

SUFFOLK MIND

England & Wales · Charity number 1003061

Details

Other names	EAST SUFFOLK MIND
Status	Registered
Legal form	Charitable company
Company number	02611510
Registered	1991-06-04
Register	View on the Charity Commission register

Contact

Address	Suffolk Mind 26 High Road West Felixstowe Suffolk IP11 9JB
Phone	03001116000
Email	info@suffolkmind.org.uk
Website	www.suffolkmind.org.uk

Activities

Objects: to promote and protect mental well being and to support and assist those experiencing mental ill health in association with Mind and in accordance with the aims and objects of Mind, subject to the approval of any branch of Mind already serving the same area in which SM wishes to operate.

Activities: Supported housing services, including one residential care home. Community services offering groups and courses which include for example, anger and anxiety management, promoting self esteem, empowerment and recovery. A volunteer counselling service. All activities aim to improve the emotional and mental health of the people of Suffolk.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Accommodation/housing
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** SEE OBJECT DESCRIPTION
- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£4,016,021	£4,089,819	£1,534,677	91
2024-03-31	£3,836,455	£3,767,074	£1,608,475	109
2023-03-31	£3,781,817	£3,889,247	£1,502,927	117
2022-03-31	£3,418,414	£3,558,658	£1,610,357	113
2021-03-31	£3,214,770	£2,998,488	£1,750,601	112

Trustees

Name	Role	Appointed
Ian White	Chair	2016-04-26
Chloe Ludkin		2022-11-08
Clare Taylor		2024-07-30
Greer Hill		2022-01-20
Karen Davies		2022-01-20
Katerina Budinova		2022-01-20
Leanne Thorndyke		2019-04-30

SUFFOLK MIND

England & Wales - Charity number 1003061

Accounts

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

SUFFOLK MIND
(A company limited by guarantee)

CONTENTS

	Page
Reference and administrative details of the company, its Trustees and advisers	1
Trustees' report	2 - 14
Independent auditors' report on the financial statements	15 - 18
Statement of financial activities	19
Balance sheet	20 - 21
Statement of cash flows	22
Notes to the financial statements	23 - 45

SUFFOLK MIND
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2025**

Trustees	Ian White, Chair Tim Mutum, Vice Chair (resigned 21 April 2025) Clare Taylor, Vice Chair (appointed 30 July 2024) Katerina Budinova Karen Davies Greer Hill Chloe Ludkin Victoria Southgate (appointed 30 July 2024) Leanne Thorndyke Richard West (deceased 13 July 2024)
Company registered number	02611510
Charity registered numbers	1003061 and SCO052559
Registered office	26 High Road West Felixstowe Suffolk IP11 9JB
Company secretary	Rachel Baker
Chief executive officer	Jon Neal
Independent auditors	BW Audit Ltd Chartered Accountants Statutory Auditors Berry & Warren 54 Thorpe Road Norwich NR1 1RY

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025

The Trustees present their annual report together with the audited financial statements of the company for the year 1 April 2024 to 31 March 2025. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Objectives and activities

a. Our overarching goal

We want to make Suffolk the best place in the world for talking about and taking care of mental health.

b. Our priorities

- Continue to invest some of our reserves, maintaining our current plans to diversify our income base, growing commercial partnerships and activities, aiming to bring our finances back into surplus
- Provide safe, effective, clinically compliant services, across the mental health continuum, that enable people to make a life that works, and provide excellent value for money for those who fund them
- Continue to deliver an education and training programme – online, through schools, businesses, statutory services and elsewhere – to introduce the Emotional Needs & Resources approach and prevent mental ill-health
- Constantly evaluate, review and refine our services to ensure they are of the highest possible quality

c. Our values

- We strive for **quality** – wanting to recruit and retain the best people to create and deliver outstanding services for the people who use them
- We are **creative** – never accepting that the way things are currently done needs to be the way things continue
- We are **positive and realistic** – the resources of the public sector are stretched, so we can't rely on funding from that source. But we can be more efficient, delivering the greatest impact possible with the resources we can find
- We commit to treating our staff, volunteers and the people that use our services, with **respect** – responding to their needs, helping them make a life that works as much as we can, and valuing their contribution

SUFFOLK MIND
(A company limited by guarantee)

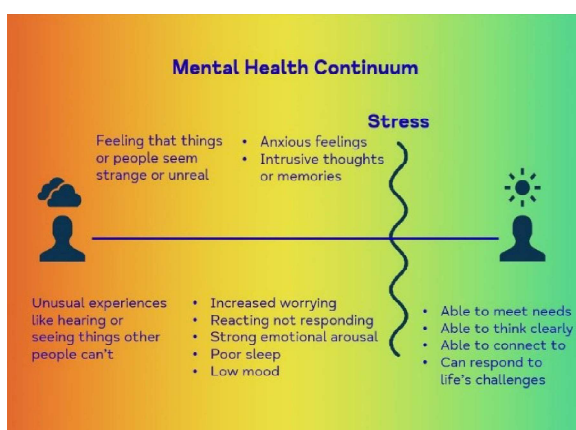
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Objectives and activities (continued)

d. Our approach to mental health

All of us have mental health, just as we have physical health, and we are all on the Mental Health Continuum, moving along it, in both directions, during our lives.

Suffolk Mind works right across the continuum, from wellbeing to 'severe and enduring' mental ill-health – providing support and information for everyone.



To influence our services and products we use an 'organising idea' with the Mental Health Continuum at its heart. We all have physical and emotional needs and we're born with a set of skills and resources to meet those needs. Stress occurs in response to unmet needs. If stress is unaddressed, we move along the continuum into mental ill health.

This approach is referred to as Emotional Needs & Resources and is drawn from the Human Givens approach to counselling.

Whatever our age, we can learn about our own mental health and develop simple skills and techniques to enable us to take better care of both ourselves and those around us.

The approach is straightforward and flexible. Through it we can influence the environment of Suffolk to enable people to get their needs met – whether in their homes, workplaces, schools, rural communities or town centres. We want these environments to help people make a life that works well for themselves and those around them.

As well as focusing attention on keeping people at the wellbeing end of the mental health continuum, we will also continue to help people to address the barriers to meeting needs.

This means, we will continue to deliver services for people with mental ill-health, helping those that are less able to help themselves, and working towards freeing up the NHS to be in a position to help people when they need it most. This helps us to work towards ensuring that everyone in Suffolk experiencing a mental health problem gets support and respect.

Our focus continues to be on developing services for people who need us whatever their age and on diversifying our income sources to make us more financially sustainable.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Objectives and activities (continued)

e. Main activities undertaken to further the company's purposes for the public benefit

The trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. Suffolk Mind provides residential and support services for those with higher needs plus a range of services in the community.

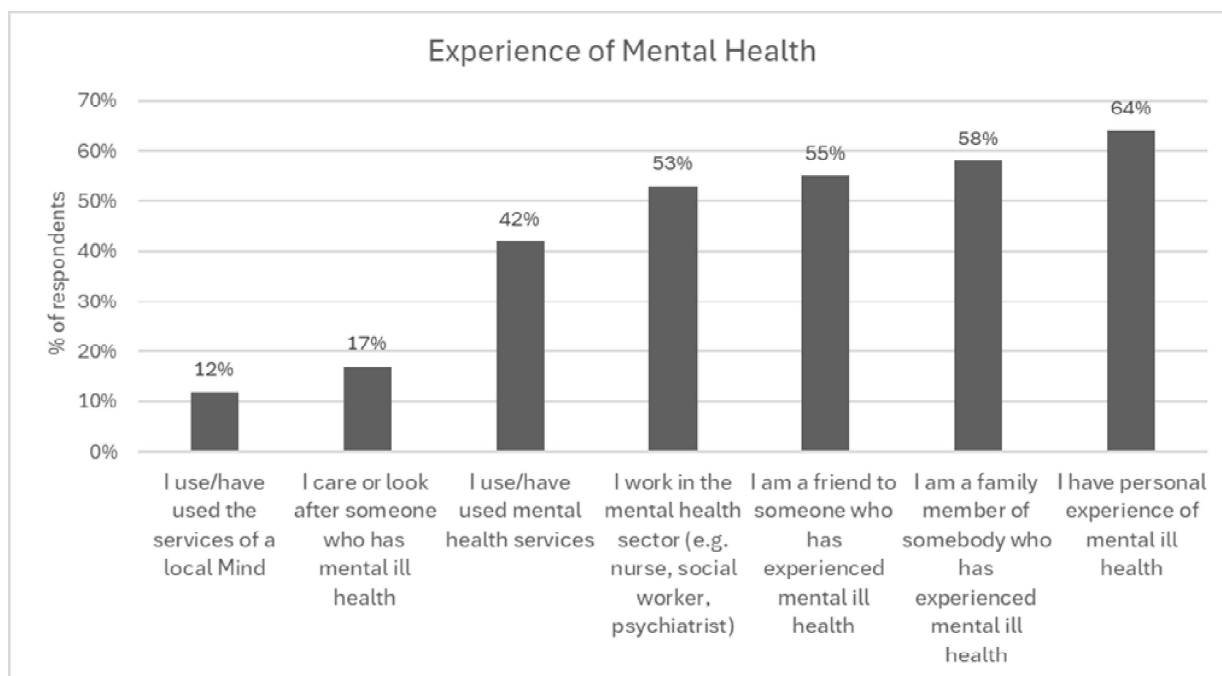
The Suffolk Mind website is performing well for year three. In 24/25 we've seen 86K new users, 93K total users, 388K page views and £69,102.52 in revenue. Newsletter subscriptions stand at 8k and social media following is 15k across LinkedIn, Facebook, Instagram and Threads. Both newsletter and social media sign ups/follows are increasing steadily, with audience engagement improving.

f. Equality and diversity

Over the year to 31 March 2025, Suffolk Mind employed an average of 91 permanent staff and 17 relief staff.

Lived experience of mental health challenges

Suffolk Mind is committed to recruiting employees and volunteers with lived experience of mental health challenges. The majority of our employees and volunteers have personal experience of mental health challenges, with 2 in 5 using or have used mental health services themselves.

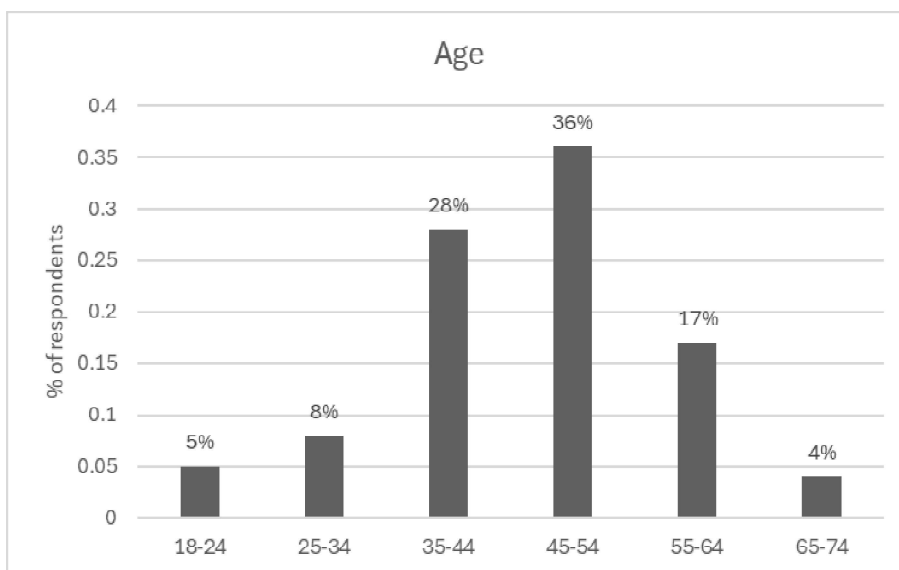


Based on 76 responses from employees and volunteers

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

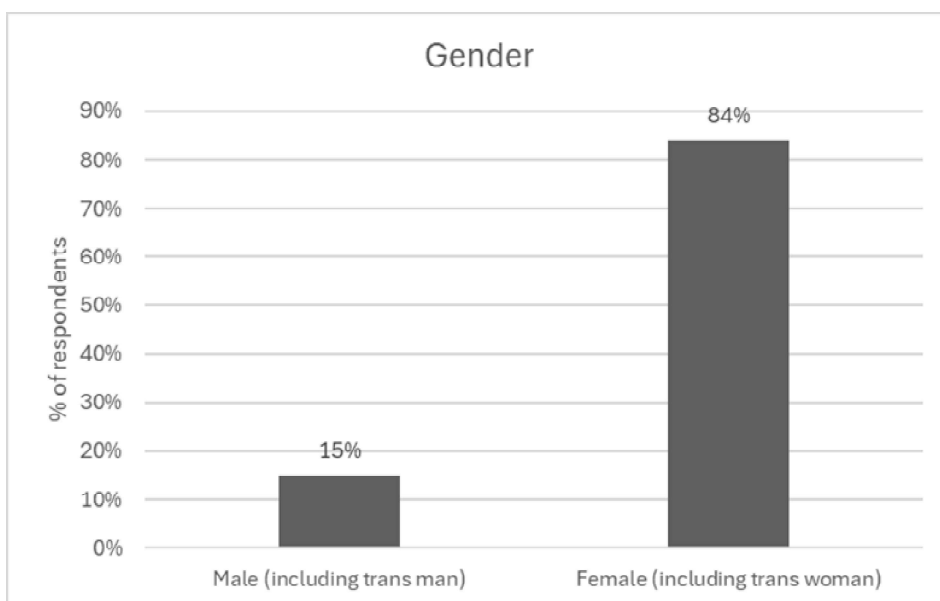
Objectives and activities (continued)

Age of our employees and volunteers



Based on 76 responses from employees and volunteers
2% people chose not to answer this question

Gender identity of employees and volunteers



100% of employees identify with the same gender they were assigned at birth.

SUFFOLK MIND
(A company limited by guarantee)

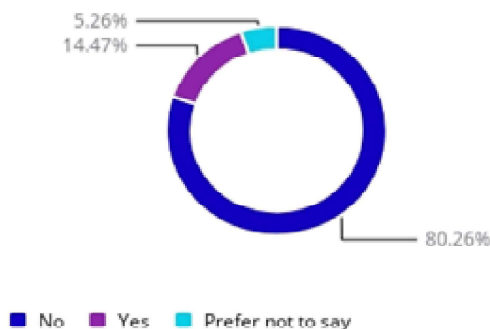
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Objectives and activities (continued)

Disability status of employees and volunteers

Do you consider yourself to have an activity
limiting disability under the Disability Act 2010

76



Based on 76 responses from employees and volunteers

Achievements and performance

a. Main achievements of the company

Our wide range of therapeutic services and training enable everyone to understand mental wellbeing and help to improve or maintain their own. Skills learned can also help people to support others. This knowledge can be applied at both home and work to help everyone to get the best from life and to feel happier and healthier.

During the year all services remained well run and safe with good outcomes.

Suffolk Mind is an accredited Investors in People employer and a Mindful Employer.

After our recent MQM inspection, Suffolk Mind was nominated for the Local Mind Excellence Award for Promoting Positive Attitudes to Mental Wellbeing and Monitoring and Evaluation. At the awards in November 2024, we were thrilled to win the Promoting Positive Attitudes to Mental Wellbeing award and we received a Commendation for the Monitoring and Evaluation award.

Plus, our CEO Jon Neal scooped the Director of the Year award at the East Anglian Daily Times Business Awards in July 2024.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance (continued)

b. Housing

Our aim is to provide supported accommodation to ensure a successful tenancy for those that have mental illness. Our housing services embrace recovery approaches for mental health and wellbeing; a holistic, enabling, person centred approach to mental distress, disadvantage and social exclusion.

Montrose House is a residential care home for residents with long term mental health needs. It has been rated as Outstanding by the Care Quality Commission and in 2017 won Care Service of the Year. Montrose House staff provide 24 hour care and support tailored to the needs of the individual including support with personal care (washing/dressing) and medication. Meals are provided with residents encouraged to help themselves to drinks, snacks and light meals to maintain their independence. Staff work closely with the local mental health teams, GP surgeries and other health professionals to ensure residents emotional and physical needs are met.

Six sites in the Suffolk Coastal area provide housing and recovery support to individuals who have experienced mental health issues and may have spent time in hospital. Staff are able to offer support to help identify the needs of tenants and explore ways in which they can get their needs met. Tenants can be supported to attend college courses, to find voluntary work and to seek opportunities to find meaningful activities that help promote their recovery. They may be supported to reconnect with their family, offered information on sleep and diet. All tenants have a co-produced support plan personal to their own needs. The service is not intended to provide long-term support and when tenants feel ready they will be supported to move-on to their own flat or home, usually within two years or less. We also run a floating support service and help tenants to setup and run peer group activities.

The Green Road service in Cambridgeshire provides housing and support services to individuals with enduring mental health issues. Tenants have their own flats. Support staff are available on-site and provide high levels of one-to-one support with all aspects of daily living such as cooking, shopping and budgeting as well as providing emotional support.

c. Community services

Suffolk Mind runs a wide range of services in the community, for individuals, groups and organisations. In 2024/25 these services included:

Children, Families and Young People's services

Counselling

Eating Recovery

Frontline Families

Green Care

Long Covid Support

Open Space – a joint project with Suffolk Libraries and Suffolk Family Carers

Suffolk Night Owls

Suffolk Work Well

Waves

Workplace Wellbeing

During 2024/25 we had more than 50 active volunteers and 2,925 active Friends of Suffolk Mind (those receiving newsletters and Suffolk Mind communications).

SUFFOLK MIND
(A company limited by guarantee)

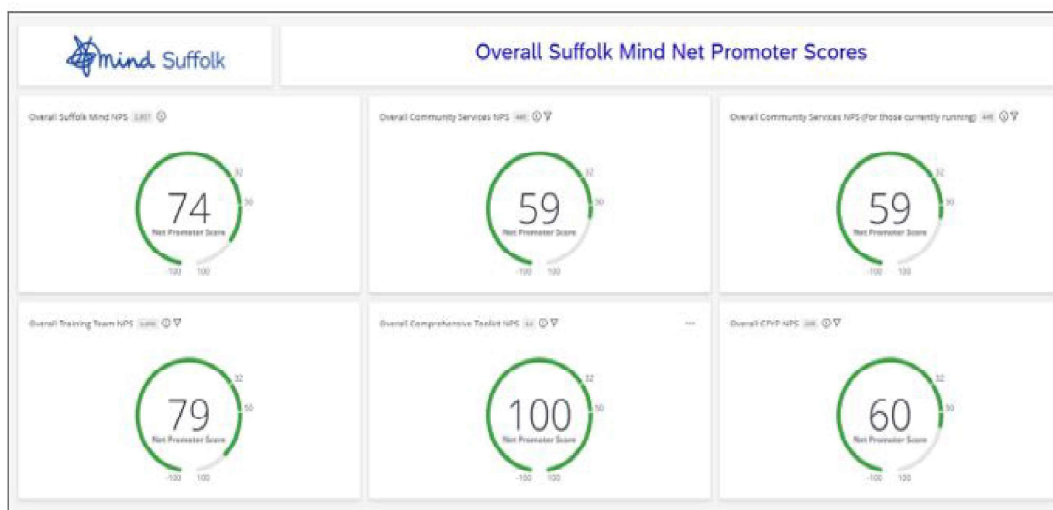
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance (continued)

All our services are evaluated by our clients. In 2023/24 significant highlights were:

- Suffolk Night Owls currently has 1,713 registered clients
- 294 clients attended our Waves programme for those with a diagnosis or traits of borderline personality disorder
- Our Counselling Service delivered 5,637 counselling sessions
- 43 participants visited our allotments through our Green Care service
- Our 0300 111 6000 number handled 33,968 calls and emails.

We use the Net Promoter Score to measure how well our services are meeting demand. In 2024/25 the overall NPS score for all Suffolk Mind services was 74%, which has not changed over the last year.



This overall Net Promoter Score is the percentage of promoters minus the percentage of detractors. NPS ranges from -100 (meaning everyone is a detractor) to +100 (meaning everyone is a promoter). Most companies consider a decent Net Promoter Score to be greater than 0%. Any positive NPS is good. An NPS of +50 is excellent.

For more information on our services please visit our website [Suffolk Mind Services](#).

d. Fundraising

Suffolk Mind is registered with the Fundraising Regulator and we abide by the Code of Fundraising Practice. Trustees have approved an Ethical Fundraising Policy. All fundraising is undertaken by Suffolk Mind employees – we do not use the services of third party fundraisers. Fundraising activities comply with all relevant legislation and the Fundraising Regulator's Fundraising Promise:

- we will commit to high standards
- we will be clear, honest and open
- we will be respectful
- we will be fair and reasonable
- we will be accountable and responsible

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance (continued)

Suffolk Mind will take considered decisions on where and how fundraising occurs and acceptable sources of donations. Donations will be refused if they compromise the best interests of the charity and its purposes.

Suffolk Mind held its first mass participation event in October 24, Colour Rush. This was a family event with 480 runners attending and it raised over £12,000.

Financial review

a. Financial position

Trustees receive regular reports on the charity's financial position. In 2024/25 Suffolk Mind recorded a deficit of £73,798 compared to a surplus of £105,548 in 2023/24.

Funding for the charity's activities comes from a variety of sources, principally Suffolk County Council, East Suffolk and West Suffolk Clinical Commissioning Groups (CCG) and Cambridgeshire CCG, enabling Suffolk Mind to provide housing and other support services. Suffolk Mind continues to diversify income sources in line with one of its strategic objectives.

b. Going concern

Having revised our strategy, forecasts and business plans and after making appropriate enquiries the trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Trustees continue to monitor the situation closely looking at the impact on cash flow and forecasts. The trustees have identified no material uncertainties which would mean that the charity would be unable to operate for the foreseeable future. For this reason, the trustees continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

c. Reserves policy

The trustees review the reserves policy annually and have set aside reserves to protect the continuity of the charity's work in the event of a shortfall in income, to replace assets when required and to provide the capital to deliver our strategic plan in line with expectations and needs for the year ahead.

The service income protection reserve represents a minimum of three months' operating expenditure to ensure continuity in the event of funding cuts. This was increased by £35,400 in the year to reflect the increase in operating expenditure and now sits at £1,125,400. The lease provision designated fund represents the operating lease commitment for the property at Bury St Edmunds, up to the break clause. This was reduced by £30,000 in the year to reflect 6 months at £2,500 per month. The organisational development reserve represents the amounts expected to be needed to support Suffolk Mind's strategy and it now stands at £60,000. Building maintenance, furniture and equipment replacement fund is a designated fund available to ensure that the charity is able to repair and replace items as required which remains at £72,000. Finally, the asset replacement fund is available to replace significant assets as required, this remains at £60,000.

General unrestricted funds (after designations) amount to £181,243 (2024: £253,353) and are being maintained for general charitable purposes. Restricted reserves at the year end amount to £21,034 (2024: £28,122) with total reserves of £1,534,677 (2024: £1,608,475).

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

d. Material investments policy

The investment policy sets out the purposes for which Suffolk Mind makes and retains investments. The key factors that are taken into account are risk and liquidity. Trustees ensure that Suffolk Mind has sufficient liquid reserves to meet short term needs and invest surplus funds elsewhere to provide the charity with security of capital and a reasonable degree of liquidity. Suffolk Mind aims wherever possible to invest in ethical funds and we have an ethical fundraising and investment policy which we follow.

Due to continuing economic uncertainties during 2024/2025, the trustees continue to review our cash holdings. The decision continues to be to put cash into fixed rate accounts instead of other forms of investments. Our cash holding including cash held within current asset investments as at 31 March 2025 was £1.26 million, compared to £1.43 million at 31 March 2024.

e. Principal risks and uncertainties

Trustees regularly review the charity's risk position and compliance with relevant regulatory and statutory requirements.

Financial risk remains high due to the uncertain economic position and Trustees continue to monitor closely our cash position and the delivery of our strategy to diversify income.

Suffolk Mind has safeguarding policies for adults and Children which are reviewed annually. Serious safeguarding concerns are reported to trustees. All staff and Trustees have attended safeguarding training.

The Trustees have assessed the major risks to which Suffolk Mind is exposed and are satisfied that systems and procedures are in place to mitigate our exposure to the major risks.

Suffolk Mind has complied with all prevailing laws and regulations.

Structure, governance and management

a. Constitution

Suffolk Mind is a registered company, limited by guarantee, and a charity registered with the Charity Commission. The charity is governed by its Memorandum and Articles of Association adopted on 16 May 1991 and amended on 19 May 2023. The objects for which Suffolk Mind is established are to promote and protect mental well-being and to support and assist those experiencing mental ill health.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Structure, governance and management (continued)

b. Organisational structure and decision-making policies

The charity's board of trustees meets four times a year, with additional meetings as required. The board is responsible for strategic direction, for ensuring proper governance of Suffolk Mind's activities and for risk management.

Trustee recruitment is a regular Board discussion, and recruitment can either take the route of advertisement or through organic discussions where potential Trustees have shown interest in Suffolk Mind. Potential Trustees are interviewed by two trustees, including the chair, and involving the CEO. All trustee appointments are ratified by the full board. New trustees have a period of induction. All trustees attend our Suffolk's Needs Met courses and receive additional training relevant to their role.

A paid CEO is appointed by the trustees to manage the day-to-day operations of the charity. The board expects the CEO to take both strategic and operational decisions based on its formal ratification of the annual business plan and the budget. The board requires that all decision-making will be within the remit of Suffolk Mind's objectives and policies as set out in the charity's Scheme of Delegation.

c. Pay policy

Suffolk Mind is committed to ensuring that all jobs are consistently evaluated and a job evaluation policy is in place to ensure that the process is both equitable and transparent, irrespective of the size or level of the job role. Remuneration levels have been benchmarked against similar roles in the sector. This ensures that all staff, including the senior leadership team, are paid at the appropriate level for the role, capability and performance. The CEO approves remuneration of the senior management team and the Board approves the CEO's remuneration package.

d. Related parties

Suffolk Mind is one of more than one hundred local Minds accredited by Mind, a national charity committed to promoting better mental health. In February 2024 we were pleased to receive the Mind Quality Mark.

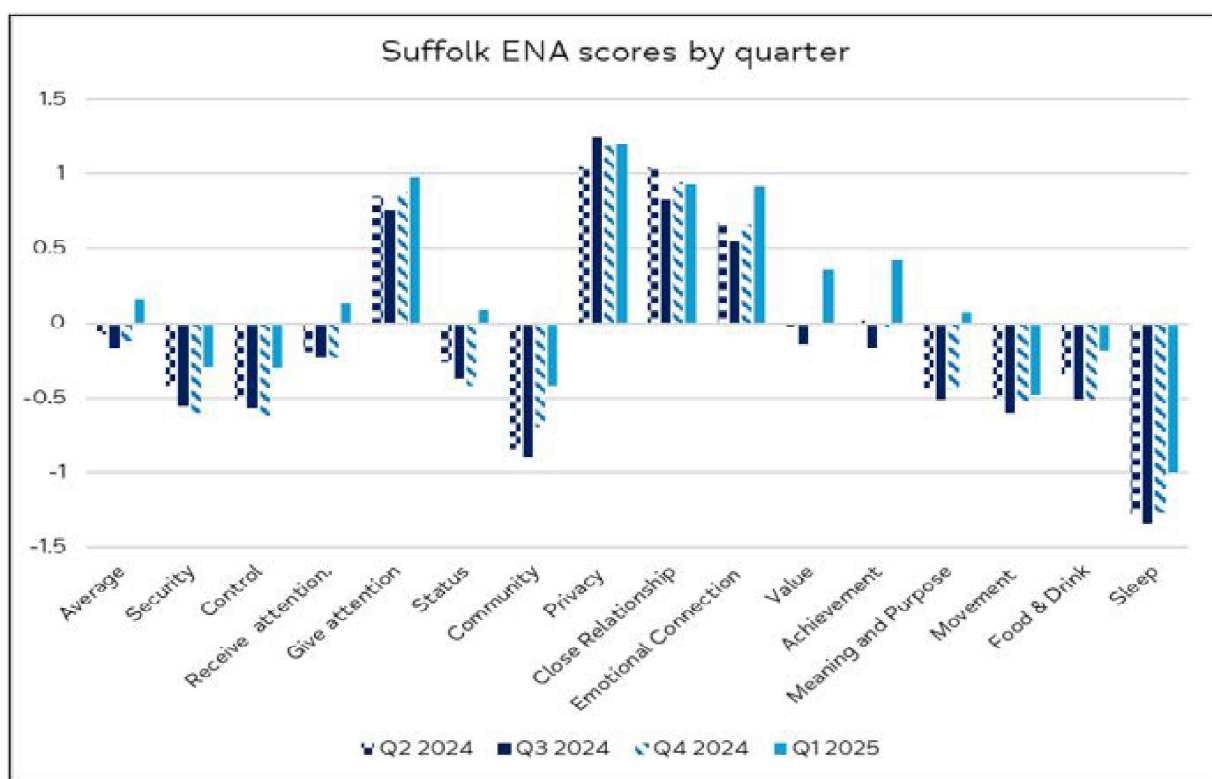
Suffolk Mind is a highly effective local Mind, delivering a range of quality services and meeting the needs of individuals and communities. It has strong leadership and highly committed and motivated trustees, staff and volunteers: 'Volunteering has given me a sense of meaning and purpose and helped to improve confidence. I feel well informed, supported and extremely valued' (Have Your Say Survey Respondent). It makes a real difference to people lives: 'I wouldn't be here without the support from Suffolk Work Well. They have supported me through the worst time in my life. I am now happy and working doing a job I love and it's all thanks to their support' (Have Your Say Survey respondent).

The charity has a wholly owned subsidiary, Suffolk Mind (Trading) Limited. This company remained dormant for the duration of the year.

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Plans for future periods

The graph below shows how well the Suffolk population have been meeting their needs over the last year. These figures have increased this calendar year. How well the Suffolk population is sleeping is increasing, as is how well the need for Community is met. The majority of our needs have been better met than last year although there are still some which remain unmet such as security, control, community, movement, food & drink and sleep.



Strategically we have chosen to focus on a few areas in which we will aim to meet some of that demand and enable the population of Suffolk to maintain good mental health. We will:

- continue to provide safe, effective, clinically compliant services, across the mental health continuum, that enable people to make a life that works, and provide excellent value for money for those who fund them
- re-tender for (and win) Coastal housing contract
- bid for another housing contract
- deliver other housing contracts safely
- work with team, service users and partners to transform SNO and other crisis response services in Suffolk
- consolidate GreenCare with the new Felixstowe allotment
- review new Waves to ensure it is meeting the needs of service users
- bid to deliver a new public sector-funded services that fit with our aims and will return on any investment needed. We will do this in partnership with others where we can
- explore potential to expand income-generating services in Children, Families and Young People (CFYP)
- grow our counselling services through development of new skills in the team, exploring opportunities to meet the increased demand for these services, including looking at counselling for young people

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Plans for future periods (continued)

- negotiate a two-year contract extension for the Eating Recovery service
- explore revitalising courses that have been successful in community services in the past such as Mums Matter
- explore alternative means of funding Suffolk Work Well, such as providing bespoke staff support for businesses
- build on existing partnerships with other local charities, create new ones in order to apply in partnership when new contract opportunities arise, such as Suicide Bereavement
- build on existing partnerships with other charities, create new ones, and continue to provide training to as many VCSE partners
- constantly evaluate, review and refine our services to ensure they are of the highest possible quality.

Strategic Report

Since the company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 has been omitted.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Approved by order of the members of the board of Trustees and signed on their behalf by:



Ian White
Chair of Trustees
Date: 8 August 2025

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND

Opinion

We have audited the financial statements of Suffolk Mind (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' report and from the requirement to prepare a Strategic report.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Auditors' responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

The objectives of our audit in respect of fraud are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both the management and those charged with governance of the charitable company.

Due to the field in which the charitable company operates, we identified the areas most likely to have a direct material impact on the financial statements as compliance with UK accounting standards, the Companies Act 2006, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011. In addition, we considered the provisions of other laws and regulations which, whilst not having a direct impact on the financial statements, are fundamental to the charitable company's ability to operate including care quality commission regulations, health and safety, employment law and compliance with various other regulations relevant to the operation of the charitable company.

Our approach to identifying and assessing the risk of material misstatement in respect of irregularities including fraud and non-compliance with laws and regulations, included the following:

- Enquiry with management about any actual or potential litigations and claims against the charity;
- Enquiry with management about any known or suspected instances of non-compliance with laws and regulations and fraud;
- Reviewing legal and professional fees for indicators of undisclosed legal proceedings;
- Reviewing the latest Care Quality Commission Inspection report;
- Reviewing the latest MIND national report;
- Reviewing Board meeting minutes;
- Reviewing the Risk Register;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Assessing the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management and those charged with governance; and
- Auditing the risk of management override of controls, including through testing of journal entries and other adjustments for appropriateness.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Due to the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006, and to the charitable company's trustees, as a body, in accordance with regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members and Trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.



Joanne Fox BA FCA (Senior statutory auditor)

for and on behalf of

BW Audit Ltd

Chartered Accountants

Statutory Auditors

Berry & Warren

54 Thorpe Road

Norwich

NR1 1RY

Date: 18 August 2025

BW Audit Ltd are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

SUFFOLK MIND
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025**

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income from:					
Donations and legacies	3	283,503	43,076	326,579	273,731
Charitable activities	4	3,238,324	356,609	3,594,933	3,503,567
Investments	5	28,102	-	28,102	17,888
Other income	6	66,407	-	66,407	41,269
Total income		3,616,336	399,685	4,016,021	3,836,455
Expenditure on:					
Charitable activities	7	3,683,046	406,773	4,089,819	3,767,074
Total expenditure		3,683,046	406,773	4,089,819	3,767,074
Net (expenditure)/income before net gains on investments		(66,710)	(7,088)	(73,798)	69,381
Net gains on investments		-	-	-	36,167
Net movement in funds		(66,710)	(7,088)	(73,798)	105,548
Reconciliation of funds:					
Total funds brought forward		1,580,353	28,122	1,608,475	1,502,927
Net movement in funds		(66,710)	(7,088)	(73,798)	105,548
Total funds carried forward		1,513,643	21,034	1,534,677	1,608,475

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 23 to 45 form part of these financial statements.

SUFFOLK MIND
(A company limited by guarantee)
REGISTERED NUMBER: 02611510

BALANCE SHEET
AS AT 31 MARCH 2025

	Note	2025 £	2024 £
Fixed assets			
Intangible assets	11	57,535	88,521
Tangible assets	12	277,239	207,933
Investments	13	1	1
		<u>334,775</u>	<u>296,455</u>
Current assets			
Debtors	14	258,728	239,441
Investments	15	240,850	263,586
Cash at bank and in hand		1,017,678	1,163,609
		<u>1,517,256</u>	<u>1,666,636</u>
Creditors: amounts falling due within one year	16	(317,354)	(354,616)
Net current assets		<u>1,199,902</u>	<u>1,312,020</u>
Total net assets		<u><u>1,534,677</u></u>	<u><u>1,608,475</u></u>
Charity funds			
Restricted funds	17	21,034	28,122
Unrestricted funds	17	1,513,643	1,580,353
Total funds		<u><u>1,534,677</u></u>	<u><u>1,608,475</u></u>

SUFFOLK MIND
(A company limited by guarantee)
REGISTERED NUMBER: 02611510

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2025

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Ian White
Chair of Trustees

Date: 8 August 2025

The notes on pages 23 to 45 form part of these financial statements.

SUFFOLK MIND
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2025

	2025 £	2024 £
Cash flows from operating activities		
Net cash used in operating activities	(93,770)	(58,567)
Cash flows from investing activities		
Dividends, interests and rents from investments	28,102	17,888
Purchase of tangible fixed assets	(102,999)	-
Proceeds from sale of investments	-	536,167
Transfer (to)/from current asset investments	22,736	(16,838)
Net cash (used in)/provided by investing activities	(52,161)	537,217
Change in cash and cash equivalents in the year	(145,931)	478,650
Cash and cash equivalents at the beginning of the year	1,163,609	684,959
Cash and cash equivalents at the end of the year	1,017,678	1,163,609

The notes on pages 23 to 45 form part of these financial statements

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

1. General information

Suffolk Mind is a registered company (02611510), limited by guarantee incorporated in England and Wales. The company is also a charity, registered with the Charity Commission (1003061) and the Scottish Charity Regulator (OSCR) (SCO052559). The registered office is 26 High Road West, Felixstowe, Suffolk IP11 9JB.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Suffolk Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are presented in sterling, which is the functional currency of the company and are rounded to the nearest £.

2.2 Going concern

The Trustees have considered the company's position at the time of signing the financial statements. The Trustees have also considered the company's forecasts.

Based on this, the Trustees have concluded that they have a reasonable expectation that the charitable company will have adequate resources to continue in operational existence for the foreseeable future, and at least twelve months from the date of signing these financial statements. They therefore continue to adopt the going concern basis of accounting in preparing these financial statements.

2.3 Company status

The company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

2.4 Consolidation

The financial statements do not consolidate the results of the charity and its wholly-owned subsidiary Suffolk Mind (Trading) Limited. Suffolk Mind (Trading) Limited is a dormant company and therefore the company has adopted the exemption from preparing consolidated accounts.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

2. Accounting policies (continued)

2.5 Income

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the company, can be reliably measured.

Grant income (including government grants) is included when the related conditions for the grant have been met.

Donations are credited to the revenue account when received. The charity received the benefit of work carried out by volunteers but no monetary value is placed upon this in the accounts.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

2.6 Expenditure

Expenditure is recognised on an accruals basis once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

All expenditure is accounted for on an accruals basis. Direct charitable expenditure includes the direct costs of the activities and depreciation on related assets. Where costs relate to more than one functional costs category, they have been apportioned as a percentage of staff employed on the relevant service.

2.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

2. Accounting policies (continued)

2.8 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight-line basis over the lease term.

2.9 Pensions

The company contributes to the charity's stakeholder pension scheme and the multi-employer pension schemes of the National Health Service (for those staff members previously employed by the National Health Service). Details of these contributions are given in note 23.

2.10 Intangible assets and amortisation

Intangible assets costing £3,000 or more are capitalised and recognised when future economic benefits are probable, and the cost or value of the asset can be measured reliably.

Intangible assets are initially recognised at cost. After recognition, under the cost model, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Amortisation is provided on intangible assets at rates calculated to write off the cost of each asset on a straight-line basis over its expected useful life.

Amortisation is provided on the following basis:

Computer software and website - 20 % straight line

2.11 Tangible fixed assets and depreciation

Tangible fixed assets costing £3,000 or more are capitalised. Properties are valued at cost, or at open market valuation at the time of receipt when acquired without consideration.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives on the following basis:

Freehold property (including improvements)	- No depreciation is provided where, in the opinion of the Trustees, the estimated residual value is in excess of the net book value
Long-term leasehold property	- over the life of the lease
Motor vehicles	- over 7 years straight line
Fixtures and fittings	- over 3 to 5 years straight line

2.12 Investments

Investments in subsidiaries are valued at cost less provision for impairment.

Current asset investments are deposit accounts and are a form of financial instrument recognised at fair value.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

2. Accounting policies (continued)

2.13 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.14 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.15 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

2.16 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2.17 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

3. Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Donations	268,838	43,076	311,914
Legacies	14,665	-	14,665
	<u>283,503</u>	<u>43,076</u>	<u>326,579</u>
	<u><u>283,503</u></u>	<u><u>43,076</u></u>	<u><u>326,579</u></u>
	<i>Unrestricted funds 2024 £</i>	<i>Restricted funds 2024 £</i>	<i>Total funds 2024 £</i>
Donations	237,301	36,422	273,723
Legacies	8	-	8
	<u>237,309</u>	<u>36,422</u>	<u>273,731</u>
	<u><u>237,309</u></u>	<u><u>36,422</u></u>	<u><u>273,731</u></u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

4. Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Housing Services	2,215,413	2,419	2,217,832
Courses & workshops	28,945	88,258	117,203
Qu'ran & emotional health education	716	-	716
Healthy Mind Counselling	162,225	69,272	231,497
Volunteering / Suffolk Advice, Guidance & Emotional Support	-	27,946	27,946
Suffolk Night Owls	173,365	-	173,365
Workplace Wellbeing	176,313	14,025	190,338
Green Care	-	12,295	12,295
Personality Disorder Services	174,352	3,565	177,917
Suffolk Work Well	-	111,451	111,451
Children & Young People	12,193	11,878	24,071
Eating Recovery	145,839	-	145,839
Support Services	146,613	3,000	149,613
Training	2,350	-	2,350
Reception	-	12,500	12,500
	3,238,324	356,609	3,594,933
	3,238,324	356,609	3,594,933

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

4. Income from charitable activities (continued)

	<i>Unrestricted funds 2024 £</i>	<i>Restricted funds 2024 £</i>	<i>Total funds 2024 £</i>
Housing Services	2,052,097	32,946	2,085,043
Courses & workshops	73,190	173,604	246,794
Qu'ran & emotional health education	434	-	434
Healthy Mind Counselling	88,951	160,268	249,219
Volunteering / Suffolk Advice, Guidance & Emotional Support	-	28,435	28,435
Suffolk Night Owls	173,065	-	173,065
Workplace Wellbeing	132,825	47,560	180,385
Green Care	-	2,500	2,500
Personality Disorder Services	186,052	2,498	188,550
Suffolk Work Well	-	71,412	71,412
Children & Young People	30,797	16,099	46,896
Eating Recovery	145,376	-	145,376
Support Services	49,545	21,317	70,862
Training	5,221	-	5,221
Reception	-	9,375	9,375
	<u>2,937,553</u>	<u>566,014</u>	<u>3,503,567</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

5. Investment income

	Unrestricted funds 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Investment income	28,102	28,102	17,888

In 2024, all investment income was unrestricted.

6. Other incoming resources

	Unrestricted funds 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Other income	66,407	66,407	41,269

In 2024, all other income was unrestricted.

7. Analysis of expenditure by activities

	Activities undertaken directly 2025 £	Support costs 2025 £	Total funds 2025 £
Contracts and grants for the provision of services	2,742,439	1,347,380	4,089,819

	<i>Activities undertaken directly 2024 £</i>	<i>Support costs 2024 £</i>	<i>Total funds 2024 £</i>
Contracts and grants for the provision of services	2,471,949	1,295,125	3,767,074

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Activities 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Wages and salaries	1,934,511	1,934,511	1,638,261
Depreciation	27,747	27,747	26,534
Training	17,607	17,607	9,931
Other staff costs	137,531	137,531	215,237
Maintenance, furniture and equipment	50,537	50,537	53,905
Rent, rates and utilities	385,735	385,735	352,962
User related costs	25,116	25,116	26,217
General administration	163,655	163,655	148,902
	<u>2,742,439</u>	<u>2,742,439</u>	<u>2,471,949</u>

Other staff costs include: agency staff; travel; recruitment; and other staff related expenditure.

Maintenance, furniture and equipment include: furniture and equipment costs; servicing; and cleaning expenditure.

Rent, rates and utilities include: heat; light; water; telephone; rent; rates; and maintenance charges from Housing Associations.

User related costs include: catering; residents' welfare; activity expenses; and vehicle running costs.

General administration includes: printing; postage; stationery; professional fees; insurance; services development; IT costs; and bank charges.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Activities 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Wages and salaries	880,332	880,332	861,109
Depreciation	38,142	38,142	7,783
Training	9,612	9,612	8,952
Other staff costs	43,871	43,871	87,222
Maintenance, furniture and equipment	22,338	22,338	22,954
Rent, rates and utilities	53,301	53,301	50,770
User related costs	5,827	5,827	4,804
General administration	255,411	255,411	215,755
Governance costs - other	10,135	10,135	17,623
Governance costs - staff costs	28,411	28,411	18,153
	<u>1,347,380</u>	<u>1,347,380</u>	<u>1,295,125</u>

Other staff costs include: agency staff; travel; recruitment; and other staff related expenditure.

Maintenance, furniture and equipment include: furniture and equipment costs; servicing; and cleaning expenditure.

Rent, rates and utilities include: heat; light; water; telephone; rent; and rates.

User related costs include: catering; and activity expenses.

General administration includes: printing; postage; stationery; professional fees; insurance; services development; IT costs; and bank charges.

Governance costs include: auditors' remuneration; insurance; Trustee expenses and training; and Company Secretarial.

8. Auditors' remuneration

	2025 £	<i>2024 £</i>
Fees payable to the company's auditor for the audit of the company's annual accounts	<u>11,232</u>	<u>10,800</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

9. Staff costs

	2025 £	2024 £
Wages and salaries	2,523,314	2,253,322
Social security costs	207,578	188,447
Operating costs of defined benefit pension schemes	83,951	75,754
	<u>2,814,843</u>	<u>2,517,523</u>

The average number of persons employed by the company during the year was as follows:

	2025 No.	2024 No.
Average number of employees	<u>91</u>	<u>109</u>

The average monthly number of employees during the year expressed as full-time equivalents was as follows (including casual and part-time staff):

	2025 No.	2024 No.
Average number of employees	<u>66</u>	<u>72</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025 No.	2024 No.
In the band £70,001 - £80,000	1	1

The key management personnel of the charity comprises the Trustees, the Chief Executive Officer, the Head of Education and Training, the Head of Operations, the Head of Support Services, the Head of Income Generation and the Head of Community Services. The total employee benefits of the key management personnel of the charity were £353,599 (2024: £293,442).

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2024 - £NIL).

During the year ended 31 March 2025, travel expenses totalling £NIL were reimbursed or paid directly to Trustees (2024: £12 to 1 Trustee). A further £60 was paid to a third party for trustee training (2024: £50).

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

11. Intangible assets

	Computer software and website £
Cost	
At 1 April 2024	154,930
At 31 March 2025	154,930
Amortisation	
At 1 April 2024	66,409
Charge for the year	30,986
At 31 March 2025	97,395
Net book value	
At 31 March 2025	57,535
<i>At 31 March 2024</i>	88,521

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

12. Tangible fixed assets

	Freehold property £	Long-term leasehold property £	Motor vehicles £	Fixtures and fittings £	Total £
Cost or valuation					
At 1 April 2024	303,218	72,284	4,252	217,538	597,292
Additions	-	102,999	-	-	102,999
At 31 March 2025	303,218	175,283	4,252	217,538	700,291
Depreciation					
At 1 April 2024	101,853	72,284	4,252	210,970	389,359
Charge for the year	-	30,649	-	3,044	33,693
At 31 March 2025	101,853	102,933	4,252	214,014	423,052
Net book value					
At 31 March 2025	201,365	72,350	-	3,524	277,239
At 31 March 2024	201,365	-	-	6,568	207,933

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

13. Fixed asset investments

	Investments in subsidiary companies £
Cost or valuation	
At 1 April 2024	1
At 31 March 2025	1
Net book value	
At 31 March 2025	1
At 31 March 2024	1

Principal subsidiaries

The following was a subsidiary undertaking of the company:

Name	Company number	Holding
Suffolk Mind (Trading) Limited	03222021	100%

The financial results of the subsidiary for the year were:

Name	Net assets £
Suffolk Mind (Trading) Limited	1

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

14. Debtors

	2025 £	2024 £
Due within one year		
Trade debtors	64,526	116,856
Other debtors	2,900	5,570
Prepayments and accrued income	191,302	117,015
	<u>258,728</u>	<u>239,441</u>

15. Current asset investments

	2025 £	2024 £
Deposit accounts	<u>240,850</u>	<u>263,586</u>

16. Creditors: Amounts falling due within one year

	2025 £	2024 £
Trade creditors	92,065	97,572
Other taxation and social security	51,875	42,468
Other creditors	20,422	32,360
Accruals and deferred income	152,992	182,216
	<u>317,354</u>	<u>354,616</u>
	2025 £	2024 £
Deferred income at 1 April 2024	104,751	432,252
Resources deferred during the year	92,171	94,042
Amounts released from previous periods	(101,626)	(421,543)
	<u>95,296</u>	<u>104,751</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

17. Statement of funds

Statement of funds - current year

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2025 £
Unrestricted funds					
Designated funds					
Service Income Protection	1,090,000	-	-	35,400	1,125,400
Lease Provision	45,000	-	-	(30,000)	15,000
Organisational Development fund	60,000	-	-	-	60,000
Building maintenance, furniture & equipment replacement fund	72,000	-	-	-	72,000
Asset replacement fund	60,000	-	-	-	60,000
	<u>1,327,000</u>	<u>-</u>	<u>-</u>	<u>5,400</u>	<u>1,332,400</u>
General funds					
General Funds	<u>253,353</u>	<u>3,616,336</u>	<u>(3,683,046)</u>	<u>(5,400)</u>	<u>181,243</u>
Total Unrestricted funds	<u>1,580,353</u>	<u>3,616,336</u>	<u>(3,683,046)</u>	<u>-</u>	<u>1,513,643</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

17. Statement of funds (continued)

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2025 £
Restricted funds					
Housing	-	1,045	(1,045)	-	-
Research and evaluation	-	3,000	(3,000)	-	-
Healthy Mind Counselling	-	70,233	(70,233)	-	-
Community Services / SAGES	-	116,204	(116,204)	-	-
Workplace Wellbeing / Training	-	14,025	(14,025)	-	-
Suffolk Work Well	-	112,451	(112,451)	-	-
Children Families & Young People	28,122	16,309	(30,892)	-	13,539
Green Project	-	17,295	(17,295)	-	-
Waves	-	3,565	(3,565)	-	-
Buildings	-	2,000	(2,000)	-	-
Reception	-	43,558	(36,063)	-	7,495
	<u>28,122</u>	<u>399,685</u>	<u>(406,773)</u>	<u>-</u>	<u>21,034</u>
Total of funds	<u><u>1,608,475</u></u>	<u><u>4,016,021</u></u>	<u><u>(4,089,819)</u></u>	<u><u>-</u></u>	<u><u>1,534,677</u></u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

17. Statement of funds (continued)

Transfers

£5,400 was transferred to designated funds from unrestricted funds in the year.

Unrestricted funds

Service Income Protection: the designated funds set aside representing three months' operating expenditure to ensure continuity in the event of funding cuts. This was increased by £35,400 in the year to reflect the increase in operating expenditure.

Lease Provision: this designated fund represents the operating lease commitment for the property at Bury St Edmunds, up to the break clause. This was reduced by £30,000 in the year to reflect 6 months at £2,500 per month.

Organisational development fund: the designated funds available and expected to be needed to support Suffolk Mind's strategy.

Building maintenance, furniture and equipment replacement fund: the designated funds available to ensure that the charity is able to repair and replace items as required.

Asset replacement fund: the designated funds available to replace significant assets as required.

Restricted funds

Healthy Mind Counselling: the funding available for the provision of healthy mind counselling.

Community Services/Suffolk Advice, Guidance and Emotional Support: the funding available from partnerships agreements with Suffolk Libraries and Suffolk Family Carers, for the provision of information, advice, guidance and emotional support for mental health and wellbeing in Suffolk.

Workplace Wellbeing: the funding available for the provision of workplace wellbeing services.

Suffolk Work Well: is funded by the National Lottery Community Fund under RC London and South East Region and is to provide proactive and emotional support to individuals and ensure that people with mental health problems who want to remain in paid / voluntary employment receive appropriate support.

Children & Young People: the funding available for the provision of community services to children and young people.

Green Project: the funding available for the provision of Green Care Services.

Research and evaluation: the funding available for projects relating to our emotional needs audit.

WAVES: the funding available to help with the provision of our WAVES service which helps support those with Borderline Personality Disorder

Buildings: the funding available from National Mind to support with utilities costs across our offices.

Reception: the funding available to support staff costs at the University of Suffolk.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

17. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2024 £</i>
Unrestricted funds						
Designated funds						
Service Income Protection	1,041,000	-	-	49,000	-	1,090,000
Lease Provision	75,000	-	-	(30,000)	-	45,000
Organisational Development fund	60,000	-	-	-	-	60,000
Building maintenance, furniture & equipment replacement fund	72,000	-	-	-	-	72,000
Asset replacement fund	60,000	-	-	-	-	60,000
	<u>1,308,000</u>	<u>-</u>	<u>-</u>	<u>19,000</u>	<u>-</u>	<u>1,327,000</u>
General funds						
General Funds	194,927	3,234,019	(3,192,760)	(19,000)	36,167	253,353
Total Unrestricted funds	<u>1,502,927</u>	<u>3,234,019</u>	<u>(3,192,760)</u>	<u>-</u>	<u>36,167</u>	<u>1,580,353</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

17. Statement of funds (continued)

	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2024 £</i>
Restricted funds						
Housing	-	1,804	(1,804)	-	-	-
Research and evaluation	-	20,547	(20,547)	-	-	-
Fundraising	-	770	(770)	-	-	-
Healthy Mind Counselling	-	163,524	(163,524)	-	-	-
Community Services / SAGES	-	202,039	(202,039)	-	-	-
Workplace Wellbeing / Training	-	47,560	(47,560)	-	-	-
Suffolk Work Well	-	71,412	(71,412)	-	-	-
Children Families & Young People	-	46,087	(17,965)	-	-	28,122
Green Project	-	5,628	(5,628)	-	-	-
Waves	-	2,498	(2,498)	-	-	-
Buildings	-	31,192	(31,192)	-	-	-
Reception	-	9,375	(9,375)	-	-	-
	-	602,436	(574,314)	-	-	28,122
Total of funds	<u>1,502,927</u>	<u>3,836,455</u>	<u>(3,767,074)</u>	<u>-</u>	<u>36,167</u>	<u>1,608,475</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

18. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Tangible fixed assets	277,239	-	277,239
Intangible fixed assets	57,535	-	57,535
Fixed asset investments	1	-	1
Current assets	1,496,222	21,034	1,517,256
Creditors due within one year	(317,354)	-	(317,354)
Total	1,513,643	21,034	1,534,677

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2024 £</i>	<i>Restricted funds 2024 £</i>	<i>Total funds 2024 £</i>
Tangible fixed assets	207,933	-	207,933
Intangible fixed assets	88,521	-	88,521
Fixed asset investments	1	-	1
Current assets	1,638,514	28,122	1,666,636
Creditors due within one year	(354,616)	-	(354,616)
Total	1,580,353	28,122	1,608,475

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2025 £	2024 £
Net income/expenditure for the year (as per Statement of Financial Activities)	(73,798)	105,548
Adjustments for:		
Depreciation and amortisation charges	64,679	34,317
Gains/(losses) on investments	-	(36,167)
Dividends, interests and rents from investments	(28,102)	(17,888)
Decrease/(increase) in debtors	(19,287)	105,185
Decrease in creditors	(37,262)	(249,562)
Net cash used in operating activities	(93,770)	(58,567)

20. Analysis of cash and cash equivalents

	2025 £	2024 £
Cash in hand	1,017,678	1,163,609
Total cash and cash equivalents	1,017,678	1,163,609

21. Analysis of changes in net debt

	At 1 April 2024 £	Cash flows £	At 31 March 2025 £
Cash at bank and in hand	1,163,609	(145,931)	1,017,678
Liquid investments	263,586	(22,736)	240,850
	1,427,195	(168,667)	1,258,528

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

22. Capital commitments

	2025 £	2024 £
Contracted for but not provided in these financial statements		
Acquisition of tangible fixed assets	-	25,000
	<u>-</u>	<u>25,000</u>

23. Pension commitments

The charity contributes to the company's stakeholder pension scheme, the assets of which are held in independently administered funds. Total contributions to the pension scheme during the year are disclosed in note 9.

The company also participates in a multi-employer pension scheme for staff who were previously employed by the National Health Service. The pension liability is the responsibility of the National Health Service Pension Scheme. As a result it is not possible to identify the assets and liabilities of the scheme which are attributable to the company.

At the year end, total pension contributions of £16,909 (2024: £13,801) were outstanding.

24. Operating lease commitments

At 31 March 2025 the company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2025 £	2024 £
Not later than 1 year	13,801	26,260
Later than 1 year and not later than 5 years	5,076	10,417
	<u>18,877</u>	<u>36,677</u>

25. Related party transactions

The company has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the company at 31 March 2025.

SUFFOLK MIND

England & Wales - Charity number 1003061

Accounts

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

SUFFOLK MIND
(A company limited by guarantee)

CONTENTS

	Page
Reference and administrative details of the company, its Trustees and advisers	1
Trustees' report	2 - 14
Independent auditors' report on the financial statements	15 - 18
Statement of financial activities	19
Balance sheet	20 - 21
Statement of cash flows	22
Notes to the financial statements	23 - 45

SUFFOLK MIND
(A company limited by guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2024

Trustees	Ian White, Chair Tim Mutum, Vice Chair Katerina Budinova Karen Davies Greer Hill Chloe Ludkin Leanne Thorndyke Richard West (deceased 13 July 2024)
Company registered number	02611510
Charity registered numbers	1003061 and SC0052559
Registered office	26 High Road West Felixstowe Suffolk IP11 9JB
Company secretary	Rachel Baker
Chief executive officer	Jon Neal
Independent auditors	BW Audit Limited Chartered Accountants Statutory Auditors 54 Thorpe Road Norwich Norfolk NR1 1RY

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report together with the audited financial statements of the company for the year 1 April 2023 to 31 March 2024. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Trustee update

The trustees were all shocked and saddened by the passing of Andrew West. Andrew was a joy to work with and be around. He was an attentive and dedicated trustee who always wanted to help and support as much as his time would allow. We are grateful for all that he did for us, and we will miss him terribly.

Objectives and activities

a. Our overarching goal

We want to make Suffolk the best place in the world for talking about and taking care of mental health.

b. Our priorities

- Continue to invest our reserves, diversifying our income base, growing our commercial activities, to bring our finances back into surplus
- Provide safe, effective, clinically compliant services, across the mental health continuum, that enable people to make a life that works, and provide excellent value for money for those who fund them
- Deliver an education and training programme – online, through schools, businesses, statutory services and elsewhere – to introduce the Emotional Needs & Resources approach and prevent mental ill-health
- Constantly evaluate, review and refine our services to ensure they are of the highest possible quality

c. Our values

- We strive for quality – wanting to recruit and retain the best people to create and deliver outstanding services for the people who use them
- We are creative – never accepting that the way things are currently done needs to be the way things continue
- We are positive and realistic – the resources of the public sector are stretched, so we can't rely on funding from that source. But we can be more efficient, delivering the greatest impact possible with the resources we can find
- We commit to treating our staff, volunteers and the people that use our services, with respect – responding to their needs, helping them make a life that works as much as we can, and valuing their contribution

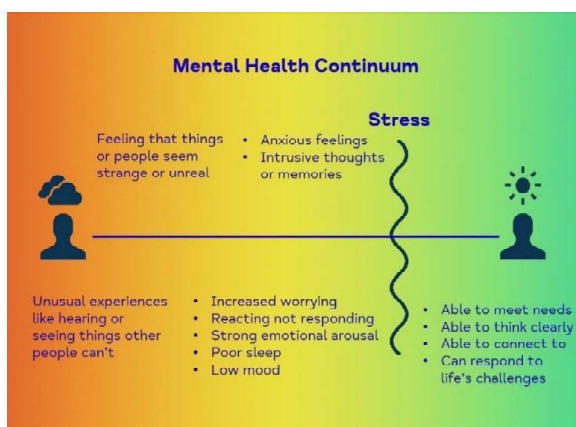
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Objectives and activities (continued)

d. Our approach to mental health

All of us have mental health, just as we have physical health, and we are all on the Mental Health Continuum, moving along it, in both directions, during our lives.

Suffolk Mind works right across the continuum, from wellbeing to 'severe and enduring' mental ill-health – providing support and information for everyone.



To influence our services and products we use an 'organising idea' with the Mental Health Continuum at its heart. We all have physical and emotional needs and we're born with a set of skills and resources to meet those needs. Stress occurs in response to unmet needs. If stress is unaddressed, we move along the continuum into mental ill health.

This approach is referred to as Emotional Needs & Resources.

Whatever our age, we can learn about our own mental health and develop simple skills and techniques to enable us to take better care of both ourselves and those around us.

The approach is straightforward and flexible. Through it we can influence the environment of Suffolk to enable people to get their needs met – whether in their homes, workplaces, schools, rural communities or town centres. We want these environments to help people make a life that works well for themselves and those around them.

As well as focusing attention on keeping people at the wellbeing end of the mental health continuum, we will also continue to help people to address the barriers to meeting needs.

This means, we will continue to deliver services for people with mental ill-health, helping those that are less able to help themselves, and working towards freeing up the NHS to be in a position to help people when they need it most. This helps us to work towards ensuring that everyone in Suffolk experiencing a mental health problem gets support and respect.

Our focus continues to be on developing services for people who need us – whatever their age – and on diversifying our income sources to make us more financially sustainable.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Objectives and activities (continued)

e. Main activities undertaken to further the company's purposes for the public benefit

The trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. Suffolk Mind provides residential and support services for those with higher needs plus a range of services in the community.

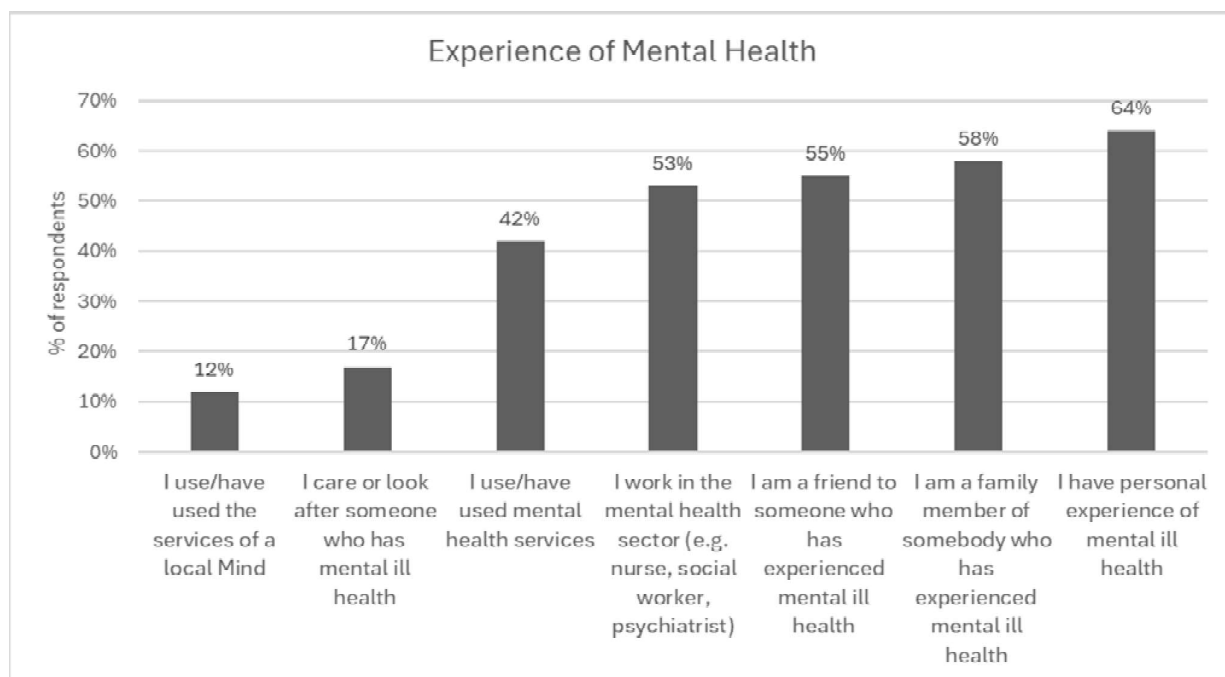
Our online presence has gone from strength to strength. The Suffolk Mind website is performing well, for year 2. In 23/24 we've seen 95K new users, 101K total users, 303K page views and £52,720.26 in revenue. Newsletter subscriptions and social media following is increasing steadily, with audience engagement improving.

f. Equality and diversity

Over the year to 31 March 2024, Suffolk Mind employed an average of 88 permanent staff and 21 relief staff.

Lived experience of mental health challenges

Suffolk Mind is committed to recruiting employees and volunteers with lived experience of mental health challenges. The majority of our employees and volunteers have personal experience of mental health challenges, with 2 in 5 using or have used mental health services themselves.



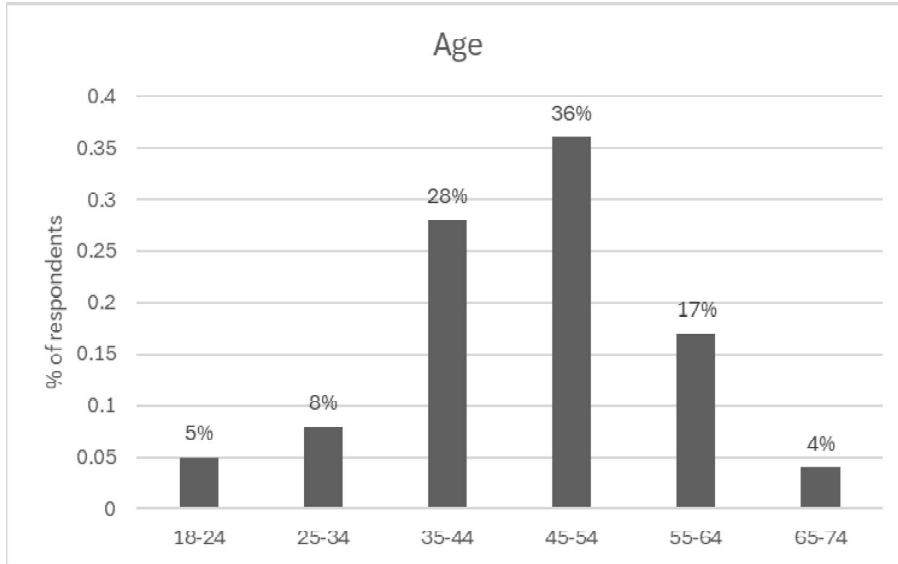
Based on 76 responses from employees and volunteers

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

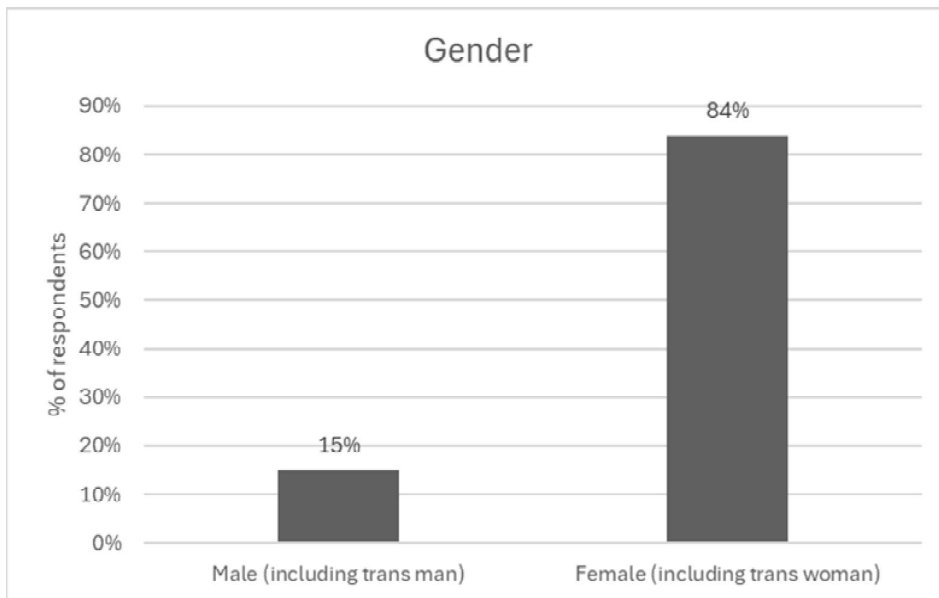
Objectives and activities (continued)

Age of our employees and volunteers



Based on 76 responses from employees and volunteers
2% people chose not to answer this question

Gender identity of employees and volunteers



100% of employees identify with the same gender they were assigned at birth.

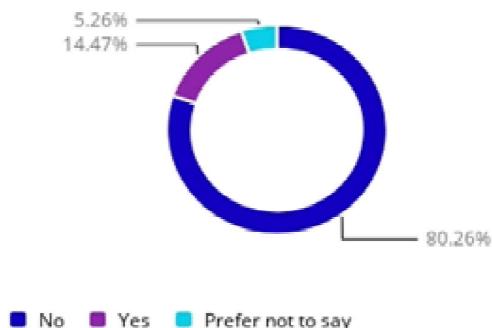
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Objectives and activities (continued)

Disability status of employees and volunteers

Do you consider yourself to have an activity
limiting disability under the Disability Act 2010

76



Based on 76 responses from employees and volunteers

Achievements and performance

a. Main achievements of the company

Our wide range of therapeutic services and training enable everyone to understand mental wellbeing and help to improve or maintain their own. Skills learned can also help people to support others. This knowledge can be applied at both home and work to help everyone to get the best from life and to feel happier and healthier.

During the year all services remained well run and safe with good outcomes.

Suffolk Mind is an accredited Investors in People employer and a Mindful Employer.

After our recent MQM inspection, Suffolk Mind has been nominated for the Local Mind Excellence Award for Promoting Positive Attitudes to Mental Wellbeing

Suffolk Mind's Montrose House team won the Health and Wellbeing Award at The Suffolk Care Awards in September 2023.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance (continued)

b. Housing

Our aim is to provide supported accommodation to ensure a successful tenancy for those that have mental illness. Our housing services embrace recovery approaches for mental health and wellbeing; a holistic, enabling, person centred approach to mental distress, disadvantage and social exclusion.

Montrose House is a residential care home for residents with long term mental health needs. It has been rated as Outstanding by the Care Quality Commission and in 2017 won Care Service of the Year. Montrose House staff provide 24 hour care and support tailored to the needs of the individual including support with personal care (washing/dressing) and medication. Meals are provided with residents encouraged to help themselves to drinks, snacks and light meals to maintain their independence. Staff work closely with the local mental health teams, GP surgeries and other health professionals to ensure residents emotional and physical needs are met.

Six sites in the Suffolk Coastal area provide housing and recovery support to individuals who have experienced mental health issues and may have spent time in hospital. Staff are able to offer support to help identify the needs of tenants and explore ways in which they can get their needs met. Tenants can be supported to attend college courses, to find voluntary work and to seek opportunities to find meaningful activities that help promote their recovery. They may be supported to reconnect with their family, offered information on sleep and diet. All tenants have a co-produced support plan personal to their own needs. The service is not intended to provide long-term support and when tenants feel ready they will be supported to move-on to their own flat or home, usually within two years or less. We also run a floating support service and help tenants to setup and run peer group activities.

The Green Road service in Cambridgeshire provides housing and support services to individuals with enduring mental health issues. Tenants have their own flats. Support staff are available on-site and provide high levels of one-to-one support with all aspects of daily living such as cooking, shopping and budgeting as well as providing emotional support.

c. Community services

Suffolk Mind runs a wide range of services in the community, for individuals, groups and organisations. In 2023/24 these services included:

Children, Families and Young People's services

Counselling

Eating Recovery

Green Care

Mums Matter

NHS Support Line

Open Space – a joint project with Suffolk Libraries and Suffolk Family Carers

Suffolk Night Owls

Suffolk Work Well

Waves

Workplace Wellbeing

During 2023/24 we had more than 50 active volunteers and 2,925 active Friends of Suffolk Mind (those receiving newsletters and Suffolk Mind communications).

SUFFOLK MIND
(A company limited by guarantee)

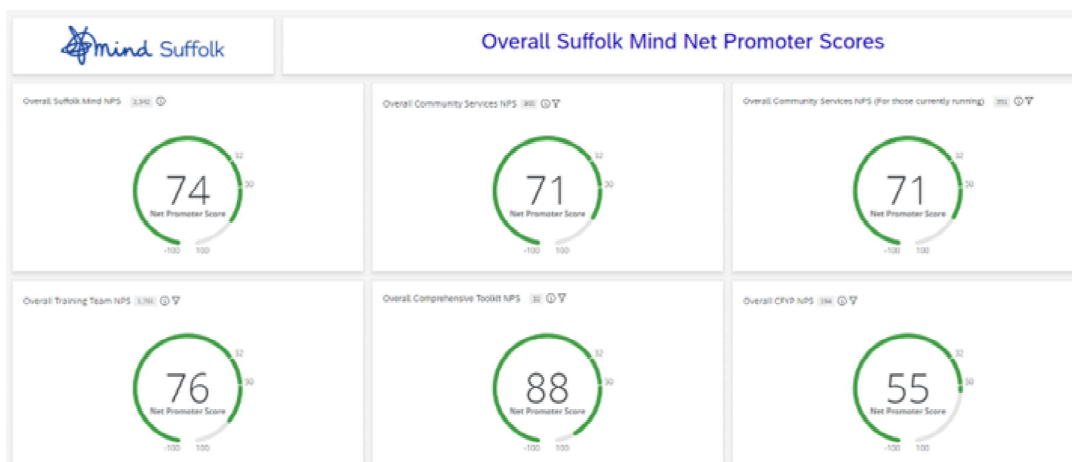
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance (continued)

All our services are evaluated by our clients. In 2023/24 significant highlights were:

- Suffolk Night Owls currently has 1482 registered clients
- 284 clients attended our Waves programme for those with a diagnosis or traits of borderline personality disorder
- Our Counselling Service delivered 1420 counselling sessions
- 30 participants visited our allotments through our Green Care service
- Our 0300 111 6000 number handled 26,785 calls and emails.

We use the Net Promoter Score to measure how well our services are meeting demand. In 2023/24 the overall NPS score for all Suffolk Mind services was 74%, which has not changed over the last year.



This overall Net Promoter Score is the percentage of promoters minus the percentage of detractors. NPS ranges from -100 (meaning everyone is a detractor) to +100 (meaning everyone is a promoter). Most companies consider a decent Net Promoter Score to be greater than 0%. Any positive NPS is good. An NPS of +50 is excellent.

For more information on our services please visit our website [Suffolk Mind Services](#).

d. Fundraising

Suffolk Mind is registered with the Fundraising Regulator and we abide by the Code of Fundraising Practice. Trustees have approved an Ethical Fundraising Policy. All fundraising is undertaken by Suffolk Mind employees – we do not use the services of third party fundraisers. Fundraising activities comply with all relevant legislation and the Fundraising Regulator's Fundraising Promise:

- we will commit to high standards
- we will be clear, honest and open
- we will be respectful
- we will be fair and reasonable
- we will be accountable and responsible

Suffolk Mind will take considered decisions on where and how fundraising occurs and acceptable sources of donations. Donations will be refused if they compromise the best interests of the charity and its purposes.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance (continued)

Suffolk Mind was named Charity of the Year by 17 organisations. 263 individual supporters took part in a wide range of challenges over the year to raise funds for our charity to use towards delivering and developing services to improve the mental wellbeing of people across our county.

Financial review

a. Financial position

Trustees receive regular reports on the charity's financial position. In 2023/24 Suffolk Mind recorded a surplus of £105,548 compared to a deficit of £107,430 in 2022/23.

Funding for the charity's activities comes from a variety of sources, principally Suffolk County Council, East Suffolk and West Suffolk Clinical Commissioning Groups (CCG) and Cambridgeshire CCG, enabling Suffolk Mind to provide housing and other support services. Suffolk Mind continues to diversify income sources in line with one of its strategic objectives.

b. Going concern

Having revised our strategy, forecasts and business plans and after making appropriate enquiries the trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Trustees continue to monitor the situation closely looking at the impact on cash flow and forecasts. The trustees have identified no material uncertainties which would mean that the charity would be unable to operate for the foreseeable future. For this reason, the trustees continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

c. Reserves policy

The trustees review the reserves policy annually and have set aside reserves to protect the continuity of the charity's work in the event of a shortfall in income, to replace assets when required and to provide the capital to deliver our strategic plan in line with expectations and needs for the year ahead.

The service income protection reserve represents a minimum of three months' operating expenditure to ensure continuity in the event of funding cuts. This was increased by £49,000 in the year to reflect the increase in operating expenditure and now sits at £1,090,000. The lease provision designated fund represents the operating lease commitment for the property at Bury St Edmunds, up to the break clause. This was reduced by £30,000 in the year to reflect 18 months at £2,500 per month. The organisational development reserve represents the amounts expected to be needed to support Suffolk Mind's strategy and it now stands at £60,000. Building maintenance, furniture and equipment replacement fund is a designated fund available to ensure that the charity is able to repair and replace items as required which remains at £72,000. Finally, the asset replacement fund is available to replace significant assets as required, this remains at £60,000.

General unrestricted funds (after designations) amount to £253,353 (2023: £194,927) and are being maintained for general charitable purposes. Restricted reserves at the year end amount to £28,122 (2023: £Nil) with total reserves of £1,608,475 (2023: £1,502,927).

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

d. Material investments policy

The investment policy sets out the purposes for which Suffolk Mind makes and retains investments. The key factors that are taken into account are risk and liquidity. Trustees ensure that Suffolk Mind has sufficient liquid reserves to meet short term needs and invest surplus funds elsewhere to provide the charity with security of capital and a reasonable degree of liquidity. Suffolk Mind aims wherever possible to invest in ethical funds and we have an ethical fundraising and investment policy which we follow.

Due to continuing economic uncertainties and rising inflation during 2023/2024, the trustees decided to sell our investments and put cash into fixed rate accounts instead to give us more certainty for the year. This decision remains under review. Our cash holding including cash held within current asset investments as at 31 March 2024 was £1.43 million, compared to £1.43 million at 31 March 2023.

e. Principal risks and uncertainties

Trustees regularly review the charity's risk position and compliance with relevant regulatory and statutory requirements.

Financial risk remains high due to the uncertain economic position and Trustees continue to monitor closely our cash position and the delivery of our strategy to diversify income.

Suffolk Mind has safeguarding policies for adults and Children which are reviewed annually. Serious safeguarding concerns are reported to trustees. All staff and Trustees have attended safeguarding training.

The Trustees have assessed the major risks to which Suffolk Mind is exposed and are satisfied that systems and procedures are in place to mitigate our exposure to the major risks.

Suffolk Mind has complied with all prevailing laws and regulations.

Structure, governance and management

a. Constitution

Suffolk Mind is a registered company, limited by guarantee, and a charity registered with the Charity Commission. The charity is governed by its Memorandum and Articles of Association adopted on 16 May 1991 and amended on 19 May 2023. The objects for which Suffolk Mind is established are to promote and protect mental well-being and to support and assist those experiencing mental ill health.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Structure, governance and management (continued)

b. Organisational structure and decision-making policies

The charity's board of trustees meets four times a year, with additional meetings as required. The board is responsible for strategic direction, for ensuring proper governance of Suffolk Mind's activities and for risk management.

Trustees are recruited through a rigorous process of advertisement, shortlisting and interview by two trustees, including the chair, and involving the CEO. All trustee appointments are ratified by the full board. New trustees have a period of induction. All trustees attend our Suffolk's Needs Met courses and receive additional training relevant to their role.

A paid CEO is appointed by the trustees to manage the day-to-day operations of the charity. The board expects the CEO to take both strategic and operational decisions based on its formal ratification of the annual business plan and the budget. The board requires that all decision-making will be within the remit of Suffolk Mind's objectives and policies as set out in the charity's Scheme of Delegation.

c. Pay policy

Suffolk Mind is committed to ensuring that all jobs are consistently evaluated and a job evaluation policy is in place to ensure that the process is both equitable and transparent, irrespective of the size or level of the job role. Remuneration levels have been benchmarked against similar roles in the sector. This ensures that all staff, including the senior leadership team, are paid at the appropriate level for the role, capability and performance. The CEO approves remuneration of the senior management team and the Board approves the CEO's remuneration package.

d. Related parties

Suffolk Mind is one of more than one hundred local Minds accredited by Mind, a national charity committed to promoting better mental health. In February 2024 we were pleased to receive the Mind Quality Mark.

Suffolk Mind is a highly effective local Mind, delivering a range of quality services and meeting the needs of individuals and communities. It has strong leadership and highly committed and motivated trustees, staff and volunteers: 'Volunteering has given me a sense of meaning and purpose and helped to improve confidence. I feel well informed, supported and extremely valued' (Have Your Say Survey Respondent). It makes a real difference to people lives: 'I wouldn't be here without the support from Suffolk Work Well. They have supported me through the worst time in my life. I am now happy and working doing a job I love and it's all thanks to their support' (Have Your Say Survey respondent).

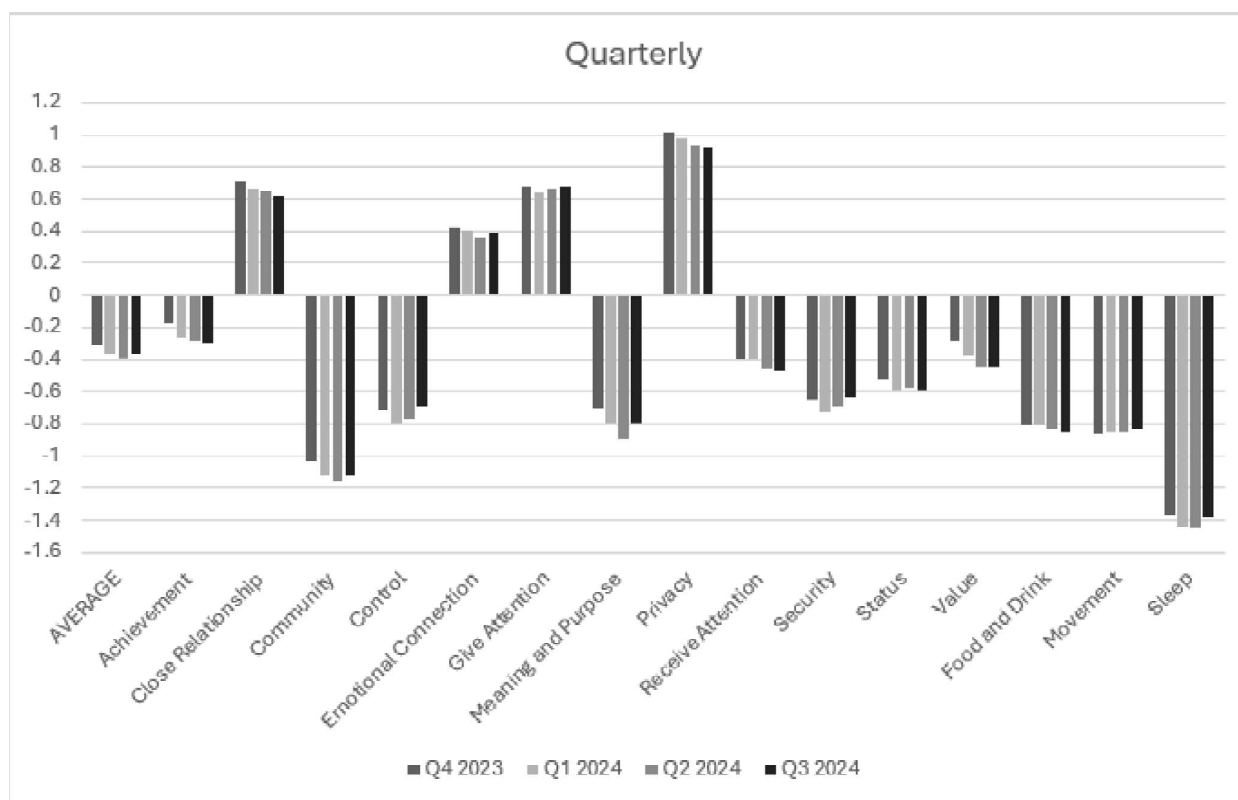
The charity has a wholly owned subsidiary, Suffolk Mind (Trading) Limited. This company remained dormant for the duration of the year.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Plans for future periods

The graph below shows how well the Suffolk population have been meeting their needs over the last year. These figures have decreased this calendar year. How well the Suffolk population is sleeping is significantly decreasing, as is how well the need for Community is met. Many of the other needs have not changed in year, but are not well met. These include the needs for Meaning & Purpose, Security and Control.



Strategically we have chosen to focus on a few areas in which we will aim to meet some of that demand and enable the population of Suffolk to maintain good mental health. We will:

- continue to provide safe, effective, clinically compliant services, across the mental health continuum, that enable people to make a life that works, and provide excellent value for money for those who fund them
- Re-tender for (and win) Coastal housing contract which will definitely be up this year
- Deliver other housing contracts safely
- Work with the team, commissioners and clients to transform Waves to provide an expanded service for people with Borderline Personality Disorder in Suffolk, re-securing the contract beyond the end of the financial year
- Expand GreenCare, developing an allotment site in either Felixstowe or Stowmarket, and work to increase numbers of people accessing the existing sites
- Pitch to deliver a new public sector-funded services that fit with our aims and will return on any investment needed. We will do this in partnership with others where we can
- Explore the potential to work with NSFT on Talking Therapies (IAPT) activities beyond counselling (eg, Suffolk Work Well, waiting list support, etc)

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Plans for future periods (continued)

- Explore potential to expand services in Children, Families and Young People (CFYP), expanding from focusing mostly on schools to include other organisations that support young people and families, and potentially specialist counselling for teachers
- Expand training products for individuals, utilising our ENR training team
- Grow our counselling services through development of new skills in the team, exploring opportunities to meet the increased demand for these services
- build on existing partnerships with other charities, create new ones, and continue to provide training to as many VCSE partners
- constantly evaluate, review and refine our services to ensure they are of the highest possible quality.

Strategic Report

Since the company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 has been omitted.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Disclosure of information to auditors

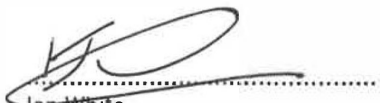
Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Auditors

The auditors, BW Audit Limited, have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the Trustees.

Approved by order of the members of the board of Trustees and signed on their behalf by:



Ian White
Chair of Trustees
Date: 31 July 2024

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND

Opinion

We have audited the financial statements of Suffolk Mind (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, Charities Act 2011, the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 and the Charities Accounts (Scotland) Regulations 2006 (as amended) require us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' report and from the requirement to prepare a Strategic report.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Auditors' responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

The objectives of our audit in respect of fraud are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both the management and those charged with governance of the charitable company.

Due to the field in which the charitable company operates, we identified the areas most likely to have a direct material impact on the financial statements as compliance with UK accounting standards, the Companies Act 2006, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011. In addition, we considered the provisions of other laws and regulations which, whilst not having a direct impact on the financial statements, are fundamental to the charitable company's ability to operate including care quality commission regulations, health and safety, employment law and compliance with various other regulations relevant to the operation of the charitable company.

Our approach to identifying and assessing the risk of material misstatement in respect of irregularities including fraud and non-compliance with laws and regulations, included the following:

- Enquiry with management about any actual or potential litigations and claims against the charity;
- Enquiry with management about any known or suspected instances of non-compliance with laws and regulations and fraud;
- Reviewing legal and professional fees for indicators of undisclosed legal proceedings;
- Reviewing the latest Care Quality Commission Inspection report;
- Reviewing the latest MIND national report;
- Reviewing Board meeting minutes;
- Reviewing the Risk Register;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Assessing the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management and those charged with governance; and
- Auditing the risk of management override of controls, including through testing of journal entries and other adjustments for appropriateness.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Due to the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006, and to the charitable company's trustees, as a body, in accordance with regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members and Trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.



Joanne Fox BA FCA (Senior statutory auditor)
for and on behalf of
BW Audit Limited
Chartered Accountants
Statutory Auditors
54 Thorpe Road
Norwich
Norfolk
NR1 1RY

Date: 19 August 2024

BW Audit Limited are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

SUFFOLK MIND
(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	3	237,309	36,422	273,731	406,291
Charitable activities	4	2,937,553	566,014	3,503,567	3,327,633
Investments	5	17,888	-	17,888	7,799
Other income	6	41,269	-	41,269	40,094
Total income		3,234,019	602,436	3,836,455	3,781,817
Expenditure on:					
Charitable activities	7	3,192,760	574,314	3,767,074	3,889,247
Total expenditure		3,192,760	574,314	3,767,074	3,889,247
Net income/(expenditure) before net gains on investments		41,259	28,122	69,381	(107,430)
Net gains on investments		36,167	-	36,167	-
Net movement in funds		77,426	28,122	105,548	(107,430)
Reconciliation of funds:					
Total funds brought forward		1,502,927	-	1,502,927	1,610,357
Net movement in funds		77,426	28,122	105,548	(107,430)
Total funds carried forward		1,580,353	28,122	1,608,475	1,502,927

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 23 to 45 form part of these financial statements.

SUFFOLK MIND
(A company limited by guarantee)
REGISTERED NUMBER: 02611510

BALANCE SHEET
AS AT 31 MARCH 2024

	Note	2024 £	2023 £
Fixed assets			
Intangible assets	11	88,521	119,558
Tangible assets	12	207,933	211,213
Investments	13	1	1
		<u>296,455</u>	<u>330,772</u>
Current assets			
Debtors	14	239,441	344,626
Investments	15	263,586	746,748
Cash at bank and in hand		1,163,609	684,959
		<u>1,666,636</u>	<u>1,776,333</u>
Creditors: amounts falling due within one year	16	(354,616)	(604,178)
Net current assets		<u>1,312,020</u>	<u>1,172,155</u>
Total net assets		<u><u>1,608,475</u></u>	<u><u>1,502,927</u></u>
Charity funds			
Restricted funds	17	28,122	-
Unrestricted funds	17	1,580,353	1,502,927
Total funds		<u><u>1,608,475</u></u>	<u><u>1,502,927</u></u>

SUFFOLK MIND
(A company limited by guarantee)
REGISTERED NUMBER: 02611510

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2024

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Ian White
Chair of Trustees
Date: 31 July 2024

The notes on pages 23 to 45 form part of these financial statements.

SUFFOLK MIND
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	<i>As restated</i> 2023 £
Cash flows from operating activities		
Net cash used in operating activities	(58,567)	63,007
Cash flows from investing activities		
Dividends, interests and rents from investments	17,888	7,799
Purchase of intangible assets	-	(57,441)
Purchase of tangible fixed assets	-	(4,235)
Proceeds from sale of investments	536,167	-
Transfer (to)/from current asset investments	(16,838)	12,883
Net cash provided by/(used in) investing activities	537,217	(40,994)
Change in cash and cash equivalents in the year	478,650	22,013
Cash and cash equivalents at the beginning of the year	684,959	662,946
Cash and cash equivalents at the end of the year	1,163,609	684,959

The notes on pages 23 to 45 form part of these financial statements

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

1. General information

Suffolk Mind is a registered company (02611510), limited by guarantee incorporated in England and Wales. The company is also a charity, registered with the Charity Commission (1003061) and the Scottish Charity Regulator (OSCR) (SC0052559). The registered office is 26 High Road West, Felixstowe, Suffolk IP11 9JB.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Suffolk Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are presented in sterling, which is the functional currency of the company and are rounded to the nearest £.

2.2 Going concern

The Trustees have considered the company's position at the time of signing the financial statements. The Trustees have also considered the company's forecasts.

Based on this, the Trustees have concluded that they have a reasonable expectation that the charitable company will have adequate resources to continue in operational existence for the foreseeable future, and at least twelve months from the date of signing these financial statements. They therefore continue to adopt the going concern basis of accounting in preparing these financial statements.

2.3 Company status

The company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

2.4 Consolidation

The financial statements do not consolidate the results of the charity and its wholly-owned subsidiary Suffolk Mind (Trading) Limited. Suffolk Mind (Trading) Limited is a dormant company and therefore the company has adopted the exemption from preparing consolidated accounts.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.5 Income

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the company, can be reliably measured.

Grant income (including government grants) is included when the related conditions for the grant have been met.

Donations are credited to the revenue account when received. The charity received the benefit of work carried out by volunteers but no monetary value is placed upon this in the accounts.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

2.6 Expenditure

Expenditure is recognised on an accruals basis once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

All expenditure is accounted for on an accruals basis. Direct charitable expenditure includes the direct costs of the activities and depreciation on related assets. Where costs relate to more than one functional costs category, they have been apportioned as a percentage of staff employed on the relevant service.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.8 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight-line basis over the lease term.

2.9 Pensions

The company contributes to the charity's stakeholder pension scheme and the multi-employer pension schemes of the National Health Service (for those staff members previously employed by the National Health Service). Details of these contributions are given in note 23.

2.10 Intangible assets and amortisation

Intangible assets costing £3,000 or more are capitalised and recognised when future economic benefits are probable, and the cost or value of the asset can be measured reliably.

Intangible assets are initially recognised at cost. After recognition, under the cost model, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Amortisation is provided on intangible assets at rates calculated to write off the cost of each asset on a straight-line basis over its expected useful life.

Amortisation is provided on the following basis:

Computer software and website - 20 % straight line

2.11 Tangible fixed assets and depreciation

Tangible fixed assets costing £3,000 or more are capitalised. Properties are valued at cost, or at open market valuation at the time of receipt when acquired without consideration.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.11 Tangible fixed assets and depreciation (continued)

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives on the following bases:

Freehold property (including improvements)	- No depreciation is provided where, in the opinion of the Trustees, the estimated residual value is in excess of the net book value
Long-term leasehold property	- over the life of the lease
Motor vehicles	- over 7 years straight line
Fixtures and fittings	- over 3 to 5 years straight line

2.12 Investments

Investments in subsidiaries are valued at cost less provision for impairment.

Current asset investments are deposit accounts and are a form of financial instrument recognised at fair value.

2.13 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.14 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.15 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

2.16 Financial instruments

The company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

2. Accounting policies (continued)

2.17 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

3. Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Donations	237,301	36,422	273,723
Legacies	8	-	8
	<u>237,309</u>	<u>36,422</u>	<u>273,731</u>
	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Donations	200,633	6,658	207,291
Legacies	199,000	-	199,000
	<u>399,633</u>	<u>6,658</u>	<u>406,291</u>

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

4. Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Housing Services	2,052,097	32,946	2,085,043
Courses & workshops	73,190	173,604	246,794
Qu'ran & emotional health education	434	-	434
Healthy Mind Counselling	88,951	160,268	249,219
Volunteering / Suffolk Advice, Guidance & Emotional Support	-	28,435	28,435
Suffolk Night Owls	173,065	-	173,065
Workplace Wellbeing	132,825	47,560	180,385
Green Care	-	2,500	2,500
Personality Disorder Services	186,052	2,498	188,550
Suffolk Work Well	-	71,412	71,412
Children & Young People	30,797	16,099	46,896
Eating Recovery	145,376	-	145,376
Support Services	49,545	21,317	70,862
NHS Services	-	-	-
Training	5,221	-	5,221
Reception	-	9,375	9,375
	<u>2,937,553</u>	<u>566,014</u>	<u>3,503,567</u>

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

4. Income from charitable activities (continued)

	<i>As restated</i> <i>Unrestricted</i> <i>funds</i> <i>2023</i> <i>£</i>	<i>As restated</i> <i>Restricted</i> <i>funds</i> <i>2023</i> <i>£</i>	<i>As restated</i> <i>Total</i> <i>funds</i> <i>2023</i> <i>£</i>
Housing Services	1,909,418	4,116	1,913,534
Courses & workshops	-	33,092	33,092
Qu'ran & emotional health education	121	-	121
Healthy Mind Counselling	138,217	67,592	205,809
Volunteering / Suffolk Advice, Guidance & Emotional Support	557	27,207	27,764
Suffolk Night Owls	170,000	-	170,000
Workplace Wellbeing	114,535	12,100	126,635
Green Care	-	12,558	12,558
Personality Disorder Services	164,000	-	164,000
Suffolk Work Well	-	95,420	95,420
Children & Young People	44,557	17,621	62,178
Eating Recovery	62,841	-	62,841
Support Services	6,000	212,921	218,921
NHS Services	131,242	-	131,242
Connect	49,250	-	49,250
Training	53,869	-	53,869
Reception	-	399	399
	<u>2,844,607</u>	<u>483,026</u>	<u>3,327,633</u>

Comparatives have been restated to reflect the allocation between activities and funds in line with disclosure in the prior year SOFA.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

5. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Investment income	17,888	17,888	7,799

In 2023, all investment income was unrestricted.

6. Other incoming resources

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Other income	41,269	41,269	40,094

In 2023, all other income was unrestricted.

7. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £
Contracts and grants for the provision of services	2,471,949	1,295,125	3,767,074

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

7. Analysis of expenditure by activities (continued)

	<i>Activities undertaken directly 2023 £</i>	<i>Support costs 2023 £</i>	<i>Total funds 2023 £</i>
Contracts and grants for the provision of services	2,463,832	1,425,415	3,889,247

Analysis of direct costs

	<i>Activities 2024 £</i>	<i>Total funds 2024 £</i>	<i>Total funds 2023 £</i>
Wages and salaries	1,638,261	1,638,261	1,668,830
Depreciation	26,534	26,534	22,549
Training	9,931	9,931	15,159
Other staff costs	215,237	215,237	196,609
Maintenance, furniture and equipment	53,905	53,905	50,873
Rent, rates and utilities	352,962	352,962	309,727
User related costs	26,217	26,217	26,641
General administration	148,902	148,902	173,444
	<u>2,471,949</u>	<u>2,471,949</u>	<u>2,463,832</u>

Other staff costs include: agency staff; travel; recruitment; and other staff related expenditure.

Maintenance, furniture and equipment include: furniture and equipment costs; servicing; and cleaning expenditure.

Rent, rates and utilities include: heat; light; water; telephone; rent; rates; and maintenance charges from Housing Associations.

User related costs include: catering; residents' welfare; activity expenses; and vehicle running costs.

General administration includes: printing; postage; stationery; professional fees; insurance; services development; IT costs; and bank charges.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Activities 2024 £	Total funds 2024 £	Total funds 2023 £
Wages and salaries	861,109	861,109	962,886
Depreciation	7,783	7,783	10,096
Training	8,952	8,952	13,470
Other staff costs	87,222	87,222	81,428
Maintenance, furniture and equipment	22,954	22,954	20,328
Rent, rates and utilities	50,770	50,770	54,100
User related costs	4,804	4,804	2,473
General administration	215,755	215,755	252,631
Governance costs - other	17,623	17,623	11,825
Governance costs - staff costs	18,153	18,153	16,178
	<u>1,295,125</u>	<u>1,295,125</u>	<u>1,425,415</u>

Other staff costs include: agency staff; travel; recruitment; and other staff related expenditure.

Maintenance, furniture and equipment include: furniture and equipment costs; servicing; and cleaning expenditure.

Rent, rates and utilities include: heat; light; water; telephone; rent; and rates.

User related costs include: catering; and activity expenses.

General administration includes: printing; postage; stationery; professional fees; insurance; services development; IT costs; and bank charges.

Governance costs include: auditors' remuneration; insurance; Trustee expenses and training; and Company Secretarial.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

8. Auditors' remuneration

	2024 £	2023 £
Fees payable to the company's auditor for the audit of the company's annual accounts	10,800	10,000

9. Staff costs

	2024 £	2023 £
Wages and salaries	2,253,322	2,349,875
Social security costs	188,447	204,038
Operating costs of defined benefit pension schemes	75,754	77,803
	2,517,523	2,631,716

The average number of persons employed by the company during the year was as follows:

	2024 No.	2023 No.
Average number of employees	109	117

The average monthly number of employees during the year expressed as full-time equivalents was as follows (including casual and part-time staff):

	2024 No.	2023 No.
Average number of employees	72	76

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024 No.	2023 No.
In the band £70,001 - £80,000	1	1

The key management personnel of the charity comprises the Trustees, the Chief Executive Officer, the Head of Education and Training, the Head of Operations, the Head of Support Services and the Head of Community Services. The total employee benefits of the key management personnel of the charity were £293,442 (2023: £345,836).

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 31 March 2024, travel expenses totalling £12 were reimbursed or paid directly to 1 Trustee (2023 - £48 to 2 Trustees). A further £50 (2023 - £Nil) was paid to a third party for trustee training.

11. Intangible assets

	Computer software £
Cost	
At 1 April 2023	154,930
At 31 March 2024	<u>154,930</u>
Amortisation	
At 1 April 2023	35,372
Charge for the year	31,037
At 31 March 2024	<u>66,409</u>
Net book value	
At 31 March 2024	<u><u>88,521</u></u>
At 31 March 2023	<u><u>119,558</u></u>

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

12. Tangible fixed assets

	Freehold property £	Long-term leasehold property £	Motor vehicles £	Fixtures and fittings £	Total £
Cost or valuation					
At 1 April 2023	303,218	72,284	9,247	278,594	663,343
Disposals	-	-	(4,995)	(61,056)	(66,051)
At 31 March 2024	303,218	72,284	4,252	217,538	597,292
Depreciation					
At 1 April 2023	101,853	72,284	9,247	268,746	452,130
Charge for the year	-	-	-	3,280	3,280
On disposals	-	-	(4,995)	(61,056)	(66,051)
At 31 March 2024	101,853	72,284	4,252	210,970	389,359
Net book value					
At 31 March 2024	201,365	-	-	6,568	207,933
At 31 March 2023	201,365	-	-	9,848	211,213

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

13. Fixed asset investments

	Investments in subsidiary companies £
Cost or valuation	
At 1 April 2023	1
At 31 March 2024	1
Net book value	
At 31 March 2024	1
At 31 March 2023	1

Principal subsidiaries

The following was a subsidiary undertaking of the company:

Name	Company number	Holding
Suffolk Mind (Trading) Limited	03222021	100%

The financial results of the subsidiary for the year were:

Name	Net assets £
Suffolk Mind (Trading) Limited	1

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

14. Debtors

	2024 £	2023 £
Due within one year		
Trade debtors	116,856	194,114
Other debtors	5,570	51,993
Prepayments and accrued income	117,015	98,519
	<u>239,441</u>	<u>344,626</u>

15. Current asset investments

	2024 £	2023 £
Deposit accounts	<u>263,586</u>	<u>746,748</u>

16. Creditors: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	97,572	81,919
Other taxation and social security	42,468	45,381
Other creditors	32,360	13,730
Accruals and deferred income	182,216	463,148
	<u>354,616</u>	<u>604,178</u>
	2024 £	2023 £
Deferred income at 1 April 2023	432,252	174,097
Resources deferred during the year	94,042	409,871
Amounts released from previous periods	(421,543)	(151,716)
	<u>104,751</u>	<u>432,252</u>

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

17. Statement of funds

Statement of funds - current year

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2024 £
Unrestricted funds						
Designated funds						
Service Income Protection	1,041,000	-	-	49,000	-	1,090,000
Lease Provision	75,000	-	-	(30,000)	-	45,000
Organisational Development fund	60,000	-	-	-	-	60,000
Building maintenance, furniture & equipment replacement fund	72,000	-	-	-	-	72,000
Asset replacement fund	60,000	-	-	-	-	60,000
	<u>1,308,000</u>	<u>-</u>	<u>-</u>	<u>19,000</u>	<u>-</u>	<u>1,327,000</u>
General funds						
General Funds	<u>194,927</u>	<u>3,234,019</u>	<u>(3,192,760)</u>	<u>(19,000)</u>	<u>36,167</u>	<u>253,353</u>
Total Unrestricted funds	<u>1,502,927</u>	<u>3,234,019</u>	<u>(3,192,760)</u>	<u>-</u>	<u>36,167</u>	<u>1,580,353</u>

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

17. Statement of funds (continued)

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2024 £
Restricted funds						
Housing	-	1,804	(1,804)	-	-	-
Research and evaluation	-	20,547	(20,547)	-	-	-
Fundraising	-	770	(770)	-	-	-
Healthy Mind Counselling	-	163,524	(163,524)	-	-	-
Community Services / SAGES	-	202,039	(202,039)	-	-	-
Workplace Wellbeing / Training	-	47,560	(47,560)	-	-	-
Suffolk Work Well	-	71,412	(71,412)	-	-	-
Children Families & Young People	-	46,087	(17,965)	-	-	28,122
Green Project	-	5,628	(5,628)	-	-	-
Waves	-	2,498	(2,498)	-	-	-
Buildings	-	31,192	(31,192)	-	-	-
Reception	-	9,375	(9,375)	-	-	-
	-	602,436	(574,314)	-	-	28,122
Total of funds	1,502,927	3,836,455	(3,767,074)	-	36,167	1,608,475

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

17. Statement of funds (continued)

Transfers

£19,000 was transferred to designated funds from unrestricted funds in the year.

Unrestricted funds

Service Income Protection: the designated funds set aside representing three months' operating expenditure to ensure continuity in the event of funding cuts. This was increased by £49,000 in the year to reflect the increase in operating expenditure.

Lease Provision: this designated fund represents the operating lease commitment for the property at Bury St Edmunds, up to the break clause. This was reduced by £30,000 in the year to reflect 18 months at £2,500 per month.

Organisational development fund: the designated funds available and expected to be needed to support Suffolk Mind's strategy.

Building maintenance, furniture and equipment replacement fund: the designated funds available to ensure that the charity is able to repair and replace items as required.

Asset replacement fund: the designated funds available to replace significant assets as required.

Restricted funds

Healthy Mind Counselling: the funding available for the provision of healthy mind counselling.

Community Services/Suffolk Advice, Guidance and Emotional Support: the funding available from partnerships agreements with Suffolk Libraries and Suffolk Family Carers, for the provision of information, advice, guidance and emotional support for mental health and wellbeing in Suffolk.

Workplace Wellbeing: the funding available for the provision of workplace wellbeing services.

Suffolk Work Well: the funding available from the Big Lottery Fund to provide proactive and emotional support to individuals and ensure that people with mental health problems who want to remain in paid / voluntary employment receive appropriate support.

Children & Young People: the funding available for the provision of community services to children and young people.

Green Project: the funding available for the provision of Green Care Services.

Research and evaluation: the funding available for projects relating to our emotional needs audit.

WAVES: the funding available to help with the provision of our WAVES service which helps support those with Borderline Personality Disorder

Buildings: the funding available from National Mind to support with utilities costs across our offices.

Reception: the funding available to support staff costs at the University of Suffolk.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

17. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2023 £</i>
Unrestricted funds					
Designated funds					
Service Income Protection	1,000,000	-	-	41,000	1,041,000
Lease Provision	105,000	-	-	(30,000)	75,000
Organisational Development fund	60,000	-	-	-	60,000
Building maintenance, furniture & equipment replacement fund	72,000	-	-	-	72,000
Asset replacement fund	160,000	-	-	(100,000)	60,000
	<u>1,397,000</u>	<u>-</u>	<u>-</u>	<u>(89,000)</u>	<u>1,308,000</u>
General funds					
General Funds	<u>208,357</u>	<u>3,292,133</u>	<u>(3,394,563)</u>	<u>89,000</u>	<u>194,927</u>
Total Unrestricted funds	<u>1,605,357</u>	<u>3,292,133</u>	<u>(3,394,563)</u>	<u>-</u>	<u>1,502,927</u>

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

17. Statement of funds (continued)

	<i>Balance at 1 April 2022</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers in/out</i>	<i>Balance at 31 March 2023</i>
	£	£	£	£	£
Restricted funds					
Housing COVID grants	-	4,116	(4,116)	-	-
Research and Evaluation	-	213,089	(213,089)	-	-
Fundraising (Time to Talk)	-	230	(230)	-	-
Healthy Mind Counselling	-	68,092	(68,092)	-	-
Community Services/SAGES	-	60,299	(60,299)	-	-
Workplace Wellbeing/Training	-	12,100	(12,100)	-	-
Suffolk Work Well	-	95,420	(95,420)	-	-
Children & Young People	5,000	17,621	(22,621)	-	-
Green Project	-	18,717	(18,717)	-	-
	<u>5,000</u>	<u>489,684</u>	<u>(494,684)</u>	<u>-</u>	<u>-</u>
 Total of funds	 <u><u>1,610,357</u></u>	 <u><u>3,781,817</u></u>	 <u><u>(3,889,247)</u></u>	 <u><u>-</u></u>	 <u><u>1,502,927</u></u>

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

18. Analysis of net assets between funds

Analysis of net assets between funds – current period

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	207,933	-	207,933
Intangible fixed assets	88,521	-	88,521
Fixed asset investments	1	-	1
Current assets	1,638,514	28,122	1,666,636
Creditors due within one year	(354,616)	-	(354,616)
Total	1,580,353	28,122	1,608,475

Analysis of net assets between funds – prior period

	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Tangible fixed assets	211,213	211,213
Intangible fixed assets	119,558	119,558
Fixed asset investments	1	1
Current assets	1,776,333	1,776,333
Creditors due within one year	(604,178)	(604,178)
Total	1,502,927	1,502,927

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2024 £	<i>As restated</i> 2023 £
Net income/expenditure for the period (as per Statement of Financial Activities)	105,548	(107,430)
Adjustments for:		
Depreciation and amortisation charges	34,317	32,645
Gains/(losses) on investments	(36,167)	-
Dividends, interests and rents from investments	(17,888)	(7,799)
Decrease/(increase) in debtors	105,185	(35,586)
Increase/(decrease) in creditors	(249,562)	181,177
Net cash provided by/(used in) operating activities	(58,567)	63,007

20. Analysis of cash and cash equivalents

	2024 £	2023 £
Cash in hand	1,163,609	684,959
Total cash and cash equivalents	1,163,609	684,959

21. Analysis of changes in net debt

	At 1 April 2023 £	Cash flows £	At 31 March 2024 £
Cash at bank and in hand	684,959	478,650	1,163,609
Liquid investments	746,748	(483,162)	263,586
	1,431,707	(4,512)	1,427,195

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

22. Capital commitments

	2024	2023
	£	£
Contracted for but not provided in these financial statements		
Acquisition of tangible fixed assets	25,000	-

23. Pension commitments

The charity contributes to the company's stakeholder pension scheme, the assets of which are held in independently administered funds. Total contributions to the pension scheme during the year are disclosed in note 9.

The company also participates in a multi-employer pension scheme for staff who were previously employed by the National Health Service. The pension liability is the responsibility of the National Health Service Pension Scheme. As a result it is not possible to identify the assets and liabilities of the scheme which are attributable to the company.

At the year end, total pension contributions of £13,801 (2023: £13,730) were outstanding.

24. Operating lease commitments

At 31 March 2024 the company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2024	2023
	£	£
Not later than 1 year	26,260	28,024
Later than 1 year and not later than 5 years	10,417	38,760
	<u>36,677</u>	<u>66,784</u>

25. Related party transactions

The company has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the company at 31 March 2024.

SUFFOLK MIND

England & Wales - Charity number 1003061

Accounts

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

SUFFOLK MIND
(A company limited by guarantee)

CONTENTS

	Page
Reference and administrative details of the company, its Trustees and advisers	1
Trustees' report	2 - 14
Independent auditors' report on the financial statements	15 - 18
Statement of financial activities	19
Balance sheet	20
Statement of cash flows	21
Notes to the financial statements	22 - 43

SUFFOLK MIND
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2023**

Trustees	Ian White, Chair Tim Mutum, Vice Chair Katerina Budinova Karen Davies Greer Hill Colin Hopkins (resigned 20 July 2022) Leanne Thorndyke Richard West Chloe Ludkin (appointed 8 November 2022)
Company registered number	02611510
Charity registered number	1003061
Registered office	26 High Road West Felixstowe Suffolk IP11 9JB
Company secretary	Linda Phelan
Chief executive officer	Jon Neal
Independent auditors	Larking Gowen LLP Chartered Accountants 1 Claydon Business Park Great Blakenham Ipswich IP6 0NL
Bankers	Barclays Bank Plc 1 Princes Street Ipswich Suffolk IP1 1PN

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report together with the audited financial statements of the company for the 1 April 2022 to 31 March 2023. The annual report serves the purposes of both a trustees' report and a directors' report under company law. The trustees confirm that the annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

Since the company qualifies as small under section 382 of the Companies Act 2006, the strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Our overarching goal

We want to make Suffolk the best place in the world for talking about and taking care of mental health.

b. Our priorities

- Continue to invest our reserves, diversifying our income base, growing our commercial activities, to bring our finances back into surplus
- Provide safe, effective, clinically compliant services, across the mental health continuum, that enable people to make a life that works, and provide excellent value for money for those who fund them
- Deliver an education and training programme – online, through schools, businesses, statutory services and elsewhere – to introduce the Emotional Needs & Resources approach and prevent mental ill-health
- Constantly evaluate, review and refine our services to ensure they are of the highest possible quality

c. Our values

- We strive for **quality** – wanting to recruit and retain the best people to create and deliver outstanding services for the people who use them
- We are **creative** – never accepting that the way things are currently done needs to be the way things continue
- We are **positive and realistic** – the resources of the public sector are stretched, so we can't rely on funding from that source. But we can be more efficient, delivering the greatest impact possible with the resources we can find
- We commit to treating our staff, volunteers and the people that use our services, with **respect** – responding to their needs, helping them make a life that works as much as we can, and valuing their contribution

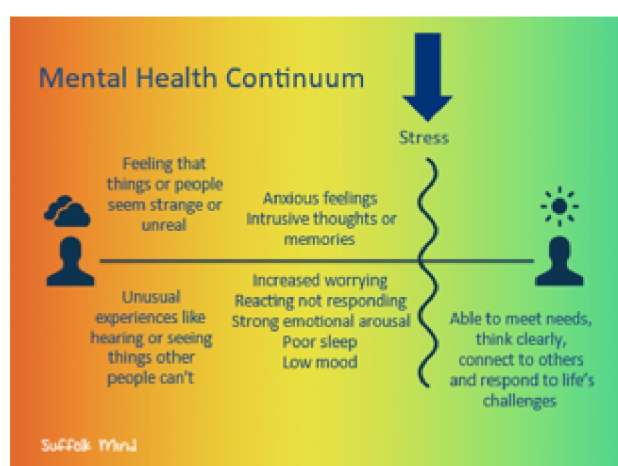
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Objectives and activities (continued)

d. Our approach to mental health

All of us have mental health, just as we have physical health, and we are all on the Mental Health Continuum, moving along it, in both directions, during our lives.

Suffolk Mind works right across the continuum, from wellbeing to 'severe and enduring' mental ill-health – providing support and information for everyone.



To influence our services and products we use an 'organising idea' with the Mental Health Continuum at its heart. We all have physical and emotional needs and we're born with a set of skills and resources to meet those needs. Stress occurs in response to unmet needs. If stress is unaddressed, we move along the continuum into mental ill health.

This approach is referred to as Emotional Needs & Resources.

Whatever our age, we can learn about our own mental health and develop simple skills and techniques to enable us to take better care of both ourselves and those around us.

The approach is straightforward and flexible. Through it we can influence the environment of Suffolk to enable people to get their needs met – whether in their homes, workplaces, schools, rural communities or town centres. We want these environments to help people make a life that works well for themselves and those around them.

As well as focusing attention on keeping people at the wellbeing end of the mental health continuum, we will also continue to help people to address the barriers to meeting needs.

This means, we will continue to deliver services for people with mental ill-health, helping those that are less able to help themselves, and working towards freeing up the NHS to be in a position to help people when they need it most. This helps us to work towards ensuring that everyone in Suffolk experiencing a mental health problem gets support and respect.

Our focus continues to be on developing services for people who need us – whatever their age – and on diversifying our income sources to make us more financially sustainable.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Objectives and activities (continued)

e. Main activities undertaken to further the company's purposes for the public benefit

The trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. Suffolk Mind provides residential and support services for those with higher needs plus a range of services in the community.

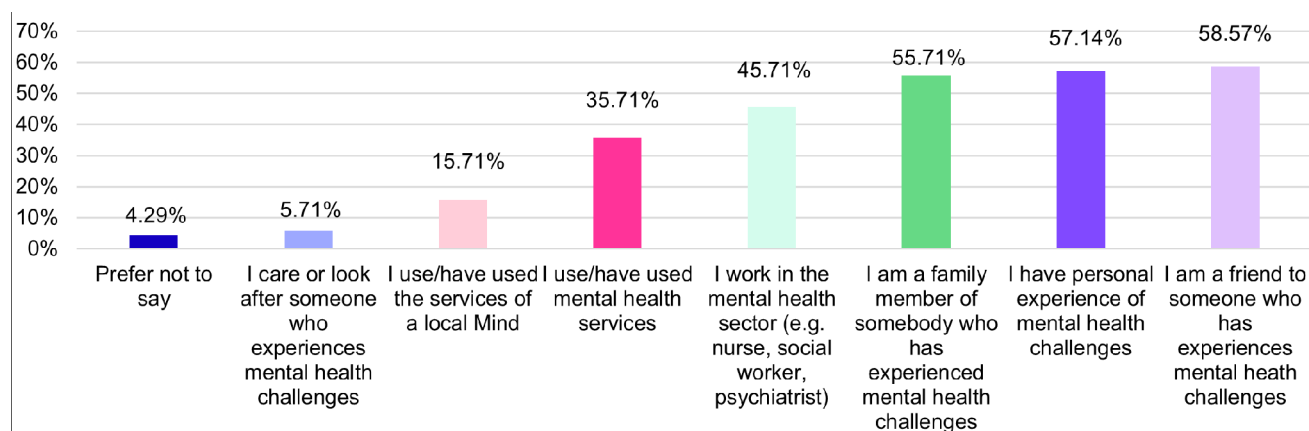
Our online presence has gone from strength to strength. In 2022 we launched our new website and the number of website visitors increased to 33,338 in the last three months of 2022/23.

f. Equality and diversity

Over the year to 31 March 2023, Suffolk Mind employed an average of 98 permanent staff and 19 relief staff.

Lived experience of mental health challenges

Suffolk Mind is committed to recruiting employees and volunteers with lived experience of mental health challenges. The majority of our employees and volunteers have personal experience of mental health challenges, with 1 in 3 using or have used mental health services themselves.



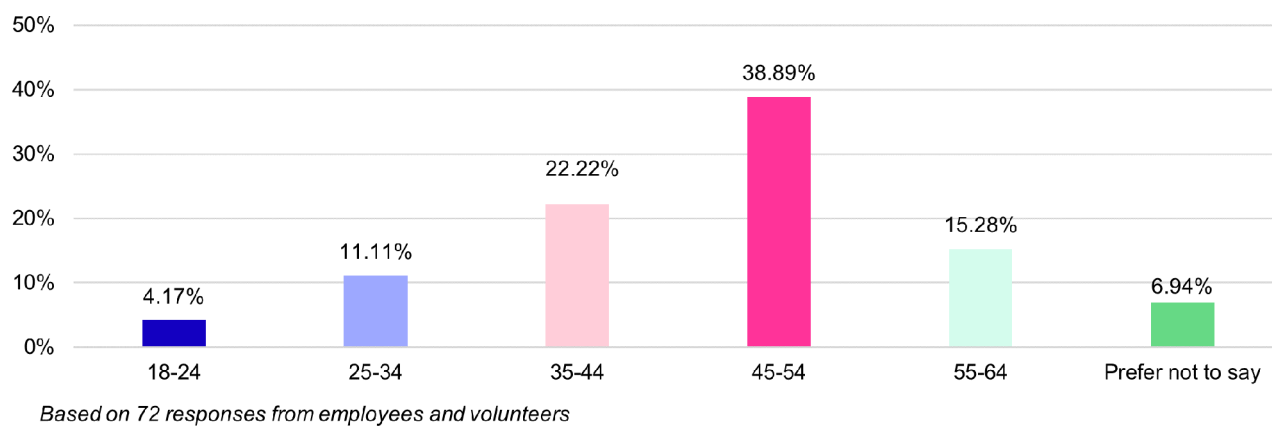
Based on 70 responses from employees and volunteers

SUFFOLK MIND
(A company limited by guarantee)

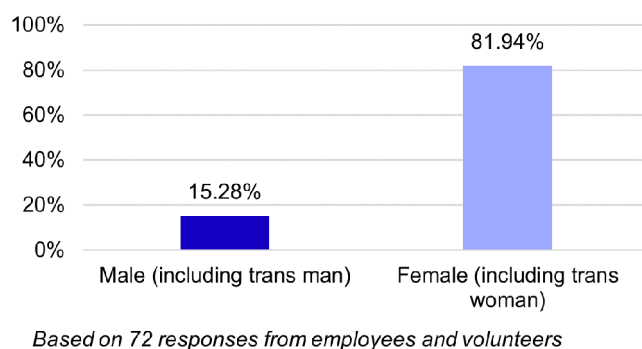
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Objectives and activities (continued)

Age of our employees and volunteers

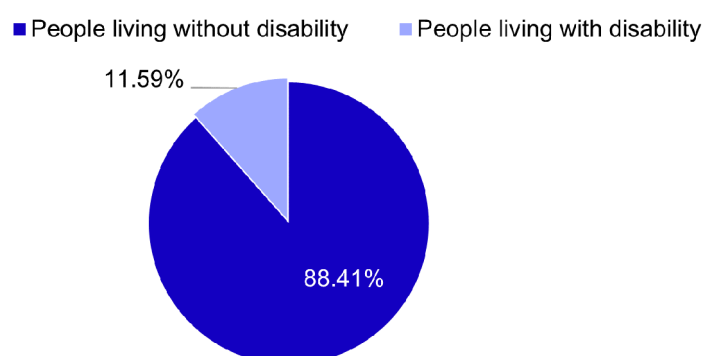


Gender identity of employees and volunteers



97% of employees identify with the same gender they were assigned at birth.

Disability status of employees and volunteers



SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance

a. Main achievements of the company

Our wide range of therapeutic services and training enable everyone to understand mental wellbeing and help to improve or maintain their own. Skills learned can also help people to support others. This knowledge can be applied at both home and work to help everyone to get the best from life and to feel happier and healthier.

During the year all services remained well run and safe with good outcomes.

Suffolk Mind is an accredited Investors in People employer and a Mindful Employer.

Suffolk Mind won two awards at the East Suffolk Awards in February 2023. The first was the Health and Wellbeing Award for offering 'The Mental Health Toolkit: The Essentials' free of charge to members of the public. By offering free places over a number of years we are actively working to meet our mission and educate as many people as possible. By educating people in the emotional needs and resources approach we can help keep people at the wellbeing end of the continuum, and also give people knowledge and tools for times when their needs are less well met.

The second award was for the Big Idea Award. Suffolk Mind produced and distributed 'Sammy the Seasquirt' (a book showing the benefits of exercise on mental health) to every five year old in Suffolk and we have built a lasting legacy with our Sammy Movement Sessions.

Suffolk Mind was also awarded second place in the Mind Innovation Awards for our work developing an E-learning platform.

b. Housing

Our aim is to provide supported accommodation to ensure a successful tenancy for those that have mental illness. Our housing services embrace recovery approaches for mental health and wellbeing; a holistic, enabling, person centred approach to mental distress, disadvantage and social exclusion.

Montrose House is a residential care home for residents with long term mental health needs. It has been rated as Outstanding by the Care Quality Commission and in 2017 won Care Service of the Year. Montrose House staff provide 24 hour care and support tailored to the needs of the individual including support with personal care (washing/dressing) and medication. Meals are provided with residents encouraged to help themselves to drinks, snacks and light meals to maintain their independence. Staff work closely with the local mental health teams, GP surgeries and other health professionals to ensure residents emotional and physical needs are met.

Six sites in the Suffolk Coastal area provide housing and recovery support to individuals who have experienced mental health issues and may have spent time in hospital. Staff are able to offer support to help identify the needs of tenants and explore ways in which they can get their needs met. Tenants can be supported to attend college courses, to find voluntary work and to seek opportunities to find meaningful activities that help promote their recovery. They may be supported to reconnect with their family, offered information on sleep and diet. All tenants have a co-produced support plan personal to their own needs. The service is not intended to provide long-term support and when tenants feel ready they will be supported to move-on to their own flat or home, usually within two years or less. We also run a floating support service and help tenants to setup and run peer group activities.

The Green Road service in Cambridgeshire provides housing and support services to individuals with enduring mental health issues. Tenants have their own flats. Support staff are available on-site and provide high levels of one-to-one support with all aspects of daily living such as cooking, shopping and budgeting as well as providing emotional support.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance (continued)

c. Community services

Suffolk Mind runs a wide range of services in the community, for individuals, groups and organisations. In 2022/23 these services included:

Children, Families and Young People's services
Counselling
Eating Recovery
Green Care
Mums Matter
NHS Support Line
Open Space – a joint project with Suffolk Libraries and Suffolk Family Carers
Suffolk Night Owls
Suffolk Work Well
Waves
Workplace Wellbeing

During 2022/23 more than 27,000 individuals used our services. We had more than 86 active volunteers and 2840 Friends of Suffolk Mind, a 21% increase on last year.

All our services are evaluated by our clients. In 2022/23 significant highlights, despite the challenges of Covid-19, were:

- Suffolk Night Owls had more than 1500 registered clients
- 135 clients attended our Waves programme for those with a diagnosis or traits of borderline personality disorder
- our Counselling Service delivered 1250 counselling sessions
- 40 participants visited our allotments through our Green Care service
- our 0300 111 6000 number handled more than 20,000 calls and emails.

We use the Net Promoter Score to measure how well our services are meeting demand. In 2022/23 the overall NPS score for all Suffolk Mind services was 74%, an increase on the previous year.

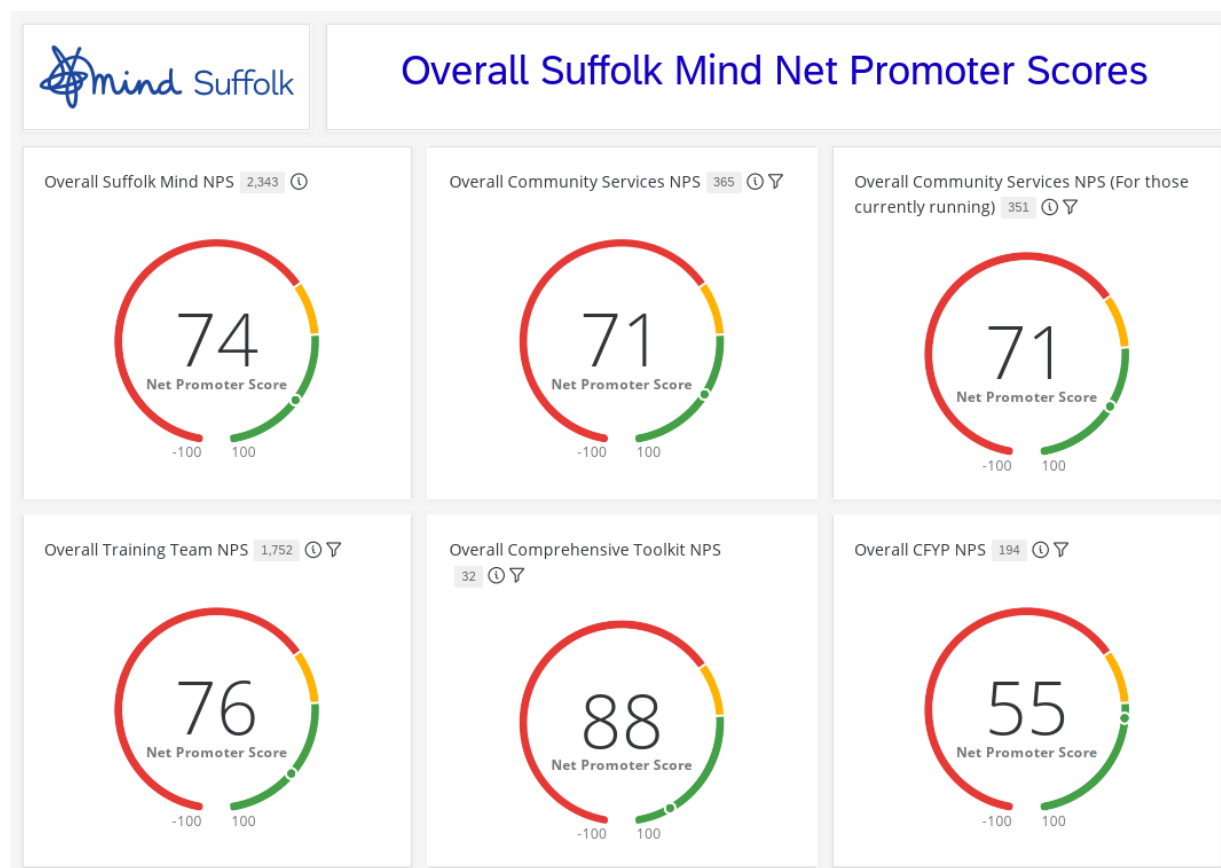
This overall Net Promoter Score is the percentage of promoters minus the percentage of detractors. NPS ranges from -100 (meaning everyone is a detractor) to +100 (meaning everyone is a promoter). Most companies consider a decent Net Promoter Score to be greater than 0%. Any positive NPS is good. An NPS of +50 is excellent.

For more information on our services please visit our website [Suffolk Mind Services](#).

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance (continued)



d. Fundraising

Suffolk Mind is registered with the Fundraising Regulator and we abide by the Code of Fundraising Practice. Trustees have approved an Ethical Fundraising Policy. All fundraising is undertaken by Suffolk Mind employees – we do not use the services of third party fundraisers. Fundraising activities comply with all relevant legislation and the Fundraising Regulator's Fundraising Promise:

- we will commit to high standards
- we will be clear, honest and open
- we will be respectful
- we will be fair and reasonable
- we will be accountable and responsible

Suffolk Mind will take considered decisions on where and how fundraising occurs and acceptable sources of donations. Donations will be refused if they compromise the best interests of the charity and its purposes.

Charity of the Year

Suffolk Mind was named Charity of the Year by 18 organisations. Almost 200 individual supporters took part in a wide range of challenges over the year to raise funds for our charity to use towards delivering and developing services to improve the mental wellbeing of people across our county.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Financial review

a. Financial position

Trustees receive regular reports on the charity's financial position. In 2022/23 Suffolk Mind recorded a deficit of £107,430 compared to a deficit of £140,244 in 2021/22.

Funding for the charity's activities comes from a variety of sources, principally Suffolk County Council, East Suffolk and West Suffolk Clinical Commissioning Groups (CCG) and Cambridgeshire CCG, enabling Suffolk Mind to provide housing and other support services. Suffolk Mind continues to diversify income sources in line with one of its strategic objectives.

b. Going concern

Having revised our strategy, forecasts and business plans and after making appropriate enquiries the trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Trustees continue to monitor the situation closely looking at the impact on cash flow and forecasts. The trustees have identified no material uncertainties which would mean that the charity would be unable to operate for the foreseeable future. For this reason, the trustees continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

c. Reserves policy

The trustees review the reserves policy annually and, in line with that policy, hold reserves of £1,502,927 to protect the continuity of the charity's work in the event of a shortfall in income, to replace assets when required and to provide the capital to deliver our strategic plan in line with expectations and needs for the year ahead.

£211,213 is held in fixed assets that could only be realised by disposing of these assets. A further £119,558 relates to computer software and our website.

The service income protection reserve represents a minimum of three months' operating expenditure to ensure continuity in the event of funding cuts.

The organisational development reserve represents the amount expected to be needed to support the delivery of Suffolk Mind's strategy and return to break-even by 2025/26. This fund stands at £60,000.

Specific reserves are also held to fund asset replacement and building repairs.

A further £75,000 is reserved to pay the balance of the lease on our West Suffolk accommodation until 2029.

Restricted reserves at the year end amount to £nil with total reserves of £1,502,927.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

d. Material investments policy

The investment policy sets out the purposes for which Suffolk Mind makes and retains investments. The key factors that are taken into account are risk and liquidity. Trustees ensure that Suffolk Mind has sufficient liquid reserves to meet short term needs and invest surplus funds elsewhere to provide the charity with security of capital and a reasonable degree of liquidity.

Due to continuing economic uncertainties and rising inflation during 2022/2023, the trustees decided to maintain an equal split between investments and cash held on deposit on deposit. This decision remains under review. Our cash holding as at 31 March 2023 was £1.5 million, compared to £1.6 million at 31 March 2022.

e. Principal risks and uncertainties

Trustees regularly review the charity's risk position and compliance with relevant regulatory and statutory requirements.

Financial risk remains high due to the uncertain economic position and Trustees continue to monitor closely our cash position and the delivery of our strategy to diversify income.

Suffolk Mind has safeguarding policies for adults and Children which are reviewed annually. Serious safeguarding concerns are reported to trustees. All staff and Trustees have attended safeguarding training.

The Trustees have assessed the major risks to which Suffolk Mind is exposed and are satisfied that systems and procedures are in place to mitigate our exposure to the major risks.

Suffolk Mind has complied with all prevailing laws and regulations.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Structure, governance and management

a. Constitution

Suffolk Mind is a registered company, limited by guarantee, and a charity registered with the Charity Commission. The charity is governed by its Memorandum and Articles of Association adopted on 16 May 1991 and amended on 19 May 2023. The objects for which Suffolk Mind is established are to promote and protect mental well-being and to support and assist those experiencing mental ill health.

b. Organisational structure and decision-making policies

The charity's board of trustees meets four times a year, with additional meetings as required. The board is responsible for strategic direction, for ensuring proper governance of Suffolk Mind's activities and for risk management.

Trustees are recruited through a rigorous process of advertisement, shortlisting and interview by two trustees, including the chair, and involving the CEO. All trustee appointments are ratified by the full board. New trustees have a period of induction. All trustees attend our Suffolk's Needs Met courses and receive additional training relevant to their role.

A paid CEO is appointed by the trustees to manage the day-to-day operations of the charity. The board expects the CEO to take both strategic and operational decisions based on its formal ratification of the annual business plan and the budget. The board requires that all decision-making will be within the remit of Suffolk Mind's objectives and policies as set out in the charity's Scheme of Delegation.

c. Pay policy for senior staff

Suffolk Mind is committed to ensuring that all jobs are consistently evaluated and a job evaluation policy is in place to ensure that the process is both equitable and transparent, irrespective of the size or level of the job role. Remuneration levels have been benchmarked against similar roles in the sector. This ensures that all staff, including the senior leadership team, are paid at the appropriate level for the role, capability and performance. The CEO approves remuneration of the senior management team and the Board approves the CEO's remuneration package.

d. Related party relationships

Suffolk Mind is one of more than one hundred local Minds accredited by Mind, a national charity committed to promoting better mental health. In 2019 we were pleased to receive the Mind Quality Mark.

'Suffolk Mind is creative and innovative in all that it does. Everyone the review team met was energetic, passionate and encouraged to share their ideas. Suffolk Mind has developed robust, effective partnerships with a diverse range of organisations across sectors and within the Mind network. The positive culture and support for the workforce is outstanding and Suffolk Mind has a positive impact on the lives of those it supports. Service users spoke highly of their experiences and staff work in ways to ensure individuals are central to the planning of their own support.'

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

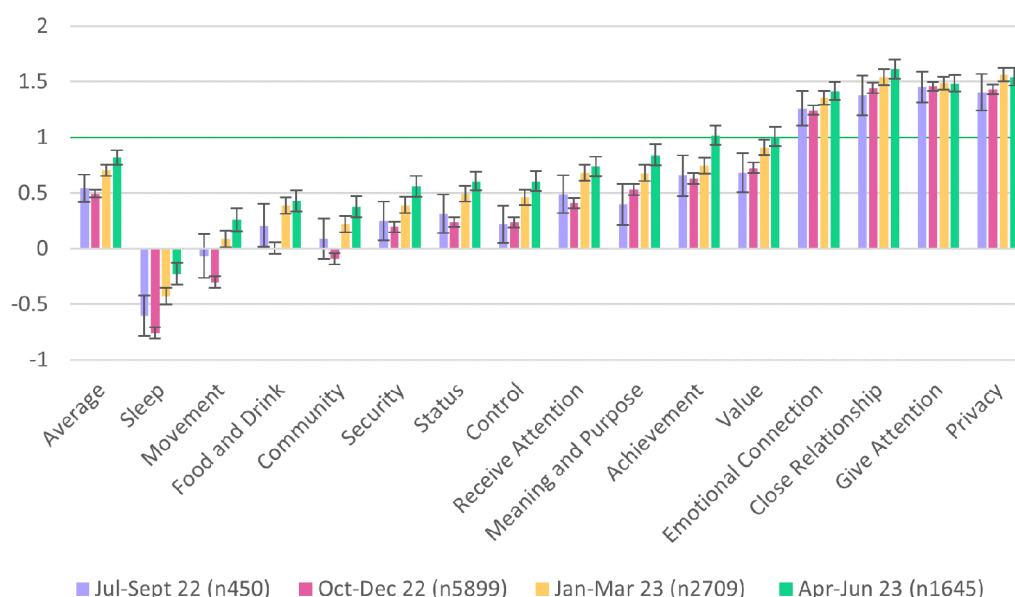
Structure, governance and management (continued)

The charity has a wholly owned subsidiary, Suffolk Mind (Trading) Limited. This company remained dormant for the duration of the year.

Plans for future periods

We expect the long-term impact of Covid-19 to lead to significant growth in demand for our services. All indicators suggest a doubling in the number of people who are experiencing depression or other forms of mental ill health. Our own research chimes with this, as we see the proportion of the population not meeting their emotional needs on average has also doubled since the beginning of Covid-19 and lockdown.

These figures are recovering, but slowly. The graph below shows how well the Suffolk population have been meeting their needs over the last year. We would generally expect to see wellbeing increase in spring and summer. The data tells us that this could be for a few reasons: respondents report their physical or mental health being less of a barrier to meeting their Needs in warmer months than in winter. Respondents' physical & mental health is consistently reported to be the most significant barrier to how well needs are met across the board, so anything alleviating this (such as the weather) is unsurprisingly having a noticeable impact. In Quarter 3 2022, when interest rates increased significantly, respondents' financial situation was reported as being a barrier to them meeting their needs.



SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Plans for future periods (continued)

Strategically we have chosen to focus on a few areas in which we will aim to meet some of that demand and enable the population of Suffolk to maintain good mental health. We will:

- continue to provide safe, effective, clinically compliant services, across the mental health continuum, that enable people to make a life that works, and provide excellent value for money for those who fund them.
- bid to retain the Suffolk coastal housing contract which is due to be re-tendered in 2023/4
- transform the Waves service to provide an expanded service for people with Borderline Personality Disorder in Suffolk, securing the contract beyond the end of 2023/24
- expand GreenCare
- deliver an expanded Eating Recovery service, ensuring it continues to be safe and effective
- pitch to deliver new public sector-funded services that fit with our aims and will return on any investment needed. We will do this in partnership with other charities where we can
- consolidate services in Children, Families and Young People (CFYP), focusing particularly on our work with schools, including secondary/high schools, and providing support for families
- develop and deliver training products for individuals
- grow our counselling services
- become a local and national 'thought leader' in mental health – positioning ourselves as leading the debate on how to meet the challenges of mental health in the UK
- build on existing partnerships with other charities, create new ones, and continue to provide training to as many VCSE partners.
- constantly evaluate, review and refine our services to ensure they are of the highest possible quality.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

SUFFOLK MIND
(A company limited by guarantee)

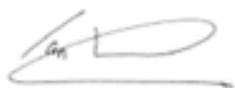
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....
Ian White
Chair of Trustees

Date: 01.08.2023

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND

Opinion

We have audited the financial transactions of Suffolk Mind (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial transactions:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial transactions section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial transactions in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the Annual report other than the financial transactions and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial transactions does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial transactions or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial transactions themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Matters on which we are required to report by exception

In the light of our knowledge and understanding the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us: or
- the financial transactions are not in agreement with accounting records and returns: or
- certain disclosures of Trustees' remuneration specified by law are not made: or
- we have not received all the information and explanations we require for our audit: or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies' exemptions in preparing the Trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial transactions and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial transactions that are free from material misstatement, whether due to fraud or error.

In preparing the financial transactions, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Auditors' responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial transactions as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial transactions.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

Due to the field in which the charitable company operates, we identified the areas most likely to have a direct material impact on the financial statements as compliance with the UK accounting standards, the Companies Act 2006 and the Charities Act 2011. In addition, we considered the provisions of other laws and regulations which, whilst not having a direct impact on the financial statements, are fundamental to the charitable company's ability to operate including care quality commission regulations, health and safety and employment law.

The specific procedures for this engagement and the extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below:

- Enquiry with management about any actual or potential litigations and claims against the charity;
- Enquiry with management about any known or suspected instances of non-compliance with laws and regulations and fraud;
- Review of legal and professional expenditure for evidence of undisclosed legal proceedings;
- Review of the latest Care Quality Commission Inspection report;
- Review of the latest Mind National report;
- Review of Board meeting minutes during the year and since the year end;
- Review of the Risk Register;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations; and
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial transactions or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial transactions, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

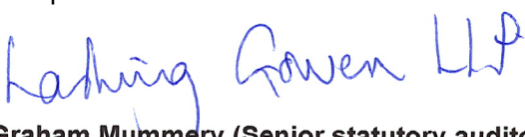
A further description of our responsibilities for the audit of the financial transactions is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.


Graham Mummery (Senior statutory auditor)
for and on behalf of
Larking Gowen LLP
Chartered Accountants
Statutory Auditors
Ipswich

Date: 

SUFFOLK MIND
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023**

	Note	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	3	399,633	6,658	406,291	219,917
Charitable activities		2,844,607	483,026	3,327,633	3,109,712
Investments	5	7,799	-	7,799	4,449
Other income	6	40,094	-	40,094	84,336
Total income		3,292,133	489,684	3,781,817	3,418,414
Expenditure on:					
Charitable activities		3,394,563	494,684	3,889,247	3,558,658
Total expenditure		3,394,563	494,684	3,889,247	3,558,658
Net income/(expenditure)		(102,430)	(5,000)	(107,430)	(140,244)
Net movement in funds		(102,430)	(5,000)	(107,430)	(140,244)
Reconciliation of funds:					
Total funds brought forward		1,605,357	5,000	1,610,357	1,750,601
Net movement in funds		(102,430)	(5,000)	(107,430)	(140,244)
Total funds carried forward		1,502,927	-	1,502,927	1,610,357

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 22 to 43 form part of these financial statements.

SUFFOLK MIND
(A company limited by guarantee)
REGISTERED NUMBER: 02611510

BALANCE SHEET
AS AT 31 MARCH 2023

	Note	2023 £	2022 £
Fixed assets			
Intangible assets	11	119,558	88,502
Tangible assets	12	211,213	213,238
Investments	13	1	1
		<u>330,772</u>	<u>301,741</u>
Current assets			
Debtors	14	344,626	309,040
Investments	15	746,748	759,631
Cash at bank and in hand		684,959	662,946
		<u>1,776,333</u>	<u>1,731,617</u>
Creditors: amounts falling due within one year	16	(604,178)	(423,001)
Net current assets		<u>1,172,155</u>	<u>1,308,616</u>
Total net assets		<u><u>1,502,927</u></u>	<u><u>1,610,357</u></u>
Charity funds			
Restricted funds	17	-	5,000
Unrestricted funds	17	1,502,927	1,605,357
Total funds		<u><u>1,502,927</u></u>	<u><u>1,610,357</u></u>

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



.....
Ian White
Chair of Trustees

Date: 01.08.2023

The notes on pages 22 to 43 form part of these financial statements.

SUFFOLK MIND
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2023

	Note	2023 £	2022 £
Cash flows from operating activities			
Net cash generated from/(used in) operating activities	19	75,890	(216,412)
Cash flows from investing activities			
Dividends, interests and rents from investments		7,799	4,449
Purchase of intangible assets		(57,441)	(76,684)
Purchase of tangible fixed assets		(4,235)	-
Proceeds from sale of investments		-	83,134
Purchase of investments		-	(500,000)
Net cash used in investing activities		(53,877)	(489,101)
Change in cash and cash equivalents in the year		22,013	(705,513)
Cash and cash equivalents at the beginning of the year		662,946	1,368,459
Cash and cash equivalents at the end of the year	20	684,959	662,946

The notes on pages 22 to 43 form part of these financial statements

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

1. General information

Suffolk Mind is a registered company, limited by guarantee, and a charity registered with the Charity Commission. Suffolk Mind is incorporated in England and Wales, company registration number 02611510 and charity registration number 1003061. The registered office is 26 High Road West, Felixstowe, Suffolk, IP11 9JB.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The financial statements are presented in sterling, which is the functional currency of the company and are rounded to the nearest £.

Suffolk Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Company status

The company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the company.

2.3 Consolidation

The financial statements do not consolidate the results of the charity and its wholly-owned subsidiary Suffolk Mind (Trading) Limited. Suffolk Mind (Trading) Limited is a dormant company and therefore the company has adopted the exemption from preparing consolidated accounts.

2.4 Going concern

The Trustees have considered the company's position at the time of signing the financial statements. The Trustees have also considered the company's forecasts.

Based on this, the Trustees have concluded that they have a reasonable expectation that the company will have adequate resources to continue in operational existence for the foreseeable future, and at least twelve months from the date of signing these financial statements, they therefore continue to adopt the going concern basis of accounting in preparing these financial statements.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

2. Accounting policies (continued)

2.5 Income

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grant income (including government grants) is included when the related conditions for the grant have been met.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the company, can be reliably measured.

Donations are credited to the revenue account when received. The charity received the benefit of work carried out by volunteers but no monetary value is placed upon this in the accounts.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

2.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

All expenditure is accounted for on an accruals basis. Direct charitable expenditure includes the direct costs of the activities and depreciation on related assets. Where costs relate to more than one functional costs category, they have been apportioned as a percentage of staff employed on the relevant service.

2.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2. Accounting policies (continued)

2.8 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight line basis over the lease term.

2.9 Pensions

The company contributes to the charity's stakeholder pension scheme and the multi-employer pension schemes of the National Health Service (for those staff members previously employed by the National Health Service). Details of these contributions are given in Note 23.

2.10 Intangible assets and amortisation

Intangible assets costing £3,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Intangible assets are initially recognised at cost. After recognition, under the cost model, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Amortisation is provided on intangible assets at rates calculated to write off the cost of each asset on a straight-line basis over its expected useful life.

Amortisation is provided on the following basis:

Computer software and website - % 5 years straight line

2.11 Tangible fixed assets and depreciation

Tangible fixed assets costing £3,000 or more are capitalised. Properties are valued at cost, or at open market valuation at the time of receipt when acquired without consideration.

Tangible fixed assets are carried at costs, net of depreciation and any provision for impairment. Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives on the following bases:

Freehold property (including improvements)	- No depreciation is provided where, in the opinion of the Trustees, the estimated residual value is in excess of the net book value.
Long-term leasehold property	- over the life of the lease
Motor vehicles	- over 7 years straight line
Fixtures and fittings	- over 3 to 5 years straight line

2.12 Investments

Investments in subsidiaries are valued at cost less provision for impairment.

Current asset investments are deposit accounts and are a form of financial instrument recognised at fair value.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

2. Accounting policies (continued)

2.13 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.14 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.15 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

2.16 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

3. Income from donations and legacies

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Donations	200,633	6,658	207,291	219,446
Legacies	199,000	-	199,000	471
	<u>399,633</u>	<u>6,658</u>	<u>406,291</u>	<u>219,917</u>
<i>Total 2022</i>	<u>205,684</u>	<u>14,233</u>	<u>219,917</u>	

4. Income from charitable activities

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Housing Services	1,909,418	4,116	1,913,534
Courses & workshops	-	33,092	33,092
Qu'ran & emotional health education	121	-	121
Healthy Mind Counselling	138,217	67,592	205,809
Volunteering / Suffolk Advice, Guidance & Emotional Support	557	27,207	27,764
Suffolk Night Owls	170,000	-	170,000
Workplace Wellbeing	114,535	12,100	126,635
Green Care	-	12,558	12,558
Personality Disorder Services	164,000	-	164,000
Suffolk Work Well	-	95,420	95,420
Children & Young People	44,557	17,621	62,178
Eating Recovery	62,841	-	62,841
Support Services	8,746	217,921	226,667
Connect	49,250	-	49,250
NHS Services	131,242	-	131,242
Training	53,869	-	53,869
Reception	-	399	399
Other	-	(7,746)	(7,746)
Total 2023	<u>2,847,353</u>	<u>480,280</u>	<u>3,327,633</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Housing Services	1,864,830	19,264	1,884,094
Service Development	-	13,497	13,497
Qu'ran & emotional health education	258	-	258
Healthy Mind Counselling	76,612	53,522	130,134
Volunteering / Suffolk Advice, Guidance and Emotional Support	-	29,950	29,950
Suffolk Night Owls	170,000	-	170,000
Workplace Wellbeing	225,172	-	225,172
Green Care	-	7,930	7,930
Personality Disorder Services	114,049	-	114,049
Suffolk Work Well	-	71,412	71,412
Children & Young People	31,499	1,000	32,499
Eating Recovery	6,420	-	6,420
Support Services	-	6,997	6,997
Connect	197,160	-	197,160
NHS Services	129,048	-	129,048
Sammy Grants	581	1,500	2,081
Digital	-	6,997	6,997
Projects	16,000	10,000	26,000
Training	56,014	-	56,014
Total 2022	2,887,643	222,069	3,109,712

The charity was eligible to claim additional funding in the year ended 2022 from government support schemes in response to the coronavirus outbreak. The funding received is included in Housing Services.

The charity received the following income under each scheme:

- £9,168 received for Infection Control;
- £3,846 received for Rapid Testing.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

5. Investment income

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Investment income	7,799	7,799	4,449

In 2022, all investment income received was unrestricted.

6. Other incoming resources

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Other income	40,094	40,094	84,336

In 2022, all other income was unrestricted.

7. Analysis of expenditure by activities

	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Contracts and grants for the provision of services	2,463,832	1,425,415	3,889,247	3,558,658
<i>Total 2022</i>	2,335,525	1,223,133	3,558,658	

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Activities 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Wages and salaries	1,668,830	1,668,830	1,619,758
Depreciation	22,549	22,549	1,035
Training	15,159	15,159	5,343
Other staff costs	196,609	196,609	148,153
Maintenance, furniture and equipment	50,873	50,873	58,651
Rent, rates and utilities	309,727	309,727	287,498
User related costs	26,641	26,641	26,959
General administration	173,444	173,444	188,128
	<u>2,463,832</u>	<u>2,463,832</u>	<u>2,335,525</u>

Other staff costs include: agency staff; travel; recruitment; and other staff related expenditure.

Maintenance, furniture and equipment include: furniture and equipment costs; servicing; and cleaning expenditure.

Rent, rates and utilities include: heat; light; water; telephone; rent; rates; and maintenance charges from Housing Associations.

User related costs include: catering; residents' welfare; activity expenses; and vehicle running costs.

General administration includes: printing; postage; stationery; professional fees; insurance; services development; IT costs; and bank charges.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Activities 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Wages and salaries	962,886	962,886	838,163
Depreciation	10,096	10,096	12,759
Training	13,470	13,470	27,646
Other staff costs	81,428	81,428	43,442
Maintenance, furniture and equipment	20,328	20,328	17,819
Rent, rates and utilities	54,100	54,100	53,144
User related costs	2,473	2,473	3,174
General administration	252,631	252,631	194,540
Governance costs - other	11,825	11,825	11,364
Governance costs - staff costs	16,178	16,178	21,082
	<u>1,425,415</u>	<u>1,425,415</u>	<u>1,223,133</u>

Other staff costs include: agency staff; travel; recruitment; and other staff related expenditure.

Maintenance, furniture and equipment include: furniture and equipment costs; servicing; and cleaning expenditure.

Rent, rates and utilities include: heat; light; water; telephone; rent; and rates.

User related costs include: catering; and activity expenses.

General administration includes: printing; postage; stationery; professional fees; insurance; services development; IT costs; and bank charges.

Governance costs include: auditors' remuneration; insurance; Trustee expenses and training; and Company Secretarial.

8. Auditors' remuneration

	2023 £	<i>2022 £</i>
Fees payable to the company's auditor for the audit of the company's annual accounts	<u>10,000</u>	<u>9,948</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

9. Staff costs

	2023 £	2022 £
Wages and salaries	2,366,053	2,231,300
Social security costs	204,038	174,831
Operating costs of defined benefit pension schemes	77,803	72,872
	<u>2,647,894</u>	<u>2,479,003</u>

A total of £8,109 (2022 - £nil) was paid in the form of non-contractual termination payments.

Payments have been recognised in the period to which they relate, in line with the accounting policy over expenditure.

The average number of persons employed by the company during the year was as follows:

	2023 No.	2022 No.
Average number of employees	<u>117</u>	<u>113</u>

The average monthly number of employees during the year expressed as full-time equivalents was as follows (including casual and part-time staff):

	2023 No.	2022 No.
Average number of employees	<u>76</u>	<u>75</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2023 No.	2022 No.
In the band £70,001 - £80,000	<u>1</u>	<u>1</u>

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, the Head of Mental Health Education, the Head of Engagement and Income Generation, the Head of Operations, the Head of Support Services, the Head of Development and Partnerships and the Head of Community Services. The total employee benefits of the key management personnel of the charity were £345,836 (2022: £330,942).

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 31 March 2023, expenses totaling £48 were reimbursed or paid directly to 2 Trustees (2022 - £303 to 5 Trustees).

11. Intangible assets

	Computer software and website £
Cost	
At 1 April 2022	97,489
Additions	57,441
At 31 March 2023	154,930
Amortisation	
At 1 April 2022	8,987
Charge for the year	26,385
At 31 March 2023	35,372
Net book value	
At 31 March 2023	119,558
At 31 March 2022	88,502

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

12. Tangible fixed assets

	Freehold property £	Long-term leasehold property £	Motor vehicles £	Fixtures and fittings £	Total £
Cost or valuation					
At 1 April 2022	303,218	72,284	9,247	274,359	659,108
Additions	-	-	-	4,235	4,235
At 31 March 2023	303,218	72,284	9,247	278,594	663,343
Depreciation					
At 1 April 2022	101,853	70,524	9,247	264,246	445,870
Charge for the year	-	1,760	-	4,500	6,260
At 31 March 2023	101,853	72,284	9,247	268,746	452,130
Net book value					
At 31 March 2023	201,365	-	-	9,848	211,213
At 31 March 2022	201,365	1,760	-	10,113	213,238

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

13. Fixed asset investments

	Investments in subsidiary companies £
Cost or valuation	
At 1 April 2022	1
At 31 March 2023	1
Net book value	
At 31 March 2023	1
At 31 March 2022	1

Principal subsidiaries

The following was a subsidiary undertaking of the company:

Name	Company number	Holding
Suffolk Mind (Trading) Limited	03222021	100%

The financial results of the subsidiary for the year were:

Name	Net assets £
Suffolk Mind (Trading) Limited	1

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

14. Debtors

	2023 £	2022 £
Due within one year		
Trade debtors	194,114	158,470
Other debtors	51,993	35,583
Prepayments and accrued income	98,519	114,987
	<u>344,626</u>	<u>309,040</u>

15. Current asset investments

	2023 £	2022 £
Deposit accounts	<u>746,748</u>	<u>759,631</u>

16. Creditors: Amounts falling due within one year

	2023 £	2022 £
Trade creditors	81,919	107,658
Other taxation and social security	45,381	62,987
Other creditors	13,730	32,137
Accruals and deferred income	463,148	220,219
	<u>604,178</u>	<u>423,001</u>
	2023 £	2022 £
Deferred income at 1 April 2022	174,097	226,395
Resources deferred during the year	409,871	167,977
Amounts released from previous periods	(151,716)	(220,275)
	<u>432,252</u>	<u>174,097</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

17. Statement of funds

Statement of funds - current year

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2023 £
Unrestricted funds					
Designated funds					
Service Income Protection	1,000,000	-	-	41,000	1,041,000
Lease Provision	105,000	-	-	(30,000)	75,000
Organisational Development Fund	60,000	-	-	-	60,000
Building maintenance, furniture & equipment replacement fund	72,000	-	-	-	72,000
Asset replacement fund	160,000	-	-	(100,000)	60,000
	<u>1,397,000</u>	<u>-</u>	<u>-</u>	<u>(89,000)</u>	<u>1,308,000</u>
General funds					
General Funds	<u>208,357</u>	<u>3,292,133</u>	<u>(3,394,563)</u>	<u>89,000</u>	<u>194,927</u>
Total Unrestricted funds	<u>1,605,357</u>	<u>3,292,133</u>	<u>(3,394,563)</u>	<u>-</u>	<u>1,502,927</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

17. Statement of funds (continued)

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2023 £
Restricted funds					
Housing COVID grants	-	4,116	(4,116)	-	-
Research and Evaluation	-	213,089	(213,089)	-	-
Fundraising (Time to Talk)	-	230	(230)	-	-
Healthy Mind Counselling	-	68,092	(68,092)	-	-
Community Services/SAGES	-	60,299	(60,299)	-	-
Workplace Wellbeing/Training	-	12,100	(12,100)	-	-
Suffolk Work Well	-	95,420	(95,420)	-	-
Children & Young People	5,000	17,621	(22,621)	-	-
Green Project	-	18,717	(18,717)	-	-
	<u>5,000</u>	<u>489,684</u>	<u>(494,684)</u>	<u>-</u>	<u>-</u>
Total of funds	<u><u>1,610,357</u></u>	<u><u>3,781,817</u></u>	<u><u>(3,889,247)</u></u>	<u><u>-</u></u>	<u><u>1,502,927</u></u>

Statement of funds - prior year

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
Unrestricted funds					
Designated funds					
Service Income Protection	900,000	-	-	100,000	1,000,000
Lease Provision	135,000	-	-	(30,000)	105,000
Organisational Development Fund	100,000	-	-	(40,000)	60,000
Building maintenance, furniture & equipment replacement fund	72,000	-	-	-	72,000
Asset replacement fund	60,000	-	-	100,000	160,000
	<u>1,267,000</u>	<u>-</u>	<u>-</u>	<u>130,000</u>	<u>1,397,000</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

17. Statement of funds (continued)

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2022 £</i>
General funds					
General Funds	436,173	3,182,112	(3,279,928)	(130,000)	208,357
Total Unrestricted funds	1,703,173	3,182,112	(3,279,928)	-	1,605,357

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

17. Statement of funds (continued)

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2022 £</i>
Restricted funds					
Courses & Workshops	-	53,522	(53,522)	-	-
Community Services/ SAGES	1,720	29,950	(31,670)	-	-
Workplace well being/ Training	8,170	-	(8,170)	-	-
Service Development	-	13,497	(13,497)	-	-
Suffolk Work Well	22,895	71,412	(94,307)	-	-
Children & Young People	-	6,000	(1,000)	-	5,000
Green care	7,930	7,930	(15,860)	-	-
Housing COVID grants	-	20,194	(20,194)	-	-
Support services	650	1,211	(1,861)	-	-
Sammy Grant/Donations	6,063	9,803	(15,866)	-	-
Digital	-	6,997	(6,997)	-	-
Projects	-	10,000	(10,000)	-	-
Fundraising	-	5,786	(5,786)	-	-
	<u>47,428</u>	<u>236,302</u>	<u>(278,730)</u>	<u>-</u>	<u>5,000</u>
Total of funds	<u>1,750,601</u>	<u>3,418,414</u>	<u>(3,558,658)</u>	<u>-</u>	<u>1,610,357</u>

Transfers

£89,000 was transferred from designated funds to unrestricted funds in the year.

Unrestricted funds

Service income protection: The designated funds set aside representing three months' operating expenditure to ensure continuity in the event of funding cuts. This was increased by £41,000 in the year to reflect the increase in operating expenditure.

Lease Provision: This designated fund represents the operating lease commitment for the property at Bury St Edmunds, up to the break clause. This was reduced by £30,000 in the year to reflect 30 months at £2,500 per month.

Organisational development fund: The designated funds available and expected to be needed to support Suffolk Mind's strategy.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

Building maintenance, furniture and equipment replacement fund: The designated funds available to ensure that the charity is able to repair and replace items as required.

Asset replacement fund: The designated funds available to replace significant assets as required. This was decreased by £100,000 in the year to reflect the completion of the website improvements, reducing the fund to the prior year level.

Restricted funds

Courses and workshops: The funding available from Suffolk Community Foundation for the provision of courses and workshops to improve the emotional health and wellbeing of individuals.

Healthy Mind Counselling: The funding available for the provision of healthy mind counselling.

Community Services/Suffolk Advice, Guidance and Emotional Support: The funding available from partnerships agreements with Suffolk Libraries and Suffolk Family Carers, for the provision of information, advice, guidance and emotional support for mental health and wellbeing in Suffolk.

Workplace Wellbeing: The funding available for the provision of workplace wellbeing services.

Service Development: The funding available for the development of services.

Suffolk Work Well: The funding available from the Big Lottery Fund to provide proactive and emotional support to individuals and ensure that people with mental health problems who want to remain in paid / voluntary employment receive appropriate support.

Children & Young People: The funding available for the provision of community services to children and young people.

Green Care: The funding available for the provision of Green Care services.

Housing Covid grants: The funding available for residents and nurses for the provision of PPE, rapid testing and Infection control.

Research & Evaluation: The funding available to collect and increase the amount of data we have.

Support Services: Funding from the National Lottery Community Fund and other specific grants, such as funding for laptops, for the furthering of support services.

Sammy Grants/donations: The funding available for the publication and distribution of the book Sammy the Sea Squirt.

Digital: The funding given to us for our Kickstarter employee

Projects: The funding available to us to be spent on costs for our E-Learning platform

Fundraising: The funding given to us for our Kickstarter employee

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

18. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	211,213	211,213
Intangible fixed assets	119,558	119,558
Fixed asset investments	1	1
Current assets	1,776,333	1,776,333
Creditors due within one year	(604,178)	(604,178)
Total	<u><u>1,502,927</u></u>	<u><u>1,502,927</u></u>

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2022 £</i>	<i>Restricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Tangible fixed assets	213,238	-	213,238
Intangible fixed assets	88,502	-	88,502
Fixed asset investments	1	-	1
Current assets	1,662,689	68,928	1,731,617
Creditors due within one year	(359,073)	(63,928)	(423,001)
Total	<u><u>1,605,357</u></u>	<u><u>5,000</u></u>	<u><u>1,610,357</u></u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2023 £	2022 £
Net expenditure for the year (as per Statement of Financial Activities)	(107,430)	(140,244)
Adjustments for:		
Depreciation and amortisation charges	32,645	13,796
Dividends, interests and rents from investments	(7,799)	(4,449)
Increase in debtors	(22,703)	(77,558)
Increase/(decrease) in creditors	181,177	(7,957)
Net cash provided by/(used in) operating activities	75,890	(216,412)

20. Analysis of cash and cash equivalents

	2023 £	2022 £
Cash in hand	684,959	662,946
Total cash and cash equivalents	684,959	662,946

21. Analysis of changes in net debt

	At 1 April 2022 £	Cash flows £	At 31 March 2023 £
Cash at bank and in hand	662,946	22,013	684,959
Liquid investments	759,631	(12,883)	746,748
	1,422,577	9,130	1,431,707

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

22. Capital commitments

	2023 £	2022 £
Contracted for but not provided in these financial statements		
Acquisition of intangible assets	-	54,360
	<u> </u>	<u> </u>

23. Pension commitments

The charity contributes to the company's stakeholder pension scheme, the assets of which are held in independently administered funds. Total contributions to the pension scheme during the year are disclosed in note 9.

The company also participates in a multi-employer pension scheme for staff who were previously employed by the National Health Service. The pension liability is the responsibility of the Nation Health Service Pension Scheme. As a result it is not possible to identify the assets and liabilities of the scheme which are attributable to the company.

At the year end, total pension contributions of £13,730 (2022: £17,137) were outstanding.

24. Operating lease commitments

At 31 March 2023 the company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2023 £	2022 £
Not later than 1 year	28,024	28,024
Later than 1 year and not later than 5 years	38,760	66,784
	<u>66,784</u>	<u>94,808</u>

The following lease payments have been recognised as an expense in the Statement of financial activities:

	2023 £	2022 £
Operating lease rentals	-	28,186
	<u> </u>	<u> </u>

25. Related party transactions

There were no related party transactions during the year.

SUFFOLK MIND

England & Wales - Charity number 1003061

Accounts

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

SUFFOLK MIND
(A company limited by guarantee)

CONTENTS

	Page
Reference and administrative details of the company, its Trustees and advisers	1
Trustees' report	2 - 14
Independent auditors' report on the financial statements	15 - 18
Statement of financial activities	19
Balance sheet	20
Statement of cash flows	21
Notes to the financial statements	22 - 44

SUFFOLK MIND
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2022**

Trustees	Ian White, Chair Tim Mutum, Vice Chair Dr Emma Brierly (resigned 13 November 2021) Katerina Budinova (appointed 20 January 2022) Karen Davies (appointed 20 January 2022) Greer Hill (appointed 20 January 2022) Colin Hopkins Kelly Sayers (resigned 8 November 2021) Ciara Scallon (resigned 9 November 2021) Victoria Southgate (resigned 8 November 2021) Leanne Thorndyke Richard West
Company registered number	02611510
Charity registered number	1003061
Registered office	26 High Road West Felixstowe Suffolk IP11 9JB
Company secretary	Linda Phelan
Chief executive officer	Jon Neal
Independent auditors	Larking Gowen LLP Chartered Accountants 1 Claydon Business Park Great Blakenham Ipswich IP6 0NL
Bankers	Barclays Bank Plc 691 Woodbridge Road Ipswich Suffolk IP4 4NA

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report together with the audited financial statements of the company for the 1 April 2021 to 31 March 2022. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Our overarching goal

We want to make Suffolk the best place in the world for talking about and taking care of mental health.

b. Our priorities

- Continue to invest our reserves, diversifying our income base, growing our commercial activities, to bring our finances back into surplus
- Retain, recruit, develop and empower a highly talented board and team of staff and volunteers to enable us to achieve our mission and remain a viable, sustainable charity underpinned by effective governance
- Provide safe, effective, clinically compliant services, across the mental health continuum, that enable people to make a life that works, and provide excellent value for money for those who fund them
- Deliver an education and training programme – online, through schools, businesses, statutory services and elsewhere – to introduce the Emotional Needs & Resources approach and prevent mental ill-health
- Constantly evaluate, review and refine our services to ensure they are of the highest possible quality

c. Our values

- We strive for quality – wanting to recruit and retain the best people to create and deliver outstanding services for the people who use them
- We are creative – never accepting that the way things are currently done needs to be the way things continue
- We are positive and realistic – the resources of the public sector are stretched, so we can't rely on funding from that source. But we can be more efficient, delivering the greatest impact possible with the resources we can find
- We commit to treating our staff, volunteers and the people that use our services, with respect – responding to their needs, helping them make a life that works as much as we can, and valuing their contribution

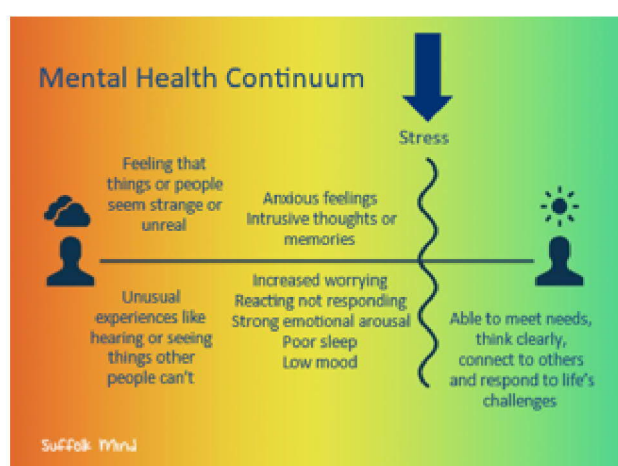
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

d. Our approach to mental health

All of us have mental health, just as we have physical health, and we are all on the Mental Health Continuum, moving along it, in both directions, during our lives.

Suffolk Mind works right across the continuum, from wellbeing to 'severe and enduring' mental ill-health – providing support and information for everyone.



To influence our services and products we use an 'organising idea' with the Mental Health Continuum at its heart. We all have physical and emotional needs and we're born with a set of skills and resources to meet those needs. Stress occurs in response to unmet needs. If stress is unaddressed, we move along the continuum into mental ill health.

This approach is referred to as Emotional Needs & Resources.

Whatever our age, we can learn about our own mental health and develop simple skills and techniques to enable us to take better care of both ourselves and those around us.

The approach is straightforward and flexible. Through it we can influence the environment of Suffolk to enable people to get their needs met – whether in their homes, workplaces, schools, rural communities or town centres. We want these environments to help people to make a life that works well for themselves and those around them.

As well as focusing attention on keeping people at the wellbeing end of the mental health continuum, we will also continue to help people to address the barriers to meeting needs.

This means, we will continue to deliver services for people with mental ill-health, helping those that are less able to help themselves, and working towards freeing up the NHS to be in a position to help people when they need it most.

Our focus continues to be on developing services for people who need us – whatever their age – and on diversifying our income sources to make us more financially sustainable.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

e. Main activities undertaken to further the company's purposes for the public benefit

The trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. Suffolk Mind provides residential and support services for those with higher needs plus a range of services in the community.

Our online presence has gone from strength to strength with a steady 15,000 website views per month and a steady increase on our main social media sites throughout the year.

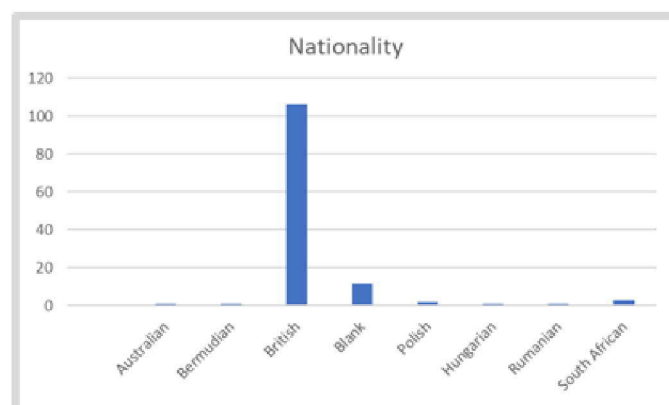
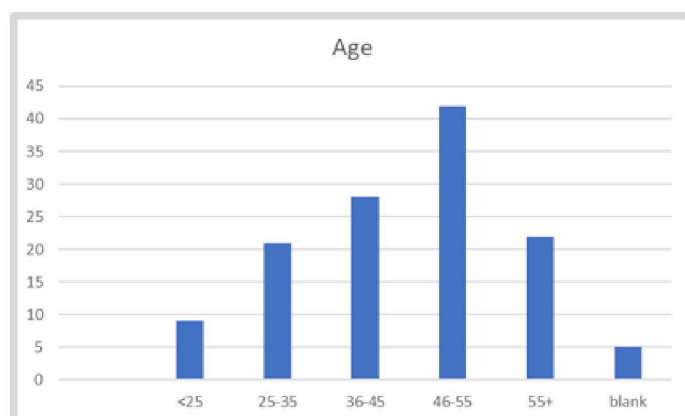
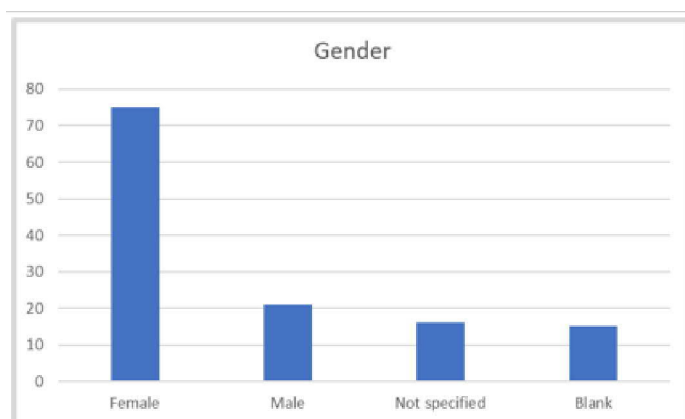
SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

f. Equality and diversity

Over the year to 31 March 2022, Suffolk Mind employed 127 permanent staff:



Suffolk Mind makes a voluntary report to the Gender Pay Gap service. In 2021 women earned £1.11 for every £1 that men earn when comparing median hourly pay. Their median hourly pay is 11.4 % higher than men's. When comparing mean (average) hourly pay, women's mean hourly pay is 15.6% lower than men's.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance

a. Main achievements of the company

Suffolk Mind is a beacon of best practice for the Mind network. In the 2020 Mind Network Excellence Awards we were the winners in the category 'Service Quality and Safety'.

"Operations are overseen by a dedicated board of trustees and driven by an experienced, innovative and accomplished leadership team. Collectively, with the workforce and service users, it is determined that Suffolk Mind will continue to build upon its existing quality standards to maximise its impact and empower individuals and communities to live well. "

Our CEO was awarded the Lord Lieutenant's special Certificate of Merit for his work at Suffolk Mind and the efforts put in to take our services online to reach many more people. And in 2022 he was named one of the 100 most influential people in Suffolk by the East Anglian Daily Times.

Suffolk Mind is an accredited Investors in People employer and a Mindful Employer. We are registered with the Care Quality Commission, who awarded Montrose House with an outstanding rating at its latest inspection.

Our wide range of therapeutic services and training enable everyone to understand mental wellbeing and help to improve or maintain their own. Skills learned can also help people to support others. This knowledge can be applied at both home and work to help everyone to get the best from your life and to feel happier and healthier.

During the year all services remained well run and safe with good outcomes.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

b. Housing

Our aim is to provide supported accommodation to ensure a successful tenancy for those that have suffered mental illness. Our housing services embrace recovery approaches for mental health and wellbeing; a holistic, enabling, person centred approach to mental distress, disadvantage and social exclusion.

Montrose House is a residential care home for residents with long term mental health needs. It has been rated as Outstanding by the Care Quality Commission and in 2017 won Care Service of the Year. Montrose House staff provide 24 hour care and support tailored to the needs of the individual including support with personal care (washing/dressing) and medication. Meals are provided with residents encouraged to help themselves to drinks, snacks and light meals to maintain their independence. Staff work closely with the local mental health teams, GP surgeries and other health professionals to ensure residents emotional and physical needs are met.

Six sites in the Suffolk Coastal area provide housing and recovery support to individuals who have experienced mental health issues and may have spent time in hospital. Staff are able to offer support to help identify the needs of tenants and explore ways in which they can get their needs met. Tenants can be supported to attend college courses, to find voluntary work and to seek opportunities to find meaningful activities that help promote their recovery. They may be supported to reconnect with their family, offered information on sleep and diet. All tenants have a co-produced support plan personal to their own needs. The service is not intended to provide long-term support and when tenants feel ready they will be supported to move-on to their own flat or home, usually within two years or less. We also run a floating support service and help tenants to setup and run peer group activities.

The Green Road service in Cambridgeshire provides housing and support services to individuals with enduring mental health issues. Tenants have their own flats. Support staff are available on-site and provide high levels of one-to-one support with all aspects of daily living such as cooking, shopping and budgeting as well as providing emotional support.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

c. Community services

Suffolk Mind runs a wide range of services in the community, for individuals, groups and organisations. In 2021/22 these services included:

Children and Young People's services

Connect

Counselling

Eating Recovery

Green Care

Mums Matter

NHS Support Line

Open Space – a joint project with Suffolk Libraries and Suffolk Family Carers

Suffolk Night Owls

Suffolk Work Well

Waves

Workplace Wellbeing

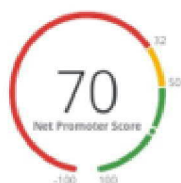
During 2021/22 more than 18,000 individuals used our services. We had more than 70 active volunteers who donated 4400 hours of their time and 2226 Friends of Suffolk Mind, A 45% increase on last year.

All of our services are evaluated by our clients. In 2021/22 significant highlights, despite the challenges of Covid19, were:

- Suffolk Mind Connect took 3,400 new referrals
- Suffolk Night Owls had more than 1,300 registered clients, an increase of 60% on last year
- 160 clients attended our Waves programme for those with a diagnosis or traits of borderline personality disorder
- Our Counselling Service delivered counselling to 773 clients
- 40 participants visited our allotments through our Green Care service
- Our 0300 111 6000 number handled 17,000 calls and emails

We use the Net Promoter Score to measure how well our services are meeting demand.

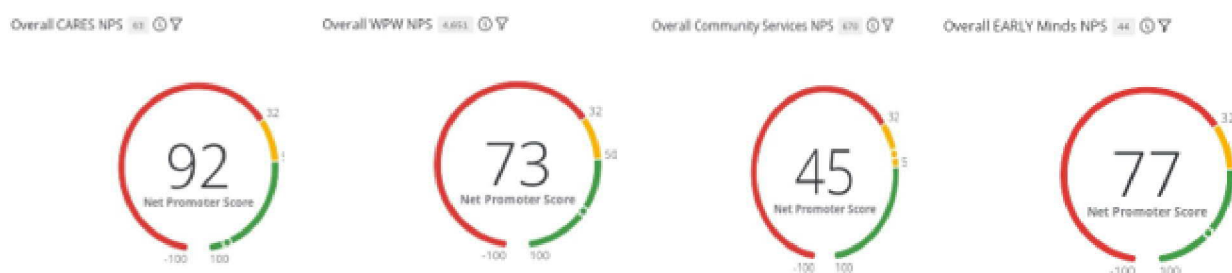
Overall Suffolk Mind NPS 5,421 ①



SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)



This overall Net Promoter Score is the percentage of promoters minus the percentage of detractors. NPS ranges from -100 (meaning everyone is a detractor) to +100 (meaning everyone is a promoter). Most companies consider a decent Net Promoter Score to be greater than 0%. Any positive NPS is good. An NPS of +50 is excellent.

For more information on our services please visit our website [Suffolk Mind Services](#).

d. Fundraising

Suffolk Mind is registered with the Fundraising Regulator and we abide by the Code of Fundraising Practice. Trustees have approved an Ethical Fundraising Policy. All fundraising is undertaken by Suffolk Mind employees – we do not use the services of third party fundraisers. Fundraising activities comply with all relevant legislation and the Fundraising Regulator's Fundraising Promise:

- o we will commit to high standards
- o we will be clear, honest and open
- o we will be respectful
- o we will be fair and reasonable
- o we will be accountable and responsible

Suffolk Mind will take considered decisions on where and how fundraising occurs and acceptable sources of donations. Donations will be refused if they compromise the best interests of the charity and its purposes.

Charity of the Year

Suffolk Mind was named Charity of the Year for 27 organisations who raised over £22,000 in unrestricted funds for us to use towards delivering and developing services to improve the mental wellbeing of people across our county.

We launched the new 100 Miles for Suffolk Mind in 100 days campaign in early 2022 and 163 participants have registered to take part.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Financial review

a. Financial position

Trustees receive regular reports on the charity's financial position. In 2021/22 Suffolk Mind recorded a deficit of £140,244, compared to a surplus of £216,282 in 2020/21.

Funding for the charity's activities comes from a variety of sources, principally Suffolk County Council, East Suffolk and West Suffolk Clinical Commissioning Groups (CCG) and Cambridgeshire CCG, enabling Suffolk Mind to provide housing and other support services. Suffolk Mind continues to diversify income sources in line with one of its strategic objectives.

b. Going concern and Covid-19

COVID-19 had a huge impact on our services from March 2020 onwards with many services being suspended or delivered online. Services have gradually been re-instated where it has been safe to do so. In many cases this has meant hiring new premises to allow social distancing to take place. Other services continue to operate on a hybrid basis alternating between online and face to face provision.

Having revised our forecasts and business plans and after making appropriate enquiries the trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Trustees continue to monitor the situation closely looking at the impact on cash flow and forecasts. The trustees have identified no material uncertainties which would mean that the charity would be unable to operate for the foreseeable future. For this reason, the trustees continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

c. Reserves policy

The trustees review the reserves policy annually and have set aside reserves to protect the continuity of the charity's work in the event of a shortfall in income, to replace assets when required and to provide the capital to deliver our strategic plan in line with expectations and needs for the year ahead. The service income protection reserve represents a minimum of three months' operating expenditure to ensure continuity in the event of funding cuts. The organisational development reserve represents the amounts expected to be needed to support Suffolk Mind's strategy and it now stands at £60,000. Specific reserves are also held to fund asset maintenance and replacement and building repairs and amount to £232,000. Restricted reserves at the year end amount to £5,000 with total reserves of £1,610,357.

d. Material investments policy

The investment policy sets out the purposes for which Suffolk Mind makes and retains investments. The key factors that are taken into account are risk and liquidity. Trustees ensure that Suffolk Mind has sufficient liquid reserves to meet short term needs and invest surplus funds elsewhere to provide the charity with security of capital and a reasonable degree of liquidity.

Due to the economic uncertainties and rising inflation during 2020/21, the trustees decided to move £500,000 out of cash into equity funds and to retain £250,000 on deposit for one year or more. This decision remains under review. Our cash holding as at 31 March 2022 was £1.4 million, compared to £1.7 million at 31 March 2021.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

e. Principal risks and uncertainties

Trustees regularly review the charity's risk position and compliance with relevant regulatory and statutory requirements. The Trustees have assessed the major risks to which Suffolk Mind is exposed, in particular those related to the operations and finances of the company, and are satisfied that systems and procedures are in place to mitigate our exposure to the major risks.

Structure, governance and management

a. Constitution

Suffolk Mind is a registered company, limited by guarantee, and a charity registered with the Charity Commission. The charity is governed by its Memorandum and Articles of Association adopted on 16 May 1991 and amended on 31 January 2019. The objects for which Suffolk Mind is established are to promote and protect mental well being and to support and assist those experiencing mental ill health.

b. Organisational structure and decision-making policies

The charity's board of trustees meets four times a year, with additional meetings if necessary. During 2021/22 all trustee meetings were held on-line. The board is responsible for strategic direction, for ensuring proper governance of Suffolk Mind's activities and for risk management.

Trustees are recruited through a rigorous process of advertisement, shortlisting and interview by two trustees, including the chair, and involving the CEO. All trustee appointments are ratified by the full board. New trustees have a period of induction. All trustees attend our Suffolk's Needs Met courses and receive additional training relevant to their role. In 2021/22 four trustees resigned and three new trustees plus one shadow trustee were elected to the board.

A paid CEO is appointed by the trustees to manage the day-to-day operations of the charity. The board expects the CEO to take both strategic and operational decisions based on its formal ratification of the annual business plan and the budget. The board requires that all decision-making will be within the remit of Suffolk Mind's objectives and policies as set out in the charity's Scheme of Delegation.

c. Pay policy for key management personnel

Suffolk Mind is committed to ensuring that all jobs are consistently evaluated and a job evaluation policy is in place to ensure that the process is both equitable and transparent, irrespective of the size or level of the job role. Remuneration levels have been benchmarked against similar roles in the sector. This ensures that all staff, including the senior leadership team, are paid at the appropriate level for the role, capability and performance. The CEO approves remuneration of the senior management team and the Board approves the CEO's remuneration package.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management (continued)

d. Related party relationships

Suffolk Mind is one of more than one hundred local Minds accredited by Mind, a national charity committed to promoting better mental health. In 2019 we were pleased to receive the Mind Quality Mark.

'Suffolk Mind is creative and innovative in all that it does. Everyone the review team met was energetic, passionate and encouraged to share their ideas. Suffolk Mind has developed robust, effective partnerships with a diverse range of organisations across sectors and within the Mind network. The positive culture and support for the workforce is outstanding and Suffolk Mind has a positive impact on the lives of those it supports. Service users spoke highly of their experiences and staff work in ways to ensure individuals are central to the planning of their own support.'

The charity has a wholly owned subsidiary, Suffolk Mind (Trading) Limited. This company remained dormant for the duration of the year.

e. Principal risks and uncertainties

Trustees regularly review the charity's risk position and compliance with relevant regulatory and statutory requirements.

COVID-19 Risk assessments were kept in place for all of our services, housing projects and offices and were independently reviewed and discussed with our commissioners until Easter 2022.

Financial risk remains high due to the uncertain economic position and Trustees continue to monitor closely our cash position and the delivery of our strategy to diversify income.

Suffolk Mind has a safeguarding policy reviewed annually. Serious safeguarding concerns are reported to trustees. All staff and Trustees have attended safeguarding training.

The Trustees have assessed the major risks to which Suffolk Mind is exposed are satisfied that systems and procedures are in place to mitigate our exposure to the major risks.

Suffolk Mind has complied with all prevailing laws and regulations.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Plans for future periods

We expect the long-term impact of COVID-19 to lead to significant growth in demand for our services. All indicators suggest a doubling in the number of people who are experiencing depression or other forms of mental ill health. Our own research chimes with this, as we see the proportion of the population not meeting their emotional needs on average has also doubled since the beginning of Covid19 and lockdown. These figures have not recovered, so it makes sense to predict a big increase in demand for mental health services in Suffolk.

Strategically we have chosen to focus on a few areas in which we will aim to meet some of that demand and enable the population of Suffolk to maintain good mental health:

- Children, Families and Young People. In this area, up until now, we have focused on schools as a route to educating children and young people about our Emotional Needs & Resources approach. This year we are recruiting a new team to invest in new services, working in partnership with other charities. We will try to get some more direct support commissioned by the NHS, and also expand our work with primary schools into secondary schools and other, non-school environments that support young people
- Community Services. Now that lockdown measures have eased, we will bring back face to face training for members of the public. We will aim to source grant funding or commissions for this training, but will also consider other funding options
- ENA research across Suffolk. The Suffolk County Council Public Health dept has approved use of some Covid response funding to increase the amount of data we have on the population of Suffolk, and to use it to train community leaders through workshops to create activity plans in response
- Counselling. We will expand our counselling provision, working more closely with the University of Suffolk to provide more placements for their students and delivering counselling from their newly refurbished East Building
- Training partners. Our model relies upon recruiting other organisations, so we will continue to train members of staff and volunteers from partner charities, enabling them to deliver support using the Emotional Needs & Resources model to their beneficiaries
- Digital. A substantial investment in a new website will see increased fundraising income, and also more activity and opportunities to interact with our customers, clients and other stakeholders. We will continue to deliver training online, as well as bringing back face to face sessions where people want them. Our prototype eLearning platform is ready and waiting to be developed into a commercial product. We'll work on that this year
- New workplace wellbeing branding. We are developing a new name and look for WPW ready to increase sales
- Licensing. To meet demand from within England and Wales, but outside of Suffolk, we will develop a licensing model so that other local Minds can be trained up to deliver our WPW products

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....

Ian White
Chair of Trustees

Date: 26th July 2022.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND

Opinion

We have audited the financial transactions of Suffolk Mind (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial transactions:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial transactions section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial transactions in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the Annual report other than the financial transactions and our Auditors' report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial transactions does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial transactions or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial transactions themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' report for the financial year for which the financial transactions are prepared is consistent with the financial transactions.
- the Trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial transactions are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' report and from the requirement to prepare a Strategic report.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial transactions and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial transactions that are free from material misstatement, whether due to fraud or error.

In preparing the financial transactions, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Auditors' responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial transactions as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial transactions.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

Due to the field in which the charitable company operates, we identified the areas most likely to have a direct material impact on the financial statements as compliance with the UK accounting standards, the Companies Act 2006 and the Charities Act 2011. In addition, we considered the provisions of other laws and regulations which, whilst not having a direct impact on the financial statements, are fundamental to the charitable company's ability to operate including care quality commission regulations, health and safety and employment law.

The specific procedures for this engagement and the extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below:

- Enquiry with management about any actual or potential litigations and claims against the charity;
- Enquiry with management about any known or suspected instances of non-compliance with laws and regulations and fraud;
- Review of legal and professional expenditure for evidence of undisclosed legal proceedings;
- Review of the latest Care Quality Commission Inspection report;
- Review of the latest Mind National report;
- Review of Board meeting minutes during the year and since the year end;
- Review of the Risk Register;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations; and
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness.

There are inherent limitations in our audit procedures described above. The more removed that laws or regulations are from financial transactions, the less likely it is that we would be aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the Trustees and management and the inspection of regulatory and legal correspondence, if any.

Material misstatement that arises due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

A further description of our responsibilities for the audit of the financial transactions is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.



Joanne Fox BA FCA (Senior statutory auditor)

for and on behalf of
Larking Gowen LLP
Chartered Accountants
Statutory Auditors
Ipswich

Date: 27.07.2022

SUFFOLK MIND
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022**

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	3	205,684	14,233	219,917	222,325
Charitable activities		2,887,643	222,069	3,109,712	2,929,483
Investments	5	4,449	-	4,449	4,456
Other income	6	84,336	-	84,336	58,506
Total income		3,182,112	236,302	3,418,414	3,214,770
Expenditure on:					
Charitable activities	7	3,279,928	278,730	3,558,658	2,998,488
Total expenditure		3,279,928	278,730	3,558,658	2,998,488
Net income/(expenditure)		(97,816)	(42,428)	(140,244)	216,282
Net movement in funds		(97,816)	(42,428)	(140,244)	216,282
Reconciliation of funds:					
Total funds brought forward		1,703,173	47,428	1,750,601	1,534,319
Net movement in funds		(97,816)	(42,428)	(140,244)	216,282
Total funds carried forward		1,605,357	5,000	1,610,357	1,750,601

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 22 to 44 form part of these financial statements.

SUFFOLK MIND
(A company limited by guarantee)
REGISTERED NUMBER: 02611510

BALANCE SHEET
AS AT 31 MARCH 2022

	Note	2022 £	2021 £
Fixed assets			
Intangible assets	11	88,502	17,812
Tangible assets	12	213,238	221,040
Investments	13	1	1
		<u>301,741</u>	<u>238,853</u>
Current assets			
Debtors	14	309,040	231,482
Investments	15	759,631	342,765
Cash at bank and in hand		662,946	1,368,459
		<u>1,731,617</u>	<u>1,942,706</u>
Creditors: amounts falling due within one year	16	(423,001)	(430,958)
Net current assets		<u>1,308,616</u>	<u>1,511,748</u>
Total net assets		<u><u>1,610,357</u></u>	<u><u>1,750,601</u></u>
Charity funds			
Restricted funds	17	5,000	47,428
Unrestricted funds	17	1,605,357	1,703,173
Total funds		<u><u>1,610,357</u></u>	<u><u>1,750,601</u></u>

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Ian White
Chair of Trustees

Date: 26th July 2022.

The notes on pages 22 to 44 form part of these financial statements.

SUFFOLK MIND
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2022

	Note	2022 £	2021 £
Cash flows from operating activities			
Net cash used in operating activities	19	(216,412)	288,272
Cash flows from investing activities			
Dividends, interests and rents from investments		4,449	4,456
Purchase of intangible assets		(76,684)	(15,300)
Purchase of tangible fixed assets		-	(10,992)
Proceeds from sale of investments		83,134	-
Purchase of investments		(500,000)	(172,765)
Net cash used in investing activities		(489,101)	(194,601)
Change in cash and cash equivalents in the year		(705,513)	93,671
Cash and cash equivalents at the beginning of the year		1,368,459	1,274,788
Cash and cash equivalents at the end of the year	20	662,946	1,368,459

The notes on pages 22 to 44 form part of these financial statements

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. General information

Suffolk Mind is a registered company, limited by guarantee, and a charity registered with the Charity Commission. Suffolk Mind is incorporated in England and Wales, company registration number 02611510 and charity registration number 1003061. The registered office is 26 High Road West, Felixstowe, Suffolk, IP11 9JB.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The financial statements are presented in sterling, which is the functional currency of the company and are rounded to the nearest £.

Suffolk Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Company status

The company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the company.

2.3 Consolidation

The financial statements do not consolidate the results of the charity and its wholly-owned subsidiary Suffolk Mind (Trading) Limited. Suffolk Mind (Trading) Limited is a dormant company and therefore the company has adopted the exemption from preparing consolidated accounts.

2.4 Going concern

The Trustees have considered the company's position at the time of signing the financial statements, and in particular the current issues caused by COVID-19 and the uncertainty in the wider economy. The Trustees have considered the company's forecasts the current financial strength of the company and the range of measures the Trustees can take to mitigate ongoing costs, should this be required.

Based on this, the Trustees have concluded that they have a reasonable expectation that the company will have adequate resources to continue in operational existence for the foreseeable future, and at least twelve months from the date of signing these financial statements, they therefore continue to adopt the going concern basis of accounting in preparing these financial statements.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

2. Accounting policies (continued)

2.5 Income

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grant income (including government grants) is included when the related conditions for the grant have been met.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the company, can be reliably measured.

Donations are credited to the revenue account when received. The charity received the benefit of work carried out by volunteers but no monetary value is placed upon this in the accounts.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

2.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

All expenditure is accounted for on an accruals basis. Direct charitable expenditure includes the direct costs of the activities and depreciation on related assets. Where costs relate to more than one functional costs category, they have been apportioned as a percentage of staff employed on the relevant service.

2.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.8 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight line basis over the lease term.

2.9 Pensions

The company contributes to the charity's stakeholder pension scheme and the multi-employer pension schemes of the National Health Service (for those staff members previously employed by the National Health Service). Details of these contributions are given in Note 23.

2.10 Intangible assets and amortisation

Intangible assets costing £3,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Intangible assets are initially recognised at cost. After recognition, under the cost model, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Amortisation is provided on intangible assets at rates calculated to write off the cost of each asset on a straight-line basis over its expected useful life.

Amortisation is provided on the following basis:

Computer software	-	% 5 years straight line
-------------------	---	-------------------------

2.11 Tangible fixed assets and depreciation

Tangible fixed assets costing £3,000 or more are capitalised. Properties are valued at cost, or at open market valuation at the time of receipt when acquired without consideration.

Tangible fixed assets are carried at costs, net of depreciation and any provision for impairment. Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives on the following bases:

Freehold property (including improvements)	- No depreciation is provided where, in the opinion of the Trustees, the estimated residual value is in excess of the net book value.
Long-term leasehold property	- over the life of the lease
Motor vehicles	- over 7 years straight line
Fixtures and fittings	- over 3 to 5 years straight line

2.12 Investments

Investments in subsidiaries are valued at cost less provision for impairment.

Current asset investments are deposit accounts and are a form of financial instrument recognised at fair value.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.13 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.14 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.15 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

2.16 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

3. Income from donations and legacies

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Donations	205,213	14,233	219,446	221,825
Legacies	471	-	471	500
	<u>205,684</u>	<u>14,233</u>	<u>219,917</u>	<u>222,325</u>
<i>Total 2021</i>	<u>212,360</u>	<u>9,965</u>	<u>222,325</u>	

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

4. Income from charitable activities

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Housing Services	1,864,830	19,264	1,884,094
Service Development	-	13,497	13,497
Qu'ran & emotional health education	258	-	258
Healthy Mind Counselling	76,612	53,522	130,134
Volunteering / Suffolk Advice, Guidance & Emotional Support	-	29,950	29,950
Suffolk Night Owls	170,000	-	170,000
Workplace Wellbeing	225,172	-	225,172
Green Care	-	7,930	7,930
Personality Disorder Services	114,049	-	114,049
Suffolk Work Well	-	71,412	71,412
Children & Young People	31,499	1,000	32,499
Eating Recovery	6,420	-	6,420
Support Services	-	6,997	6,997
Connect	197,160	-	197,160
NHS Services	129,048	-	129,048
Sammy Grants	581	1,500	2,081
Digital	-	6,997	6,997
Projects	16,000	10,000	26,000
Training	56,014	-	56,014
Total 2022	2,887,643	222,069	3,109,712

The charity has been eligible to claim additional funding in year from government support schemes in response to the coronavirus outbreak. The funding received is included in Housing Services.

The charity received the following income under each scheme:

- £9,168 received for Infection Control;
- £3,846 received for Rapid Testing.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Housing Services	1,799,794	-	1,799,794
Courses & workshops	-	4,200	4,200
Community services	2,000	24,811	26,811
Qu'ran & emotional health education	163	-	163
Healthy Mind Counselling	22,461	54,068	76,529
Volunteering / Suffolk Advice, Guidance and Emotional Support	-	29,941	29,941
Suffolk Night Owls	170,000	-	170,000
Workplace Wellbeing	85,457	14,220	99,677
Green Care	-	14,317	14,317
Quay Place	169	50,900	51,069
Personality Disorder Services	114,160	1,000	115,160
Suffolk Work Well	-	116,943	116,943
Children & Young People	11,417	4,200	15,617
Evolve Trans	-	9,804	9,804
Eating Recovery	6,420	-	6,420
Support Services	17,501	17,876	35,377
Connect	175,840	-	175,840
NHS Services	32,263	-	32,263
Sammy Grants	-	2,000	2,000
Coronavirus government grants	78,561	68,997	147,558
Total 2021	2,516,206	413,277	2,929,483

The charity were eligible to claim additional funding in 2021 from government support schemes in response to the coronavirus outbreak. The funding received is shown above under "coronavirus government grants".

The charity received the following income under each scheme:

- £68,561 received under the Coronavirus Job Retention Scheme (CJRS);
- £51,006 received for the provision of PPE for residents and nurses;
- £17,599 received for Infection Control;
- £392 received for Rapid Testing;
- £10,000 received under the Discretionary leisure and hospitality grant scheme.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

5. Investment income

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Investment income	4,449	4,449	4,456

In 2021, all investment income received was unrestricted.

6. Other incoming resources

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Other income	84,336	84,336	58,506

In 2021, all other income was unrestricted.

7. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Contracts and grants for the provision of services	2,335,525	1,223,133	3,558,658	2,998,488
<i>Total 2021</i>	2,160,898	837,590	2,998,488	

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

7. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Activities 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Wages and salaries	1,619,758	1,619,758	1,553,041
Depreciation	1,035	1,035	8,262
Training	5,343	5,343	19,129
Other staff costs	148,153	148,153	81,682
Maintenance, furniture and equipment	58,651	58,651	48,979
Rent, rates and utilities	287,498	287,498	290,252
User related costs	26,959	26,959	26,169
General administration	188,128	188,128	133,384
	<u>2,335,525</u>	<u>2,335,525</u>	<u>2,160,898</u>

Other staff costs include: agency staff; travel; recruitment; and other staff related expenditure.

Maintenance, furniture and equipment include: furniture and equipment costs; servicing; and cleaning expenditure.

Rent, rates and utilities include: heat; light; water; telephone; rent; rates; and maintenance charges from Housing Associations.

User related costs include: catering; residents' welfare; activity expenses; and vehicle running costs.

General administration includes: printing; postage; stationery; professional fees; insurance; services development; IT costs; and bank charges.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

7. Analysis of expenditure by activities (continued)

Analysis of support costs

	Activities 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Wages and salaries	838,163	838,163	571,162
Depreciation	12,759	12,759	13,383
Training	27,646	27,646	7,917
Other staff costs	43,442	43,442	12,748
Maintenance, furniture and equipment	17,819	17,819	13,042
Rent, rates and utilities	53,144	53,144	56,155
User related costs	3,174	3,174	5,579
General administration	194,540	194,540	123,907
Governance costs - other	11,364	11,364	10,974
Governance costs - staff costs	21,082	21,082	22,723
	<u>1,223,133</u>	<u>1,223,133</u>	<u>837,590</u>

Other staff costs include: agency staff; travel; recruitment; and other staff related expenditure.

Maintenance, furniture and equipment include: furniture and equipment costs; servicing; and cleaning expenditure.

Rent, rates and utilities include: heat; light; water; telephone; rent; and rates.

User related costs include: catering; and activity expenses.

General administration includes: printing; postage; stationery; professional fees; insurance; services development; IT costs; and bank charges.

Governance costs include: auditors' remuneration; insurance; Trustee expenses and training; and Company Secretarial.

8. Auditors' remuneration

	2022 £	<i>2021 £</i>
Fees payable to the company's auditor for the audit of the company's annual accounts	<u>9,948</u>	<u>9,660</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

9. Staff costs

	2022 £	2021 £
Wages and salaries	2,231,300	1,934,810
Social security costs	174,831	149,168
Operating costs of defined benefit pension schemes	72,872	62,948
	<u>2,479,003</u>	<u>2,146,926</u>

A total of £nil (2021: £3,627) was paid in the form of non-contractual redundancy payments.

The payments have been recognised in the period to which they relate, in line with the accounting policy over expenditure.

The average number of persons employed by the company during the year was as follows:

	2022 No.	2021 No.
Average number of employees	<u>113</u>	<u>112</u>

The average monthly number of employees during the year expressed as full-time equivalents was as follows (including casual and part-time staff):

	2022 No.	2021 No.
Average number of employees	<u>75</u>	<u>71</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2022 No.	2021 No.
In the band £60,001 - £70,000	-	1
In the band £70,001 - £80,000	<u>1</u>	<u>-</u>

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, the Head of Operations, the Head of Business Operations, the Head of Mental Health Education and the Head of Support Services. The total employee benefits of the key management personnel of the charity were £330,942 (2021: £273,363).

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 31 March 2022, expenses totaling £303 were reimbursed or paid directly to 5 Trustees (2021 - £564 to 2 Trustees).

11. Intangible assets

	Computer software £
Cost	
At 1 April 2021	20,805
Additions	76,684
At 31 March 2022	97,489
Amortisation	
At 1 April 2021	2,993
Charge for the year	5,994
At 31 March 2022	8,987
Net book value	
At 31 March 2022	88,502
At 31 March 2021	17,812

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

12. Tangible fixed assets

	Freehold property £	Long-term leasehold property £	Motor vehicles £	Fixtures and fittings £	Total £
Cost or valuation					
At 1 April 2021	303,218	72,284	9,247	274,359	659,108
At 31 March 2022	303,218	72,284	9,247	274,359	659,108
Depreciation					
At 1 April 2021	101,853	67,505	9,156	259,554	438,068
Charge for the year	-	3,019	91	4,692	7,802
At 31 March 2022	101,853	70,524	9,247	264,246	445,870
Net book value					
At 31 March 2022	201,365	1,760	-	10,113	213,238
At 31 March 2021	201,365	4,779	91	14,805	221,040

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

13. Fixed asset investments

	Investments in subsidiary companies £
Cost or valuation	
At 1 April 2021	1
At 31 March 2022	1
Net book value	
At 31 March 2022	1
At 31 March 2021	1

Principal subsidiaries

The following was a subsidiary undertaking of the company:

Name	Company number	Holding
Suffolk Mind (Trading) Limited	03222021	100%

The financial results of the subsidiary for the year were:

Name	Net assets £
Suffolk Mind (Trading) Limited	1

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

14. Debtors

	2022 £	2021 £
Due within one year		
Trade debtors	158,470	103,761
Other debtors	35,583	28,124
Prepayments and accrued income	114,987	99,597
	<u>309,040</u>	<u>231,482</u>

15. Current asset investments

	2022 £	2021 £
Deposit accounts	<u>759,631</u>	<u>342,765</u>

16. Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	107,658	94,064
Other taxation and social security	62,987	36,751
Other creditors	32,137	12,162
Accruals and deferred income	220,219	287,981
	<u>423,001</u>	<u>430,958</u>
	2022 £	2021 £
Deferred income at 1 April 2021	226,395	197,048
Resources deferred during the year	167,977	190,944
Amounts released from previous periods	(220,275)	(161,597)
	<u>174,097</u>	<u>226,395</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

17. Statement of funds

Statement of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
Unrestricted funds					
Designated funds					
Service Income Protection	900,000	-	-	100,000	1,000,000
Lease Provision	135,000	-	-	(30,000)	105,000
Organisational Development Fund	100,000	-	-	(40,000)	60,000
Building maintenance, furniture & equipment replacement fund	72,000	-	-	-	72,000
Asset replacement fund	60,000	-	-	100,000	160,000
	<u>1,267,000</u>	<u>-</u>	<u>-</u>	<u>130,000</u>	<u>1,397,000</u>
General funds					
General Funds	<u>436,173</u>	<u>3,182,112</u>	<u>(3,279,928)</u>	<u>(130,000)</u>	<u>208,357</u>
Total Unrestricted funds	<u>1,703,173</u>	<u>3,182,112</u>	<u>(3,279,928)</u>	<u>-</u>	<u>1,605,357</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

17. Statement of funds (continued)

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
Restricted funds					
Courses & Workshops	-	53,522	(53,522)	-	-
Community Services/SAGES	1,720	29,950	(31,670)	-	-
Workplace Wellbeing / Training	8,170	-	(8,170)	-	-
Service Development	-	13,497	(13,497)	-	-
Suffolk Work Well	22,895	71,412	(94,307)	-	-
Children & Young People	-	6,000	(1,000)	-	5,000
Green Care	7,930	7,930	(15,860)	-	-
Housing COVID grants	-	20,194	(20,194)	-	-
Support services	650	1,211	(1,861)	-	-
Sammy Grant/Donations	6,063	9,803	(15,866)	-	-
Digital	-	6,997	(6,997)	-	-
Projects	-	10,000	(10,000)	-	-
Fundraising	-	5,786	(5,786)	-	-
	<u>47,428</u>	<u>236,302</u>	<u>(278,730)</u>	<u>-</u>	<u>5,000</u>
Total of funds	<u><u>1,750,601</u></u>	<u><u>3,418,414</u></u>	<u><u>(3,558,658)</u></u>	<u><u>-</u></u>	<u><u>1,610,357</u></u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

17. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2021 £</i>
Unrestricted funds					
Designated funds					
Service Income Protection	900,000	-	-	-	900,000
Lease Provision	-	-	-	135,000	135,000
Organisational Development Fund	100,000	-	-	-	100,000
Building maintenance, furniture & equipment replacement fund	72,000	-	-	-	72,000
Asset replacement fund	60,000	-	-	-	60,000
	<u>1,132,000</u>	<u>-</u>	<u>-</u>	<u>135,000</u>	<u>1,267,000</u>
General funds					
General Funds	<u>393,388</u>	<u>2,791,528</u>	<u>(2,613,743)</u>	<u>(135,000)</u>	<u>436,173</u>
Total Unrestricted funds	<u>1,525,388</u>	<u>2,791,528</u>	<u>(2,613,743)</u>	<u>-</u>	<u>1,703,173</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

17. Statement of funds (continued)

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2021 £</i>
Restricted funds					
Courses & Workshops	-	4,200	(4,200)	-	-
Healthy Mind Counselling	-	54,068	(54,068)	-	-
Community Services/SAGES	-	29,941	(28,221)	-	1,720
Workplace Wellbeing / Training	-	14,220	(6,050)	-	8,170
Service Development	(410)	24,811	(24,401)	-	-
Suffolk Work Well	9,341	116,943	(103,389)	-	22,895
Children & Young People	-	4,200	(4,200)	-	-
Green Care	-	14,317	(6,387)	-	7,930
Quay Place	-	50,900	(50,900)	-	-
Housing COVID grants	-	68,997	(68,997)	-	-
Support services	-	17,876	(17,226)	-	650
PDS	-	1,000	(1,000)	-	-
Sammy Grant/Donations	-	11,965	(5,902)	-	6,063
Evolve Trans	-	9,804	(9,804)	-	-
	<u>8,931</u>	<u>423,242</u>	<u>(384,745)</u>	<u>-</u>	<u>47,428</u>
Total of funds	<u>1,534,319</u>	<u>3,214,770</u>	<u>(2,998,488)</u>	<u>-</u>	<u>1,750,601</u>

Transfers

£130,000 was transferred from general funds to designated funds in the year.

Unrestricted funds

Service income protection: The designated funds set aside representing three months' operating expenditure to ensure continuity in the event of funding cuts. This was increased by £100,000 in the year to reflect the increase in operating expenditure.

Lease Provision: This designated fund represents the operating lease commitment for the property at Bury St Edmunds, up to the break clause. This was reduced by £30,000 in the year to reflect 42 months at £2,500 per month.

Organisational development fund: The designated funds available and expected to be needed to support Suffolk Mind's strategy. This was reduced by £40,000 in the year, to reflect the new roles filled.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

Building maintenance, furniture and equipment replacement fund: The designated funds available to ensure that the charity is able to repair and replace items as required.

Asset replacement fund: The designated funds available to replace significant assets as required. This was increased by £100,000 in the year to account for committed costs on the website planned for 2022/23 year.

Restricted funds

Courses and workshops: The funding available from Suffolk Community Foundation for the provision of courses and workshops to improve the emotional health and wellbeing of individuals.

Healthy Mind Counselling: The funding available for the provision of healthy mind counselling.

Community Services/Suffolk Advice, Guidance and Emotional Support: The funding available from partnerships agreements with Suffolk Libraries and Suffolk Family Carers, for the provision of information, advice, guidance and emotional support for mental health and wellbeing in Suffolk.

Workplace Wellbeing: The funding available for the provision of workplace wellbeing services.

Service Development: The funding available for the development of services.

Suffolk Work Well: The funding available from the Big Lottery Fund to provide proactive and emotional support to individuals and ensure that people with mental health problems who want to remain in paid / voluntary employment receive appropriate support.

Children & Young People: The funding available for the provision of community services to children and young people.

Green Care: The funding available for the provision of Green Care services.

Quay Place: The funding available for services at Quay Place.

Housing Covid grants: The funding available for residents and nurses for the provision of PPE, rapid testing and Infection control.

Support Services: Funding from the National Lottery Community Fund and other specific grants, such as funding for laptops, for the furthering of support services.

PDS: The funding available for furthering the support offered for Borderline Personality Disorder Services.

Sammy Grants/donations: The funding available for the publication and distribution of the book Sammy the Sea Squirt.

Evolve Trans: The funding available for delivering support packages for those with social and emotional health needs from the transgender population in Suffolk.

Digital: The funding given to us for our Kickstarter employee

Projects: The funding available to us to be spent on costs for our E-Learning platform

Fundraising: The funding given to us for our Kickstarter employee

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

18. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	213,238	-	213,238
Intangible fixed assets	88,502	-	88,502
Fixed asset investments	1	-	1
Current assets	1,662,689	68,928	1,731,617
Creditors due within one year	(359,073)	(63,928)	(423,001)
Total	1,605,357	5,000	1,610,357

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2021 £</i>	<i>Restricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Tangible fixed assets	221,040	-	221,040
Intangible fixed assets	17,812	-	17,812
Fixed asset investments	1	-	1
Current assets	1,895,278	47,428	1,942,706
Creditors due within one year	(430,958)	-	(430,958)
Total	1,703,173	47,428	1,750,601

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	2021 £
Net income/expenditure for the year (as per Statement of Financial Activities)	(140,244)	216,282
Adjustments for:		
Depreciation and amortisation charges	13,796	21,644
Dividends, interests and rents from investments	(4,449)	(4,456)
Increase in debtors	(77,558)	(7,347)
Increase/(decrease) in creditors	(7,957)	62,149
Net cash provided by/(used in) operating activities	(216,412)	288,272

20. Analysis of cash and cash equivalents

	2022 £	2021 £
Cash in hand	662,946	1,368,459
Total cash and cash equivalents	662,946	1,368,459

21. Analysis of changes in net debt

	At 1 April 2021 £	Cash flows £	At 31 March 2022 £
Cash at bank and in hand	1,368,459	(705,513)	662,946
Liquid investments	342,765	416,866	759,631
	1,711,224	(288,647)	1,422,577

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

22. Capital commitments

	2022 £	2021 £
Contracted for but not provided in these financial statements		
Acquisition of intangible assets	<u>54,360</u>	<u>-</u>

23. Pension commitments

The charity contributes to the company's stakeholder pension scheme, the assets of which are held in independently administered funds. Total contributions to the pension scheme during the year are disclosed in note 9.

The company also participates in a multi-employer pension scheme for staff who were previously employed by the National Health Service. The pension liability is the responsibility of the Nation Health Service Pension Scheme. As a result it is not possible to identify the assets and liabilities of the scheme which are attributable to the company.

At the year end, total pension contributions of £17,137 (2021: £12,162) were outstanding.

24. Operating lease commitments

At 31 March 2022 the company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2022 £	2021 £
Not later than 1 year	28,024	16,170
Later than 1 year and not later than 5 years	66,784	-
	<u>94,808</u>	<u>16,170</u>

The following lease payments have been recognised as an expense in the Statement of financial activities:

	2022 £	2021 £
Operating lease rentals	<u>28,186</u>	<u>37,208</u>

25. Related party transactions

There were no related party transactions during the year.

Accounts

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

SUFFOLK MIND
(A company limited by guarantee)

CONTENTS

	Page
Reference and administrative details of the company, its Trustees and advisers	1
Trustees' report	2 - 11
Independent auditors' report on the financial statements	12 - 15
Statement of financial activities	16
Balance sheet	17
Statement of cash flows	18
Notes to the financial statements	19 - 40

SUFFOLK MIND
(A company limited by guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2021**

Trustees	Ian White, Chair Tim Mutum, Vice Chair Dr Emma Brierly Colin Hopkins Kelly Sayers Ciara Scallan (appointed 22 April 2020) Victoria Southgate Leanne Thorndyke Richard West
Company registered number	02611510
Charity registered number	1003061
Registered office	26 High Road West Felixstowe Suffolk IP11 9JB
Company secretary	Linda Phelan
Chief executive officer	Jon Neal
Independent auditors	Larking Gowen LLP Chartered Accountants 1 Claydon Business Park Great Blakenham Ipswich IP6 0NL
Bankers	Barclays Bank Plc 691 Woodbridge Road Ipswich Suffolk IP4 4NA

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2021

The Trustees present their annual report together with the audited financial statements of the company for the year 1 April 2020 to 31 March 2021. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors Report) Regulations 2013 has been omitted.

Suffolk Mind is a registered company, limited by guarantee, and a charity registered with the Charity Commission. The charity is governed by its Memorandum and Articles of Association adopted on 16 May 1991 and amended on 15 January 2019. The objects for which Suffolk Mind is established are to promote and protect mental well-being and to support and assist those experiencing mental ill health.

STRATEGY AND OBJECTIVES

Our overarching goal

We want to make Suffolk the best place in the world for talking about and taking care of mental health.

Our priorities

- Continue to review and adapt our services in light of experience gained during the COVID-19 pandemic
- Retain, recruit, develop and empower a highly talented board and team of staff and volunteers to enable us to achieve our mission and remain a viable sustainable charity underpinned by effective governance
- Provide safe, effective, clinically compliant services, across the mental health continuum, that enable people to make a life that works, and provide excellent value for money for those who fund them
- Deliver an education and training programme – online, through schools, businesses, statutory services and elsewhere – to introduce the emotional needs & resources model and prevent mental ill health
- Constantly evaluate, review and refine our services to ensure they are of the highest possible quality.

Our values

- We strive for quality – wanting to have the best people to create and deliver outstanding services for the people who use them
- We are creative – never accepting that the way things are currently done needs to be the way things continue
- We are positive and realistic – the resources of the public sector are stretched, so we can't rely on funding from that source. But we can be more efficient, delivering the greatest impact possible with the resource we can find
- We commit to treating our staff, and the people that use our services, with respect – responding to their needs, helping them make a life that works as much as we can, and valuing their contribution.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Our approach to mental health

All of us have mental health, just as we have physical health. Both are equally important and anyone can become mentally unwell if they are unable to meet their physical and emotional needs. The COVID-19 pandemic has put additional strain on everyone. We are all on the mental health continuum – and we move up and down it depending on how we cope with the challenges of life and the stresses that it creates. Suffolk Mind works across the continuum, from wellbeing to 'severe and enduring' mental ill-health, providing support & information for everyone.

Our services and products are based upon an 'organising idea' that we all have physical and emotional needs and a set of skills and resources that we're born with to meet those needs. This is referred to as the Emotional Needs & Resources Model. We recognise 12 physical and emotional needs: attention, control, emotional connection, respect, food and drink, achievement, sleep, security, community, meaning and purpose, privacy and movement.

Public Benefit

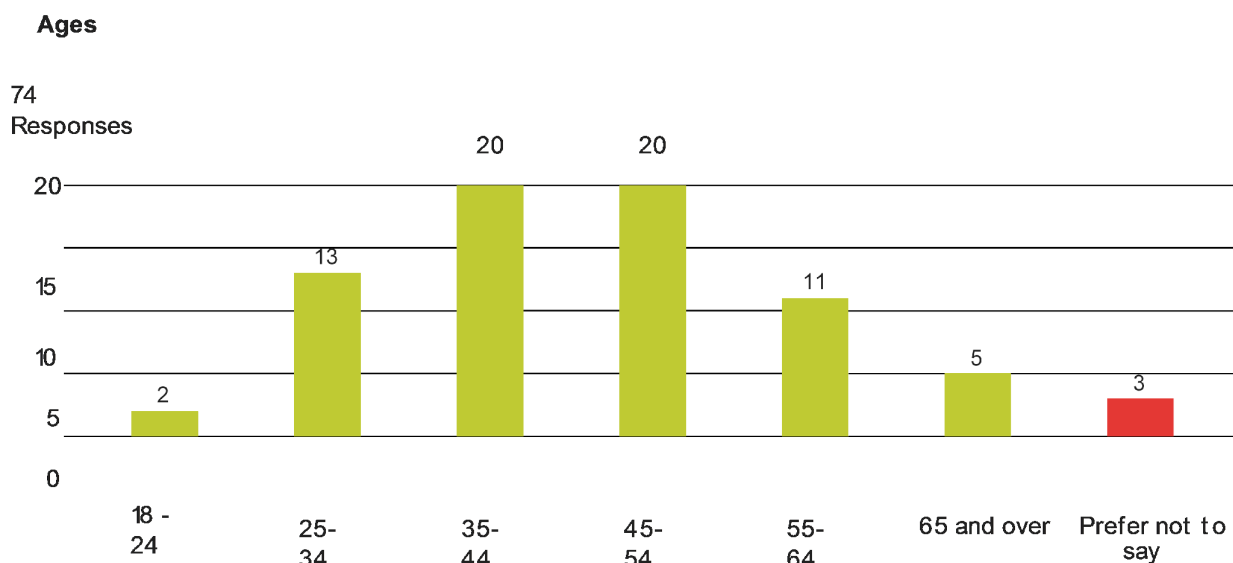
The trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit. Suffolk Mind provides residential and support services for those with higher needs plus a range of services in the community.

Our online presence has gone from strength to strength with an increase to 20,000 visitors to our website per month and a steady increase on our social media sites to 7500 in March 2021.

Equality and Diversity

Suffolk Mind makes a voluntary report to the Gender Pay Gap service. In 2020 women earned £1.11 for every £1 that men earn when comparing median hourly pay. Their median hourly pay is 10.7% higher than men's. When comparing mean (average) hourly pay, women's mean hourly pay is 2% higher than men's.

Our most recent staff and volunteer survey showed that:

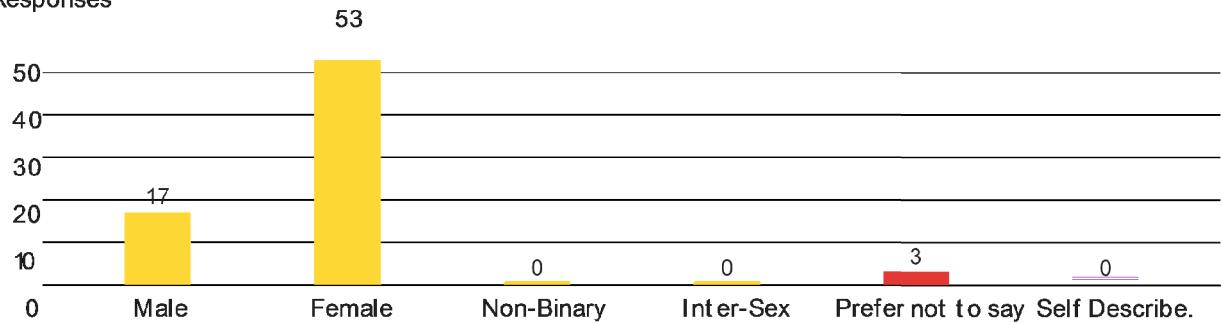


SUFFOLK MIND
(A company limited by guarantee)

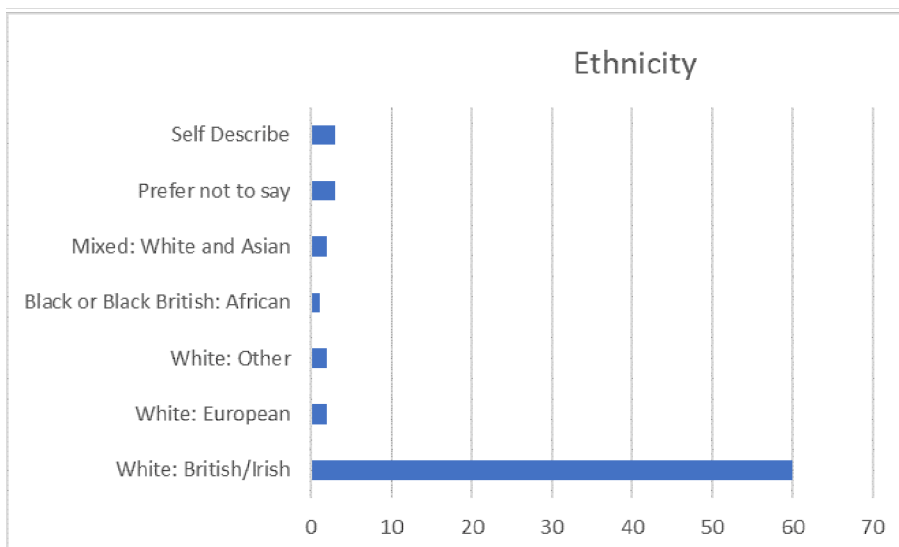
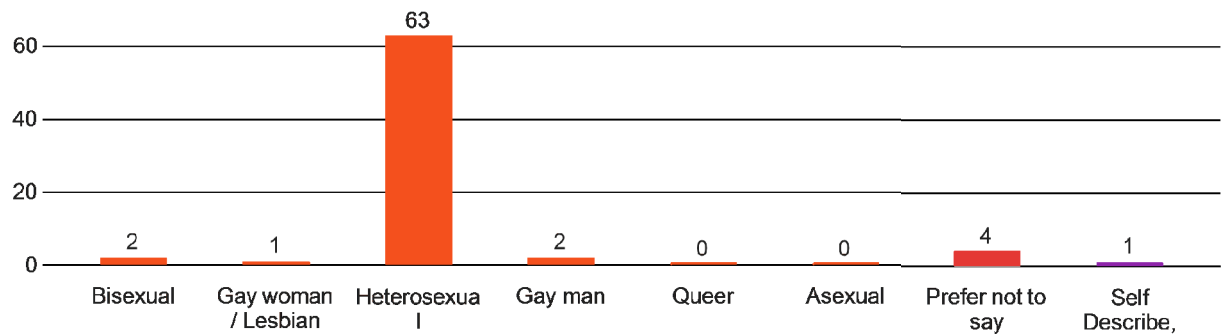
TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Gender

73
Responses



Sexual orientation



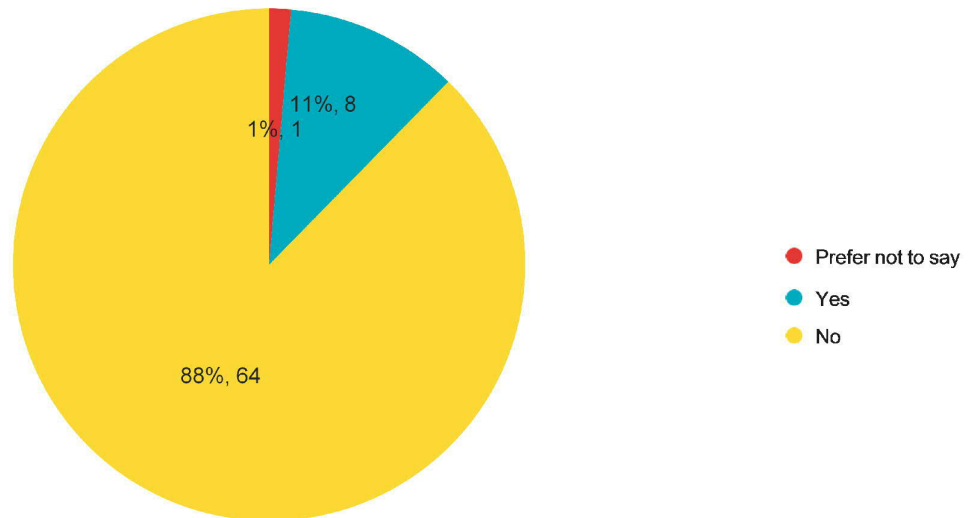
SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Staff and Volunteers who consider themselves to have an activity limiting disability under the Equality Act 2010.

The Equality and Diversity Act 2010 - defined disability as 'a physical and mental impairment that has a 'substantial' (more than minor or trivial) and 'long-term' (12 months +) negative effect on your ability to do normal, daily activities.'

73 Responses



ACTIVITIES, ACHIEVEMENT AND PERFORMANCE

Suffolk Mind is a beacon of best practice for the Mind network. In the 2020 Mind Network Excellence Awards we were the winners in the category 'Service Quality and Safety'.

"Operations are overseen by a dedicated board of trustees and driven by an experienced, innovative and accomplished leadership team. Collectively, with the workforce and service users, it is determined that Suffolk Mind will continue to build upon its existing quality standards to maximise its impact and empower individuals and communities to live well. "

Our CEO was awarded the Lord Lieutenant's special Certificate of Merit for his work at Suffolk Mind and the efforts put in to take our services online to reach many more people.

Suffolk Mind holds Investors in People and is a Mindful Employer. It is registered with the Care Quality Commission, who awarded Montrose House with an outstanding rating at its latest inspection.

Our wide range of therapeutic services and training enable everyone to understand mental wellbeing and help to improve or maintain their own. Skills learned can also help people to support others. This knowledge can be applied at both home and work to help everyone to get the best from your life and to feel happier and healthier.

During the year all services remained well run and safe with good outcomes.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Housing

Our aim is to provide supported accommodation to ensure a successful tenancy for those that have suffered mental illness. Our housing services embrace recovery approaches for mental health and wellbeing; a holistic, enabling, person centred approach to mental distress, disadvantage and social exclusion.

Montrose House is a residential care home for residents with long term mental health needs. It has been rated as Outstanding by the Care Quality Commission and in 2017 won Care Service of the Year. Montrose House staff provide 24 hour care and support tailored to the needs of the individual including support with personal care (washing/dressing) and medication. Meals are provided with residents encouraged to help themselves to drinks, snacks and light meals to maintain their independence. Staff work closely with the local mental health teams, GP surgeries and other health professionals to ensure residents emotional and physical needs are met.

Six sites in the Suffolk Coastal area provide housing and recovery support to individuals who have experienced mental health issues and may have spent time in hospital. Staff are able to offer support to help identify the needs of tenants and explore ways in which they can get their needs met. Tenants can be supported to attend college courses, to find voluntary work and to seek opportunities to find meaningful activities that help promote their recovery. They may be supported to reconnect with their family, offered information on sleep and diet. All tenants have a co-produced support plan personal to their own needs. The service is not intended to provide long-term support and when tenants feel ready they will be supported to move-on to their own flat or home, usually within two years or less. We also run a floating support service and help tenants to setup and run peer group activities.

The Green Road service in Cambridgeshire provides housing and support services to individuals with enduring mental health issues. Tenants have their own flats. Support staff are available on-site and provide high levels of one-to-one support with all aspects of daily living such as cooking, shopping and budgeting as well as providing emotional support.

Community Services

Suffolk Mind runs a wide range of services in the community, for individuals, groups and organisations. In 2020/21 these services included:

Children and Young People's services

Connect

Counselling

Courses and Workshops

Eating Recovery

Evolve Trans

Green Care

Mums Matter

NHS Support Line

Open Space – a joint project with Suffolk Libraries and Suffolk Family Carers

Suffolk Night Owls

Suffolk Work Well

Waves

Workplace Wellbeing

During 2020/21 more than 14,000 individuals used our services. We had 94 active volunteers who donated 3500 hours of their time and 1531 Friends of Suffolk Mind.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

All of our services are evaluated by our clients. In 2020/21 significant highlights, despite the challenges of lockdown and Covid19, were:

- Suffolk Night Owls had more than 800 registered clients
- 162 clients attended our Waves programme for those with a personality disorder
- Suffolk Work Well helped 23 people find employment; 41 stay in work and 11 find volunteer roles.
- Our Eating Recovery Service had 12 clients, an increase of 50%
- 28 regular participants visited our allotments with five Green Care volunteers
- Our 0300 111 6000 number handled 10,000 calls and emails
- In future years we aim to measure the Net Promoter Score for all of our services. In 2020/21 the results for the first five services reviewed was 68%, a 3% increase from the previous year.

This overall Net Promoter Score is the percentage of promoters minus the percentage of detractors. NPS ranges from -100 (meaning everyone is a detractor) to +100 (meaning everyone is a promoter). Most companies consider a decent Net Promoter Score to be greater than 0%. Any positive NPS is good. An NPS of +50 is excellent.

Fundraising

Suffolk Mind is registered with the Fundraising Regulator and we abide by the Code of Fundraising Practice. Trustees have approved an Ethical Fundraising Policy. All fundraising is undertaken by Suffolk Mind employees – we do not use the services of third party fundraisers. Fundraising activities comply with all relevant legislation and the Fundraising Regulator's Fundraising Promise:

- We will commit to high standards
- We will be clear, honest and open
- We will be respectful
- We will be fair and reasonable
- We will be accountable and responsible

Suffolk Mind will take considered decisions on where and how fundraising occurs and acceptable sources of donations. Donations will be refused if they compromise the best interests of the charity and its purposes.

Charity of the Year

Suffolk Mind was named Charity of the Year for 15 organisations who raised £15,000 in unrestricted funds for us to use towards delivering and developing services to improve the mental wellbeing of people across our county.

100 miles for Suffolk Mind

A new fundraising campaign, created this year during the pandemic, encourages people to undertake a physical challenge, contribute to good mental health through exercise and be part of a wider community. The campaign has raised more than £30,000 to date.

Sammy the Sea Squirt

Our Head of Education, Ezra Hewing has written a fun, psychologically informed storybook, showing the benefits of exercise on mental health, Sammy the Sea Squirt, and we plan to give a copy to every Reception aged child (four-to-five-year-olds) in Suffolk to teach children at a young age how to look after their mental health. The Sammy the Sea Squirt public crowdfunder was launched on World Book Day, Thursday 4th March 2021.

For more information on our services please visit our website Suffolk Mind Services.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Organisational structure

The charity's board of trustees meets four times a year, with additional meetings if necessary. During 2020/21 all trustee meetings were held on-line. The board is responsible for strategic direction, for ensuring proper governance of Suffolk Mind's activities and for risk management.

Trustees are recruited through a rigorous process of advertisement, shortlisting and interview by two trustees, including the chair, and involving the CEO. All trustee appointments are ratified by the full board. New trustees have a period of induction. All trustees attend our Suffolk's Needs Met courses and receive additional training relevant to their role. In 2020/21 the board comprised nine trustees.

A paid CEO is appointed by the trustees to manage the day-to-day operations of the charity. The board expects the CEO to take both strategic and operational decisions based on its formal ratification of the annual business plan and the budget. The board requires that all decision-making will be within the remit of Suffolk Mind's objectives and policies as set out in the charity's Scheme of Delegation.

Pay policy for senior staff

Suffolk Mind is committed to ensuring that all jobs are consistently evaluated and a job evaluation policy is in place to ensure that the process is both equitable and transparent, irrespective of the size or level of the job role. Remuneration levels have been benchmarked against similar roles in the sector. This ensures that all staff, including the senior leadership team, are paid at the appropriate level for the role, capability and performance. The CEO approves remuneration of the senior management team and the Board approves the CEO's remuneration package.

Related parties: National Mind

Suffolk Mind is one of more than one hundred local Minds accredited by Mind, a national charity committed to promoting better mental health. In 2019 we were pleased to receive the Mind Quality Mark.

'Suffolk Mind is creative and innovative in all that it does. Everyone the review team met was energetic, passionate and encouraged to share their ideas. Suffolk Mind has developed robust, effective partnerships with a diverse range of organisations across sectors and within the Mind network. The positive culture and support for the workforce is outstanding and Suffolk Mind has a positive impact on the lives of those it supports. Service users spoke highly of their experiences and staff work in ways to ensure individuals are central to the planning of their own support.'

The charity has a wholly owned subsidiary, Suffolk Mind (Trading) Limited. This company remained dormant for the duration of the year.

FINANCIAL REVIEW

a. Going concern

COVID-19 had a huge impact on our services from March 2020 onwards. While our supported housing and Care Home continued to operate face to face, albeit with stringent infection control measures in place, we had to close our office buildings. 20 of our staff were furloughed, others continued to work from home. Volunteering opportunities were limited. But our staff have been outstanding and innovative, running services on-line and offering telephone support. We have developed new ways of doing things and have responded quickly to the challenge of delivering new services, such as Suffolk Mind Connect, to assist the NHS.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

This has not been without its difficulties. Income generation opportunities are harder to find, competition for donations has hugely increased and many of our supporters are themselves suffering financial hardship as the economic downturn takes hold. During 2020/21 we continued to deliver services across the mental health continuum seeking to look after the mental wellbeing of the people of Suffolk.

In June 2020 the trustees took the difficult decision to resign the lease at Quay Place and to look for more affordable options, continuing to work with our partners at the Churches Conservation Trust, while we consider what future service provision will look like post COVID-19. Two members of staff were made redundant in the year. Relief staff and volunteers were stood down.

Having revised our forecasts and business plans and after making appropriate enquiries the trustees have a reasonable expectation that the company does have adequate resources to continue in operational existence for the foreseeable future. Trustees continue to monitor the situation closely looking at the impact on cash flow and forecasts. The trustees have identified no material uncertainties which would mean that the charity would be unable to operate for the foreseeable future. For this reason, the trustees continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Financial position

Trustees receive regular reports on the charity's financial position.

In 2020/21 Suffolk Mind recorded a surplus of £216,282, compared to a net deficit of £66,166 in 2019/20.

Funding for the charity's activities comes from a variety of sources, principally Suffolk County Council, East Suffolk and West Suffolk Clinical Commissioning Groups (CCG) and Cambridgeshire CCG, enabling Suffolk Mind to provide housing and other support services. Suffolk Mind continues to diversify income sources in line with one of its strategic objectives.

c. Principal risks and uncertainties

Trustees regularly review the charity's risk position and compliance with relevant regulatory and statutory requirements.

COVID-19 Risk assessments are in place for all of our services, housing projects and offices and have been independently reviewed and discussed with our commissioners. All staff, trustees and active volunteers were invited for vaccination. Staff take-up was 100%.

Financial risk remains high due to the uncertain economic position and Trustees continue to monitor closely our cash position and the delivery of our strategy to diversify income.

Suffolk Mind has a safeguarding policy reviewed annually. Serious safeguarding concerns are reported to trustees. All staff and Trustees have safeguarding training.

The Trustees have assessed the major risks to which Suffolk Mind is exposed are satisfied that systems and procedures are in place to mitigate our exposure to the major risks.

Suffolk Mind has complied with all prevailing laws and regulations.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

d. Reserves policy

The trustees review the reserves policy annually and have set aside reserves to protect the continuity of the charity's work in the event of a shortfall in income, to replace assets when required and to provide the capital to deliver our strategic plan in line with expectations and needs for the year ahead. The service income protection reserve of £900,000 represents a minimum of three months' operating expenditure to ensure continuity in the event of funding cuts. The organisational development reserve represents the amounts expected to be needed to support Suffolk Mind's strategy and it now stands at £100,000. Specific reserves are also held to fund asset maintenance and replacement and building repairs and amount to £132,000. Specific reserves of £135,000 have been set aside to fund the lease payments on the Bury St Edmund's property up until the next break clause. Restricted reserves at the year end amount to £47,428 with total reserves of £1,750,601.

e. Material investments policy

The investment policy sets out the purposes for which Suffolk Mind makes and retains investments. The key factors that are taken into account are risk and liquidity. Trustees ensure that Suffolk Mind has sufficient liquid reserves to meet short term needs and invest surplus funds elsewhere to provide the charity with security of capital and a reasonable degree of liquidity.

Due to the uncertainties presented by Brexit, COVID-19 and the ongoing market volatility during 2020, the trustees continued to hold all reserves in cash, of which £342,765 was held on deposit for one year or more. This decision remains under review. Our cash holding, including amounts held in deposit, as at 31 March 2021 was £1.7million, compared to £1.5 million at 31 March 2020.

PLANS FOR FUTURE PERIODS

We expect the long-term impact of COVID-19 to lead to significant growth in demand as we move back into the workplace regaining pre COVID momentum. Over the last five years or so we have grown – and not just in Suffolk. In particular we have grown the number ways ordinary people interact with us and discover the approach we take to mental health. We're enabling thousands of people to keep themselves well by focusing on the innate emotional needs we all have that must be met if we're to avoid stress.

We're at a point in our growth where we need a whole new digital presence that's fit for the next five years or more. While Covid19 has spurred a number of digital developments, we now need to review everything we do to ensure we are sustainable and effective – helping as many people as possible, while generating the income we need to continue growing and expanding.

As the impact of COVID-19 continues to affect the mental health of the nation we anticipate an ongoing and increasing demand for all of our services. In response to requests from the local NHS we have launched the new Suffolk Mind Connect service and a new telephone support service for NHS staff which will continue into 2021/ 2022. We will continue to seek out new opportunities to deliver services to individuals.

Our training programme will be continue to be another key service offering support to businesses, schools and public sector organisations providing training, counselling, and emotional needs audits.

To fund this growth and development to meet the needs of the people we support, we need to focus on new and innovative ways to diversify our income and work with our funders to demonstrate the difference our services can make.

SUFFOLK MIND
(A company limited by guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

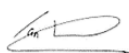
The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

Approved by order of the members of the board of Trustees and signed on their behalf by:



.....
Ian White
Chair of Trustees

Date: 02.08.2021



.....
Tim Mutum
Vice Chair of Trustees

Date: 02.08.2021

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND

Opinion

We have audited the financial statements of Suffolk Mind (the 'charitable company') for the year ended 31 March 2021 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Other information

The Trustees are responsible for the other information. The other information comprises the information included in the Annual report, other than the financial statements and our Auditors' report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements.
- the Trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' report.

We have nothing to report in respect of the following matters in relation to which Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' report and from the requirement to prepare a Strategic report.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Auditors' responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

Due to the field in which the charity operates, we identified the following areas as those most likely to have a material impact on the financial statements: care quality commission regulations; health and safety; employment law; and compliance with the UK Companies Act and Charity SORP.

The specific procedures for this engagement and the extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- Enquiry with management about any actual or potential litigations and claims against the charity;
- Enquiry with management about any known or suspected instances of non-compliance with laws and regulations and fraud;
- Review of the latest Care Quality Commission Inspection report;
- Review of Board meeting minutes during the year and since the year end;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness.

Due to the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatements in the financial statements or non-compliance with regulation. The risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditors' report.

SUFFOLK MIND
(A company limited by guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF SUFFOLK MIND (CONTINUED)

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.



Joanne Fox BA FCA (Senior statutory auditor)

for and on behalf of

Larking Gowen LLP

Chartered Accountants

Statutory Auditors

Ipswich

Date: 02.08.2021

SUFFOLK MIND
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021**

	Note	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income from:					
Donations and legacies	3	212,360	9,965	222,325	214,594
Charitable activities	4	2,516,206	413,277	2,929,483	2,527,367
Investments	5	4,456	-	4,456	7,313
Other income	6	58,506	-	58,506	98,345
Total income		2,791,528	423,242	3,214,770	2,847,619
Expenditure on:					
Charitable activities	7	2,613,743	384,745	2,998,488	2,913,785
Total expenditure		2,613,743	384,745	2,998,488	2,913,785
Net income/(expenditure)		177,785	38,497	216,282	(66,166)
Net movement in funds		177,785	38,497	216,282	(66,166)
Reconciliation of funds:					
Total funds brought forward		1,525,388	8,931	1,534,319	1,600,485
Net movement in funds		177,785	38,497	216,282	(66,166)
Total funds carried forward		1,703,173	47,428	1,750,601	1,534,319

The Statement of financial activities includes all gains and losses recognised in the year.

The notes on pages 19 to 40 form part of these financial statements.

SUFFOLK MIND
(A company limited by guarantee)
REGISTERED NUMBER: 02611510

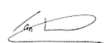
BALANCE SHEET
AS AT 31 MARCH 2021

	Note	2021 £	As restated 2020 £
Fixed assets			
Intangible assets	11	17,812	5,505
Tangible assets	12	221,040	228,699
Investments	13	1	1
		238,853	234,205
Current assets			
Debtors	14	231,482	224,135
Investments	15	342,765	170,000
Cash at bank and in hand		1,368,459	1,274,788
		1,942,706	1,668,923
Creditors: amounts falling due within one year	16	(430,958)	(368,809)
Net current assets		1,511,748	1,300,114
Total net assets		1,750,601	1,534,319
Charity funds			
Restricted funds	17	47,428	8,931
Unrestricted funds	17	1,703,173	1,525,388
Total funds		1,750,601	1,534,319

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



.....
Ian White
Chair of Trustees

Date: 02.08.2021

The notes on pages 19 to 40 form part of these financial statements.

SUFFOLK MIND
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2021

	Note	2021 £	2020 £
Cash flows from operating activities			
Net cash used in operating activities	19	288,272	12,324
Cash flows from investing activities			
Dividends, interests and rents from investments		4,456	7,313
Purchase of intangible assets		(15,300)	(5,505)
Purchase of tangible fixed assets		(10,992)	-
Purchase of investments		(172,765)	(170,000)
Net cash used in investing activities		(194,601)	(168,192)
Change in cash and cash equivalents in the year		93,671	(155,868)
Cash and cash equivalents at the beginning of the year		1,274,788	1,430,656
Cash and cash equivalents at the end of the year	20	1,368,459	1,274,788

The notes on pages 19 to 40 form part of these financial statements

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1. General information

Suffolk Mind is a registered company, limited by guarantee, and a charity registered with the Charity Commission. Suffolk Mind is incorporated in England and Wales, company registration number 02611510 and charity registration number 1003061. The registered office is 26 High Road West, Felixstowe, Suffolk, IP11 9JB.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The financial statements are presented in sterling, which is the functional currency of the company and are rounded to the nearest £.

Suffolk Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Company status

The company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the company.

2.3 Consolidation

The financial statements do not consolidate the results of the charity and its wholly-owned subsidiary Suffolk Mind (Trading) Limited. Suffolk Mind (Trading) Limited is a dormant company and therefore the company has adopted the exemption from preparing consolidated accounts.

2.4 Going concern

The Trustees have considered the company's position at the time of signing the financial statements, and in particular the current issues caused by COVID-19 and its potential impact on the company and the wider economy. The Trustees have considered the company's forecasts the current financial strength of the company and the range of measures the Trustees can take to mitigate ongoing costs, should this be required.

Based on this, the Trustees have concluded that they have a reasonable expectation that the company will have adequate resources to continue in operational existence for the foreseeable future, and at least twelve months from the date of signing these financial statements, they therefore continue to adopt the going concern basis of accounting in preparing these financial statements.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.5 Income

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grant income (including government grants) is included when the related conditions for the grant have been met.

The recognition of income from legacies is dependent on establishing entitlement, the probability of receipt and the ability to estimate with sufficient accuracy the amount receivable. Evidence of entitlement to a legacy exists when the company has sufficient evidence that a gift has been left to them (through knowledge of the existence of a valid will and the death of the benefactor) and the executor is satisfied that the property in question will not be required to satisfy claims in the estate. Receipt of a legacy must be recognised when it is probable that it will be received and the fair value of the amount receivable, which will generally be the expected cash amount to be distributed to the company, can be reliably measured.

Donations are credited to the revenue account when received. The charity received the benefit of work carried out by volunteers but no monetary value is placed upon this in the accounts.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

2.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

All expenditure is accounted for on an accruals basis. Direct charitable expenditure includes the direct costs of the activities and depreciation on related assets. Where costs relate to more than one functional costs category, they have been apportioned as a percentage of staff employed on the relevant service.

2.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.8 Operating leases

Rentals paid under operating leases are charged to the Statement of financial activities on a straight line basis over the lease term.

2.9 Pensions

The company contributes to the charity's stakeholder pension scheme and the multi-employer pension schemes of the National Health Service (for those staff members previously employed by the National Health Service). Details of these contributions are given in Note 22.

2.10 Intangible assets and amortisation

Intangible assets costing £3,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Intangible assets are initially recognised at cost. After recognition, under the cost model, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Amortisation is provided on intangible assets at rates calculated to write off the cost of each asset on a straight-line basis over its expected useful life.

The estimated useful lives are as follows:

Amortisation is provided on the following basis:

Computer software	-	5 years straight line
-------------------	---	-----------------------

2.11 Tangible fixed assets and depreciation

Tangible fixed assets costing £3,000 or more are capitalised. Properties are valued at cost, or at open market valuation at the time of receipt when acquired without consideration.

Tangible fixed assets are carried at costs, net of depreciation and any provision for impairment. Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives on the following bases:

Freehold property (including improvements)	- No depreciation is provided where, in the opinion of the Trustees, the estimated residual value is in excess of the net book value.
Long-term leasehold property	- over the life of the lease
Motor vehicles	- over 7 years straight line
Fixtures and fittings	- over 3 to 5 years straight line

2.12 Investments

Investments in subsidiaries are valued at cost less provision for impairment.

Current asset investments are deposit accounts and are a form of financial instrument recognised at fair value.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.13 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.14 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.15 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

2.16 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

3. Income from donations and legacies

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Donations	211,860	9,965	221,825	214,594
Legacies	500	-	500	-
	212,360	9,965	222,325	214,594
<i>Total 2020</i>	214,594	-	214,594	

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

4. Income from charitable activities

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Housing Services	1,799,794	-	1,799,794
Courses & workshops	-	4,200	4,200
Service Development	2,000	24,811	26,811
Qu'ran & emotional health education	163	-	163
Healthy Mind Counselling	22,461	54,068	76,529
Volunteering / Suffolk Advice, Guidance & Emotional Support	-	29,941	29,941
Suffolk Night Owls	170,000	-	170,000
Workplace Wellbeing	85,457	14,220	99,677
Green Care	-	14,317	14,317
Quay Place	169	50,900	51,069
Personality Disorder Services	114,160	1,000	115,160
Suffolk Work Well	-	116,943	116,943
Children & Young People	11,417	4,200	15,617
Evolve Trans	-	9,804	9,804
Eating Recovery	6,420	-	6,420
Support Services	17,501	17,876	35,377
Connect	175,840	-	175,840
NHS Services	32,263	-	32,263
Sammy Grants	-	2,000	2,000
Coronavirus government grants	78,561	68,997	147,558
Total 2021	2,516,206	413,277	2,929,483

The charity has been eligible to claim additional funding in year from government support schemes in response to the coronavirus outbreak. The funding received is shown above under "coronavirus government grants".

The charity received the following income under each scheme:

- £68,561 received under the Coronavirus Job Retention Scheme (CJRS);
- £51,006 received for the provision of PPE for residents and nurses;
- £17,599 received for Infection Control;
- £392 received for Rapid Testing;
- £10,000 received under the Discretionary leisure and hospitality grant scheme.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

	Unrestricted funds 2020 £	Restricted funds 2020 £	Total funds 2020 £
Housing Services	1,717,142	-	1,717,142
Courses & workshops	-	26,044	26,044
Community services	825	6,035	6,860
Qu'ran & emotional health education	650	185	835
Healthy Mind Counselling	56,865	110	56,975
Volunteering / Suffolk Advice, Guidance and Emotional Support	-	26,000	26,000
Suffolk Night Owls	170,000	-	170,000
Workplace Wellbeing	197,731	-	197,731
Green Care	250	12,742	12,992
Quay Place	1,740	8,000	9,740
Personality Disorder Services	138,000	-	138,000
Suffolk Work Well	-	114,399	114,399
Children & Young People	107	8,600	8,707
Evolve Trans	14,706	-	14,706
Eating Recovery	8,386	-	8,386
Early Adopters Project	18,850	-	18,850
Total 2020	2,325,252	202,115	2,527,367

5. Investment income

	Unrestricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Investment income	4,456	4,456	7,313

In 2020, all investment income received was unrestricted.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

6. Other incoming resources

	Unrestricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Other income	58,506	58,506	98,345

In 2020, all other income was unrestricted.

7. Analysis of expenditure by activities

	Activities undertaken directly 2021 £	Support costs 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Contracts and grants for the provision of services	2,160,898	837,590	2,998,488	2,913,785
<i>Total 2020</i>	<i>2,234,102</i>	<i>679,683</i>	<i>2,913,785</i>	

Analysis of direct costs

	Activities 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Wages and salaries	1,553,041	1,553,041	1,520,380
Depreciation	8,262	8,262	18,458
Training	19,129	19,129	36,522
Other staff costs	81,682	81,682	111,755
Maintenance, furniture and equipment	48,979	48,979	78,654
Rent, rates and utilities	290,252	290,252	293,002
User related costs	26,169	26,169	34,897
General administration	133,384	133,384	140,434
	2,160,898	2,160,898	2,234,102

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

7. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

Other staff costs include: agency staff; travel; recruitment; and other staff related expenditure.

Maintenance, furniture and equipment include: furniture and equipment costs; servicing; and cleaning expenditure.

Rent, rates and utilities include: heat; light; water; telephone; rent; rates; and maintenance charges from Housing Associations.

User related costs include: catering; residents' welfare; activity expenses; and vehicle running costs.

General administration includes: printing; postage; stationery; professional fees; insurance; services development; IT costs; and bank charges.

Analysis of support costs

	Activities 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Wages and salaries	571,162	571,162	401,819
Depreciation	13,383	13,383	11,011
Training	7,917	7,917	10,753
Other staff costs	12,748	12,748	41,062
Maintenance, furniture and equipment	13,042	13,042	26,297
Rent, rates and utilities	56,155	56,155	49,107
User related costs	5,579	5,579	2,878
General administration	123,907	123,907	113,112
Governance costs - other	10,974	10,974	11,881
Governance costs - staff costs	22,723	22,723	11,763
	837,590	837,590	679,683

Other staff costs include: agency staff; travel; recruitment; and other staff related expenditure.

Maintenance, furniture and equipment include: furniture and equipment costs; servicing; and cleaning expenditure.

Rent, rates and utilities include: heat; light; water; telephone; rent; and rates.

User related costs include: catering; and activity expenses.

General administration includes: printing; postage; stationery; professional fees; insurance; services development; IT costs; and bank charges.

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

7. Analysis of expenditure by activities (continued)

Governance costs include: auditors' remuneration; insurance; Trustee expenses and training; and Company Secretarial.

8. Auditors' remuneration

	2021	2020
	£	£
Fees payable to the company's auditor for the audit of the company's annual accounts	9,660	9,600

9. Staff costs

	2021	2020
	£	£
Wages and salaries	1,934,810	1,745,468
Social security costs	149,168	132,714
Operating costs of defined benefit pension schemes	62,948	55,780
	2,146,926	1,933,962

A total of £3,627 (2020: £NIL) was paid in the form of non-contractual redundancy payments.

The payments have been recognised in the period to which they relate, in line with the accounting policy over expenditure.

The average number of persons employed by the company during the year was as follows:

	2021	2020
	No.	No.
Average number of employees	112	105

The average monthly number of employees during the year expressed as full-time equivalents was as follows (including casual and part-time staff):

	2021	2020
	No.	No.
Average number of employees	71	66

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

9. Staff costs (continued)

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2021	<i>2020</i>
	No.	<i>No.</i>
In the band £60,001 - £70,000	1	<i>1</i>

The key management personnel of the charity comprise the trustees, the Chief Executive Officer, the Head of Operations, the Head of Business Operations, the Head of Mental Health Education and the Head of Support Services. The total employee benefits of the key management personnel of the charity were £273,363 (2020: £257,398).

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2020 - £NIL).

During the year ended 31 March 2021, expenses totaling £564 were reimbursed or paid directly to 2 Trustees (2020 - £893 to 5 Trustees).

11. Intangible assets

	Computer software £
Cost	
At 1 April 2020	5,505
Additions	15,300
At 31 March 2021	20,805
Amortisation	
Charge for the year	2,993
At 31 March 2021	2,993
Net book value	
At 31 March 2021	17,812
At 31 March 2020	<i>5,505</i>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

12. Tangible fixed assets

	Freehold property £	Long-term leasehold property £	Motor vehicles £	Fixtures and fittings £	Total £
Cost or valuation					
At 1 April 2020	303,218	72,284	9,247	263,367	648,116
Additions	-	-	-	10,992	10,992
At 31 March 2021	303,218	72,284	9,247	274,359	659,108
Depreciation					
At 1 April 2020	101,853	64,486	8,094	244,984	419,417
Charge for the year	-	3,019	1,062	14,570	18,651
At 31 March 2021	101,853	67,505	9,156	259,554	438,068
Net book value					
At 31 March 2021	201,365	4,779	91	14,805	221,040
At 31 March 2020	201,365	7,798	1,153	18,383	228,699

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

13. Fixed asset investments

	Investments in subsidiary companies £
Cost or valuation	
At 1 April 2020	1
At 31 March 2021	1
Net book value	
At 31 March 2021	1
<i>At 31 March 2020</i>	<i>1</i>

Principal subsidiaries

The following was a subsidiary undertaking of the company:

Name	Company number	Holding
Suffolk Mind (Trading) Limited	03222021	100%

The financial results of the subsidiary for the year were:

Name	Net assets £
Suffolk Mind (Trading) Limited	1

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

14. Debtors

	2021 £	2020 £
Due within one year		
Trade debtors	103,761	129,149
Other debtors	28,124	56,165
Prepayments and accrued income	99,597	38,821
	<u>231,482</u>	<u>224,135</u>

15. Current asset investments

	2021 £	As restated 2020 £
Deposit accounts	342,765	170,000

Deposit accounts with a maturity date of more than 3 months totalling £170,000 have been reclassified from cash at bank and in hand to current investments for the year ended 31 March 2020.

16. Creditors: Amounts falling due within one year

	2021 £	2020 £
Trade creditors	94,064	63,321
Other taxation and social security	36,751	37,977
Other creditors	12,162	11,241
Accruals and deferred income	287,981	256,270
	<u>430,958</u>	<u>368,809</u>
	2021 £	2020 £
Deferred income at 1 April 2020	197,048	161,251
Resources deferred during the year	190,944	187,038
Amounts released from previous periods	(161,597)	(151,241)
	<u>226,395</u>	<u>197,048</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

17. Statement of funds

Statement of funds - current year

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2021 £
Unrestricted funds					
Designated funds					
Service Income Protection	900,000	-	-	-	900,000
Lease Provision	-	-	-	135,000	135,000
Organisational Development Fund	100,000	-	-	-	100,000
Building maintenance, furniture & equipment replacement fund	72,000	-	-	-	72,000
Asset replacement fund	60,000	-	-	-	60,000
	<u>1,132,000</u>	<u>-</u>	<u>-</u>	<u>135,000</u>	<u>1,267,000</u>
General funds					
General Funds	<u>393,388</u>	<u>2,791,528</u>	<u>(2,613,743)</u>	<u>(135,000)</u>	<u>436,173</u>
Total Unrestricted funds	<u>1,525,388</u>	<u>2,791,528</u>	<u>(2,613,743)</u>	<u>-</u>	<u>1,703,173</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

17. Statement of funds (continued)

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2021 £
Restricted funds					
Courses & Workshops	-	4,200	(4,200)	-	-
Healthy Mind Counselling	-	54,068	(54,068)	-	-
Community Services/SAGES	-	29,941	(28,221)	-	1,720
Workplace Wellbeing / Training	-	14,220	(6,050)	-	8,170
Service Development	(410)	24,811	(24,401)	-	-
Suffolk Work Well	9,341	116,943	(103,389)	-	22,895
Children & Young People	-	4,200	(4,200)	-	-
Green Care	-	14,317	(6,387)	-	7,930
Quay Place	-	50,900	(50,900)	-	-
Housing COVID grants	-	68,997	(68,997)	-	-
Support services	-	17,876	(17,226)	-	650
PDS	-	1,000	(1,000)	-	-
Sammy Grant/Donations	-	11,965	(5,902)	-	6,063
Evolve Trans	-	9,804	(9,804)	-	-
	<u>8,931</u>	<u>423,242</u>	<u>(384,745)</u>	<u>-</u>	<u>47,428</u>
Total of funds	<u><u>1,534,319</u></u>	<u><u>3,214,770</u></u>	<u><u>(2,998,488)</u></u>	<u><u>-</u></u>	<u><u>1,750,601</u></u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

17. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2019 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2020 £</i>
Unrestricted funds					
Designated funds					
Service Income Protection	900,000	-	-	-	900,000
Lease Provision	114,534	-	(114,534)	-	-
Organisational Development Fund	100,000	-	-	-	100,000
Building maintenance, furniture & equipment replacement fund	72,000	-	-	-	72,000
Asset replacement fund	60,000	-	-	-	60,000
	<u>1,246,534</u>	<u>-</u>	<u>(114,534)</u>	<u>-</u>	<u>1,132,000</u>
General funds					
General Funds	<u>17,684</u>	<u>2,645,504</u>	<u>(2,464,955)</u>	<u>195,155</u>	<u>393,388</u>
Total Unrestricted funds	<u>1,264,218</u>	<u>2,645,504</u>	<u>(2,579,489)</u>	<u>195,155</u>	<u>1,525,388</u>

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

17. Statement of funds (continued)

	<i>Balance at 1 April 2019 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2020 £</i>
Restricted funds					
Courses & Workshops	-	26,044	(26,044)	-	-
Qu'ran & emotional health education	-	185	(185)	-	-
Healthy Mind Counselling	-	110	(110)	-	-
Community Services/SAGES	30,243	26,000	(56,243)	-	-
Workplace Wellbeing / Training	1,813	-	(1,813)	-	-
Service Development	4,550	6,035	(10,995)	-	(410)
Suffolk Work Well	-	114,399	(105,058)	-	9,341
Children & Young People	-	8,600	(8,600)	-	-
Green Care	-	12,742	(12,742)	-	-
Quay Place	1,092	8,000	(9,092)	-	-
Housing COVID grants	298,569	-	(103,414)	(195,155)	-
	<u>336,267</u>	<u>202,115</u>	<u>(334,296)</u>	<u>(195,155)</u>	<u>8,931</u>
Total of funds	<u><u>1,600,485</u></u>	<u><u>2,847,619</u></u>	<u><u>(2,913,785)</u></u>	<u><u>-</u></u>	<u><u>1,534,319</u></u>

Unrestricted funds

Service income protection: The designated funds set aside representing three months' operating expenditure to ensure continuity in the event of funding cuts.

Lease Provision: This designated fund represents the operating lease commitment for the property at Bury St Edmunds, up to the break clause.

Organisational development fund: The designated funds available and expected to be needed to support Suffolk Mind's strategy.

Building maintenance, furniture and equipment replacement fund: The designated funds available to ensure that the charity is able to repair and replace items as required.

Asset replacement fund: The designated funds available to replace significant assets as required.

Restricted funds

Courses and workshops: The funding available from Suffolk Community Foundation for the provision of courses and workshops to improve the emotional health and wellbeing of individuals.

Health Mind Counselling: The funding available for the provision of healthy mind counselling.

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

Community Services/Suffolk Advice, Guidance and Emotional Support: The funding available from partnerships agreements with Suffolk Libraries and Suffolk Family Carers, for the provision of information, advice, guidance and emotional support for mental health and wellbeing in Suffolk.

Workplace Wellbeing: The funding available for the provision of workplace wellbeing services.

Service Development: The funding available for the development of services.

Suffolk Work Well: The funding available from the Big Lottery Fund to provide proactive and emotional support to individuals and ensure that people with mental health problems who want to remain in paid / voluntary employment receive appropriate support.

Children & Young People: The funding available for the provision of community services to children and young people.

Green Care: The funding available for the provision of Green Care services.

Quay Place: The funding available for services at Quay Place.

Housing Covid grants: The funding available for residents and nurses for the provision of PPE, rapid testing and Infection control.

Support Services: Funding from the National Lottery Community Fund and other specific grants, such as funding for laptops, for the furthering of support services.

PDS: The funding available for furthering the support offered for Borderline Personality Disorder Services.

Sammy Grants/donations: The funding available for the publication and distribution of the book Sammy the Sea Squirt.

Evolve Trans: The funding available for delivering support packages for those with social and emotional health needs from the transgender population in Suffolk.

18. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Tangible fixed assets	221,040	-	221,040
Intangible fixed assets	17,812	-	17,812
Fixed asset investments	1	-	1
Current assets	1,895,278	47,428	1,942,706
Creditors due within one year	(430,958)	-	(430,958)
Total	1,703,173	47,428	1,750,601

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

18. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2020 £</i>	<i>Restricted funds 2020 £</i>	<i>Total funds 2020 £</i>
Tangible fixed assets	228,699	-	228,699
Intangible fixed assets	5,505	-	5,505
Fixed asset investments	1	-	1
Current assets	1,659,992	8,931	1,668,923
Creditors due within one year	(368,809)	-	(368,809)
Total	1,525,388	8,931	1,534,319

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2021 £	2020 £
Net income/expenditure for the year (as per Statement of Financial Activities)	216,282	(66,166)
Adjustments for:		
Depreciation and amortisation charges	21,644	29,468
Dividends, interests and rents from investments	(4,456)	(7,313)
Increase in debtors	(7,347)	(6,490)
Increase in creditors	62,149	62,825
Net cash provided by operating activities	288,272	12,324

20. Analysis of cash and cash equivalents

	2021 £	2020 £
Cash in hand	1,368,459	1,274,788
Total cash and cash equivalents	1,368,459	1,274,788

SUFFOLK MIND
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

21. Analysis of changes in net debt

	At 1 April 2020	Cash flows	At 31 March 2021
	£	£	£
Cash at bank and in hand	1,274,788	93,671	1,368,459
Liquid investments	170,000	172,765	342,765
	<u>1,444,788</u>	<u>266,436</u>	<u>1,711,224</u>

22. Pension commitments

The charity contributes to the company's stakeholder pension scheme, the assets of which are held in independently administered funds. Total contributions to the pension scheme during the year are disclosed in note 9.

The company also participates in a multi-employer pension scheme for staff who were previously employed by the National Health Service. The pension liability is the responsibility of the Nation Health Service Pension Scheme. As a result it is not possible to identify the assets and liabilities of the scheme which are attributable to the company.

At the year end, total pension contributions of £12,162 (2020: £11,241) were outstanding.

23. Operating lease commitments

At 31 March 2021 the company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2021 £	2020 £
Not later than 1 year	16,170	37,208
Later than 1 year and not later than 5 years	-	18,670
	<u>16,170</u>	<u>55,878</u>

The following lease payments have been recognised as an expense in the Statement of financial activities:

	2021 £	2020 £
Operating lease rentals	37,208	36,769
	<u>-</u>	<u>-</u>

SUFFOLK MIND
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

24. Related party transactions

There were no related party transactions during the year.