

MEETING: 12/03/2015

Ref: 12518

ASSESSMENT CATEGORY - Making London More Inclusive

Mind in Croydon

Adv: Sandra Davidson

Amount requested: £155,471

Base: Croydon

Amount recommended: £143,600

Benefit: Croydon

The Charity

Mind in Croydon (MIC) is a well-established charitable company working to promote good mental health. It aims to meet the needs of a broad range of people with mental health problems, and to support their inclusion into mainstream society. Its activities include a Social Networking Service, Employment Support, Active Minds, Counselling, Welfare Benefits Advice and Advocacy. It plays a crucial role in raising awareness through training, student placements and the production of videos on a range of mental health issues. In addition, MIC runs two successful charity shops, providing information hubs to the local community.

The Application

MIC is requesting funding for the salary and related costs of a full-time Sports Co-ordinator to support people with significant mental health problems to access sports activities. This will build on the success of the Active Minds project promoting physical and mental well-being.

The Recommendation

MIC works closely with mental health service users, developing strong partnerships and a highly regarded reputation among both mental health and mainstream communities. Service-user involvement is central to all its work and this project has been developed in partnership with service users. The project costs show quite generous individual components (eg management charge) which were discussed at the assessment meeting. As a result, a smaller grant than that requested is advised; albeit still at a level which would enable the organisation to deliver its outcomes.

£143,600 over three years (£48,500; £47,000; £48,100) for the salary of a full-time Sports Co-ordinator and some related project costs.

Funding History

Meeting Date	Decision
03/05/2007	£122,000 over three years (£42,000; £40,000; £40,000) for the salary of a full-time Community Engagement Worker and some recruitment and running costs for a project supporting people with mental health needs to access mainstream arts and leisure services.
21/11/2002	£20,000 towards producing a professional training/awareness raising video on the subject of spiritual and mental health.

Background and detail of proposal

MIC aims to empower people with mental health problems to take part in mainstream community sports and make healthier lifestyle changes that will improve their physical and mental well-being. A multi-faceted approach to deliver a holistic service that overcomes barriers that prevent people with long-term mental health problems from engaging in sport include:

- A buddying support service working with each client to develop an individual action plan.
- Smoking cessation sessions identified as a major barrier to people with mental health problems engaging in sports.
- Delivering healthy eating "cook and taste" workshops to help people manage their weight caused by poor diet and the side effects of psychiatric medication.

The Sports Co-ordinator will work with clients to support and encourage them to take part in local exercise and sports activities, such as boxercise and football, to help them get fitter and to build confidence. The project will target new as well as existing clients. The buddy service will work with the individual for approximately 14 weeks, starting off in a supportive role, such as travelling to and from an activity with the person and/or staying with them during the time they participate in sport.

An independent evaluation of the Active Minds project demonstrated the positive effects of physical activity on mental health, confidence and self-esteem, as well as increasing employment and volunteering opportunities. It also provided an opportunity for people to increase their social networks and reduce isolation.

Financial Information

Forecast income for the current year is £1,598,711 of which £1,388,027 (86.8%) had been confirmed October 2014. As at 31st March 2014 free reserves stood at £335,402 which equates to 2.9 months' worth of expenditure. The charity acknowledges that this is below its target to hold 6 months' worth. It is working towards the stated level of reserves, and this is a standing item at the monthly meetings of trustees. The charity has fundraising plans which are intended to build free reserves from 2015/16. In the current climate, the trustees aim to achieve the level of reserves in two to three years.

Year end at 31 March 2014	2013/14 Independently Examined Accounts £	2014/15 Current Year Forecast £
Income and Expenditure		
Income	1,433,102	1,598,711
Expenditure	1,397,161	1,552,551
Unrestricted Funds Surplus / (Deficit)	105,834	50,410
Restricted Funds Surplus / (Deficit)	(69,893)	(4,250)
Unrealised gain/(losses) on investments	(27,396)	-
Total Surplus / (Deficit)	8,545	46,160
Surplus / (Deficit) as a % of turnover	0.6%	2.9%
Cost of Generating funds (% of income)	94,142 (6.6%)	-
Free unrestricted reserves		
Unrestricted free reserves held at Year End	335,402	385,812
How many months' worth of expenditure	2.9	3.0
Reserves Policy target	698,581	776,278
How many months' worth of expenditure	6.0	6.0
Free reserves over/(under) target	(363,179)	(390,466)