

student minds

Student Minds
(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2013

Charity Number: 1142783
Company Number: 7493445

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Student Minds

Annual Report for the Year ended 30th June 2013

Reference and administrative information

Charity name: Student Minds
Charity Registration Number: 1142783
Company Registration Number: 7493445
Registered Office and Operational address: 16 – 17 Turl Street
Oxford
OX1 3DH

Trustee committee

Miss S Fernandez Chair
Mrs N Staveley
Mr A Nelson Treasurer
Professor J Treasure
Miss R Egan
Mr T Scott
Miss E Hambly
Miss N Byrom

Advisors

Bank National Westminster Bank PLC.
121 High Street
Oxford
OX1 4DD

Report of the Management Committee for the year ended 30th June 2013

Structure, Governance and Management

Governing Document

Student Minds is a charitable company limited by guarantee, incorporated on 14th January 2011 and registered as a charity on 7th July 2011. The governing document is the Memorandum and Articles of Association of the company, approved on 14th of January 2011. The Charity operated under the name, SRSH until 5th of July 2013 when Companies House certified the change of name to Student Minds.

Recruitment and Appointment of the Board of Trustees

All Trustees serve for a term of one year and may be re-appointed for a further annual term at the each Annual General Meeting.

The Trustee Board seeks to ensure the sustainability and effectiveness of the Charity through diversity of skills and experience on the trustee body.

Trustees are given our governing document upon joining the board and they go through an induction process with an existing trustee. Trustees are also invited to attend all major events and activities that Student Minds undertakes.

Risk Management

The Management Committee has conducted a review of the major risks to which the Charity is exposed. Systems or procedures have been established to mitigate the risks faced by the Charity. External risks to funding have led to the development of a plan for diversification of funding applications. Internal control risks are minimised by procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety for staff, volunteers and young people.

Organisational Structure

Since incorporation Student Minds has been led by a Director and a Project Manager. They have been supported by a group of executive volunteers who have contributed to development activities, such as campaigning and fundraising on behalf of Student Minds. Each local Student Minds group is led by university volunteers from the local area.

The Director reports to the Chair of the Trustees who is ultimately responsible for the strategic running and governance of Student Minds.

Objectives and Activities

The Charity's object is the relief of sickness and the preservation and promotion of mental health among students and young people.

Our mission is to change the state of student mental health by equipping students to deliver peer – led interventions. Our vision is for students to be at the centre of all interventions to improve student mental health and **influencing decisions** around support provision. We want to see students **taking action to foster an environment** where everyone has the **confidence** to talk and listen to each other, the **skills** to support one another and the **knowledge** to look after their own mental health.

The main objectives and activities for the year focused on providing support for local Student Minds groups, strengthening our impact evaluation and raising awareness of mental health issues on campus. The strategies employed included the following:

- Providing training for local groups, ensuring volunteers are well prepared to support students with eating disorders and running effective peer support groups;
- Establishing links with key local stakeholders at universities, in order to better support groups and students with mental health problems;
- Streamlining our monitoring and evaluation procedures to allow us to collect impact data more effectively; and
- Running awareness raising campaigns and fundraising events to inform students about the support available through groups and reduce mental health stigma on campus.

Going forwards the charity will be building upon this year's work with students with eating disorders, to deliver peer support programmes and campaigns that address mental health more broadly.

Contribution made by Volunteers

This year there have been a number of volunteers involved with the Charity whose roles were split as follows:

- 80 students involved in day to day activities which principally involves the running of groups
- Nine individuals are involved in an executive committee, providing additional support to the Project Manager and the volunteers.

We would like to thank our volunteers for the time they have devoted to improving mental health on campus during the past academic year.

Achievements and Performance

Peer support groups for eating disorders at universities

By 30th June 2013 Student Minds had peer support groups established at 17 different universities. This year we have established new groups at Portsmouth University, Warwick University, Swansea University, Leeds Metropolitan University and Winchester University. Throughout the year we have directly supported over 74 individuals with eating disorders. As we look ahead to the new academic year we

have strategies in place to increase the reach of our groups. The recruitment of a second staff member to assist with publicity and communications should aid our objective to increase the reach of our support programme.

We have conducted an evaluation of the support groups this year and have received positive feedback from students completing our survey. Nine students attending support groups regularly agreed to take part in the survey. They reported that group sessions were run smoothly and that they felt welcome at the sessions. All respondents agreed that group facilitators explained how the group session would work.

Support and training for student volunteers who facilitate peer support groups

This year we trained 64 student volunteers over four training weekends. These students have gained a range of skills to facilitate peer support groups. Skills include how to run safe groups, how to facilitate helpful conversations and how to raise awareness about eating disorders. Students receiving training from us this year completed an evaluation of training. Students reported finding the training useful and engaging. All students completing training stated that they felt that the training session prepared them to run safe and effective self-help groups and felt that the training session was well organized.

Campaigning and awareness raising activities

This year Student Minds volunteers have worked on various campaigns, aiming to get all students thinking positively about their bodies. Our Love Your Body campaign ran in campuses across the country reaching hundreds of students. Other activities include The Student Minds Kitchen, providing access to easy recipes to individuals recovering from eating disorders. All Student Minds groups took part in Eating Disorders Awareness Week, and they hosted a wide range of activities, including debates, discussion groups, lectures and film screenings.

Support for friends of young people suffering an eating disorder

The How to Save a Life project was a series of eight workshops run last year for friends and people caring informally for individuals with eating disorders. Following on from these workshops this year, we produced an information booklet for students on how to support friends with eating disorders. This has been distributed in universities across the country. We also developed an information section of our website, providing advice for students on how to support friends with eating disorders. This year, this section of the website was used by 3,461 people.

Student Minds annual conference

In November held we our annual conference; Student Mental Health Matters. This was a two day event, with speakers addressing issues of body image, psychological traits of eating disorders and care pathways. Speakers included Dr Sara Evans-Lacko from the Institute of Psychiatry; Dr Philippa Diedrichs from the Centre for Appearance Research; Professor Daniel Freeman and Dr Rebecca Park from the Department of Psychiatry, University of Oxford; Alexis Elliot from Papyrus; Andy Gibson from Mind Apples; Kate Trotman from Oxfordshire Mind; Melanie Dupin from Rethink Mental Illness. We also heard from a range of students involved in mental

health campaigning. Parallel sessions were held over the weekend, with sessions on Student Issues and Interventions; Understanding Psychosis; Preventing Student Suicide; Understanding Depression; Understanding Eating Disorders; Student Stories of Surviving Mental Health Problems; The Power of the Personal Story – working with people with mental health problems to build a strong awareness campaign; Celebrating Good Mental Health and The Theory of Peer Support.

The conference was attended by over 100 individuals including 15 student union and university counselling service delegates and 44 of student volunteers.

“A fantastic weekend, brilliantly organised and smoothly run, it felt very professional. The content of the talks as well as the format was incredibly inspiring. I think the best part of the conference was the amazing atmosphere created by people who want to make a difference to mental health coming together and sharing ideas, experience and enthusiasm. I learnt a lot from this weekend as well as leaving feeling motivated and inspired to do more as a student volunteer.”

“Really enjoyed the conference and found it very interesting. It was a great mix of hearing objective information and subjective experience - so useful to both learn more about the theory and find out what it's actually like to be living with mental health problems. Thank you so much for putting this on, and thanks especially to all the students who shared their stories!”

Financial Review

Principal funding source

In the past year we have been primarily funded by the Welton Foundation, Comic Relief, University contributions and generous individuals.

Investment policy

We do not have sufficient reserves for investment, but have a savings account with NatWest to hold small surpluses. We will continue to monitor our finances and whether we need to revise our investment policy.

Ethical fundraising policy

Student Minds seeks, so far as is practical and within the constraints of UK law, to ensure that:

- Initiatives do not compromise the independent status of Student Minds;
- Activities of organisations we work with are consistent with our organisational values.

Trustees' responsibilities

The Trustees are responsible for preparing the annual report and the accounts in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The Trustees are required to prepare accounts for each financial year, which give a true and fair view of the state of affairs of the Charity and the incoming resources and application of resources, including the net income or expenditure, of the Charity for the year. In preparing those accounts, 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 have been followed, subject to any material departures disclosed and explained in the accounts;
- Prepare the accounts on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and which enable them to ensure that the accounts 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.

Audit Exemption Statement

For the year ending 30th June 2013 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Independent Examiner

Miss Catherine Alton was appointed as the Charity's independent examiner for the year. She has expressed her willingness to continue in that capacity.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued March 2005) and in accordance with the special provisions of Part VII of the Companies Act 2006 relating to small entities

Approved by the Board of Trustees on 30/11/2013 and signed on its behalf:

Sara Fernandez, Student Minds Trustee

Nicola Byrom, Student Minds Trustee

Independent Examiner's Report to the Trustees of Student Minds

I report on the accounts of the Charity for the year ended 30 June 2013 which are set out on pages 10 to 11.

Respective responsibilities of trustees and examiner

The Charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below

Independent examiner's statement

In the course of my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements have not been met :

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

No matter has come to my attention to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name:

Miss Catherine Alton

Relevant Professional qualification (if any):

None

Address:

**17 Elmsleigh Gardens
Southampton
Hampshire
SO16 3GE**

Signed:



Date:

07 / 09 / 2013

Income and Expenditure accounts for the year ended 30 June 2013

Receipts and payments

	Unrestricted funds £	Restricted funds £	Total funds £	Last year £
Receipts				
Donations	16,868	57	16,925	1,629
Contributions	2,764	-	2,764	1,920
Fundraising	69	-	69	1,557
Conference & Workshop fees	2,204	-	2,204	355
Reimbursement	224	-	224	107
Grant	27,500	9,955	37,455	36,269
Interest income	182	-	182	89
Total receipts	49,811	10,012	59,823	41,926
Payments				
Conference	214	1,341	1,555	310
Support for University Groups	-	-	-	240
Delivering Workshops and Events	29	235	264	184
Student Volunteer Training	4,438	90	4,528	1,256
Student Volunteer Expenses	15	344	359	326
Publicity	1,417	265	1,682	1,184
Monitor & Evaluation	101	-	101	158
Alumni Volunteer Expenses	253	280	533	82
Staff Salary	10,858	8,614	19,472	15,853
Staff Expenses	793	234	1,027	797
Office Expenses	3,641	38	3,679	3,597
Total payments	21,759	11,441	33,200	23,987
Net of receipts/(payments)	28,052	(1,429)	26,623	17,939
Transfers between funds	-	-	-	-
Cash funds last year end	14,721	3,218	17,939	-
Cash funds this year end	42,773	1,789	44,562	17,939

Balance sheet as at 30 June 2013

Statement of assets and liabilities at the end of the year

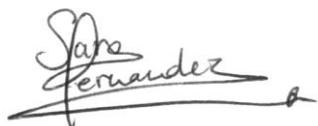
	Unrestricted funds £	Restricted funds £	Total funds £
Cash Funds			
Cash at bank	42,773	1,789	44,562
Petty cash	0	0	0
Total cash funds	42,773	1,789	44,562

Audit Exemption Statement

For the year ending 30th June 2013 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.



Sara Fernandez, Student Minds Trustee



Nicola Byrom, Student Minds Trustee

Notes to the Accounts for the year ended 30 June 2013

Accounting Policies

Section 133 of the Charities Act 2011 permits a charity to prepare a receipts and payments account and a statement of assets and liabilities where gross income in the financial year does not exceed £250,000, therefore receipts and payments accounts and a statement of assets and liabilities has been prepared and presented for the year ended 30 June 2013;

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued March 2005) and in accordance with the special provisions of Part VII of the Companies Act 2006 relating to small entities

All Income, including grants and investment income is recorded when received. All Expenditure is recorded when paid. Gift aid reclaimable on donations is included in the amounts of income once received.

Trustees' Expenses

No expenses were paid to any of the Trustees during the year except for £138.59 to Ellie Hambly, £72.55 to Rachel Egan, £19.65 to Sara Fernandez and £91.40 to Nicola Byrom. These payments were made in direct reimbursement for travel expenses incurred for delivering training or attending meetings on behalf of Student Minds.

Trustees' Indemnity Insurance

No charitable funds have been used to purchase insurance to indemnify the Trustees against the consequences of any neglect or default on their part.

Restricted Grants

Student Minds received two separate restricted grants during the year. These were as follows:

- Comic Relief: to pay for staff salary costs up to £8,614. These funds were utilised in full during the year to 30 June 2013
- Matthew Elvidge Trust and the Charlie Waller Memorial Trust: to pay for travel and expenses up to £1,341 for the Charity to fund students to attend the Student Mental Health Matters Conference.

Cheques not cleared at bank at 30 June 2013

At 30 June 2013 there were no cheques, which had not cleared at the bank.

Post Balance Sheet Event

After the year end Student Minds merged with Mental Wealth UK. This merger occurred on 1st October 2013 for nil consideration. This merger is anticipated to increase Student Minds opportunities and volumes of students helped in the coming years.