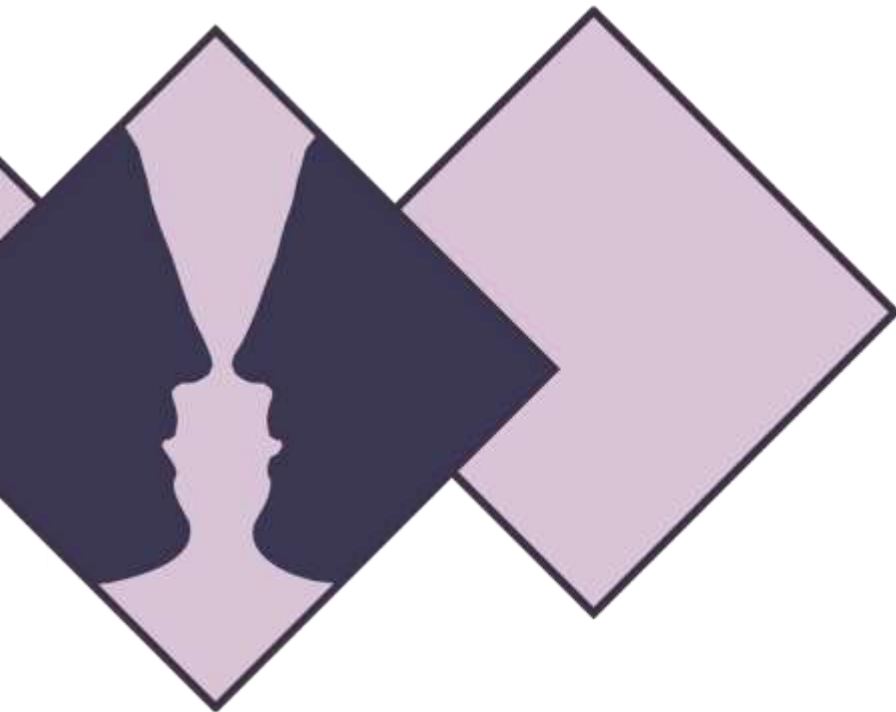


Cardiff & Vale Action for Mental Health

Annual Report 2013-14



Cardiff & Vale Action for Mental Health (cavamh)
Registered Charity No. 1148312 / Company No. 8000094

Unit 11, Williams Court, Trade St., Cardiff CF10 5DQ,

Tel: 029 2022 2000

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Website: www.cavamh.org.uk

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Chair's Introduction

2013/14 has been a challenging yet rewarding year for cavamh. Along with many of our members and stakeholders we are faced with a time of financial uncertainty and increasing pressure and demand on mental health services both in the third and statutory sectors. It is within this context that the role of cavamh in giving a voice for the third sector, service users and carers has never held greater value. Cavamh retains a central role in strategic planning in mental health and related subjects and has been effective ensuring a multi-stakeholder perspective on local plans and strategies. Alongside our ongoing activities, the year has been significant as a result of many changes and new activities that have broadened both the reach and impact of the organisation.

Key activities for cavamh during the year include

- The formal launch of cavamh as a new entity, building on the strengths of CVMHDP, but adopting a name and mission more reflective of the complexity of the work we do.
- The launch of our new and more comprehensive website.
- The development of CMHT user involvement as part of the C3CS led Co-Creating Healthy Change Project.
- **Nexus playing a role in the Alzheimer's Society Forget Me Not Community Voice Project**, ensuring the meaningful engagement and consultation with Carers.

With regard to our staff, we are grateful to Bec Cicero and Julia Greenhaf, who stood in for Anna Suschitzky and Caroline Fellows during their maternity leave, and to Dawn John, who supported us temporarily after Judith Parry moved on to other employment.

On behalf of Board of Trustees I'd like to thank our membership and stakeholders for their continued support. I'd also like to thank all of cavamh's dedicated staff whose continued commitment and dedication has made 2013/14 so rewarding and productive.

Vision, Values, Aims

cavamh is the Mental Health Development Service for Cardiff and the Vale of Glamorgan, working with third sector groups with an interest in mental health, people with experience of mental health services and carers.

Our Vision

Working to progress mental health services by service user, carer and voluntary sector involvement

Our Principles

To aspire to work within the principles of respect, equality and diversity, promoting the principles of social inclusion and independence, particularly through implementation of the recovery ethos.

Our strategic aims

To support and facilitate networking

To connect our constituency productively with service providers, planners and commissioners

To provide and share relevant training

To support the development of organisations, user and carer initiatives

To sustain and build an effective organisation, ensuring stakeholder involvement in the running of our organisation

Our services

Cavamh operates in three interlinked areas:

- A mental health development service to third sector groups with an interest in mental health via the Cardiff and Vale Mental Health Forum
- Sefyll – an involvement development project for people with experience of using mental health services and
- Nexus – **the Older People’s Mental Health Carer & User Involvement Development Project for people, both service users and carers, with experience of older people’s mental health services.**

Cardiff & Vale Mental Health Forum



This was a another busy and interesting year for the Project - now operating as cavamh, Cardiff and Vale Action for Mental Health, still working with our core members across Cardiff and the Vale of Glamorgan: -

- ◆ Third sector groups
- ◆ People using mental health services
- ◆ **Carers of people using older people's mental health services**

Supporting Cardiff and Vale Mental Health Forum- linking with third sector groups with an interest in mental health

This year saw more activity regarding implementation of the Mental Health Measure, the **development of 'Together for Mental Health'** - the National Strategy and its local **implementation, and changes in commissioning practice. This sat alongside the Forum's** continued promotion of the recovery ethos and good practice, Carer and Service User Involvement, and continued support for partnership working.

Activities throughout the year.....

Building a third sector voice through the co-ordination of networks

Through the Cardiff and Vale Mental Health Forum, cavamh facilitated a programme of speakers and workshops to:-

- ◆ collate the voice of the third sector
- ◆ share information & good practice
- ◆ promote debate and areas for third sector development.

The Forum was attended by 155 people over 12 meetings, reaching 72 third sector member organisations, also 270 planners and service providers on the mailing list.

Seven special interest subgroups met to flag up unmet needs, build partnerships & developments and improve services. These groups were: -

- ◆ The BME Network
- ◆ Counselling Organisations
- ◆ **Young People's Involvement**

- ◆ Housing
- ◆ Welfare Rights
- ◆ PMHSS / 3rd Sec Liaison
- ◆ and two reps groups.

The meetings led to:-

- ◆ A BME action plan with UHB
- ◆ BME Health and Wellbeing Leaflet
- ◆ Counselling leaflet
- ◆ **With Sefyll, and Young People's Groups, moving towards a Young People's Involvement process**
- ◆ A Third sector GP training menu with the Primary Mental Health Support Service
- ◆ Welfare Rights updates, good practice sharing and case collations in liaison with Riverside Advice

The Forum also continued contributing to Mental Health Action Wales (MHAW) meetings.


Ensuring a Voice in the development and delivery of services

15 reps elected via the Mental Health Forum were supported within 10 joint planning groups, including:-

Mental Health Partnership Board ◆ Joint Operational Group ◆ Dementia Supportive Communities ◆ Housing and Mental Health ◆ Recovery ◆ Service User and Carer Involvement u Mental Health Measure ◆ Psychological Therapies ◆ Information sub group ◆ new adult inpatient unit ◆ Employment / vocational, Community Day Opportunities groups.

Ensuring a voice in the development of policy & research

The Forum provided responses to four consultations around the Local Mental Health Strategy, the Dementia Action Plan, and the Welsh Government interim Review of the Mental Health Measure.



'Being able to take part... ensures that the voice of the third sector is heard in key research'

Building collaboration and joint working

Through, for example:-

- ◆ A collaborative event with the Safer Vale Partnership in May
- ◆ Promoting better links between CMHTs and third sector through establishing a contact form

Sharing Good Practice

Promoting recovery ethos and awareness through training sessions from a service user perspective and promotion of the new recovery leaflet.

Promoting Service User and Carer Involvement through a provider mapping questionnaire u Forum links with Sefyll u support for the involvement of young people u support for Big Lottery funded service user & carer involvement initiatives via Co-Creating Healthy Change.

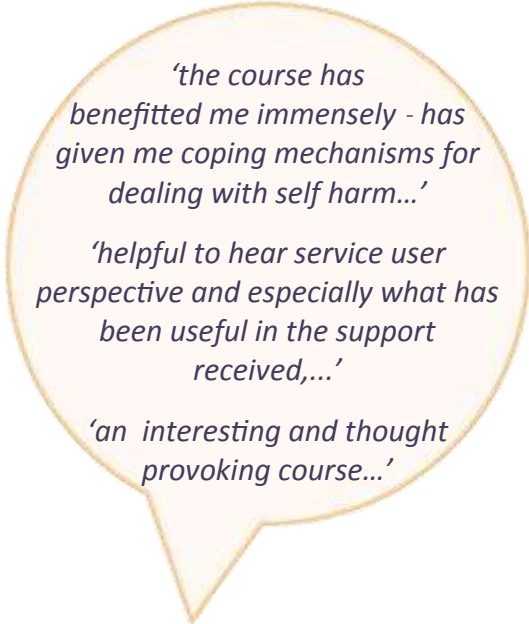
Funding and Development Advice

Circulating information on mental health related funding via mailings ◆ support in relation to local commissioning ◆ mental health agency focused support.

Training

The Forum co-ordinated its annual training programme (some with Interlink), providing 12 training courses attended by 187 people. They ranged from working and living with people who self harm, working with people at risk of suicide, to Mental Health First Aid, Counselling Skills and Person Centred Creativity.

From responses, 100% attending courses found them useful and 92.5 % will make changes to practice in future as a result of training.



'the course has benefitted me immensely - has given me coping mechanisms for dealing with self harm...'

'helpful to hear service user perspective and especially what has been useful in the support received,...'

'an interesting and thought provoking course...'

Mental Health Promotion

World Mental Health Day was celebrated with 3 public events across Cardiff & the Vale, organised with the support of 21 Forum members. Mental health awareness leaflets were developed and distributed via events at Grassroots, Riverside Market and Barry Library. We also contributed to 3 others at Cardiff Met, Welsh Government and Adamsdown Communities First.



'It exceeded my expectations completely! I didn't think we would have as many young people there as we did, and I certainly did not expect such a positive atmosphere.'

'I liked the way all of the organisations supported each other – it was as if we were all looking at the bigger picture, which is helping young people.'

Sharing Information

We have produced and circulated Network News. Regular updates were provided through e-bulletins over the course of the year. We continued to distribute focused info via 6 interest based emailing groups.

With the support of interest group members, we have continued to update and circulate information booklets about the services of counselling organisations, BME health and wellbeing. **We are developing a leaflet on young people's health and wellbeing.**

The above are available for GPs, young people and all stakeholders.

We have continued to update information on the cavamh website [www.cavamh.org.uk] and have developed the Forum pages. Over the year this has led to 3467 views of MHF pages, with a quarter of visits being from mobile devices.



Sefyll - Service User Involvement Development Project



Working closely with service users and service providers, Sefyll has been busy finding opportunities for people to get involved and have a say about their services. In February, Anna Suschitzky returned from maternity leave and Rebecca Cicero moved on to a post with Hafal as their Carer Participation Officer. We want to take this opportunity to thank Bec for all her fantastic work over the year.

In April 2013 a new Service User Involvement Officer, Tracy Purnell was recruited to work one day per week and she has been out and about meeting with groups and organisations, encouraging and supporting people to share their lived expertise to help shape the way that mental health services are provided.

Jack Watkins and Siwan Darling, have been working on our new project with Community Mental Health teams (see page 15)

What did we do in 2013/ 14?

- ◆ Last year, Sefyll identified over 50 opportunities for involvement
- ◆ We now have links with over 250 service users and more than 300 individual service providers
- ◆ We have 18 active service user representatives who sit on a number of working groups
- ◆ We supported Service User Representatives via 11 Rep Support Meetings which were held over the year
- ◆ We held nine training courses, attended by 58 people

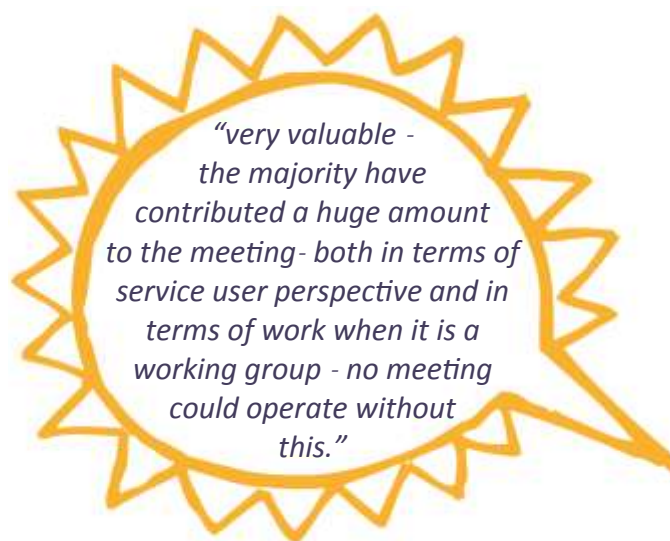
Having a Voice

Sefyll supported service users to get involved with 17 different planning groups in 2013/14, including the new Adult Mental Health Unit, the Mental Health Partnership Board and many others. Work is ongoing to develop even more opportunities on working groups for service users and to develop other ways in which we can gather service user views.

"Experience of mental illness is often pervaded by thoughts of 'you can't and feelings of hopelessness and disempowerment. Working as a rep has reinforced what I can do, even in the face of illness."



The feedback from Chairs of groups on which service users sit included comments that service users were:



Sefyll designed a questionnaire for in-patients on the plaza for the new adult mental health unit at Llandough. We held two workshops, one in Cardiff and one in the Vale, to give people the opportunity to share their views and thoughts on the plans.

Training

Sefyll aims to provide service users with opportunities to learn and develop skills for involvement. Over the last year Sefyll has offered a range of training opportunities to service users including confidence skills, recovery and helping people to set up and find funding for their own support groups.

This year, almost 90% of attendees who completed an evaluation form said they were much more confident after attending the course and over 95% were more likely to get involved after attending training.



Information

Sefyll has continued to keep service users informed about what is going on in mental health and opportunities for involvement through a monthly mail out and also through regular e-mail updates. We have also developed our communication mechanisms, through our website, Facebook and Twitter, with a 60% increase in our Twitter followers. Our new website has provided us with an exciting opportunity to develop this even further, with Sefyll pages receiving over 3000 page views since they were set up

Recruitment

Another way in which we help service users get involved is through the recruitment of the staff that deliver their services, from Peer Support Workers to a Clinical Psychologist. This year, we arranged for service users to sit on a total of 14 interview panels. We will work with the health board to develop opportunities around recruitment and continue to provide free training courses.

Making a difference

As a result of a paper developed by service users, Cardiff and Vale University Health Board have in principle agreed to pay service users for their involvement. A working group has been set up to look at the issue of payment for service users. This is a fantastic achievement and a result of all the hard work that service user reps have put in.



Sefyll - Co-Creating Healthy Change



Jack Watkins began employment as a Service User Involvement Development Officer from July 2013 working 21 hours a week. Also, Siwan Darling began employment as an administrative support worker in August 2013. From then until the end of March 2013 the activities undertaken as part of the project can be broken down into the following categories.

- ◆ Induction and awareness
- ◆ Scoping
- ◆ Design of activities

Induction and awareness

Beginning in July 2013 Jack became involved in the wider work of Sefyll as a means of developing links with the community of people using mental health services, those providing these services, voluntary sector partners, and others with an interest in these areas. This has **involved supporting Sefyll's work as a project that supports people who use mental health services** to engage fully with the processes involved in delivering mental health services.

As a result of these activities, awareness of key issues relating to the project aims was raised. Chiefly among these was the awareness of existing networks of people who use mental health services, what belonging to these networks offers, how they interact with service providers and with the voluntary sector.



Scoping

As part of a scoping exercise to determine current issues in relation to service user involvement, the implementation of the new statutory requirements in mental health services, and any foreshadowed challenges and barriers that this project might face, a broad range of partners were contacted for input. The partners involved in this exercise included people currently using CMHT services, people who had used these services in the past, the carers and friends of people who have used these services, professionals working in CMHTs, professionals working in other settings and in other fields of health and academics with an interest in mental health.

While all responses were incredibly valuable, the most valuable element of the exercise was the recognition of common issues, that is, issues that were highlighted by people with different perspectives and in different settings in relation to the field of mental health. The strongest of these was the issue of capacity in CMHTs; both staff and service users identified that there is good work that happens in CMHTs but that this it increasingly harder to

continue work at this standard while demand for their services rises inexorably and staffing levels remain static. While most service users engaged with the project have had positive experiences with mental health professionals, the biggest concerns are about waiting times and the amount of support available (and particularly the access to talking therapies).

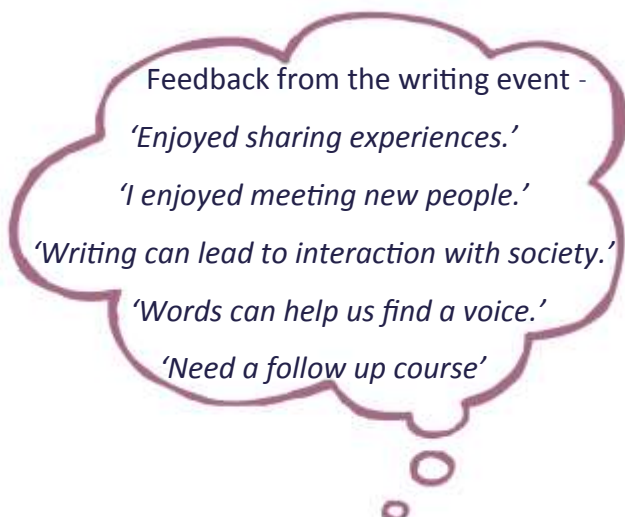
Design of activities

This element of the project's work is ongoing. Whilst the bid outlined a plan of work and a number of activities for each phase of the work, and which the funder expects to see evidenced, the design of the project includes significant space for flexibility in determining relevant outcomes and activities to this effect. So far, activities undertaken by the project have been;

- ◆ A focus group/consultation exercise in conjunction with the MAGIC research team at Cardiff University about care and treatment planning;
- ◆ Relationship building with staff of CMHTs, including attending team meetings;
- ◆ Attending conferences, forums, community meetings, World Mental Health day events and others to promote the project;
- ◆ Attempts to recruit an Advisory Group made up of service users and staff (which are ongoing);
- ◆ An online and paper questionnaire about Care and Treatment Planning;
- ◆ An online/paper questionnaire with Diverse Cymru about using health services;
- ◆ A workshop on creative writing and mental health with 17 attendants.



In reflection, the strongest element of the work has been the relationships built. There are now open lines of communication with individual mental health professionals as well as with managers, and a number of service users who are in regular contact. This will allow for future activities to be relevant to both of these groups needs, but also in the longer term to be able to support relationships between these groups, as well as with the project.



Nexus - Service User & Carer Involvement for Older Peoples Mental Health



Nexus was set up with and at the behest of carers, to involve people who use older people's mental health services and their informal carers to have a say in the way those services are run, planned and developed. We work closely with carers, service users and planners to build meaningful involvement.

In this year, Dawn John stepped in on a temporary basis as the Cardiff involvement officer as Judith Parry moved on.

What did we do in 2013/14?

Over the year we have had contact with over 400 carers and service users and nearly 70 providers.

- ◆ Through the Carer Involvement Group we supported carers to come together to discuss key issues and taken them forward to planners and joint planning meetings
- ◆ Carers contributed actively to the consultation on the Carers Dementia Action Plan and the Dementia Supportive Communities Task Group
- ◆ We contributed to 25 external events, and supported carers to participate

The majority of our time is about talking, discussing and networking. This is vital to make involvement work'

'Extremely useful newsletter, keeping carers and people with mental health problems informed about all aspects of service provision'

Involvement News: In order to share information and advertise opportunities for involvement, we sent out seven editions of our bi-monthly newsletter, Involvement News, with over 800 copies being distributed each mailing to carers, service users and providers.

We held two **Carers 'Have Your Say' Events**. One event elicited 16 issues over four themes around training, transitions and border issues, feedback processes, the value of clear information

Training

We supported carers to be involved in the post graduate psychology training course and to train psychology students

Seven carers have received training to take part in UHB recruitment.

Engaging with black and minority ethnic communities

With the contribution of some additional funding from TSB, we have engaged with people from minority ethnic communities through focus groups to engage, gather and record their experiences. This follows on from a series of three focus events in early 2013.

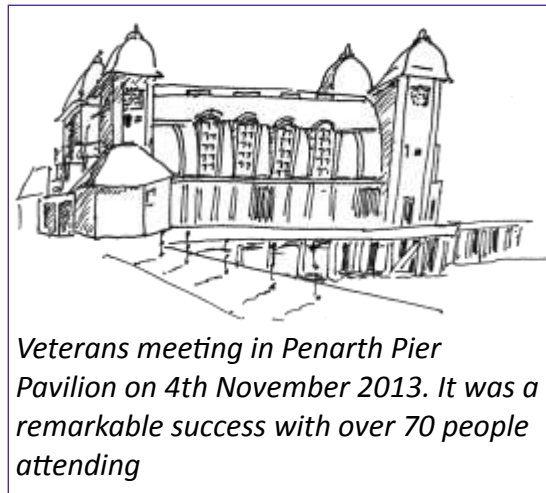
This culminated in preparations for an event in April 2014 to enable carers and service users to share their experiences with planners and providers and to hear about the services available

Engaging with Veterans with mental health needs

We have supported the Veterans Mental Health Group, bringing together veterans, planners and providers in three meetings to share information, clarify gaps and build better networks, communication and support for veterans with mental health problems cavamh is looking for additional funding to support this work in the future

Painting (pilot project)

Following a pilot in 2012/13, we have continued to use painting as a medium to engage with carers and service users together, to gather views about services and needs on an individual level



Service User Involvement

A new involvement group was initiated in liaison with the Memory Clinic in the first instance, to allow service users to share experiences and have a voice.

Participants flagged the value they place in being listened to in their own right, separate from carers.

Service User and Carer Voices- Forget me Not Choir

This is a new initiative in partnership with the **Alzheimer's Society and the Forget me Not** choir. Part of the Co-Creating Healthy Change portfolio, this is funded by the Big Lottery under the Community Voice scheme.

Through engagement with service users and carers in a social setting we have facilitated a range of brief participatory activities to enable people to have a voice in the planning and delivery of services, with engagement ranging from questionnaires, surveys, info sharing and one to one sessions.



Directions

An update of Directions - the Handbook for carers produced by Nexus, is in progress. This is available on the cavamh website. Funding applications to speed updating and to produce a 4th edition for distribution to new carers are being made following requests for reproduction.

Finally- a big thank you to all those people in who have volunteered their time and effort - your contributions are much appreciated..



Admin Report

Launch of Cardiff and Vale Action for Mental Health [cavamh]

On Wednesday 10th April 2013 approx 50 people attended the launch of *cavamh*.

Caroline Fellows and Carol Cooke [staff from cavamh] highlighted some features of the new website, including a glossary of terms, acronyms and otherwise. If you have any terms you want added, just get in touch with us! ability to search by category, eg if you want services that offer accommodation, self-help groups, counselling and so on.

Overall, the search function has been upgraded, and should make it easier to find information from the home page.

Caroline put in a fair bit of work to redesign bookmarks, headed paper etc. in line with the design for the new website.

Phil Chick [Public Health Wales] said a few words, highlighting the enhanced website, particularly in regard to being able to find a service by category.

Richard Bundy, wearing the hat of a Trustee of cavamh, then thanked the staff, and introduced Gregory Lesley, who had written a poem especially for occasion.



At the launch of cavamh (left to right) Alan Davies (C&V UHB), Phil Chick (Public Health Wales), Julia Greenhaf, Caroline Fellows & Judith Parry (cavamh), Kath Hudd (Gofal) & Andrea Reynolds (Cardiff YMCA)

Congratulations to Caroline and Morgan

Many of you know Caroline, who went on maternity leave just after the Launch. Her baby boy Gabriel was born on the date her maternity leave started!

Maternity cover

Julia Greenhaf provided maternity cover until the end of December 2013. We would like to record thanks to Julia for the work she put in, not least of all in pushing us towards using mailchimp for ebulletins!

Carol provided supervision/support for Julia during her time as a paid member of staff.

Staff undertook training for Mailchimp in June at Gill Associates. We also had a short session on the how to use the content management system for the new website.

In July we recruited admin support for the co-creating healthy change project –Siwan Darling started in July.

October - Julia and Carol attended WMHD event at Llandough Hospital.

AGM

This was held on 6th November, and was well attended.

Caroline returned to work at the end of November, and it was agreed that Julia stay on till the end of December as Caroline had holiday entitlement.

Finances

Regular meetings have been held throughout the year with Linda, and financial reports prepared for exec. Meetings on three monthly basis. Carol has been in regular contact with our account to prepare accounts for end of year audit.

Practical running of office including:-

Health and Safety - PAT tests on equipment, checking and maintenance of fire equipment, servicing of boiler, staff training for first aid updated – our first aider is Matthew Salisbury.

General Maintenance of property: dealing with any problems that arise, liasing with landlord over maintenance issues, painting of property etc.



Website Stats



The Mental Health Services Directory had a total of 40,803 pageviews, while Directions had 9,857.

25.56% of sessions were from mobile devices, which shows the value of the new website being easily accessible on smartphones and tablets.

Cavamh Organisational Activities

During this period cavamh continued to work from its office base at Unit 11, Williams Court, Trade St.

We have continued to maintain and develop our service, with successful funding bids to help build our service user and carer involvement despite previous funding reductions

Cavamh has continued to develop and review organisational policies and procedures and **links to PQASSO (the Charities Evaluation Services' quality assurance for the voluntary/ community sector)**.

The Future

Cavamh aims to maintain its services and projects which support the three main areas of our work- supporting third sector groups with an interest in mental health, people using services and carers.

Despite the challenging economic times, we are keen to continue to build up resource for all aspects of our work - with Sefyll, Nexus and with the third sector

The basis of our work will continue to be tailored by our constituencies – the third sector, service users and carers and the networks we service and link with. We will continue to work in partnership with service users and carers and colleagues across mental health and in the community to improve services and opportunities for people with mental health needs.

Thanks

We would like to thank all those with whom we have been in contact over the year for their contributions and support, and particularly to those who have given their time freely. Your support has been much appreciated.

We would also like to thank our funders –

Cardiff Council

Vale of Glamorgan Council

Cardiff and Vale University Health Board

Lloyds TSB

Big Lottery Fund (Community Voice- Co-Creating Healthy Change)

Legal & Administrative Information

Officers

Chair: Richard Bundy

Hon. Treasurer: Munir Majid Matar AlTaii

Staff

Director: Linda Newton

Office Manager: Carol Cooke

Admin/Info Officer: Caroline Fellows / Julia Greenhaf (maternity cover)

Sefyll

Service User Involvement Development Officers: Anna Suschitzky / Bec Cicero
(maternity cover)

Service User Involvement Officer: Tracy Purnell

CMHT Project, Co-creating Healthy Change, Service User Involvement Officer:
Jack Watkins (from July 2013)

Admin officer: Siwan Darling (from August 2013)

Nexus

Older People's Mental Health Carer & User Involvement Development Officers:

Cardiff: Judith Parry (left December 2013) / Dawn John (from January 2014)

Vale: Matthew Salisbury

Bankers: Unity Trust Bank, Birmingham

Independent Examiners: Haines Watt Accountants, Newport

Cardiff & Vale Action for Mental Health (cavamh)
Registered Charity No. 1148312 / Company No. 8000094

Unit 11, Williams Court, Trade St., Cardiff CF10 5DQ,
Tel 029 2022 2000

Email: mail@cavamh.org.uk

Website: www.cavamh.org.uk

Cavanah Trustees

1st April 2013 – 31st March 2014

Roger Bone

Richard Bundy (Chair)

Max Scott Cook

Michael Jones

Susan Jones

Munir Majid Matar AlTaii (Treasurer)

Eileen Wareham



About the Organisation

Cardiff and Vale Action for Mental Health and previously Cardiff and Vale Mental Health Development Project has been in existence since 1991, originally funded as one of the several county mental health development services under the first Mental Illness Strategy of 1989.

Cardiff and Vale Action for Mental Health (cavamh) was launched in April 2013, formerly operating as Cardiff and Vale Mental Health Development Project (CVMHDP).

We have been in existence since 1991, originally funded as one of several county mental health development services under the first Mental Illness Strategy of 1989.

Initially operating under the auspices of first Intervol and then the Vale Council of Voluntary Services, CVMHDP obtained independent charitable status following a special meeting on June 15th 2000 and an inaugural public meeting on November 18th 1999. The membership approved the change of name to cavamh, the objects and structure on 13th December 2012 and cavamh, as a new charity and company limited by guarantee, became operational with a transfer of undertakings from CVMHDP on 1st April 2013. A policy for the election of Directors was adopted by the membership on December 13th 2012.

Charitable Objects

Cavamh's objects, in accordance with its articles, are to promote any charitable purposes for the benefit of those people experiencing mental health problems within the Locale, and assisting the work of the voluntary organisations, mental health service users and carers acting in the mental health sector.



Abbreviated Accounts

CARDIFF & VALE ACTION FOR MENTAL HEALTH

(Charity Registered Number 1148312)

ABBREVIATED ACCOUNTS

For the Year Ended 31st March 2014

The 2014 figures are taken from the full financial statements of Cardiff & Vale Action for Mental Health for the year ended 31 March 2014 approved by the Trustees on 16 July 2014 and submitted to Companies House and the Charity Commission. As the charity incorporated from 1 April 2013, the 2013 figures are taken from the unincorporated entity Cardiff and Vale Mental Health Development Project for the year ended 31st March 2013, these were approved by the Trustees on 10 July 2013 and submitted to the Charity Commission. The Independent Examiner David Green FCA, who confirmed that no matter required attention to be drawn in order to enable a proper understanding of the accounts to be reached and that this summary is consistent with the full report. These summarised accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the Charity. For further information the full accounts, the Independent Examiner's report on those accounts and the Trustees' annual report should be consulted; copies of these can be obtained from Cardiff and Vale Mental Health Development Project, Unit 11 Williams Court, Trade Street, Cardiff CF10 5DQ.

	2014 £	2013 £		
Fixed assets comprising computers & equipment, fixtures and fittings	572	763		
Debtors being what the charity is owed	-	-		
Cash, being monies held at the bank and in hand	102,412	95,005		
	<u>102,984</u>	<u>95,768</u>		
Less: What the charity owes				
Service suppliers and other creditors	(12,108)	(7,250)		
	<u>£90,876</u>	<u>£88,518</u>		
Leaving what the charity owns				
How this was created:				
By restricted funds	2,546	2,539		
By un-restricted funds	88,330	85,979		
	<u>£90,876</u>	<u>£88,518</u>		
Annual Operations: Where your money come from:				
	Unrestricted Funds	Restricted Funds	2014 Total	2013 Total
Revenue grants and other income	86,935	105,150	192,085	166,154
Donations and investment income	302	-	302	512
	<u>87,237</u>	<u>105,150</u>	<u>192,387</u>	<u>166,666</u>
Less: Expenditure relating to the provision of charitable services	57,745	132,284	190,029	177,749
Net (outgoing)/Incoming Resources before Transfers	29,492	(27,134)	2,358	(11,083)
Transfers between funds	(27,141)	27,141	-	-
Net (outgoing)/Incoming Resources	2,351	7	2,358	(11,083)
Total funds brought forward	-	-	-	99,601
Funds transferred from un-incorporated Entity	85,979	2,539	88,518	-
Total funds carried forward	<u>£ 88,330</u>	<u>£ 2,546</u>	<u>£ 90,876</u>	<u>£ 88,518</u>

The financial statements were approved by the Trustees and signed on its behalf by R J Bundy (Trustee)

