respect and have a right to be listened to genuinely and heard. Mind in Enfield seeks to acknowledge, respond to and support that individuality. Labelling a person as 'mentally ill' may take away individuality and create a system that can lead to the disempowerment of its users. Mind in Enfield seeks to redress this imbalance of power.

Values Statement

We believe that all people are valuable, worthy of respect and have a right to be listened to and we consider ourselves to be available and receptive, wherever possible, to meet the needs of individuals. We aim to serve and be solution focused in our work with people and are welcoming and caring in our approach, helping individuals to realise their potential.

We will endeavour to live up to the highest expectations and quality standards in service delivery and realise we help ourselves through helping others.

Sensitivity to cultural diversity and the different needs of individuals is central to our work and we will promote mental health in all aspects of our services.

We work with integrity in all our undertakings, recognising the humanity in all we serve, being realistic about our offer in the community. We strongly acknowledge the rights of individuals and have the courage to make decisions and tough choices for the benefit of the individuals we support.

We strive for fairness, excellence, service and honesty, uphold the concept of continuous learning and seek to be professional in every aspect of our work.



I've touched most bases at Mind in Enfield: a service user, volunteer and now an employee. With redundancy eighteen months ago, I wanted to give something back. Working at Mind has increased my confidence and self-esteem, led to increased experience, qualifications and most importantly given me the opportunity to help others with mental health issues.

Ed

Promoting health and wellbeing



Chair's Report 2011

In many ways this has been a very good year for Mind in Enfield. We are feeling the full impact of David Hart as CEO and Stephen Raybould as Counselling Manager. I believe we have the strongest and most dedicated staff we have ever had. The personalisation programme has revolutionised the provision of services downstairs and the multiplicity of activities is inspiring attendees to try new skills and ways to relax. The Open Mind Community Garden at Pymmes Park is almost ready to open, and we hope to incorporate the official opening with the AGM in September. We are looking to expand our presence in the borough, with new Well-being centres across the area. Funding as always is a worry, and we are very pro-active in searching for new funders.

I would like to thank all the staff, volunteers and The Board of Trustees for their dedicated hard work. I feel we are all working together as a very effective team. A special thanks goes to Hanne Strange, who after eight years of dedicated service to the Board of Trustees, stands down.

Margaret Bryant, Chair

CEO's Report

Mental health services have long been a so-called 'Cinderella' service perennially under funded while facing increased demand. Some of the most vulnerable people, frequently misunderstood and sometimes feared in their own communities, are left without adequate care and support.

In England, more than 5,000 people take their own lives each year and almost a quarter of a million people self harm, one of the highest rates in Europe. Struggling with the effects of mental health is increasingly difficult with cuts to public funding.

If you have a mental health problem you can be judged by others in terms of your condition and this is wrong and must change.

Our aim is to help people with mental health problems lead fulfilling lives, free of discrimination and stigma and to be valued members of society. Our agenda is big – as befits a big society and bold as befits challenging times; supporting people to manage their condition, life and wellbeing.

It has been a year of consolidation of our values and relationships with stakeholders, organising and planning future services and funding in readiness for personalisation and developing new projects to reach more people in Enfield.

We exude innovation and our brilliant staff team are proactively working to improve services and offer people a better quality of life; supported by Mind in Enfield's philosophy and business plans.

David Hart, CEO



Progress and milestones towards the achievement of Mind in Enfield's Strategic Business Plan high level objectives

For better mental health

Objectives #1 and 2:

- To grow and provide complementary and alternative services by working with the London Borough of Enfield, NHS Enfield, Barnet, Enfield and Haringey Mental Health Trust, new funders and collaboratively with other VCOs and public sector agencies.
- To provide a range of services and activities in the overarching Recovery Programme at our Edmonton premises and at outreach and wellbeing centres across the borough

Achievements:

- The Open Mind Community Garden (part of the Mind, Body and Soul Project, funded by the Big Lottery) will be opening in Pymmes Park, Edmonton in August 2011.
- Negotiated funding for the development of Mind in Enfield's first wellbeing centre -The Ponders End Wellbeing Centre, which will be launched in September 2011.
- Re-branded the drop-in services at our Edmonton premises as The Mind Centre comprising up to 12 structured courses and activities per quarter, including a Saturday Coffee Morning, in readiness for personalisation. The Mind in Enfield Social Support Project worked with 346 individuals. Of these, 261 identified as having a long term mental health issue or disability that effects their daily activity in some way. Throughout the year, a range of formal courses, informal workshops, activities and support groups were offered in addition to open drop-in sessions. The client group came from a diverse range of cultural backgrounds, 43% of whom were women and 57% men. The open drop-in sessions welcomed an average of 30 people per day.
- Co-ordinated six new Emotional Resilience and Wellbeing Workshops throughout the year at Edmonton and external venues for a total of 63 people in Enfield and planning a range of workshops for summer/autumn 2011.
- Negotiating a partnership with Jobcentre Plus for developing an extension to the national work programme for 'Pathways to Work' for Enfield residents, planned to be launched in January 2012.

Objective #3

- To provide support and information for individuals on mental health issues, welfare benefits, housing welfare and debt through the Welfare Benefits and Advocacy Services.

Achievements:

The Advice Team provided welfare benefits, housing welfare and advocacy casework, advice and information for 734 clients. The genders of clients were 37% female and 63% male, ethnicity of clients: 26% Black, 14% Others and 60% White. Presenting issues predominantly related to homelessness and housing disrepair. From information taken from evaluation forms, 81% of clients found their situation 'very distressing' prior to seeing an Advice Team worker, following assistance 71% felt their situation was 'resolved' with 29% stating it was 'partly resolved'.

Objective #4

- To provide low cost generic and Turkish speaking counselling services offering individual and group counselling as an alternative to the statutory psychological services in Enfield.

Achievements:

Mind in Enfield Counselling Service received 616 referrals for the year and 448 were for the English language service and 168 for the Turkish language service.

Our 21 volunteer counsellors saw 63 clients per week and our paid counsellors and assessors saw a total of 25 clients per week. Our client group reflected the cross spectrum of Enfield residents in terms of ethnicity, 33% of whom were male and 67% female. Clients rated the services very highly. The counselling sessions received an average rating of 85%, the helpfulness of the sessions were rated at 77% and the general experience of using the service was rated at 82.5%.

The generic counselling waiting list has been reduced with all clients guaranteed an assessment within two weeks from July 2011.

Objective #5

- To grow the Volunteer Project to provide opportunities for individuals including mental health service users through volunteering in recognised skills, improve confidence and where appropriate take up training and employment opportunities

Achievements:

The Volunteer Project received over 397 inquiries. 13 new volunteers were recruited bringing the total number of volunteers to date to 39. These individuals support the following Mind in Enfield services and projects including the café, counselling, administration, finance, fundraising, The Mind Centre, Art Group and Saturday Mind Centre.

Objective #6

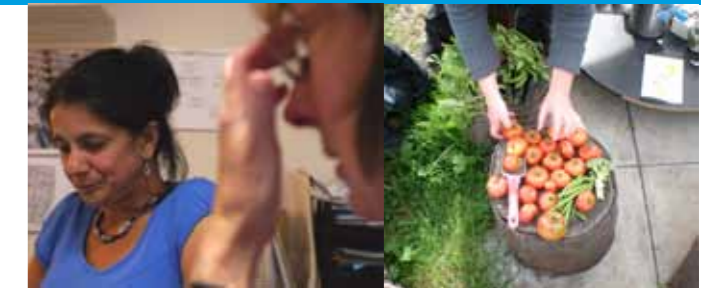
- To promote mental health awareness in the course of our services and activities and aim to educate the public on mental health issues to reduce the stigma and combat prejudice against people who experience mental health problems.

Achievements:

- A special Out with Stress event was held at Edmonton Leisure Centre with a total of 60 people participating on the day.
- Mind in Enfield had a stand at the 'Health, Wellbeing and Looking After Yourself' event attended by 180 delegates, celebrating World Mental Health Day in October 2010.
- The Mind, Body and Soul Project has completed its third year successfully. Services included acupuncture, allotment gardening, bread making, Chinese medical massage, cook and eat sessions, stress reduction, relaxation classes, swimming, Tai Chi and Yoga. Over the year, the Project delivered 257 structured services to 227 individuals. In relation to improved lifestyles, three out of 10 beneficiaries had increased their levels of physical activity and eight out of 10 said sessions had educated and encouraged them to lead a healthier lifestyle.

Statement of Financial Activities

for the year ended 31 March 2011



Reserves Statement

The Charity is entirely dependent upon short term grants. The Trustees considered it appropriate to maintain contingency fund for long term viability. The fund is to be used to finance temporary grant shortfalls, possible costs associated with staffing such as redundancy and long term sickness. The balance of the contingency funds at 31 March 2011 was £20,000 and a general fund of £73,426.

Risk Management Statement

The Trustees of Mind in Enfield review risks to the organisation annually in line with the organisation's Risk Management Policy. A regular risk assessment to ensure that all risks relating to governance and management, operations, finances, environment and external law and regulation compliance are identified and evaluated. The Trustees are satisfied that systems are in place to mitigate exposure to the major risks.

	Unrestricted Funds £	Restricted Funds £	Total Funds 2011 £	Total Funds 2010 £
Incoming Resources				
Incoming resources from generated funds:				
Voluntary income:				
Donations	190	27,352	27,542	21,744
Membership fees		118	118	1,344
Investment income:				
Bank deposit interest	45	255	300	663
Income resources from charitable activities:				
Grants to provide charitable activities		566,912	566,912	626,413
Other incoming resources				
Café takings		15,238	15,238	15,486
Sundry income	374	13,244	13,618	8,109
Total incoming resources	609	623,119	623,728	673,759
Resources Expended:				
Charitable activities		584,868	584,868	563,209
Governance costs		7,041	7,041	7,820
Other resources expended	52	80,035	80,087	61,899
Total resources expended	52	671,944	671,996	632,928
Net Income/(outgoing) Resources				
Balance brought forward at 1 April 2010	92,869	398,802	491,671	450,840
Transfers between funds				
Balance Brought Forward	93,426	349,977	443,403	491,671

Summary of funders, purchasers and donors 2010/11

Summary of Funders/purchasers:

London Borough of Enfield
NHS Enfield, PCT
Barnet, Haringey and Enfield Mental Health Trust
The North London Forensic Service
LBE Enfield Community Learning Service
Big Lottery – Reaching Communities
The Priory Hospital North London
Exemplas
The PJK Charitable Trust
Gannett Foundation
Trust for London
Charities Aid Foundation

Enfield NHS
Primary Care Trust

ENFIELD
Council

Trust for London
Tackling poverty and inequality

CAF Charities Aid
Foundation

Supported by
The National Lottery
through the Big Lottery Fund

Barnet, Enfield and Haringey NHS
Mental Health NHS Trust

Acknowledgments:

Southgate Mind Shop
Enfield Carnival Association
Deutsche Bank

