



Annual Report 2023 - 2024



Board of Trustees

During the year of 2023 - 2024 and up to the time of publication, our trustees were:

Andrew Upstill
Donald Macleod
Jessica Hamill
Sarah Gow
Alex Stukalov-Stone
Lyndsey Stukalov-Stone
Dele Matilukuro-Olanuga

The board meet every 2 months and manage 2 sub-committees: Finance & Personnel and Quality Assurance. Constitutionally, the Board of Trustees are the highest authority at North Kent Mind and are elected at the AGM or co-opted by other trustees in the year before an AGM.

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Chair's Report

The annual general meeting gives us a good opportunity to reflect on what has gone by but also to look ahead. When I reflect over this last year one thought stands out to me; The ability to keep moving forward despite the change happening around oneself is quite remarkable. At times we need to pause to process and look after ourselves, but to then continue to support others, think about new developments, drive forward plans, build partnerships and a million other small and large wins, is the hall mark of an organisation which is robust, adaptable and will not only survive but thrive in tough times. Whenever I get the opportunity to speak to colleagues, I am always in admiration in how one juggles this immensely emotive and rewarding work with your own family lives and mental health needs.

Many here are experts through their own experiences as well as a wealth of knowledge and passion for the subject of mental health. This includes all colleagues and also our valued volunteers, no matter the role everyone here contributes to the success of North Kent Mind. This is what shapes our services, keeps us up to date with movements and initiatives, allows for creativity and a very dynamic and expertly executed delivery of services. The variety of ways to meet needs always impresses me and it should everyone here today, people are individuals, and they need an individual approach. Our broad diversity in services and approaches to meeting needs reflects this and as such I feel confident there is something for everyone at North Kent Mind which can help improve lives and even save lives.

We also strive to be an organisation that is learning and reflecting where things could be improved, where we can all feel safe and able to support each other when things do not go to plan. We have said a fond farewell to key staff and welcomed in a new CEO. Richard shares all the above passion, and I am confident we will continue to thrive and grow under his skilled leadership. Lastly I wanted to mention the wonderful opportunity of being able to secure a permanent home for North Kent Mind. The purchase of the alms-houses, very recently, will be a moment in history for this charity and ensure again that we can be robust no matter the climate and always serve our community.

I am also personally looking forward to seeing the renovation works develop and improve the environment for all that use this building. It is a very exciting time for the organisation and I invite you today to celebrate this milestone. Thank you to everyone who is a supporter of North Kent Mind, we value you and look forward to a bright future together.



Lyndsey Stukalov-Stone, Chair of Trustees

Chief Executive's Report

I am very proud to be part of North Kent Mind, a robust local charity driven by passionate skilled staff and volunteers, undoubtedly our greatest asset. Through checking in with them I gain insight into their strong values, the amazing work they do, and how they manage day-to-day challenges.

The need for mental health support services, and the resources required to run them, continues to grow alongside the needs of the individuals in our local community who are increasingly pressurised by the cost of daily living, and impacted by the consequences of ongoing conflict in the world.

Retrospectively 2023-2024 was a challenging year for North Kent Mind, it had to quickly adapt to accepting the loss of an NHS Talking Therapies contract, amongst other changes, and the significant impact these challenges would bring. At the end of the fiscal year, the organisation had to say goodbye to a number of staff as well as restructure teams for those remaining. I found myself often discussing the theory of loss and the different stages which people go through, not always simultaneously, and the importance of everyone being sensitive to this. Looking back, it does now feel as though we have already moved forward a lot, however it is important to acknowledge the challenges and emotions felt at the time.

Part of the changes from 2023-2024 included the loss of a Deputy CEO role, and announcing the retirement of Angie, the Central Services Manager as well as Justin, the CEO. This significant shift resulted in Gemma Maxted being recruited as our new Central Services Manager and myself becoming the new CEO. We have both worked closely with the board and staff to drive forward innovation, broaden services, and improve systems.

Concepts that evolved 'back in' 2023-2024 included buying the Dartford Almshouses office building, introducing a Fast Track Counselling Service, running the county-wide Service User Network service with other Kent Minds and KMPT, generating sustainable longer term CYP service contracts, and creating a Development Services Team. Each of those concepts has successfully become a reality, and with thanks to our partners, funders, and staff I encourage everyone to celebrate these achievements with us.



Richard Giles, CEO

Central Services

The theme for Central Services in 2023/24 was one of change and resilience.

The loss of the IAPT Talking Therapies contract had a big impact on the charity and whilst this was a sad loss, the process really highlighted the ability of those at North Kent Mind to adapt and rise to a challenge.

HR saw a restructure and the formation of 'People Management' – key roles that provide HR, volunteer coordination and recruitment support for every team across the organisation.

Elsewhere, changes were seen within Finance, Facilities, Admin and Reception – each of which demonstrated the team's ability to adapt and work closely with one another to rise to a challenge.

At the time of writing this we are excited to have been joined by Leanne Neale, new People Management Administrator and Tamika Marere, our new Communications and Fundraising Officer, both of whom bring new ideas, enthusiasm and most importantly, demonstrate the values of North Kent Mind. Having joined as Central Services Manager in April 2024 I have been continually impressed by the range of skills and knowledge, the support the team show one another and am grateful for the warm welcome shown to me. There will continue to be challenges as we move forward and look at areas to improve, but with new colleagues, new ways of workings and improved systems we are building a robust and cohesive team.

I am proud to be part of such a resilient team and am looking ahead with optimism.



Gemma Maxted, Central Services Manager

Events

Dartford Business Awards

In October 2024, North Kent Mind received a nomination for Dartford Business Awards, 'Good for Society Award', which we were incredibly fortunate to be successful in achieving. This was a huge honour for us to be able to be recognised for our hard work and impact on the local community. The event was attended by all of North Kent Mind's head of departments and the award accepted by our CEO, Richard Giles.



World Mental Health Day

In May, North Kent Mind hosted a stall at Bluewater Shopping Centre for World Mental Health Day. Wellbeing Services Manager, Jessica Silver, and Wellbeing Coach, Patrick Keenan, attended over the weekend to provide members of the public with wellbeing support and discuss the services available at North Kent Mind and raise Mental Health awareness.



Dartford, Gravesham, and Swanley Voluntary Sector Alliance

The alliance connected voluntary, community, and social enterprise (VCSE) organisations to collaborate on improving local health and wellbeing. It amplified the voluntary sector's voice and ensured community involvement in shaping services.

North Kent Mind and CVS NWK co-led the Dartford, Gravesham, and Swanley (DGS) VCSE Health Alliance, facilitating engagement with the local Health Care Partnership (HCP) and promoting sector-wide collaboration.



“I am a firm believer in supporting and developing local community-based champions for sustainable positive change.”



Fundraising



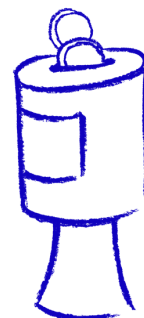
Our Service Development manager Amy climbed Snowdon overnight in October 2023 and raised £840!

Upcoming for 2025

On March 2nd 2025, Our Wellbeing Coach, Sam will be running the Dartford Half Marathon on behalf of North Kent Mind to raise for our cause!



To support Sam and contribute to our cause at North Kent Mind, please visit our fundraising page: justgiving.com/page/northkentmind



Our Volunteers!

List as at February 2025

Affordable Counselling Services

Tim O'Brien
Jamie Clement
Andrew Rewell
Chris Gray
Courtney Richardson
Danielle Frake
Harriet Thornton
Ronnie Boyns
Kelly Johnston
Laura Day
Oxana Higgs
Nick Morwood
Martina Kirkland
Bernard Mukusha
Jo Ellis
Laura Batchelor
Natascha Ryan
Sarah Beadle
Sianne Goddard
Aimee Marsh
Terry Kennedy
Louise Morgan
Kirsty Barrett

Tina Soskind

Carrie White

Sandip Sidhu

Ella Hayes

Brenda Hutchinson

Alison Stuart

Alan Moore

Marlissa Stewart

Sophie Wood

Children and Young Peoples Service

Nisa Han

Katie Rolfe

Wellbeing Services

Brian Barnes

Martyn Dyer

Darren Johnston

Katy Lockyer

Jummai Mari



As a non-profit organisation, many of our services are dependent on the input of our volunteers. Without them, we wouldn't be able to offer clients long-term 1:1 affordable counselling, or run a number of our groups.

We estimate that our volunteers give us about 140 hours of unpaid work per week. Many of these individuals work themselves, but chose to give their time to support the work we do. We thank them all for their continued support; time and dedication.

Wellbeing Services

Live Well Kent and Medway (LWKM)

Within Wellbeing Services, we are incredibly fortunate to hold LWKM contracts within Medway under Shawtrust and Dartford, Gravesham and Swanley under Porchlight. We have worked closely with both Shawtrust and Porchlight to ensure delivery of our wellbeing groups and individual support.

As an organisation, we understand how important having positive mental wellbeing is and how detrimental to all aspects of our life it can be if we're not feeling good within ourselves. Within our wellbeing services, we run a selection of courses, designed to engage with those within our communities who need the additional support. Over the course of 2024, our referrals have increased by 60% since 2023 and we have been fortunate to have the opportunity to work with the local community to support those most in need.

Psychoeducational and psychosocial group interventions

Across Dartford, Gravesham, Swanley and Medway, we continue to run our highly successful psychoeducational and psychosocial group interventions. Spanning across 6 weeks, our groups provide a safe environment for those suffering from a mental health crisis to access support, learning about our triggers, understanding our symptoms and its interrelationship with our emotions, thoughts and behaviours, what we can do to challenge our negative thoughts and tips to staying well and maintaining our mental wellbeing.

Our groups include Mindfulness, Self Esteem, Assertiveness and Confidence, Managing Depression, Managing Anxiety, Stress Management and Relaxation and Mental Wellbeing Matters. Around 97% of those attending have reported an improvement in wellbeing, confidence and feel better able to continue in their mental health journey.

“I think more people should know this service exists. The extent that my support worker and Wellbeing Services went to support me.”

Time for Change

Time for Change is our 12 week recovery programme for those who require further support in their recovery journey. All attendees benefit from a 2 hour session focused around coping strategies, breaking negative thought patterns, improving self-esteem and resilience and making the positive changes to benefit their daily living. These sessions are then followed by a 2 hour activity session, chosen by those attending, promoting social inclusion and social skills. We recognised that a lot of our attendees have also been impacted by the recent cost of living crisis, so all of their activities are funded.

Peer Led Condition Based Groups

Within Medway, we have begun offering 'peer led condition based groups', which are 12 week interventions based around depression, social anxiety and agoraphobia and hearing voices. Each intervention offers those attending the opportunity to learn more about their condition, how to maintain and manage their wellbeing, explore how our emotions effect our thoughts and behaviours, the impact our depression had on our daily routine and coping strategies that can help support our recovery, improving our self-awareness, self-confidence as well as managing daily routines and empowerment. As this is a peer led group, those attending are offered the unique experience to share their own experiences living with their condition and share how they have overcome difficult situations.

Self-Funded Group Interventions

Within North Kent Mind, we are constantly striving to recognise the needs of and provide innovative interventions to support individuals and have a positive impact on our local community, drawing from funds raised by fundraising. Below are some interventions Wellbeing Services have been involved in mobilising as well as some service user feedback. Service user feedback is incredibly important to us, as it allows us as a service to reflect and better our practise and support to our service users.



Creative Minds

Our 'Creative Minds' drop in sessions are a self-funded weekly drop in session, aimed at providing arts and crafts in a safe space for those who wish to come along and engage in creative activities and wellbeing discussions. We operate our sessions at a local arts community hub, situated in the heart of Chatham and has been well received by those who attend.



Housing Services

The year was a turbulent one after losing support funding we successfully secured managing agent only contracts with our landlords Hyde and Southern Housing to continue delivering supported housing to our tenants for the future. This also meant that Housing could develop their own referral system including self referral to enable us to support more people.

After further negotiations with Hyde Housing we also secured an extra tenant from another provider and an extra building (Jubilee Court) which increased our tenant count from April 2024 from 27 to 35.



Jubilee Court has a large communal area which has and will be used for other services to run groups and a lovely sized garden for barbeques and tenant social events and gardening groups.

Due to the sad loss of Home Group in the Dartford area our Housing department gratefully received a donation of a vast amount of furniture and white goods from the flats they were emptying as part of their closure. This enabled housing to save funds setting up Jubilee Court for new tenants.

We secured a further 12 months on our HEAL House Hostel contract where we provide support for clients with mental health and complex needs working in a successful partnership with Gravesham Council. The hostel has continued to be a much needed service, Gravesham Rough Sleepers Initiative and North Kent Mind have worked in partnership for four years. After a restructure we promoted a team member to Hostel Coordinator to ensure a senior staff member was on site. The restructure also gave us the opportunity to change the working hours of staff to benefit their safety and times for support of clients.

Heal House staff celebrated Christmas with the clients after donations from Amazon of decorations and tableware and with North Kent Mind's financial input towards Christmas dinner. The staff and clients cooked Christmas dinner together which was an enjoyable event for all involved and welcome relief for clients to celebrate without worrying about their day to day issues.



Children & Young People Services

Short Intervention Therapy (SIT)

The Short Intervention Therapy (SIT) project is funded by Medway Council from September 2023 to September 2025. This project provides support for children and young people in Medway aged 5-18 who have a social worker or early help worker (including those not attending school), as well as young people aged 18-25 with Special Educational Needs (SEN) or care leavers. The project focuses on helping those experiencing emotional dysregulation and related behaviours through either group or individual therapy; this includes Cognitive Behaviour Therapy (CBT), Dialectical Behaviour Therapy (DBT) informed therapies and creative therapies.

The team has gone above and beyond by creating a short YouTube clip to promote our services, helping to raise awareness and reach a wider audience. Additionally, they have recorded training videos on common mental health topics, which can be shared with children and young people, parents, carers, and professionals.

Wellbeing Coaching – bespoke fee-paying support

Our trained CYP (Children and Young People) practitioners work one-to-one with students in both primary and secondary schools, offering age-appropriate, tailored support to help increase self-awareness. Using solution-focused conversations, psychoeducation, and guided activities, students are provided with a safe, reflective space to explore challenges related to peers, school, personal wellbeing, and life experiences.

We also offer a drop-in service for students, providing general support, information, advice, and signposting. This includes promoting positive mental health through mindfulness activities, arts, peer support, and safe spaces for expression, as well as additional support with schoolwork.

Time to Mind

We are funded by Kent Community Foundation, with Richard Watts funding, to deliver personalised individual and group interventions in three local secondary schools in Medway.

These interventions provide students with the opportunity to explore their wellbeing, gain a deeper understanding of common mental health issues, and access appropriate support and signposting. By offering tailored support, we aim to empower young people to improve their mental health and overall resilience.

Wellbeing Workshops – Carers first funding

We offer a variety of wellbeing workshops during school holidays and upon request from other organisations, such as IMAGO and Carers First. These workshops are often bespoke and tailored to the specific needs of the participants.

Our sessions have focused on themes such as managing worries, building resilience, and improving self-esteem, and are designed to support a range of ages. This flexible approach ensures that our workshops provide meaningful and relevant support to those who attend.

What's New

B.R.A.V.E (Building Resilience And Validating Emotions) is a short-term therapeutic service for children and young people (5-18, or up to 25 with SEN or as Care Leavers) in Medway, including those outside mainstream education. Funded by Medway Council (Nov 2024 – Mar 2026), it supports challenges like low mood, anxiety, emotional dysregulation, and self-harm through CBT, DBT-informed, and creative therapies (art, sand, play, etc.).

G.L.O.W (Growth, Learning, Optimism and Wellbeing) is a project supporting young people aged 14-25 in Dartford, Gravesend, and Swanley who are struggling with their mental wellbeing and are in care or care leavers. This project is designed to help improve confidence, self-esteem, and overall sense of wellbeing through individual and group sessions, with the hope that they are better able to engage in education, training, volunteering or take steps towards employment.

The CYP department received the Youth Project Award. Kezia and Courtney attended the event on Friday 25th October to represent the whole team and the amazing work they do to support local young people. Kent Wellbeing Awards commented on the compassion, dedication and innovative practices that the service uses when engaging within the community.



Crisis Peer Alternative Service

The Crisis Peer Alternative Service (CPAS) operated across the whole of Medway, Dartford Gravesham and Swanley for 2 years, providing 1:1, and psychoeducational group support for individuals 18+ who were recovering from a crisis, or as a crisis prevention measure. Remarkably, the service had no exclusion criteria nor waiting list, meaning anybody requiring this specialist support can access it quickly, and we supported 250 individuals in total.

As a peer-led service, all staff had had their own experiences of mental health issues, and used their lived experiences, passion for supporting others, and training to provide synergy, helping clients feel safe and understood and reducing stigma.

Peer workers supported clients in-person, remotely, and in the community, and also assisted by advocating for them and liaising with external organisations such as local CMHT's to provide holistic support. Outcomes from this include assisting clients who were homeless to be housed, and ensuring clients got specialist support where needed.

The CPAS service was particularly good at helping those who were rejected from primary care services as they had been told they were 'too high risk' for them, but 'not high enough risk' for statutory care. Some of them had been passed from service to service many times and were lacking trust in professionals, feeling they were stigmatised, especially those diagnosed with EUPD.

The value of this innovative service was recognised by participants who said:

“Thank you not just for saving my life, but helping me live it for the first time too.”

“It was nice to feel welcomed in a non-judgement environment with peer supporters that understand how I feel. I am so grateful to the Peer Support Workers for running this group with no judgement and so much kindness.”



Funding for CPAS sadly came to an end in March 2024, but shortly before this, the service was awarded a Health Watch recognition award, much to the delight of our very proud team members.

Service Development

Employment

Throughout the year, we continued to run our range of successful employment services within DGS, bolstered by increased funding from the DWP for a number of Employment Advisors as part of the NHS Talking Therapy Service. We were able to support numerous clients with their wellbeing at work, and help them to get back into suitable employment, volunteering or training.

“I am very grateful to the team and all the help and understanding I have received and the support with my CV, preparing for interviews and the encouragement I have been given. I have become a volunteer for NKM and am enjoying it, it is helping to give me the experience to use in any support worker roles I want to apply for.”



The re-procurement of the IAPT EA service meant that we lost our Employment Advisors at the end of March 2024, increasing the demand on our Individual Placement Support Service, which continues running successfully.

We were successful in gaining UKSPF funding to deliver further 1:1 and group employability support within Medway and Gravesend starting at the end of 2024.



Money Guidance

Our Money Guidance Service supports individuals in Dartford, Gravesham, Swanley and Medway to feel more confident in managing their money. Our Money Guiders have been able to offer guidance to those who are unsure on benefits entitlement, supporting them to complete PIP and UC applications. We have also helped clients to create budgets, saving plans, and assisted them to access more specialised support for worries such as debt.



Ecology Island

Ecology Island is our award winning, innovative weekly conservation project, promoting wellbeing and empowerment for those attending, as well as opportunities to learn new skills.

Meeting weekly at Darenth Country Park, our service users and facilitators work together, with North West Kent Countryside Partnership, to enjoy being together and having discussions around wellbeing, whilst also conserving and developing the local community park.

Men's Group

In 2023, we began devising our self-funded 'men's group' drop in service as we recognised it was a need within the local community. Our 'Men's Group' drop in service was successfully relaunched in January 2024, aimed at providing a warm and safe space for men to discuss topic-based subjects around mental health, our own experiences, reducing isolation and creating new friendships in a peer led support group setting. We currently run our sessions at a local football ground and provide refreshments whilst facilitating on 12 weeks psychoeducational course content focused on toxic masculinity, anxiety, depression, suicide prevention, communication and relationships, anger management and coping with conflict, neurodivergence, financial stress and money management. As this is a peer led group, we tailor our sessions around what those attending would find most beneficial. Our 'Men's Group' has gone from strength to strength, with us now supporting 12 – 15 individuals who attend weekly.

“I can really see the improvement in not only my own wellbeing, but the rest of the group. I hope the sessions continue as I can really see the difference they make.”

Our Men's Group has been selected to be part of Co-op's funding round in 2024-2025 and we are excited to be working with them and raising awareness of our cause so we can continue deliver this support.



Co-Production

We are committed to continually improving our services through quality, review and feedback. We strongly believe that people with lived experience of mental health problems should play a vital role in influencing the way our Mental Health Services are planned and delivered.

The Co-production Team meet regularly to discuss different topics and themes related to the organisation, to steer decisions, developments, and change. The aim of the team is to innovate and challenge all aspects of how we deliver our services, and influence change throughout.

Anyone connected with North Kent Mind who has lived experience of mental health problems can become part of our Co-production Team and through our shared, lived experience, we can bring a wealth of knowledge, strength and understanding. Service Users, Volunteers, and Employees are invited to become Co-Producers to deliver a sustainable, empowered, dynamic partnership!

This year, we were also successful in gaining grant funding from National Mind to enable us to strengthen Equity and Lived Experience within the organisation. Throughout the next year we will be increasing our outreach to diverse communities, who are currently underrepresented within our services, and forming a steering group to facilitate conversations around equity, diversity and inclusion, and barriers to accessing care.

Service User Network (SUN)

We were delighted to be successful in procuring SUN, which we started planning for in March 2024, with delivery commencing in May, continuing throughout the current year.



SUN is an innovative new service with Mind in Kent and KMPT working in collaboration as part of Mental Health Together. Our Lived Experience Team Lead supports a team of 4 Lived Experienced Facilitators, working closely with KMPT clinicians to facilitate SUN groups across the county.

What makes this project even more exciting is, that each lived experience facilitator are hosted by a Mind service located in Kent. This includes Mid Kent Mind, East Kent Mind, South Kent Mind, and West Kent Mind. Making this a unique model of working together for the future.

SUN utilises a Peer Support model, tapping into people's experience and expertise of managing their mental health challenges. This empowers group members to make changes they want to see, receive and provide support to each other, with guidance and support from the clinical and lived experience facilitators.

Another unique aspect of SUN is that it is open to anyone who is experiencing Complex Emotional Difficulties, members do not have to have a diagnosis to access the service.

SUN has been able to support those otherwise excluded from some services. Individuals can receive open ended supported from SUN on a drop in basis, even if they are accessing other services.

Regular support through SUN has helped individuals avoid frequent use of Crisis Services, A&E visits, or long waits for alternative support. By promoting accountability for recovery and safety, SUN has helped build resilience and autonomy in its members.

Peer Partnership Project

Throughout the year, we were working hard on an application through the National Lottery Community Fund. We were delighted to recently have been awarded this funding for a 3 year project! The Peer Partnership Project will begin delivery in 2025 and will provide 1:1 and group peer support for individuals in DGS who are at risk of experiencing a mental health crisis. There will be no exclusion criteria for this service and individuals will be able to self-refer.

Counselling and Therapy Services

The Counselling and Therapy services during this fiscal year is made up of 3 main areas, the affordable one to one counselling, our group anger management course and we have our volunteer counselling placements.

Our trainee placement counsellors are from all genders and ages and come from different walks of life and cultural backgrounds, they are also all volunteers which means we are able to provide such a low cost affordable counselling service. During this period we recruited 12 new trainee counsellors and helped 16 become newly qualified.

The affordable counselling service is a long standing well established service and has always been extremely popular for clients with a constant flow of self-referrals. We therefore have on average waiting times of 4-6 months for clients to access a counsellor. We received on average 60 referrals a month and have supported around 80 individual clients each month. On 1st April 23 we increased the fees for the first time since 2020, but we were able to keep this a small nominal amount from £12 a session to £15 a session keeping the service low cost and still very much accessible for our clients.

The anger management course has continued to be a successful service, which we try to run 4 times a year for up to 10 clients on each 6 week course costing £150. We have provided support to a wide range of clients including those that are requested to attend such a course through social services or as part of a court agreement. During this fiscal year, we provided 3 courses supporting 25 individual clients.

Our new service that was launched at the beginning of January 2024 is called the Fast Track service. Through this service we are able to offer clients fast track access to qualified counsellors with waiting times as little as a couple of weeks. Costing £40 for on line sessions and £45 for in person this service has received a slow and steady increase of client referrals from January to March. By end of March 2024 we had supported 35 clients. With future marketing and increased word of mouth, we are hoping to reach more clients in the future across the North Kent areas.

In March 24 we were approached by Medway council to be a part of their family partnership project This is a project funded by the council that is providing counselling to Medway clients mainly 18-25 yr olds who may be working through their own issues and their relationships with their children, often supported by the social services. We were able to partnership with this project successfully using the Fast track model for up to a maximum of 10 clients.



Treasurer's Report For Year ended 31st March 2024

Extract of Account over the last 3 years

	£ to 31.3.2024	£ to 31.3.2023	£ to 31.3.2022
Surplus for year - unrestricted	(79,595)	46,313	182,207
- restricted	24,310	(32,437)	43,275
Total funds surplus (deficit)	(55,285)	13,876	225,482
Fixed Assets	4,143	6,151	0
Debtors	655,397	725,294	656,701
Cash at bank and in hand	675,470	768,804	832,730
Creditors	(137,182)	(247,136)	(250,194)
Total Funds	1,197,828	1,253,113	1,239,237

As anticipated, the year ended 31st March 2024 proved to be a difficult year for the Charity, following the notification at the beginning of that year that the NHS Psychological Therapies contract would not be renewed after March 2024. The Management were able to ensure that the majority of the staff in that sector secured positions with the company taking over the contract. This was for the benefit of those staff and also for North Kent Mind, minimising any costs incurred as a result of the change. However, that particular contract represented nearly 40% of our income from charitable activities, so its loss was a significant setback. It is noted, however, and thanks to the efforts of our Staff and Management, that we now seem to be in a much healthier position, and despite a difficult start to the year, total charitable income is moving back towards the heavy heights seen in recent years.

Of the £1,198k total funds shown, £78k is restricted in use, as the funds have been assigned specific purposes by the Donors. A further £13k has been designated for a particular purpose by the Management, and a further £440k has now been allocated to the purchase of the property and other fixed assets, leaving £667k available as “Free Unrestricted Reserves”.

At the end of the year, North Kent Mind were given the opportunity to acquire the Freehold interest in our offices at The Almshouses, Dartford. After what seemed like endless enquiries and processes, this has now been completed, and we look forward to the next stage of the project - repairs and improvements – thanks to the financial support of Dartford Borough Council.

Donald MacLeod, Treasurer



North Kent Mind Statement of Financial Activities and Income and Expenditure Account For Year Ended 31st March 2024

	2024	2024	2024	2023
	Unrestrict- ed Funds	Restricted Funds	Total Funds	Total Funds as restated
	£	£	£	£
INCOME FROM:				
Donations	43,744	-	43,744	82,081
Investments	18,783	-	18,783	4,424
Charitable Activities	2,968,984	140,550	3,109,534	3,142,230
TOTAL	3,031,511	140,550	3,172,061	3,228,735
EXPENDITURE ON:				
Fundraising	2,532	-	2,532	4,934
Charitable Activities	3,108,382	116,240	3,224,622	3,209,776
Interest Payable	192	-	192	149
TOTAL	3,111,106	116,240	3,227,346	3,214,859
NET (EXPENDITURE) INCOME	(79,595)	24,310	(55,285)	13,876
Transfers Between Funds	-	-	-	-
Net Movement In Funds	(79,595)	24,310	(55,285)	13,876
Total Funds Brought Forward	1,199,497	53,816	1,253,113	1,239,237
Total Funds carried Forward	1,119,902	77,926	1,197,828	1,253,113

The statement of financial activities includes all gains and losses recognised in the period. All income and expenditure derives from continuing activities.

North Kent Mind

Balance Sheet as at 31st March 2024

	2024	2024	As restated	As restated
	£	£	2023 £	2023 £
FIXED ASSETS				
Tangible Fixed Assets		4,143		6,151
CURRENT ASSETS				
Current asset investments	333,819		-	
	655,397		725,294	
Debtors				
Cash at bank and in hand	341,651		768,804	
	1,330,857		1,494,098	
CREDITORS				
Amounts falling due within one Year	(137,182)		(244,984)	
NET CURRENT ASSETS		1,193,685		1,249,114
TOTAL ASSETS LESS CURRENT LIABILITIES		1,197,828		1,255,265
Creditors: Amounts Falling due after more than 1 year		-		(2,152)
TOTAL NET ASSETS		1,197,828		1,253,113
Unrestricted Funds		1,119,902		1,199,497
Restricted Funds		77,926		53,616
TOTAL CHARITY FUNDS		1,197,828		1,253,113



North Kent Mind

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<https://northkentmind.co.uk>

**Registered in England Company No. 5093370 Limited by
Guarantee.**

Affiliated Local Association. Registered Charity No. 1103790