YORK MIND (INCORPORATING OUR CELEBRATION) LTD

England & Wales · Charity number 1006759

Details

Other names	OUR CELEBRATION, BUREAU 292, HIGHCLIFFE EVENTS ORGANISERS, MOORSIDE TRAINING CENTRE
Status	Registered
Legal form	Charitable company
Company number	02659442
Registered	1991-12-06
Register	View on the Charity Commission register

Contact

Address	Alyson Scott Highcliffe House Highcliffe Court York YO30 6BP
Phone	01904643364
Email	office@yorkmind.org.uk
Website	www.yorkmind.org.uk

Activities

Objects: THE OBJECTS FOR WHICH THE ASSOCIATION IS ESTABLISHED ARE, WITHIN THE AREA OF :(A) TO PROMOTE THE PRESERVATION OF MENTAL HEALTH AND TO ASSIST IN RELIEVING AND REHABILITATING PERSONS SUFFERING FROM MENTAL DISORDER OR CONDITIONS OF EMOTIONAL OR MENTAL DISTRESS REQUIRING ADVICE OR TREATMENT; AND(B) TO PROMOTE THE STUDY OF AND RESEARCH INTO MENTAL HEALTH DISORDER AND EMOTIONAL OR MENTAL DISTRESS AND TO OBTAIN AND MAKE RECORDS OF AND DISSEMINATE TO THE PUBLIC THE USEFUL RESULTS OF SUCH RESEARCH AND TO EDUCATE THE PUBLIC IN MATTERS RELATING TO MENTAL HEALTH.

Activities: York Mind (Incorporating Our Celebration) is an independent provider of high quality mental health services in York and its surrounding area.We support adults recovering from mental ill-health to help them achieve outcomes that will progress them towards recovery and integration in mainstream activity such

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as learning, volunteering or employment.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Amateur Sport, Economic/community Development/employment
- **Who:** People With Disabilities

Geography

- City Of York
- North Yorkshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,011,813	£1,167,345	£375,906	44
2024-03-31	£1,195,819	£1,308,459	£531,438	50
2023-03-31	£1,162,651	£1,315,035	£644,078	57
2022-03-31	£1,198,677	£1,079,483	£796,462	45
2021-03-31	£1,129,098	£958,280	£677,268	40

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Trustees

Name	Role	Appointed
Alex Cowman		2025-07-30
Ameer Asghar		2024-07-02
Andrew Salkeld		2024-09-30
Coletter Horn		2024-06-01
David Ellis		2019-10-30
Dr David Geddes		2024-07-02
George Lee		2025-05-30
Helen Dunford		2025-07-30
Joy Wong		2024-05-01
Natalia Belesova		2025-05-30

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YORK MIND (INCORPORATING OUR CELEBRATION) LTD

England & Wales - Charity number 1006759

Accounts

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

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

Company Registration Number 02659442
Charity Number 1006759

Thomas Coombs Limited
Statutory Auditor
Chartered Accountants
3365 The Pentagon
Century Way
Thorpe Park
Leeds
West Yorkshire
LS15 8ZB

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2025
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YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2025
Reference and administration details

TRUSTEES	D Ellis -Chair P Yeomans -Vice chair (resigned November 24) Jennifer Potter Jacey Lamerton (resigned October 24) Joy Wong (appointed April 24) Collette Horn (appointed May 24) Andrew Salkeld David Geddes (appointed June 24) Ameer Asghar (appointed June 24) Beverley Peace (appointed July 24 – resigned) George Lee (appointed May 25) Natalia Belesova (appointed May 25) Helen Holdsworth (appointed July 25) Alex Cowman (appointed July 25) Vanessa Warn (appointed May 25)
CHIEF EXECUTIVE	A Scott
REGISTERED OFFICE	Highcliffe House Highcliffe Court York YO30 6PB
REGISTERED COMPANY NUMBER	02659442
REGISTERED CHARITY NUMBER	1006759
INDEPENDENT AUDITORS	Thomas Coombs Limited Statutory Auditor Chartered Accountants 3365 The Pentagon Century Way Thorpe Park Leeds West Yorkshire LS15 8ZB
BANKERS	CAF Bank Limited PO Box 289 Kings Hill West Malling Kent ME19 4TA HSBC UK 13 Parliament Street York YO1 8XS

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2025
REPORT OF THE TRUSTEES

OBJECTIVES AND ACTIVITIES

Main activities

The purpose of the charity is to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment. It is also to promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

York Mind deliver a range of community mental health services for children, young people and adults. In this financial year this has included Advocacy, Mentoring, Counselling, Training, Coaching, Peer Support, Social Prescribing, specific support for LGBTQIA young people and a range of activities for young people from aged eleven.

Public benefit statement

The trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'. York Mind's charitable purpose is enshrined in its objects 'the relief of people who are suffering or who have suffered from mental illness and in particular but not so as to limit the generality of the foregoing, the provision of education, training and rehabilitation facilities to enable them to earn their living and develop their full potential as members of society'. The trustees ensure that this purpose is carried out for the public benefit by delivering services that are valued by our members at zero or low cost for clients living within York and the surrounding areas.

Contribution made by volunteers

We are very proud of the volunteering opportunities at York Mind. This might be volunteering at one of our events such as marshalling at the York 1ok or bucket collecting at the York Comedy festival or it might be a longer-term commitment such as providing regular counselling sessions.

We aim to provide effective support for our volunteers and have seen volunteers progress from volunteering with us to joining our staff team as paid employees.

Last year our regular volunteers contributed 1400 hours

Additionally, our Trustees attended monthly meetings each lasting two hours. This includes subgroups with a focus on People and Quality and Finance and Risk. They also give considerable time over and above meetings supporting the CEO and the wider organisation. We are grateful for the time they commit to York Mind.

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2025
REPORT OF THE TRUSTEES

ACHIEVEMENTS AND PERFORMANCE

This year York was proud to be one of six areas in the country chosen to deliver the NHS 24/7 Mental Health pilots. We were chosen because of the work we had already undertaken to develop a partnership of statutory and voluntary sector organisations committed to transforming community mental health services. Our 24/7 Hub in the Acomb district of York sits alongside an already established hub in York City centre.

York Mind are central to the development of this transformed model, delivering Peer Support, Social Prescribing and running the night-time provision. However, it is a true partnership with huge amounts of resource and commitment given by our statutory partners, York City Council and Tees Esk and Wear Valleys NHS Foundation Trust (TEWV) and by other voluntary sector partners including York Carers Centre and York CVS.

OUR SERVICES

121 Services

Young people's counselling

We provide free at the point of access counselling to young people living within the city of York. Each young person is offered an initial assessment session followed by 6 counselling sessions with one of 3 fully qualified employed counsellors, including one who can also offer art therapy. The service is split into two separately funded streams, one for 12 – 15 year olds funded by a grant from CYC, another for 16 – 25 year olds funded by a contract with CYC. Feedback has been consistently positive across both streams with 100% young people who filled out an experience of service questionnaire stating that they rated the quality of service and the people who delivered it as either excellent or good and 99.25% of young people saying they would recommend the service to a friend. We delivered a total of 1,020 sessions of counselling to young people in York over the year.

Adult counselling

Our adult counselling service provides up to 16 sessions of subsidised counselling (£20 per session until Dec 2024, £25 per session from Jan 2025) to adults who self refer to the service. It is delivered by 20 – 30 volunteer counsellors, a combination of trainee and fully qualified, who are supported by an employed Practice Lead, Assessor and Service Manager. We delivered 1,120 sessions over the year and feedback from the sessions has included:

"The ability to talk to someone who could listen in a productive way. I never understood the power of talking until I worked with [counsellor]. I honestly cant say how much your service has made a difference. The past few months have shifted my view of myself in the most positive way possible. Thank you."

"Very happy with the service, especially considering NHS waiting times!"

"I've used the sessions to talk about my thoughts and feelings in a safe space which has helped me focus on what I need to keep myself well and developing coping strategies when I'm finding things difficult."

Children's Wellbeing Practitioners

Our children's wellbeing practitioners (CWPs) offer evidence based, low intensity interventions based on CBT and guided self-help to support young people aged 12-18. Specifically they target young people experiencing mild to moderate anxiety, low mood and behavioural problems and work towards individualised goals focused on developing strategies to manage symptoms. Our two CWPs are trainees who have delivered 231 sessions over the year. Aggregated data from all young people who accessed the service showed an overall decrease in occurrence of all symptoms measured on RCADS (Revised Children's Anxiety and Depression Scale) questionnaires. The tangible impact of this included returning to school after long periods of mental health related absence, increased confidence to pursue hobbies and meet new people, and finding and maintaining employment.

Coaching

Our coaching service is delivered by volunteer coaches supported by our employed Practice Lead. They provide adults (18+) with subsidised coaching sessions (minimum £30 per session), offering a series of up to 6 sessions over 6 months. Sessions are delivered remotely and 41 sessions were delivered over the year. The service can be used as a move on option for adults ending their counselling journey or as an entirely separate intervention. The service focuses on setting and working towards individual goals and the development of strategies and tools to improve overall mental health.

Corporate Wellbeing Services

Fundraising Summary 2024–2025

Despite ending the year with a modest fundraising deficit, the Fundraising Department remains a strategically vital part of York Mind, responsible for generating unrestricted income and raising the charity's profile. The team continued to deliver key activities during a year marked by staff turnover and changes within the team, alongside wider economic challenges.

Headline Figures

- **Total fundraising income**: £74,259 (↓ 41% from £126,043 in 2023–2024)
- **Fundraising events income**: £21,336 (↓ 49.7% from £42,378 in 2023–2024)
- **Donations (including individual, community, corporate, in memory and legacy giving)**: £52,924 (↓ 36.4% from £83,240 in 2023–2024)
- **Net fundraising result**: **£-2,609** (compared to a £65,816 surplus in 2023–2024)

Key Activities and Highlights

- Our core fundraising events, included the York 10K, the Dragon Boat Race, the Castle to Abbey Coastal Challenge and the Yorkshire Marathon which raised over **£8500**.
- Individual giving remained a key income stream, contributing over **£31,800** in unrestricted donations from members of the public – a 28% increase from the previous year.
- Community fundraising also continued to provide valuable support, although overall participation was lower than in previous years.

Challenges
Fundraising income declined significantly this year due to:

- Lower returns across several fundraising events
- Reduced corporate donations and community fundraising income
- Multiple staff changes within the fundraising team, affecting continuity and forward planning
- A limited digital reach, especially via social media platforms

These factors contributed to an overall deficit in fundraising, reinforcing the need for a refreshed and more targeted approach.

Looking Ahead: 2025–2026
In the year ahead, we will undertake a strategic review of our fundraising model with a focus on diversifying and stabilising income streams. Key plans include:

- **Prioritising a smaller number of high-impact fundraising events**, reducing the strain of coordinating multiple lower ROI activities
- **Developing a dedicated individual giving strategy**, with a focus on growing income from one-off donors and regular givers
- **Launching a free wills campaign** to build longer-term legacy income
- **Using LinkedIn more strategically** to raise our profile and attract new corporate partnerships
- **Reviewing and improving our social media strategy**, which has underperformed in terms of reach and engagement
- **Expanding our email mailing list** and enhancing communication through our monthly newsletter

We have also begun embedding more **client stories, quotes, and service feedback** across our social media and newsletters, to provide a richer and more engaging picture of York Mind's work and impact. These additions aim to improve supporter connection and demonstrate the real-life outcomes of our services.

York Advocacy Hub

York Mind successfully retained the York Advocacy Hub contract for a further three years, with the potential for a two-year extension. Through this contract, we will continue to support individuals to have their voices heard and to exercise their rights.

In the 2024–25 financial year, York Advocacy Hub supported 810 people. The impact of this support ranged from assisting individuals with care plan changes, to guiding them through NHS complaints processes — including seeking explanations, service improvements, or formal apologies — to supporting people in exercising their Article 5(4) rights through tribunal appeals and DoLS challenges

We often work with clients who are non-instructed or acutely unwell, which presents challenges in collecting formal feedback. However, we continue to gather qualitative feedback throughout the advocacy relationship, which is overwhelmingly positive.

Key Outcomes in 2024–25:

- 100% of respondents said that they would recommend York Advocacy Hub to others.
- 100% of respondents rated the quality of service as excellent or good.
- 95.6% of our stakeholders would recommend our service.

A snapshot of feedback from our stakeholders:

- "Very reliable and positive service. Patient aware of how they could be contacted and advocate always happy to take on patient requests and talk with key staff from the MDT as and when required."
- "I found this a very positive experience, the client benefitted enormously from having the advocate involved."
- "Good professional service with staff who are well educated and trained in key areas."

A snapshot of feedback from our clients:

- "You properly stood up for me and helped me above and beyond at times. You were amazing as my voice."
- "It was really reassuring knowing there was at least one person fighting my corner and I always knew that advocacy would push my views forward in meetings, even if they weren't successful getting me what I wanted, I know they always really tried."
- "I just want to say thank you for all your help and patience. It really hasn't been easy and you've been very so kind helping me through it."
- "I definitely wouldn't have got to this stage without your support and advice though so thanks again."

Young Peoples Services

The **Yorchoice project** commenced 1st March 2024. This is a three-year project with the overarching aim of ensuring that young people (14-21yrs or 25 SEND) will have access to the appropriate support at the appropriate time and are not reliant on statutory mental health services. It will provide them with the awareness of who can support them and the autonomy to help themselves. Young People will have an increased understanding of the support that is available to them at a time that they need it. This will be achieved by a twice weekly drop-in service, the **Yormind** website and **ChatChit** podcasts. The drop-in provision has been held for 50 weeks of each calendar year, and we have had a total of 263 visits from young people at the drop-in since the start of the project. The number of organisations featured on the Yormind website has stayed constant at between 50-75 with 6 weekly updates and there has been an average of 603 users of the website per month. 11 podcasts have been produced to date, all involving co-production with young people, with over 2048 watches since the beginning of the project.

The **Surviving in the Wild** project for the ICB has now concluded and 5 videos exploring mental health themes and positive ways of coping have been created involving young people which will now be independently approved by an NHS practitioner before being uploaded to social media platforms including TikTok.

The **Expressive Minds** project began in September 2024 and is at the end of its first year. This is an early intervention project providing mental health support to 11-18yrs who are experiencing mental health challenges and who are at risk of, or who are engaging in harmful behaviour. Using mixed art media, we support them to engage in conversations around mental health and help them discover positive coping strategies. Each group consists of 6 weekly sessions, delivered in groups outside of school hours and involve components of peer support, psychoeducation, and creativity. We have now delivered 5 groups providing support for 23 young people.

The **Pride in Mind** project began in November 2024 and this is a 2-year project providing mental health support for York residents aged between 12-18 years who identify as having a sexuality which is not heterosexual, who are experiencing gender dysphoria/distress, or identify as transgender. The overall aim of the project is to prevent poor mental health and support the wellbeing of young people, reducing health inequalities of young people in this population group. The project involves 121 support, group support, outreach sessions and school awareness sessions. To date we have held two groups, each group ran over 6 weeks, with 4 young people at each and we have delivered 39 one-to-one sessions and 9 school awareness sessions.

Future Plan

We are hoping to be successful in an application for funding to further develop the **Expressive Minds** project to tailor support in alignment with the Serious Violence Duty priorities of prevention and early intervention focused on Children and Young People (11-16yrs) The project will aim to address the rise in misogynistic views and related crimes and will provide young people with a space to creatively and safely explore themes relating to mental health, self-esteem and healthy relationships. The format will replicate the initial project but will also offer 121 sessions and outreach work.

Mental Health Hub

Peer Support and Social Prescribing Projects

This year, we continued to deliver peer support and social prescribing through the Pathway to Recovery (P2R) project at Foss Park Hospital and the Community Mental Health (MH) Hub at 30 Clarence Street. The team currently includes a service manager, senior peer support worker (PSW), three part-time PSWs, a group facilitator, and three new volunteers.

Pathway to Recovery (P2R)

The project experienced notable staffing changes among partner organisations, particularly Adult Social Care. In response, our team has taken the lead on managing referrals and building relationships at Foss Park. While this falls outside the original project model, it has been effective, and we now have strong connections with key partners. A review and relaunch of the partnership project is underway, drawing on insights from four years of delivery.

Community MH Hub

The Hub at 30 Clarence Street has undergone significant transformation. Initially, the building hosted multiple services, creating a 'day service' environment for people with long-term MH needs. Between April and September 2024, we transitioned the space into a dedicated MH Hub, formally launching the new service model in September.

Although not yet widely promoted, the Hub is seeing a steady increase in service users. We have built partnerships with specialist providers offering support in areas such as housing, benefits, bereavement, and employment, with regular drop-in sessions now taking place. Referral pathways with TEWV's Access Team were established in June 2024, with further links to social care and external providers developing well. A key challenge remains the absence of a central recording system, which we aim to resolve shortly.

Annual Statistics

- **Peer Support:** 94 clients; 600 hours of 1:1 support
- **Social Prescribing:** 81 clients; 540 hours of 1:1 support
- **Community Socials:** 6 sessions (2hrs each); 40 clients
- **Peer Support Groups:** 6 groups (from Oct 2024); 62 clients
- **Ward Coffee Events:** 104 sessions

ACHIEVEMENTS AGAINST OBJECTIVES

- Continue our participation in Community Mental Health Transformation both operationally and strategically. Operationally, we will grow our Social Prescribing and Peer Support services that deliver in the transformed operating model. Strategically, the CEO will continue to be an integral part of the ongoing system change across York

This has been a major achievement for York Mind. The strength of our partnership led to a successful bid to NHS England to be one of only six national pilots for the 24/7 Mental Health hub. This is the beginning of the transformation of community mental health services to make them more responsive to the needs of people using the services. The increase in our finances has meant we can increase our infrastructure to support the new staff who will be delivering this work.

- Work with the Mind Federation to address the challenges impacting on the voluntary sector, particularly a decrease in unrestricted funding. This involves developing formal memorandums of understanding with local Minds in our region

We have established a memorandum of understanding for the six local Minds in our Integrated Board area (ICB). This has been signed off by all sets of Trustees. We have formally agreed trading names with national Mind including Mind in York and North Yorkshire. We have launched the partnership at a successful initial meeting with over 40 stakeholders from across the region and are currently working on a brochure detailing our range of services as requested by commissioners

- Continue to pursue the potential redevelopment of our building

Our plans for building redesign remain on hold

PLANS FOR 24-25

- **Embed the 24/7 partnership including recruitment of staff, new IT reporting systems and local and national evaluations**
- **Develop the new Hull and North Yorkshire partnership with a focus on supporting al of the local Minds to develop new areas of work in their geographical location. Work on regional-wide projects to develop diverse and sustainable income streams**
- **Put "transformation" at the heart of our new strategy, aligned to the NHS 10 year plan of "hospital to community"**

FINANCIAL REVIEW

The financial results of the Charity are shown in the annexed financial statements. The total deficit for the financial year ending 31st March 2025 was £155,532. With this deficit subtracted from our opening balance of £531,438, the total funds held are £375,906.

Overall income in the year was £1,011,813 (2024: £1,195,819).

Overall expenditure for the year was £1,167,345 (2024: £1,308,459). £102,275 of this was spent on raising funds and £1,065,070 on providing charitable activities.

RESERVES POLICY

We review our reserves policy on a regular basis taking into account future activities, the opportunities available to the Charity and the potential risks to which it might be exposed.

Unrestricted free reserves at the end of the financial year were £227,772.

York Mind aims to hold a free reserve that will enable an orderly closure of the charitable company in such an eventuality.

The Trustees have agreed that that the funds should still be able to meet the costs of making all staff redundant, if necessary, and be able to pay notice periods for staff whose notice period is greater than one month. The Trustees consider that any winding down of a service would be identified at least a month in advance, which would allow most staff to work their notice period and so not to have a sudden and adverse impact upon services.

The trustees have agreed a target minimum level of £110,000. Our level is within this range.

INVESTMENT POLICY

In accordance with the Memorandum of Association, the trustees have the power to make such investments as they see fit. With short term fluctuations in cash flow due to timing of grant income and the uncertainties of the stock market, we have maintained our existing policy of investing the money in an easy deposit account that offers a consistent and competitive rate of return during the year. Our Finance and Risk sub-committee will be reviewing our investment strategy in 24-25

RISK MANAGEMENT

The Trustees, on a regular basis, review the principal risks and uncertainties faced by the charity in its day to day operations. The Trustees have established policies, systems and procedures to mitigate those risks involved. This includes a strategic risk register and individual risk assessments for each project.

STRUCTURE, GOVERNANCE & MANAGEMENT

Legal and Administrative details

The organisation is a charitable company limited by guarantee, incorporated on 31 October 1991 with registered company number 02659442 and registered as a charity on 6 December 1991, registration number 1006759. The principal and registered office is Highcliffe House, Highcliffe Court, York, YO30 6BP.

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Method of recruitment and appointment of trustees

Members of the Board are trustees for the purpose of Charity Law and Directors for the purposes of Company Law. Members are elected annually and meet a minimum of 6 times per year. The Board aims to be reflective of both the needs of the service users and the needs of managing a charity. We aim, wherever possible, to attract Board members who have either personal experience of mental-ill health or who have relatives and/or friends with these experiences.

The Board have begun a thorough review and overhaul of the recruitment and induction process. This followed feedback from new Trustees and will ensure that everyone understands their role and responsibilities.

Trustee induction and training

Each new trustee is welcomed by the Chair and, following an informal interview, given a formal induction which includes details of relevant training. Each trustee meets with the Chief Executive Officer and is encouraged to tour the office and meet all staff members, who provide useful information regarding the services we are currently delivering. Prospective trustees are also given a brief information pack and are invited to attend two trustee meetings after which time a decision is made from both sides as to whether they wish to proceed. Our information pack currently consists of the following information:

- Current Trustees' Annual Report
- Charity policies and procedures
- Staff handbook
- Current strategy documents
- Minutes of the two previous trustee meetings

Organisational structure

The Trustee Board is responsible for governance, policy and strategic direction.

Day-to-day responsibility for running York Mind is delegated to the Chief Executive Officer.

Key management personnel remuneration

Remuneration for the CEO and Senior Management Team is decided by Trustees. A benchmarking exercise is undertaken using information regarding average salaries for similar sized charities, vacancies in other Local Mind associations and in charities within the same geographical region.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2025
REPORT OF THE TRUSTEES

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.
In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

The auditors, Thomas Coombs Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 26th November 2025 and signed on the board's behalf by:

.....
D Ellis-Trustee

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2025
REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS

Opinion
We have audited the financial statements of York Mind (Incorporating Our Celebration) Ltd (the 'charitable company') for the year ended 31st March 2025 which comprise Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including 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 31st 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.

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 Auditor's 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 UK, including the FRC'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 trustees annual report, other than the financial statements and our auditor's 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.

Opinions 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 (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the 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 directors' report.

We have nothing to report in respect of the following matters in relation to which the 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 directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit

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.

Auditor's 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 auditor's 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 extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations.
- We identified the laws and regulations applicable to the charity through discussions with management, and from our commercial knowledge of the sector.
- We focused on specific laws and regulations which we considered may have a direct material effect on the accounts of the operations of the Charity, including the Charities Act 2011.
- We assess the extent of compliance with laws and regulations identified above through making enquiries of management and inspecting legal correspondence.
- Identified laws and regulations ere communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- Making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud.
- Considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- Performed analytical procedures to identify any unusual or unexpected relationships.
- Identified and tested journal entries and identified any significant transactions that were unusual or outside the normal course of business.
- Investigated the rationale behind significant or unusual transactions.
- Challenged assumptions and judgements made by management in determining significant accounting estimates.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed audit procedures which included, but were not limited to:

- Agreeing financial statements disclosures to underlying supporting documentation.
- Discussions with management of know or suspected instances of non-compliance with laws and regulations
- Reading the minutes of meetings of those charged with governance.

At the completion stage of the audit, the engagement partner's review included ensuring the team had approached their work with appropriate professional scepticism and thus the capacity to identify non-compliance with laws and regulations and fraud.

There are inherent limitations in the audit procedures described above and the further removed non-compliance of laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement relating to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/Our-Work/Audit/Audit-and-assurance/Standards-and-guidance/Standards-and-guidance-for-auditors/Auditors-responsibilities-for-audit/Description-of-auditors-responsibilities-for-audit.aspx. This description forms part of our auditor's 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. 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 auditor's 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 the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

S Pullan

Shaun Pullan ACCA (Senior Statutory Auditor)
for and on behalf of
Thomas Coombs Limited
Statutory Auditor
Chartered Accountants
3365 The Pentagon
Century Way
Thorpe Park
Leeds
West Yorkshire
LS15 8ZB

26th November 2025

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME & EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2025

	Note	Unrestricted Funds £	Designated Funds	Restricted Funds £	Total 31 March 2025 £	Total 31 March 2024 £
Income and endowments from:						
Donations, grants and legacies	**3**	86,639	-	-	86,639	127,130
Charitable activities	**5**	60,868	-	860,835	921,703	1,065,964
Investments	**4**	3,471	-	-	3,471	2,725
Total income		**150,978**	**-**	**860,835**	**1,011,813**	**1,195,819**
Expenditure on:						
Raising funds		102,275	-	-	102,275	71,087
Charitable activities		16,346	-	1,048,724	1,065,070	1,237,372
Total expenditure	**6**	**118,621**	**-**	**1,048,724**	**1,167,345**	**1,308,459**
Net income/(expenditure)		32,357	-	(187,889)	(155,532)	(112,640)
Transfers between funds	**13**	4,363	-	(4,363)	-	-
Net movement in funds	**13**	**36,720**	**-**	**(192,252)**	**(155,532)**	**(112,640)**
Reconciliation of funds:						
Total funds brought forward		270,338	-	261,100	531,438	644,078
Total funds carried forward		**307,058**	**-**	**68,848**	**375,906**	**531,438**

The notes on pages 19 to 27 form part of these financial statements.

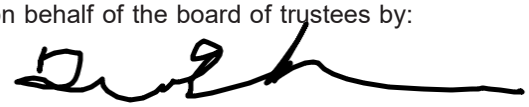
YORK MIND (INCORPORATING OUR CELEBRATION) LTD

BALANCE SHEET AT 31 MARCH 2025

Company Registration Number: 02659442

	Note	2025 £	2025 £	2024 £	2024 £
Fixed assets:					
Tangible assets	**9**		79,287		87,686
Current assets:					
Debtors	**10**	164,717		367,548	
Cash at bank and in hand		314,401		361,244	
Total current assets		479,118		728,792	
Liabilities:					
Creditors: Amounts falling due within one year	**11**	(182,499)		(285,040)	
Net current assets			296,619		443,752
Total net assets			**375,906**		**531,438**
The funds of the charity:					
Restricted	**13**		68,848		261,100
Unrestricted	**13**				
Tangible Fixed Assets		79,286		87,686	
Free Reserves		227,772		182,652	
Designated funds		-		-	
			307,058		270,338
Total charity funds	**14**		**375,906**		**531,438**

The financial statements were approved and authorised for issue by the Board on 26th November 2025
Signed on behalf of the board of trustees by:



.....
D A Ellis-Chairperson

The notes on pages 19 to 27 form part of these financial statements.

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2025

	Note	2025		2024	
		£	£	£	£
Net cash provided by / (used in) operating activities	**16**	(44,494)		(81,911)	
Cash flow from investing activities:					
Purchase of tangible fixed assets		(2,349)		(945)	
Change in cash and cash equivalents in the year			(46,843)		(82,856)
Cash and cash equivalents at beginning of the year			361,244		444,100
Cash and cash equivalents at end of the year	**16**		314,401		361,244

The notes on pages 19 to 27 form part of these financial statements.

1 ACCOUNTING POLICIES

a) Basis of preparation

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

b) Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis.

Like many other voluntary and not for profit organisations the annual income of the charity is dependent on the renewal, recurrence or identification of new sources of short term income. Within the 12 months period following the approval of the financial statements a number of significant grants will reach the end of their contract term. Importantly if a contract is not renewed it would be expected that associated staff would transfer to a third party providing those services going forward.

The trustees have considered the expected level of income and associated costs together with the level of reserves over the 12 months from approval of the financial statements and concluded that the charity will be able to continue in operation and as such the going concern basis of accounting is appropriate.

c) Fixed assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold land	- Nil
Freehold building	- 4% straight line
Building Maintenance	- 10% straight line
General and computer equipment	- 20% to 33.33% straight line
Furniture and fittings	- 20% straight line
Kitchen equipment	- 20% straight line
Production equipment	- 20% straight line

d) Income recognition

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

e) Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

When donors specify that donations and grants given to the charity must be used in the future accounting periods, the income is deferred until those periods.

When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When donors specify that donations and grants, including capital grants are for a particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when received.

1 ACCOUNTING POLICIES (continued)

f) Expenditure

Expenditure is included in the Statement of Financial Activities on an accruals basis once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

Costs of raising funds comprise the costs associated with attracting voluntary income.

Expenditure on Charitable Activities includes the costs incurred by the charity in the delivery of the activities and services for its beneficiaries. It includes costs that are directly attributable to specific activities and the indirect costs necessary to support them. Management, Finance and Admin Support costs are apportioned to activities on the basis of time spent by staff on those activities. Premises and Office Costs are apportioned to activities based on the premises they occupy and the activities they supported.

g) Fund accounting

Funds held by the charity are either:

Unrestricted general funds - these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds - these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purpose.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

h) Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity contribution is restricted to the contributions disclosed in note 7. The costs of contributions are recognised in the year that they are payable.

i) Financial instruments

The company only enters into transactions in ‘basic’ financial instruments which result in the recognition of assets and liabilities; these include trade and other debtors and creditors, bank balances, loans from banks and other third parties, and loans to related parties. These are recognised in the company’s balance sheet when it becomes party to the contractual provisions of the instrument.

Basic financial assets (other than those classified as payable within one year) are initially measured at cost and are subsequently carried at cost or amortised cost using the effective interest method, less any impairment losses. Basic financial assets classed as receivable within one year are not amortised.

Basic financial liabilities (other than those classified as payable within one year) are initially measured at present value of future cash flows and subsequently at amortised cost using the effective interest method. Basic financial liabilities classed as payable within one year are not amortised.

Financial assets and liabilities are offset, with the net amount reported in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

j) Taxation

The charity is exempt from corporation tax on its charitable activities.

k) Leases

Rentals payable under operating leases are charged to the SOFA on a straight line basis over the period of the lease.

2 LEGAL STATUS OF THE CHARITY

York Mind (incorporating Our Celebration) Ltd is regulated by the Charities Commission (1006759), limited by guarantee and is registered in England & Wales. The address of the registered office and principle place of business is York Mind (incorporating Our Celebration) Ltd, Highcliffe House, Highcliffe Court, York, YO30 6BP. 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.

3 DONATIONS, GRANTS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Donations and Fund Raising	86,279	-	86,279	126,653
BW Memorial Fund	-	-	-	425
Other income	360		360	52
2025	86,639	-	86,639	127,130
2024	127,130	-	127,130	

4 INVESTMENT INCOME

	2025 £	2024 £
Bank interest receivable	3,471	2,725

5 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Charitable Activities Income				
Archbishop Holgate's YP Project	-	-	-	3,334
City of York Council - 1-2-1 Service	-	-	-	60
City of York Council - Activities	-	-	-	80,775
City of York Council - Advocacy Hub	160	397,546	397,706	365,405
City of York Council - MH VCSE Alliance	-	-	-	40,000
City of York Council Social Prescribing	-	-	-	106,920
City of York Council - Young People 12-15	-	52,500	52,500	70,000
City of York Council - Young People Counselling	-	81,629	81,629	80,407
Counselling	29,888	-	29,888	36,003
HEE Children's Wellbeing Practitioners	-	103,844	103,844	-
Mid & North Yorkshire Citizens Advice	-	6,077	6,077	5,900
National Mind - Schools and Colleges Early Support Service	-	-	-	40,558
NHS Humber Children's Digital	-	9,992	9,992	-
NYPFCC Bruce	-	16,866	16,866	-
Better Connect RISE	-	25,471	25,471	19,986
Training	30,820	-	30,820	59,790
The National Lottery Community Fund - YorChoice Project	-	93,911	93,911	49,650
York CVS-Adult Peer Support	-	54,666	54,666	85,000
City of York Council - Young People LGBT Mentoring	-	6,667	6,667	15,000
City of York Council - Pride in Mind	-	11,667	11,667	-
Your Consortium - Action towards Inclusion	-	-	-	2,836
Your Consortium - Thriving at Work	-	-	-	4,340
2025	60,868	860,835	921,703	1,065,964
2024	81,724	984,240	1,065,964	

6 TOTAL EXPENDITURE

		Costs of Raising	Charitable Activities				
	Basis of Allocation	Fundraising	Restricted Projects	Unrestricted Projects	Governance	Total 2025	Total 2024
Costs charged directly to activities							
Staff costs (incl training & recruitment)	Direct	59,239	739,121	241,122	-	1,039,482	1,104,493
Beneficiary & volunteer expenses	Direct	45	1,365	4,249	130	5,789	6,427
Activities & Course costs	Direct	20,974	21,166	65,097	-	107,236	171,273
Auditor's fees (see Note 8)	Direct	-	-	-	7,704	7,704	17,789
Legal fees	Direct	2,485	-	-	-	2,485	600
Depreciation	Direct	-	-	4,874	-	4,874	8,341
Bad debt written off		-	-	(225)	-	(225)	(465)
Recharged costs to activities	Activity	19,532	287,073	(306,605)	-	-	-
2025		**102,275**	**1,048,724**	**8,512**	**7,834**	**1,167,345**	**1,308,459**
2024		71,088	926,062	292,920	18,389	1,308,459	

7 EMPLOYEE INFORMATION

The aggregate payroll costs of the Charitable Company for the period are as follows:

	2025 £	2024 £
Gross salaries	893,495	946,405
Social security costs	67,972	69,269
Pension	51,638	54,905
Total staff salaries	1,013,105	1,070,579

The trustees received no remuneration.
The trustees received expenses of £130.49 during the year (2024: £nil).

Average number of employees for the period	No	No
Number of management staff	4	4
Number of other staff	44	45
	48	49

One employee received emoluments in excess of £60,000 but less than £70,000.
The total cost in 2024-25 of key management personnel (here meaning the Senior Leadership Team) was £166,493 (2024 £214,761)

8 NET INCOME/(EXPENDITURE)

Net income/(expenditure) for the year are stated after charging:	2025 £	2024 £
Depreciation	4,874	8,341
Auditor remuneration audit fees	7,704	6,480
Auditor remuneration non-audit fees	-	11,309

9 TANGIBLE FIXED ASSETS

	Freehold property £	Building maintenance £	General & computer equipment £	Furniture fittings & production £	Total £
COST					
At 1 April 2024	319,624	32,995	34,947	12,699	400,265
Additions	-	-	2,349	-	2,349
Disposals	-	(32,995)	-	-	(32,995)
At 31 March 2025	319,624	-	37,296	12,699	369,619
DEPRECIATION					
At 1 April 2024	241,844	24,823	33,293	12,619	312,579
Charge for the year	923	2,298	1,573	80	4,874
On Disposals	-	(27,121)	-	-	(27,121)
At 31 March 2025	242,767	-	34,866	12,699	290,332
NET BOOK VALUE					
At 31 March 2025	76,857	-	2,430	-	79,287
At 31 March 2024	77,780	8,172	1,654	80	87,686

Included in Freehold property is land amounting to £75,000 (2024 £75,000).

All fixed assets are used for charitable purposes.

10 DEBTORS

	2025	2024
	£	£
Debtors in the ordinary course of activities	149,866	355,785
Prepayments and accrued income	14,851	11,763
	164,717	367,548

11 CREDITORS: Amounts falling due within one year

	2025	2024
	£	£
Creditors in the ordinary course of activities	32,693	13,961
Other creditors	696	25,057
Accruals and deferred income	149,110	246,022
	182,499	285,040

12 LEASE AGREEMENTS

	2025	2024
	£	£

Minimum lease payments under non-cancellable operating leases fall due as follows:

Within one year	-	538
Between one and five years	-	-
	-	538

13 RESTRICTED FUNDS

	Balance at 31 March 2024	Movement in resources Incoming	Outgoing	Transfers	Balance at 31 March 2025
	£	£	£	£	£
York CVS-Adult Peer Support	52,880	54,666	(107,546)	-	-
CYC Counselling Service/Mind Cost of Living	1,639	-	-	(1,639)	-
City of York Council - Advocacy Hub	(20,387)	397,546	(377,159)	-	-
Better Connect RISE	(2,889)	25,471	(22,581)	-	-
The National Lottery Community Fund - YorChoice Project	39,565	93,911	(95,877)	-	37,599.49
NYPFCC Bruce	-	16,866	(10,936)	-	5,929.86
NHS Humber Children's Digital	-	9,992	(7,326)	-	2,666.48
Mid & North Yorkshire Citizens Advice	-	6,077	(3,849)	(2,228)	-
City of York Council Social Prescribing	106,920	-	(106,920)	-	-
VCSE Alliance	60,416	-	(40,416)	-	19,999.75
City of York Council - Young People 12-15	24,546	52,500	(77,046)	-	-
City of York Council - Young People 16-25 Counselling	3,412	81,629	(85,041)	-	-
City of York Council - Young People LGBT Mentoring	5,130	6,667	(11,797)	-	-
YP Mentoring (AHS Grant)	1,783	-	(1,287)	(496)	-
HEE Children's Wellbeing Practitioners	(11,915)	103,844	(91,929)	-	-
City of York Council - Pride in Mind	-	11,667	(9,014)	-	2,652.77
	261,100	860,835	(1,048,724)	(4,363)	68,848

UNRESTRICTED FUNDS

	Balance at 1 April 2024	Movement in resources Incoming	Outgoing	Transfers	Balance at 31 March 2025
	£	£	£	£	£
General fund	182,652	150,978	(107,873)	2,014	227,772
Tangible fixed asset	87,686	-	(10,749)	2,349	79,286
	270,338	150,978	(118,622)	4,363	307,058

Purposes of restricted funds

During the year, the charity received specific grants restricted to the funding of the following projects:
Counselling funding is provided through the receipt of regular gifts, charges for the service and funding from City of York Council for the Young People's Counselling.
City of York Council provide funding for statutory advocacy provision.
The National Lottery Fund YorChoice is a three-year initiative that aims to support young people's mental health in York by providing timely access to appropriate services.
The Better Connect RISE project is designed for adults in York and North Yorkshire who are economically inactive and facing barriers to engaging with employment.
The Bruce project aims to raise awareness of mental health and risk-taking behaviour amongst young people.
The NHS Children's Digital project works to improve digital accessibility to health care for young people and their families.
Adult Peer Support is a project to provide early input to support timely and supported discharge, linking with community support.
Citizen's Advice is to provide coaching and 121 sessions for people struggling with debt and referred to us by Citizens Advice.
City of York Social prescribing links people to sources of support to improve their health and wellbeing.
HEE Children's Wellbeing Practitioners project works towards raising awaerness in practitioners of children and young people's mental health.
VCSE Alliance is funding for a post to support the development of a mental health alliance and enable system transformation.
Young People Counselling (12-15 Grant) is to provide counselling for young people aged 12-15 in York.
Young People Counselling (16-25 Contract) is to provide Counselling for young people aged 16-25 in York.
Young People Mentoring is for the provision of 121 mentoring for young people in York.
Young People Mentoring (AHS Grant) is for the provision on 121 mentoring solely for pupils of Archbishops Holgate School.
City of York Council Pride in Mind offers mental health support to young people and provide support for managing the unique challenges faced by the LGBTQ+ community.

Fund balances represent balances carried forward on multi-year projects and projects.

Purposes of unrestricted funds

The general fund represents the free funds of the charity which are not designated for a particular purpose.

14

ANALYSIS OF NET ASSETS (between restricted and unrestricted funds)

	Tangible fixed assets	Other net assets	Total
Restricted Funds	-	68,848	68,848
Tangible fixed asset fund	79,286	-	79,286
General Fund	-	227,772	227,772
	79,286	296,620	375,906

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RELATED PARTY TRANSACTIONS

No transactions with related parties were undertaken such as are required to be disclosed under Financial Reporting Standards.

16

RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025 £	2024 £
Net Income for the reporting period	(155,532)	(112,640)
Depreciation charges	4,874	8,341
Decrease/(increase) in debtors	202,831	(198,906)
Increase/(decrease) in creditors	(102,541)	218,917
Loss on disposal	5,874	2,377
Net cash provided by (used in) operating activities	(44,494)	(81,911)

ANALYSIS OF CASH AND CASH EQUIVALENTS

	2025 £	Movement £	2024 £
Cash in hand	314,402	(46,842)	361,244
Total cash and cash equivalents	314,402	(46,842)	361,244

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COMPARATIVE SOFA

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 31 March 2024 £
Income and endowments from:				
Donations and legacies	127,130	-	-	127,130
Charitable activities	81,724	-	984,240	1,065,964
Investments	2,725	-	-	2,725
Total income	**211,579**	**-**	**984,240**	**1,195,819**
Expenditure on:				
Raising funds	71,087	-	-	71,087
Charitable activities	277,720	33,590	926,062	1,237,372
Total expenditure	**348,807**	**33,590**	**926,062**	**1,308,459**
Net Income	(137,228)	(33,590)	58,178	(112,640)
Transfers between funds	(2,555)	2,578	(23)	-
Net movement in funds	**(139,783)**	**(31,012)**	**58,155**	**(112,640)**
Reconciliation of funds:				
Total funds brought forward	410,121	31,012	202,945	644,078
Total funds carried forward	**270,338**	**-**	**261,100**	**531,438**

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

England & Wales - Charity number 1006759

Accounts

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

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

Company Registration Number 02659442
Charity Number 1006759

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2024
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YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2024
Reference and administration details

TRUSTEES	D Ellis -Chair P Yeomans -Vice chair G Hughes - Treasurer (resigned Nov 23) Nick Wood (resigned Nov 23) Yvonne Okyere-Whalley (resigned March 24) Sarah Tosney (resigned March 24) Jennifer Potter Jacey Lamerton (appointed Jan 24- resigned October 24) Joy Wong (appointed April 24) Collette Horn (appointed May 24) David Geddes (appointed June 24) Ameer Asghar (appointed June 24) Beverley Peace (appointed July 24)
CHIEF EXECUTIVE	A Scott
REGISTERED OFFICE	Highcliffe House Highcliffe Court York YO30 6PB
REGISTERED COMPANY NUMBER	02659442
REGISTERED CHARITY NUMBER	1006759
INDEPENDENT AUDITORS	Thomas Coombs Limited Statutory Auditor Chartered Accountants 3365 The Pentagon Century Way Thorpe Park Leeds West Yorkshire LS15 8ZB
BANKERS	CAF Bank Limited PO Box 289 Kings Hill West Malling Kent ME19 4TA

Report of the trustees

OBJECTIVES AND ACTIVITIES

Main activities

The purpose of the charity is to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment. It is also to promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

York Mind deliver a range of community mental health services for children, young people and adults. In this financial year this has included Advocacy, Mentoring, Counselling, Training, Coaching, Peer Support, Social Prescribing, specific support around employment and a range of activities for young people from aged eight.

Public benefit statement

The trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'. York Mind's charitable purpose is enshrined in its objects 'the relief of people who are suffering or who have suffered from mental illness and in particular but not so as to limit the generality of the foregoing, the provision of education, training and rehabilitation facilities to enable them to earn their living and develop their full potential as members of society'. The trustees ensure that this purpose is carried out for the public benefit by delivering services that are valued by our members at zero or low cost for clients living within York and the surrounding areas.

Contribution made by volunteers

Volunteering opportunities at York Mind are incredibly diverse. They can range from people attending our bucket collections for a couple of hours, to supporting self-advocacy right through to long-term regular delivery of Counselling, Coaching and Mentoring. In recognition to this crucial part of our service delivery, we have strengthened our support offer through a Practise Supervisor who is a point of contact for our volunteers, facilitates continuing professional development (CPD) and meets with them individually to ensure they are supported, and quality is maintained.

Last year our regular volunteers contributed 1,680.

Additionally, our Trustees attended monthly meetings each lasting two hours. They also give considerable time over and above meetings supporting the CEO and the wider organisation. We are grateful for the time they commit to York Mind.

Fundraising Practice

In all our activities we aim to ensure that our supporters and the wider public are treated fairly and with respect. All our fundraising is undertaken by our staff team and volunteers. Individuals who fundraise themselves in order to make a donation to York Mind are sent an information pack that advises on good practise. We inform people how to opt out of our communications, should they wish to do so. We continually monitor and review our practices to ensure we are adhering to the

latest in fundraising regulations and practices. York Mind (Incorporating Our Celebration) Ltd is registered with the Fundraising Regulator and is committed to following its Code of Fundraising Practice.

All staff are aware of and adhere to Charity Commission guidelines and The Code of Fundraising Practice which sets out statutory obligations and best practice standards. We do not employ third party fundraising organisations to work on our behalf or use methods of fundraising that can be seen as intrusive or persistent. We are also very conscientious about self-regulation of our fundraising activities and protecting vulnerable people. We are especially careful and sensitive when engaging with those affected by mental health disorder. We don't sell or lend our database of supporters to other charities or organisations. York Mind (Incorporating Our Celebration) Ltd continues to be a member of the Fundraising Regulator. During 2024 we received no complaints relating to any of our fundraising activities.

ACHIEVEMENTS AND PERFORMANCE

Our key achievement has been the increase in our partnership work as part of the Community Mental Health Transformation agenda. York is demonstrating genuine leadership and innovation as parts of the system work together to ensure that we are adopting the principles co-produced by people who use mental health services and their family, friends and carers. Although we know there is a long way to go, the commitment shown by statutory services and other voluntary organisations to work together on challenges that have been around for many years is hugely heartening.

We have seen a sharp increase in resource for our Social Prescribing and Peer Support work and launched our first open access young people's drop-in. Our drop-in was co-designed by young people and rotates around venues in the city, we can only do this due to the generosity of other partners who deliver aspects of the drop-in (drug and alcohol support and sexual health) and offer their venues (York Explore).

At a time of high demand and limited resource, our services continue to deliver high-quality and effective interventions. I remain extremely proud of the entire staff team and all our volunteers

OUR SERVICES

121 Services

New services

In January 2024 we launched a new online Coaching service, for adults aged 18+. Staffed by experienced volunteers from a range of coaching backgrounds, we offer 6 sessions, (over 6 months) at a minimum cost of £30 per session. We continue to promote this service through new and existing networks and early feedback from volunteers and clients is very positive. This offer provides an additional move-on option for adults ending counselling.

In February 2024 we added two trainee Children's Wellbeing Practitioners (CWP) to our services for young people. CWPs work with those aged 12-18 years and provide 6-8 sessions of 1-1 early intervention work, using a CBT and behavioural activation model. These practitioners also offer Parent-Led CBT in an online group setting, to provide support and psychoeducation to parents/carers of young people experiencing anxiety and low mood. This service broadens the spectrum of our young people 1-1 offer, working on early intervention and as a pathway pre/post counselling.

Services ended

The early support for young people service, delivered in partnership with the Anna Freud Centre and National Mind ended in December 2023. Following some challenges around the transition to a new CRMS, feedback clearly evidenced the benefit of the programme for the young people it supported, seeing a real change in terms of helping build their confidence and developing practical ways of managing their mental health and wellbeing. This service delivered a total of 247 sessions to young people and held 11 sessions for teaching staff, during the financial year.

Practitioners experienced a high engagement rate and were quickly able to build a relationship of trust with young people, supporting them to be able to openly discuss their issues and move towards achieving their goals. Young people were able to easily relate to information and strategies from the programme and the majority of those supported reported either achieving or making significant steps towards achievement of the aim they set themselves at the start of the intervention. Many shared that they felt their mental health had improved and that they had the skills and strategies to manage challenges better in the future.

Mentoring

From September 2022 to December 2023, we delivered a mentoring service in partnership with Archbishop Holgate School, designed to increase the confidence, emotional literacy and resilience of 11–16-year-olds. Pupils could access the service in person (at school) or online during holidays and were offered up to 12 sessions. 40 pupils accessed the service and the most reported support needs were related to bullying / friendships / anxiety / low mood / wanting to learn positive coping strategies. 30 pupils achieved at least one of their goals and feedback included, 'I now understand my feelings better' and 'I always felt supported and not judged by my mentor, even if I was having a bad day'. Following collation of all project data, pupils most valued the access to a safe and flexible space where they felt heard and supported. They also appreciated the variety of talking / activity based sessions.

August 2023 saw the start of a one-year mentoring project offering 1-1 wellbeing support to LGBTQ+ young people aged 16-25. These sessions were held at Highcliffe House and additional group outreach took place at Portal Bookshop in the centre of York. Seven volunteer mentors were recruited specifically for this service and delivery started in October 2023. During the reporting period 57 face to face and 20 remote sessions were held, in addition to 5 group outreach sessions. Through this service we have reached questioning, cis-gender, trans and non-binary identifying young people, plus those who identify as lesbian, gay and bi-sexual. Examples of their goals included, 'to help me improve my self-esteem and better understand my identity' and 'to talk to someone

about how I'm feeling about myself'. This service is due to end in August 2024, with the potential for an additional two years of funding to further grow and develop the service.

Counselling services

Our counselling services continue to support young people and adults throughout York. For young people we offer 6 sessions of 1-1 counselling, (either face to face or online) at a range of times to suit individual need. This service is split by age group, into provision for 12–15-year-olds and 16–25-year-olds. Staffing includes a specialist Art Therapist as well as two experienced general counsellors. Feedback is consistently positive, with 100% of evaluation forms reporting that they would recommend the service to others. Additional comments included, 'Counselling has given me a space to feel grounded',
'I know now how to do other things to change the way I'm feeling, rather than self-harm', 'I loved having a safe space to talk and a calm environment to be in each week'.

For adults aged 18+ we offer up to 16 sessions at a minimum cost of £20 per session. This service is staffed by a team of 22 volunteer counsellors, some of whom are trainees on placement working towards their clinical hours. In the reporting period we delivered 1,596 sessions to 177 individual clients. This support has made a real difference to the lives of many people, facilitating changes such as returning to employment, rebuilding relationships with family members and providing psychoeducation to enable people to manage their anxiety and feel more confident in their lives as a whole. Feedback included the following comments, 'I have really valued using the counselling sessions how I wanted to. The counsellor didn't try to force me to do one thing or another and went at my pace', 'Learning different ways of coping with problems that would normally make me angry or sad, has been so valuable', 'I have felt lucky to have a safe space to come and be myself and talk. I have unloaded things now and at the start everything was so overwhelming that I couldn't function'.

Corporate Wellbeing Services

The CWS department's key activities include:

- Fundraising
- Mental Health Training
- New Service Development
- Marketing
- Funded Projects (RISE and Mental Health Matters)
- Elements of operations and finance

The department is primarily responsible for generating unrestricted income for the charity through fundraising and training, whilst raising awareness of mental health through its fundraising and marketing activities. As of June 2023, the Finance Officer and Office Manager roles were integrated into the CWS department. Due to this change, the development of new services was put on hold for this year.

Over the year, there was a key focus of growing income-generating potential through relationship development, trialing of new events, and developing new training leads. This followed the development of a fundraising strategy, in addition to the continued work in implementing the newly procured Customer Relationship Management (CRM) database, Beacon.

Below summarises the work in each of the key areas outlined.

Fundraising

This year saw some key successes for the department, which included the newly established Castle to Abbey Challenge, which raised over £8,000 in total, and our first Mental Elf 5km fun run which raised £5,518. Unfortunately, the Mental Elf event did not take place due to adverse weather, but we retained almost all the funds raised despite this. Through Mental Elf, we were also able to explore a new fundraising stream of 'sponsorship', which allowed us to raise £4,000 as part of the Mental Elf event.

Key Summary Statistics

- In total, we raised approximately £126,000 through fundraising this year
- Events raised around £42,000 over the year
- Around £25,000 of our income was from 1-off donations

Fundraising has continued to be a challenge this year due to the external economic environment, a lack of consistency in the staff team and our limited reach. To continue improving our fundraising prospects into 2024, this year, we started to work on a marketing strategy to increase our supporter base. We predict that this work will make it easier to fill events and increase our corporate and community relationships. This work is coupled with development of a clear events calendar and 2024-25 strategy.

Mental Health Training

Training was on course to meet annual targets within the first six months of the year, however, began to see a drop-off in referrals in the latter 6 months, meaning that the target of £75,000 was not met by year-end. This drop-off in interest may have been for a variety of reasons, including reductions in business budgets for wellbeing activities, or a reduction in interest for mental health-specific training provision.

One of the key changes in training was the use of an events ticketing system as part of the new CRM, which now allows clients to book on to public courses via our website.

Key Summary Statistics

- Training achieved an annual income of approximately £59,000
- 11 Mental Health First Aid courses and 2 ASIST courses took place

New Service Development

New service development was stunted somewhat by the addition of other functions to the department; however we were still able to soft-launch our 'MindMap' wellbeing strategy support' service, in addition to a series of free workplace wellbeing webinars for businesses. The MindMap service has not had any clients to date, however the webinar series has been successful as a means to increase our reach to both businesses and individuals. In this year, the webinars reached 137 people and directly raised £150 in donations.

Marketing

Following the drop-off in both training and fundraising income in the latter months of this year, following a gap analysis, we have looked to our marketing as a means to increase the income trajectory across both these functions into the new financial year. This year, we have started creating a marketing strategy in collaboration with an external consultant (pro-bono), implemented initiatives such as the aforementioned webinar series to increase our reach, and have re-started a monthly York Mind newsletter which is sent to over 1,200 people. We have also invested in

MailChimp to improve our external email communications and created partnerships with organisations who are able to advertise on our behalf.

Funded Projects

RISE

Funded through Better Connect and York City Council, the RISE project helps economically inactive individuals to overcome barriers to employment through 1-1 support from a key worker for up to six months. Whilst the timeframe for the project was significantly reduced, outcomes remain favorable. These are summarised below:

- Supported a total of 16 individuals (target of 15)
- Exceeded all output measures, including:
    - 8 people accessing mental and physical health support leading to employment
    - 9 people being supported to engage in job-searching
    - 7 people supported to engage with the benefits system

Mental Health Matters

The Mental Health Matters project is commissioned by Citizens Advice and is part of a larger support project for those engaging with services at Citizens Advice. The service involves 1-1 non-clinical support for clients who present with mental health challenges, and clients can access up to 3 sessions. Outcomes for this project from July 2023-March 2024 are summarised below:

- A total of 50 unique clients were referred into the service
- A total of 95 sessions were conducted

York Advocacy Hub

We are currently in the 8th year of our contract with City of York Council to deliver statutory and general advocacy. Through this contract, we support individuals to have their voice heard and help them exercise their rights. Over the year, York Advocacy Hub received 938 referrals. The number of work sessions completed was 18,498.

We often work with clients who are non-instructed or are acutely unwell and therefore our biggest challenge is getting clients to complete feedback forms. We do however collect qualitative feedback throughout the advocacy relationship which is generally positive.

For 2023-24, our stakeholder feedback shows a value to the work we provide:

- 100% of respondents said that they would recommend York Advocacy Hub to others.
- 88.9% said that York Advocacy Hub met a need that is not met in other ways.
- 90.7% of respondents said that the advocate helped the client.... "to have a say and voice their opinions."

Young Peoples Services

The **YorChoice project** commenced 1st March 2024. This is a three-year project with the overarching aim of ensuring that young people (14-21yrs or 25 SEND) will have access to the appropriate support at the appropriate time and are not reliant on statutory mental health services. It will provide them with the awareness of who can support them and the autonomy to help themselves. Young people

will have an increased understanding of the support that is available to them at a time that they need it. (1000 young people). This will be achieved through a drop-in service, the Yormind website and ChatChit podcasts. Drop-In provision will be twice weekly for at least 48 weeks of the year and will provide support for at least 480 young people. We will maintain the number of organisations featured on YorMind between 50 and 75 and provide regular updates. Coproduction will continue to involve 40 young people a year with 20 annual podcasts.

Future Plan

The **'Expressive Minds' project**. This is an early intervention project, running over two years, to support young people aged 11-18, particularly young males aged 13-16, who are experiencing mental health challenges. Using mixed art media, we will support young people to engage in conversations around mental health and help them to discover different positive coping strategies. Sessions will be delivered in groups, and will involve components of peer support, psychoeducation, and creativity. Groups will be delivered weekly outside of school hours and will support 6-8 young people. These will run 5 times across each year.

The **LGBTQ+ Group Support Project** will commence in November 2024. This is for York residents aged between 12-18 years (25 for vulnerable and/or looked after children) who identify as having a sexuality which is not heterosexual, who are experiencing gender dysphoria/gender distress, or identify as transgender. The overall aim of the project is to prevent poor mental health and support good mental wellbeing of Children and Young people and reduce health inequalities of Children and Young people in this population group. The project will involve school awareness sessions (6 per year), outreach sessions (8 per year), 121 support and group support which will take place outside of school hours on Thursday evenings. The group support will run in 6-week blocks for a minimum of 4 young people involving elements of peer support, psychoeducation, and creativity.

Peer Support

Peer Support and Social Prescribing Projects

We have continued our involvement in the Pathway to Recovery Service (P2R) at Foss Park Hospital. Our peer supporters (PSW) have supported 52 clients over the year. A total of 728 sessions completed face to face. Clients can access up to 16 sessions. A total of 92 ward visits were also completed, to advertise the project and build relations with ward staff and patients.

Peer Support within the MH Hub pilot progressed between April and October 2023. The project was then paused following significant challenges to its delivery, governance and infrastructure. A new Hub manager was employed through TEWV in November 2023 and the Hub was reformed in February 2024, with a new staff team. PSW continued to work with active clients during the transition, to prevent deterioration in their MH. Over the year, PSW engaged 19 clients and delivered 304 sessions.

We have seen a change in management over the period, from Debbie Brown to Jamie Edwards, and a new intake of peer supporters from focused recruitment.

The team consists of a manager, senior peer supporter, 3 peer supporters and a peer support group facilitator.

"A very worthwhile service-peer support in a group and 1-1. A really useful service for people who struggle with their MH in the community, where services don't exist to help them. One minute you have lots of support from MH Teams and then you are dropped. Good to have this service from Mind".

"Good to chat to someone who relates to mental health. Five sessions were enough for me to feel stronger in myself and not need any more support. Was good to have this support when just coming out of hospital".

New:

Due to a successful tender process, York Mind procured the Social Prescribing contract for both the P2R and Hub projects, via Connecting Our City, and have 2 social prescribers in post, as of April 2024.

ACHEIVEMENTS AGAINST OBJECTIVES

An office move! This would open a range of options for York Mind once the sale of the building is complete.

We have looked at several options for moving office. One of the biggest challenges is the cost of renting space in an accessible space in York. What we discovered is the space we have is likely to be sufficient BUT the configuration no longer works for us. We are now working with commercial organisations to look at a complete reconfiguration of the inside of the building and taking the opportunity to improve insulation and heating options to support a move towards Net Zero

To re-imagine the role of the Senior Leadership Team and Service Managers to improve communication and support development of new skills and knowledge for the benefit of the entire organisation

Service Managers and the CEO now have regular meetings facilitated by our HR Officer and Practise Supervisor. This allows us to focus on a specific task, for example, reviewing and refreshing the appraisal policy and gives the CEO the opportunity to update on information that will impact on the wider team. The meetings aim to increase the wider organisation knowledge of Service Managers and, as a result, allow more timely support for all staff. The feedback from all the meeting participants has been excellent.

To diversify our income streams ensuring we sustain existing contracts whilst increasing grants and unrestricted income

We have maintained our services and grown in the areas of Peer Support and Social Prescribing.

Prepare for our Mind Quality Mark assessment across the organisation with Trustees taking a lead on the recruitment, induction, and clarity of role for new Board members to ensure our governance remains strong

Trustees have reviewed and improved our processes for onboarding new Trustees. We have a shared area for documents. They are currently working on a governance dashboard to ensure relevant metrics are used to support strong governance. We were given notification of our MQM visit for July 2024

PLANS FOR 24-25

- Continue our participation in Community Mental Health Transformation both operationally and strategically. Operationally, we will grow our Social Prescribing and Peer Support services that deliver in the transformed operating model. Strategically, the CEO will continue to be an integral part of the ongoing system change across York

- Work with the Mind Federation to address the challenges impacting on the voluntary sector, particularly a decrease in unrestricted funding. This involves developing formal memorandums of understanding with local Minds in our region

- Continue to pursue the potential redevelopment of our building

FINANCIAL REVIEW

The financial results of the Charity are shown in the annexed financial statements. The total deficit for the financial year ending 31st March 2024 was £112,640. With this deficit subtracted from our opening balance of £644,078, the total funds held are £531,438.

Overall income in the year was £1,195,819 (2023: £1,162,651).

Overall expenditure for the year was £1,308,459 (2023: £1,315,035). £71,087 of this was spent on raising funds and £1,234,254 on providing charitable activities.

RESERVES POLICY

We review our reserves policy on a regular basis taking into account future activities, the opportunities available to the Charity and the potential risks to which it might be exposed.

Unrestricted free reserves at the end of the financial year were £182,652.

York Mind aims to hold a free reserve that will enable an orderly closure of the charitable company in such an eventuality.

The Trustees have agreed that that the funds should still be able to meet the costs of making all staff redundant, if necessary, and be able to pay notice periods for staff whose notice period is greater

than one month. The Trustees consider that any winding down of a service would be identified at least a month in advance, which would allow most staff to work their notice period and so not to have a sudden and adverse impact upon services.

The trustees have agreed a target minimum level of £110,000 (for 2024). Our level is within this range.

INVESTMENT POLICY

In accordance with the Memorandum of Association, the trustees have the power to make such investments as they see fit. With short term fluctuations in cash flow due to timing of grant income and the uncertainties of the stock market, we have maintained our existing policy of investing the money in an easy deposit account that offers a consistent and competitive rate of return during the year. Our Finance and Risk sub-committee will be reviewing our investment strategy in 24-25.

RISK MANAGEMENT

The Trustees, on a regular basis, review the principal risks and uncertainties faced by the charity in its day to day operations. The Trustees have established policies, systems and procedures to mitigate those risks involved. This includes a strategic risk register and individual risk assessments for each project.

STRUCTURE, GOVERNANCE & MANAGEMENT

Legal and Administrative details

The organisation is a charitable company limited by guarantee, incorporated on 31 October 1991 with registered company number 02659442 and registered as a charity on 6 December 1991, registration number 1006759. The principal and registered office is Highcliffe House, Highcliffe Court, York, YO30 6BP.

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Method of recruitment and appointment of trustees

Members of the Board are trustees for the purpose of Charity Law and Directors for the purposes of Company Law. Members are elected annually and meet a minimum of 6 times per year. The Board aims to be reflective of both the needs of the service users and the needs of managing a charity. We aim, wherever possible, to attract Board members who have either personal experience of mental-ill health or who have relatives and/or friends with these experiences.

The Board have begun a thorough review and overhaul of the recruitment and induction process. This followed feedback from new Trustees and will ensure that everyone understands their role and responsibilities.

Trustee induction and training
Each new trustee is welcomed by the Chair and, following an informal interview, given a formal induction which includes details of relevant training. Each trustee meets with the Chief Executive Officer and is encouraged to tour the office and meet all staff members, who provide useful information regarding the services we are currently delivering. Prospective trustees are also given a brief information pack and are invited to attend two trustee meetings after which time a decision is made from both sides as to whether they wish to proceed. Our information pack currently consists of the following information:

- Current Trustees' Annual Report
- Charity policies and procedures
- Staff handbook
- Current strategy documents
- Minutes of the two previous trustee meetings

Organisational structure

The Trustee Board is responsible for governance, policy and strategic direction.

Day-to-day responsibility for running York Mind is delegated to the Chief Executive Officer.

Key management personnel remuneration
Remuneration for the CEO and Senior Management Team is decided by Trustees. A benchmarking exercise is undertaken using information regarding average salaries for similar sized charities, vacancies in other Local Mind associations and in charities within the same geographical region.

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of York Mind for the purposes of company law) are responsible for preparing the Report of the Trustees 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 which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

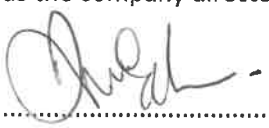
The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for

safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.
In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

The auditors, Thomas Coombs Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 27th November 2024 and signed on the board's behalf by:



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D Ellis-Trustee

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2024
REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS

Opinion
We have audited the financial statements of York Mind (Incorporating Our Celebration) Ltd (the 'charitable company') for the year ended 31st March 2024 which comprise Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including 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 31st 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.

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 Auditor's 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 UK, including the FRC'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 trustees annual report, other than the financial statements and our auditor's 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.

Opinions 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 (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the 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 directors' report.

We have nothing to report in respect of the following matters in relation to which the 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 directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit

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.

Auditor's 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 auditor's 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 extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations.
- We identified the laws and regulations applicable to the charity through discussions with management, and from our commercial knowledge of the sector.
- We focused on specific laws and regulations which we considered may have a direct material effect on the accounts of the operations of the Charity, including the Charities Act 2011.
- We assess the extent of compliance with laws and regulations identified above through making enquiries of management and inspecting legal correspondence.
- Identified laws and regulations ere communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- Making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud.
- Considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- Performed analytical procedures to identify any unusual or unexpected relationships.
- Identified and tested journal entries and identified any significant transactions that were unusual or outside the normal course of business.
- Investigated the rationale behind significant or unusual transactions.
- Challenged assumptions and judgements made by management in determining significant accounting estimates.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed audit procedures which included, but were not limited to:

- Agreeing financial statements disclosures to underlying supporting documentation.
- Discussions with management of know or suspected instances of non-compliance with laws and regulations
- Reading the minutes of meetings of those charged with governance.

At the completion stage of the audit, the engagement partner's review included ensuring the team had approached their work with appropriate professional scepticism and thus the capacity to identify non-compliance with laws and regulations and fraud.

There are inherent limitations in the audit procedures described above and the further removed non-compliance of laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement relating to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/Our-Work/Audit/Audit-and-assurance/Standards-and-guidance/Standards-and-guidance-for-auditors/Auditors-responsibilities-for-audit/Description-of-auditors-responsibilities-for-audit.aspx. This description forms part of our auditor's 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. 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 auditor's 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 the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

C. Darwin

Christopher Darwin (Senior Statutory Auditor)
for and on behalf of
Thomas Coombs Limited
Statutory Auditor
Chartered Accountants
3365 The Pentagon
Century Way
Thorpe Park
Leeds
West Yorkshire
LS15 8ZB
Date: 27th November 2024

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME & EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Designated Funds	Restricted Funds £	Total 31 March 2024 £	Total 31 March 2023 £
Income and endowments from:						
Donations, grants and legacies	3	127,130	-	-	127,130	104,644
Charitable activities	5	81,724	-	984,240	1,065,964	1,056,788
Investments	4	2,725	-	-	2,725	1,219
Total income		**211,579**	**-**	**984,240**	**1,195,819**	**1,162,651**
Expenditure on:						
Raising funds		71,087	-	-	71,087	64,430
Charitable activities		277,720	33,590	926,062	1,237,372	1,250,605
Total expenditure	6	**348,807**	**33,590**	**926,062**	**1,308,459**	**1,315,035**
Net income/(expenditure)		(137,228)	(33,590)	58,178	(112,640)	(152,384)
Transfers between funds	14	(2,555)	2,578	(23)	-	-
Net movement in funds	14	**(139,783)**	**(31,012)**	**58,155**	**(112,640)**	**(152,384)**
Reconciliation of funds:						
Total funds brought forward		410,121	31,012	202,945	644,078	796,462
Total funds carried forward		**270,338**	**-**	**261,100**	**531,438**	**644,078**

The Statement of Financial Activities includes all gains or losses recognised in the year.

All income and expenditure derives from continuing activities.

The notes on pages 20 to 28 form part of these financial statements.

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

BALANCE SHEET AT 31 MARCH 2024

Company Registration Number: 02659442

	Note	2024 £	2024 £	2023 £	2023 £
Fixed assets:					
Tangible assets	9		87,686		97,459
Current assets:					
Debtors	10	367,548		168,642	
Cash at bank and in hand		361,244		444,100	
Total current assets		728,792		612,742	
Liabilities:					
Creditors: Amounts falling due within one year	11	(285,040)		(66,123)	
Net current assets			443,752		546,619
Total net assets			**531,438**		**644,078**
The funds of the charity:					
Restricted	13		261,100		202,945
Unrestricted	13				
Tangible Fixed Assets		87,686		97,459	
Free Reserves		182,652		312,662	
Designated funds		-		31,012	
			270,338		441,133
Total charity funds	14		**531,438**		**644,078**

The financial statements were approved and authorised for issue by the Board on 27th November 2024.
Signed on behalf of the board of trustees by:

.....
D A Ellis-Chairperson

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2024

	Note	2024		2023	
		£	£	£	£
Net cash provided by / (used in) operating activities	17	(81,911)		(207,423)	
Cash flow from investing activities:					
Purchase of tangible fixed assets		(945)		(1,420)	
Change in cash and cash equivalents in the year			(82,856)		(208,843)
Cash and cash equivalents at beginning of the year			444,100		652,943
Cash and cash equivalents at end of the year	17		361,244		444,100

The notes on pages 20 to 28 form part of these financial statements.

1 ACCOUNTING POLICIES

a) Basis of preparation

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

b) Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis.

Like many other voluntary and not for profit organisations the annual income of the charity is dependent on the renewal, recurrence or identification of new sources of short term income. Within the 12 months period following the approval of the financial statements a number of significant grants will reach the end of their contract term. Importantly if a contract is not renewed it would be expected that associated staff would transfer to a third party providing those services going forward.

The trustees have considered the expected level of income and associated costs together with the level of reserves over the 12 months from approval of the financial statements and concluded that the charity will be able to continue in operation and as such the going concern basis of accounting is appropriate.

c) Fixed assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold land	- Nil
Freehold building	- 4% straight line
Building Maintenance	- 10% straight line
General and computer equipment	- 20% to 33.33% straight line
Furniture and fittings	- 20% straight line
Kitchen equipment	- 20% straight line
Production equipment	- 20% straight line

d) Income recognition

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

e) Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

When donors specify that donations and grants given to the charity must be used in the future accounting periods, the income is deferred until those periods.

When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When donors specify that donations and grants, including capital grants are for a particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when received.

1 ACCOUNTING POLICIES (continued)

f) Expenditure

Expenditure is included in the Statement of Financial Activities on an accruals basis once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

Costs of raising funds comprise the costs associated with attracting voluntary income.

Expenditure on Charitable Activities includes the costs incurred by the charity in the delivery of the activities and services for its beneficiaries. It includes costs that are directly attributable to specific activities and the indirect costs necessary to support them. Management, Finance and Admin Support costs are apportioned to activities on the basis of time spent by staff on those activities. Premises and Office Costs are apportioned to activities based on the premises they occupy and the activities they supported.

g) Fund accounting

Funds held by the charity are either:

Unrestricted general funds - these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds - these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purpose.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

h) Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity contribution is restricted to the contributions disclosed in note 7. The costs of contributions are recognised in the year that they are payable.

i) Financial instruments

The charity 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 are subsequently measured at their settlement value.

j) Taxation

The charity is exempt from corporation tax on its charitable activities.

k) Leases

Rentals payable under operating leases are charged to the SOFA on a straight line basis over the period of the lease.

2 LEGAL STATUS OF THE CHARITY

York Mind (incorporating Our Celebration) Ltd is regulated by the Charities Commission (1006759), limited by guarantee and is registered in England & Wales. The address of the registered office and principle place of business is York Mind (incorporating Our Celebration) Ltd, Highcliffe House, Highcliffe Court, York, YO30 6BP. 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.

3 DONATIONS, GRANTS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Donations and Fund Raising	126,653	-	126,653	100,652
BW Memorial Fund	425	-	425	2,098
Other income	52	-	52	1,644
Grants receivable				
Charles Brotherton Trust	-	-	-	250
2024	127,130	-	127,130	104,644
2023	102,758	1,886	104,644	

4 INVESTMENT INCOME

	2024 £	2023 £
Bank interest receivable	2,725	1219

5 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Charitable Activities Income				
Advocacy				
Archbishop Holgate's YP Project	-	-	-	5,143
BBC Children in Need - 13-18 Mentoring	-	3,334	3,334	6,666
City of York Council - 1-2-1 Service	-	-	-	13,000
City of York Council - Activities	60	-	60	50,000
City of York Council - Advocacy Hub	93	80,682	80,775	80,000
City of York Council - Duak Diagnosis	278	365,127	365,405	329,477
City of York Council - Inclusive Growth	-	-	-	6,000
City of York Council - MH VCSE Alliance	-	-	-	12,500
CIty of York Council - Social Prescribing	-	40,000	40,000	40,000
City of York Council - Young People 12-15	-	106,920	106,920	-
City of York Council - Young People Counselling	-	70,000	70,000	70,000
Counselling	-	80,407	80,407	80,000
Doncaster Mind	21,503	14,500	36,003	2,316
Healthwatch North Yorkshire	-	-	-	3,033
Mid & North Yorkshire Citizens Advice	-	0	-	8,250
National Mind - Schools and Colleges Early Support Service	-	5,900	5,900	5,778
National Mind - Business Continuation Fund	-	40,558	40,558	33,186
National Mind - Cost of Living Crisis Fund	-	-	-	40,000
National Mind - Systems Change	-	-	-	18,000
National Mind - Ukraine Refugees	-	-	-	35,750
RISE Project	-	-	-	5,000
Training	-	19,986	19,986	-
The National Lottery Community Fund - YorChoice Project	59,790	-	59,790	69,964
York CVS-Adult Peer Support	-	49,650	49,650	-
York St John University - Wellbeing Pilot Selby High School	-	85,000	85,000	90,000
City of York Council - Young People LGBT Mentoring	-	-	-	4,320
Your Consortium - Action towards Inclusion	-	15,000	15,000	-
Your Consortium - Thriving at Work	-	2,836	2,836	31,212
	-	4,340	4,340	17,193
2024	81,724	984,240	1,065,964	1,056,788
2023	83,563	973,225	1,056,788	

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

6 TOTAL EXPENDITURE

		Costs of Raising	Charitable Activities				
	Basis of Allocation	Fundraising	Restricted Projects	Unrestricted Projects	Governance	Total 2024	Total 2023
Costs charged directly to activities							
Staff costs (incl training & recruitment)	Direct	38,491	717,823	348,178	-	1,104,493	1,093,931
Beneficiary & volunteer expenses	Direct	17	6,070	341	-	6,427	6,115
Activities & Course costs	Direct	22,400	39,040	109,833	-	171,273	184,976
Auditor's fees (see note 8)	Direct	-	-	-	17,789	17,789	6,000
Legal fees	Direct	-	-	-	600	600	1,620
Depreciation	Direct	-	-	8,341	-	8,341	22,393
Bad debt written off		-	-	(465)	-	(465)	-
Recharged costs to activities	Activity	10,179	163,129	(173,308)	-	-	-
2024		**71,087**	**926,062**	**292,920**	**18,389**	**1,308,459**	**1,315,035**
2023		64,430	902,318	326,546	21,741	1,315,035	

7 EMPLOYEE INFORMATION

The aggregate payroll costs of the Charitable Company for the period are as follows:

	2024 £	2023 £
Gross salaries	946,405	914,385
Social security costs	69,269	67,610
Pension	54,905	55,642
Total staff salaries	1,070,579	1,037,637

The trustees received no remuneration.
The trustees received no expenses during the year (2023: £nil).

Average number of employees for the period

	No	No
Number of management staff	4	6
Number of other staff	45	51
	49	57

One employee received emoluments in excess of £60,000.
The total cost in 2023-24 of key management personnel was £214,761 (2023 £213,423)

8 NET INCOME/(EXPENDITURE)

Net income/(expenditure) for the year are stated after charging:

	2024 £	2023 £
Depreciation	8,341	22,393
Auditor remuneration audit fees	6,480	6,000
Auditor remuneration non-audit fees	11,309	-

9 TANGIBLE FIXED ASSETS

	Freehold property £	Building maintenance £	General & computer equipment £	Furniture fittings & production £	Total £
COST					
At 1 April 2023	319,624	32,995	39,506	12,699	404,824
Additions	-	-	945	-	945
Disposals	-	-	(5,504)	-	(5,504)
At 31 March 2024	319,624	32,995	34,947	12,699	400,265
DEPRECIATION					
At 1 April 2023	239,844	22,525	32,570	12,426	307,365
Charge for the year	2,000	2,298	3,850	193	8,341
On Disposals	-	-	(3,127)	-	(3,127)
At 31 March 2024	241,844	24,823	33,293	12,619	312,579
NET BOOK VALUE					
At 31 March 2024	77,780	8,172	1,654	80	87,686
At 31 March 2023	79,780	10,470	6,936	273	97,459

Included in Freehold property is land amounting to £75,000 (2023: £75,000)

All fixed assets are used for charitable purposes.

10 DEBTORS

	2024	2023
	£	£
Debtors in the ordinary course of activities	355,785	27,800
Prepayments and accrued income	11,763	140,842
	367,548	168,642

11 CREDITORS: Amounts falling due within one year

	2024	2023
	£	£
Creditors in the ordinary course of activities	13,961	28,453
Other creditors	25,057	25,096
Accruals and deferred income	246,022	12,574
	285,040	66,123

12 LEASE AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2024	2023
	£	£
Within one year	538	1,075
Between one and five years	-	538
	538	1,613

13 RESTRICTED FUNDS

	Balance at 31 March 2023	Movement in resources Incoming	Outgoing	Transfers	Balance at 31 March 2024
	£	£	£	£	£
Companies Restricted	1,790	-	-	(1,790)	-
Activities - SPARTACUS	-	80,682	(80,682)	-	-
Adult Peer Support	52,880	85,000	(85,000)	-	52,880
CYC Counselling Service/Mind Cost of Living	52,500	14,500	(62,713)	(2,648)	1,639
Advocacy Hub	(2,346)	365,127	(383,168)	-	(20,387)
RISE	-	19,986	(22,875)	-	(2,889)
YorChoice	-	49,650	(10,085)	-	39,565
Citizens Advice Selby	-	5,900	(5,913)	13	-
Mind business continuity	40,000	-	(40,000)	-	-
Corporate Wellbeing (R)	12,500	-	(12,500)	-	-
CYC Social Prescribing	-	106,920	-	-	106,920
ATI	-	2,835	(3,092)	257	-
Wellbeing Pilot Selby High School	3,660	-	(4,477)	817	-
Thriving at Work	-	4,340	(4,766)	426	-
VCSE Alliance	20,416	40,000	-	-	60,416
Young People - One to One	(1,790)	-	-	1,790	-
YP Counselling (12-15 Grant)	36,921	70,000	(62,368)	(20,007)	24,546
YP Counselling (16-25 Contract)	(18,843)	80,407	(78,159)	20,007	3,412
Young People's LGBT mentoring	-	15,000	(9,870)	-	5,130
YP Mentoring (13-18 CiN 2020-22)	2,500	-	(3,612)	1,112	-
YP Mentoring (AHS Grant)	2,757	3,336	(4,310)	-	1,783
YP SCESS (Anna Freud)	-	40,558	(40,558)	-	-
HEE Children's Wellbeing Practitioners	-	-	(11,915)	-	(11,915)
	202,945	984,240	(926,062)	(23)	261,100

RESTRICTED & UNRESTRICTED FUNDS (continued)

13 UNRESTRICTED FUNDS

	Balance at 1 April 2023	Movement in resources Incoming	Outgoing	Transfers	Balance at 31 March 2024
	£	£	£	£	£
General fund	312,662	211,579	(338,089)	(3,500)	182,652
Designated fund- BW memorial	31,012	-	(33,590)	2,578	-
Tangible fixed asset	97,459	-	(10,718)	945	87,686
	441,133	211,579	(382,397)	23	270,338

Purposes of restricted funds

During the year, the charity received specific grants restricted to the funding of the following projects:
City of York Council provide funding for a mental health activities programme.
Your Consortium for the Action Towards Inclusion project.
Dept of Health, York City Council and York CCG provided funding for the Creative Lives project.
York CCG and Children in Need for Young People's Mentoring.
BBC Children in Need funding for Mindfulness courses.
Counselling funding is provided through the receipt of regular gifts, charges for the service and funding from City of York Council for the Young People's Counselling.
City of York Council provide funding for statutory advocacy provision and also for the the dual diagnosis project.
City of York Council provide funding for the Wellbeing Education Return project.
Mind provided a systems change programme including a website and podcast for young people within the City of York.
Counselling was for provided for young carer's being supported by the Young Carer's Centre.
Thriving at Work aims to support people to thrive at work through diversity training and 1-2-1 in-work coaching.
Adult Peer Support is a partnership project to provide early input to support timely and supported discharge, linking with community support. This is being delivered in partnership with TEWV NHS Trust.
Activities Ukraine Refugees is a grant to provide services solely to support Ukrainian refuges.
Corporate Wellbeing is to provide a knowledge Hub for small employers to enable them to support staff mental health.
NY Citizen's Advice (Selby) is to provide coaching and 121 sessions for people struggling with debt and referred to us by Citizens Advice.
VSCE Alliance is funding for a post to support the development of a mental health alliance and enable system transformation.
Young People Counselling (12-15 Grant) is to provide counselling for young people aged 12-15 in York.
Young People Counselling (16-25 Contract) is to provide Counselling for young people aged 16-25 in York.
Young People Mentoring is for the provision of 121 mentoring for young people in York.
Young People Mentoring (AHS Grant) is for the provision on 121 mentoring solely for pupils of Archbishops Holgate School.
Young People SCESS (Anna Freud) is for the provision of online theraputic support for young people referred by schools(nationwide).
Fund balances represent balances carried forward on multi-year projects and projects.

Purposes of unrestricted funds

The general fund represents the free funds of the charity which are not designated for a particular purpose.

14 **ANALYSIS OF NET ASSETS (between restricted and unrestricted funds)**

	Tangible fixed assets	Other net assets	Total
Restricted Funds	-	261,100	261,100
Tangible fixed asset fund	87,686	-	87,686
Designated funds	-	-	-
General Fund	-	182,652	182,652
	87,686	443,752	531,438

15 **RELATED PARTY TRANSACTIONS**

No transactions with related parties were undertaken such as are required to be disclosed under Financial Reporting Standards.

16 **RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	2024 £	2023 £
Net Income for the reporting period	(112,640)	(152,384)
Depreciation charges	8,341	22,393
Decrease/(increase) in debtors	(198,906)	(88,533)
Increase/(decrease) in creditors	218,917	11,101
Loss on disposal	2,377	-
Net cash provided by (used in) operating activities	(81,911)	(207,423)

ANALYSIS OF CASH AND CASH EQUIVALENTS

	2024 £	Movement £	2023 £
Cash in hand	361,244	(82,856)	444,100
Total cash and cash equivalents	361,244	(82,856)	444,100

17 COMPARATIVE SOFA

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 31 March 2023 £
Income and endowments from:				
Donations and legacies	100,660	2,098	1,886	104,644
Charitable activities	83,563	-	973,225	1,056,788
Investments	1,203	-	16	1,219
Total income	**185,426**	**2,098**	**975,127**	**1,162,651**
Expenditure on:				
Raising funds	64,430	-	-	64,430
Charitable activities	192,783	155,504	902,318	1,250,605
Total expenditure	**257,213**	**155,504**	**902,318**	**1,315,035**
Net income	(71,787)	(153,406)	72,809	(152,384)
Transfers between funds	-	-	-	-
Net movement in funds	**(71,787)**	**(153,406)**	**72,809**	**(152,384)**
Reconciliation of funds:				
Total funds brought forward	481,908	184,418	130,136	796,462
Total funds carried forward	**410,121**	**31,012**	**202,945**	**644,078**

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

England & Wales - Charity number 1006759

Accounts

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

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

Company Registration Number 02659442
Charity Number 1006759

Thomas Coombs Limited
Statutory Auditor
Chartered Accountants
3365 The Pentagon
Century Way
Thorpe Park
Leeds
West Yorkshire
LS15 8ZB

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2023
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YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2023
Reference and administration details

TRUSTEES	D Ellis -Chair P Yeomans -Vice chair N Wood (resigned 1st November 23) I Smith (resigned 1st February 23) G Hughes - Treasurer (resigned 1st November 23) Yvonne Okyere-Whalley Sarah Tosney Simon Taylor (resigned August 22) Jennifer Potter (appointed 1st July 22)
CHIEF EXECUTIVE	A Scott
REGISTERED OFFICE	Highcliffe House Highcliffe Court York YO30 6PB
REGISTERED COMPANY NUMBER	02659442
REGISTERED CHARITY NUMBER	1006759
INDEPENDENT AUDITORS	Thomas Coombs Limited Statutory Auditor Chartered Accountants 3365 The Pentagon Century Way Thorpe Park Leeds West Yorkshire LS15 8ZB
BANKERS	CAF Bank Limited PO Box 289 Kings Hill West Malling Kent ME19 4TA HSBC UK 13 Parliament Street York YO1 8XS

Report of the trustees
OBJECTIVES AND ACTIVITIES

Main activities

The purpose of the charity is to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment. It is also to promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

York Mind deliver a range of community mental health services for children, young people and adults. In this financial year this has included Advocacy, Mentoring, Counselling, Training, Coaching, Peer Support, specific support around employment and a range of activities for young people from aged eight.

Public benefit statement

The trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'. York Mind's charitable purpose is enshrined in its objects 'the relief of people who are suffering or who have suffered from mental illness and in particular but not so as to limit the generality of the foregoing, the provision of education, training and rehabilitation facilities to enable them to earn their living and develop their full potential as members of society'. The trustees ensure that this purpose is carried out for the public benefit by delivering services that are valued by our members at zero or low cost for clients living within York and the surrounding areas.

Contribution made by volunteers

Every year, we continue to be amazed at the number of people who volunteer for York Mind and this year is no exception. We would especially like to thank Judy Muir who has volunteered for the organisation in a variety of roles for at least 18 years (it could easily be more, but this is as far as the current records show!)

York Mind have a paid staff team, but our work could not happen as effectively without the contribution of volunteers who support us in a range of ways. This includes our Counsellors and Mentors, many of whom give hours of their time on a weekly basis to offer 121 support to children, young people and adults, volunteers who support our group work, much of which cannot run by one person alone, and volunteers who support our fundraising on a one-off basis or through regular community events. Finally, a word on our Trustees who all give their time freely and generously and offer invaluable support and direction for the whole organisation but particularly the senior leadership team and the Chief Executive Officer.

ACHIEVEMENTS AND PERFORMANCE

Summary

Lat year, Trustees decided to invest the surplus we made in 20-21 in new posts within the organisation.

We knew there were some gaps in service provision, and we also knew that to be a sustainable organisation, we had to continue to invest in income generation.

We recruited to 11 new posts bringing in a new department of Corporate Wellbeing Services that contains fundraisers, marketing and campaigns, additional freelance trainers, and an administrator to ensure the easiest possible access to our training courses and speedy responses to enquiries from those wishing to raise funds for us.

We grew our adult services one to one offer with the aim in 22-23 of adding coaching to our current Counselling provision.

We recruited a Client Liaison Officer to help triage the significant numbers of people who approached us for help but were not sure exactly what they needed.

As with all changes, there are benefits and challenges and, like many other voluntary organisations the cost-of-living crisis has impacted on us in terms of rising costs, falling donations and increased demand.

Trustees continue to work alongside the staff team to mitigate these risks as effectively as possible.

OUR SERVICES

As well as the updates on our services, we have attached our Impact Report for 22-23

Action to Inclusion (ATI)

Our support into employment programme ended June 2023. Participants in this service were long-term with help being available for up to 1 year. Consequently, we had to manage new referrals to ensure that they could be appropriately supported.

During the year, 15 clients were supported intensively and long-term over 217 sessions.

The funding for this project was secured by Better Connect and because of their hard work across the whole partnership they were able to secure funding for a new project that built on the success of ATI. The RISE project emerges from the 1st June 2023

Corporate Wellbeing Services

The recently established CWS department includes four main areas of work:

- New Service Development
- Fundraising
- Training
- Funded projects (Thriving at Work and Wellbeing Education Return)

The aims of the department are to generate unrestricted income for the charity, raise awareness of mental health both in organisations and across the community, and to support the wellbeing of organisations and their employees across York.

Across the department, key developments included the beginning of implementing a new Customer Relationship Management (CRM) database for use within fundraising and training, development of a

new Freelancer Framework, and delivery of a new awareness-raising event 'Tackling Stigma', developed alongside York City Football Club Foundation and two ex-professional footballers to raise awareness.

In the new financial year, the department will see a focus on building a longer-term strategic plan for each area of work, diversifying income streams, expanding our client and supporter base and increasing our support offer.

Below summarises the work done in each specific area over the past year and any corresponding developments.

New Services

A new 'Knowledge Hub' is being developed alongside City of York Council as part of the Inclusive Growth Funding, to complement the existing training offer. The purpose of this resource is to offer businesses across York a locally focused set of informational resources to support individual and organisational mental wellbeing. The funding also includes delivery of free training for business leaders which will be delivered in the following financial year.

Fundraising

This year saw us bring on two new fundraisers to re-establish our fundraising function. These roles separated corporate and community and events fundraising roles. Key milestones for this year included our partnership with Betty's and the York Designer Outlet, as well as our successful participation in three major challenge events; the York 10k, Yorkshire Marathon and Great North Run.

Key Summary Statistics

- In total, we raise £98,995 through fundraising in this year
- £38,703 was from corporate fundraising, with other income mainly from events and community fundraising, alongside some grants and in-memorium payments
- The York 10k and Yorkshire Marathon brought in just under £14,000 combined, showing continued the importance of these annual events for generating fundraising income

The current economic environment has meant that fundraising across the sector has been challenging. We have therefore begun to adapt our approach to find more innovative and modern fundraising methods. Moving forwards, focus will be placed on building a robust fundraising strategy which aims to diversify income streams and capitalise on new technologies to maximise our income, including the use of our new CRM database.

Training

Our training function has seen some growth in both internal and external support to increase our scope to deliver. This included hiring of new staff to support with co-ordination and marketing, allowing greater time for networking and service improvements, and use of freelancer-trainers for the first time in our seven-year history. We achieve the following over this period:

- Successfully reached target with over £74,000 worth of training income.
- Consistently received excellent feedback throughout the year from both public and corporate, in-house courses.
- Over 150 Mental Health First Aiders taught and registered with MHFA England.
- Over 100 ASIST trained delegates plus a similar number via Safe Talk clients.
- This is in addition to 1000 plus people receiving training from our own, York Mind written courses.
- A post-Covid return to face-to-face training, with the majority of training deliveries being classroom based. However, we continued to use some virtual learning where it suited the client.

Moving forwards, an upgrade to IT/CRM systems will see Training utilising SharePoint and crucially, the new CRM to streamline invoicing and marketing functions. There will also be a focus on strategy development, part of which will be continuing and widening the use of freelancer trainers following the success to-date. New training provision will also include webinars and hosting of external speakers to widen our scope of expertise.

Wellbeing Education Return Project

The project aim was to support staff working in schools and colleges to respond to the additional pressures some children and young people may have experienced as a direct result of the Covid-19 pandemic. It included training and 1-1 support for staff. Key outcomes included:

- Supported a range of school staff, including Governors, leadership teams, pastoral staff, headteachers and teaching staff
- Supported 29 schools/colleges in York
- 97 consultancy sessions delivered
- 100% rated training as 'Excellent' for being well delivered, organised and effective

Key challenges included engaging teachers, and teacher time availability to attend training, however the flexibility of the project allowed the project lead to address these barriers through evening delivery and shorter session times.

Thriving at Work Project

The aim of the project was to create "Inclusive, accessible and healthy workplaces that increase productivity and create an environment where all employees can thrive. " It primarily included 1-1 Coaching for employed individuals, alongside some training. Key outcomes included:

- 27 coaching partnerships across the full programme
- 263 individual coaching sessions took place
- 98% of coaching clients made progress towards their goals
- 96% rated the service as 'excellent'
- 70% of participants increased their wellbeing and 86% improved their resilience
- 100% would recommend the service to others

York Advocacy Hub

We are contracted by City of York Council to deliver statutory and general advocacy.

We continue to deliver to a high standard, providing accurate and timely qualitative and quantitative information to commissioners.

Actual referrals levels for this service remain high but steady. However, the complexity of the cases has increased significantly with advocates spending significantly more time working with individuals.

Activities

We have been delivering our activity contract since 2018. We work in partnership with other voluntary sector organisations to ensure we deliver a wide range of options including guided learning, training, creative and outdoor activities. We also offer a popular Sunday afternoon café drop-in.

The numbers accessing this service are always significant (472 in this year) as it is one of the limited number of options with little or no waiting list.

Young Peoples Services

During this year, our services for young people were:

- Early support for young people in schools delivered online
- 12-15 Counselling
- 16-25 Counselling
- Young People's mentoring

The early support for young people is delivered in partnership with national Mind, other local Minds and the Anna Freud Centre.

During this first year of delivery, practitioners were successfully inducted into the project and developed their knowledge and awareness of the programme, particularly around key interventions for low mood, anxiety and managing panic and worry.

They were proactively involved in facilitating and developing webinars to parents / carers and the Train the Trainer mentor programme for school staff.

As the project progressed, practitioners responded flexibly to service need and adapted their approach to best meet the needs of each young person.

There has been a high engagement rate from young people and practitioners have been able to quickly build trust. Many young people have shared that they felt their mental health had improved and that they had learned skills and strategies to help them in the future

The project has not been without its challenges. Planned transition to a new CRMS in late Autumn 2022 meant that practitioners were required to complete their work with the initial intake of young people within a reduced timeframe. An observed impact of this was that several young people did not benefit from the opportunity to self-reflect between sessions as the session structure was temporarily changed to two per week, to ensure all completed the programme by mid-December.

Following initial training for practitioners in September 2022 there was a significant period before young people were allocated. This had an impact on practitioners maintaining motivation and was addressed through engaging them in observing, developing and delivering webinars to parents / carers and school staff.

Young People's Mentoring

Throughout the 22/23 financial year we continued to offer 8–13-year-olds, 16-20 sessions of 1-1 mentoring. Clients could choose remote, on premises and in the community sessions.

In the last quarter of the 22/23 financial year we started in-school mentoring and offered 11–16-year-olds, 12 sessions of 1-1 mentoring in school.

We supported mentors (who are all volunteers) to offer effective and meaningful variations in support for trauma-led and neurodivergent-led session structure/content, as we are seeing increases in both client groups.

We successfully delivered on all the required outcomes for the project and received positive feedback from those attending the sessions and from volunteers who delivered the work.

12-15 and 16-25 Counselling

Through both the 12-15 and 16-25 provision we continue to deliver a clearly defined counselling service, which provides a confidential space for young people to talk to a trained counsellor.
Young people accessing these services also benefit from the opportunity to refer on to other available support offered as part of the York Mind suite of services. This includes 1:1 mentoring for under 18s and longer-term counselling and various well-being activities for those aged 18 +.
We continue to offer a blended approach to delivery through face to face, telephone and online sessions, to best meet the needs of young people.

We delivered 1,553 Counselling sessions across the two services. A significant majority of young people prefer face to face access but having the option of telephone or online Counselling supports young people who could not access the building.

Client Liaison – the entry point to York Mind

This post was funded from York Mind reserves due to the significant levels of demand that was coming into services where we already had a long waiting list. The idea was to triage people into the most appropriate service within York Mind, offer warm introductions to other services and offer brief interventions to stop people going deeper into crisis.

This service was contacted by 331 people in one year. Of these, 96 people (the most significant amount) were struggling with anxiety, stress and panic attacks. 172 people were able to be referred into other York Mind services, 183 were referred to other organisations.

The biggest challenge for this service was finding any other services who had space to be able to take our referrals

Peer Support

The year began with one Peer Support project that supported people leaving hospital. The peer supporters were part of a multi-disciplinary team including social prescribers and mental health social workers. Having lived experience of mental ill-health is the key component for staff in this service. It allows them to get alongside those they are supporting inan authentic and meaningful way.

Over the year the project team worked with 45 people delivering over 388 sessions of peer support.

In September 2022, the peer support project was expanded to work with as part of a pilot scheme – a community mental health Hub. Funded through community mental health transformation monies, this aims to be part of a systemic change in the delivery of community mental health services.

A considerable amount of work went in to building a partnership of organisations including the statutory mental health provider, the Local Authority, and a number of voluntary sector organisations.

The service was co-created by people with lived experience of mental ill-health and has been well-received by those accessing it.

However, it has not been without significant challenges particularly around how risk is managed by different organisations. Fortunately, as a pilot scheme work has been able to be done to learn from this.

Achievements against objectives set

We invested in new posts that sit alongside our existing training and fundraising function. The new Team is known as Corporate Wellbeing Services and they are working hard to increase our unrestricted income, increase awareness of mental-ill health and challenge the stigma that still exists

We have begun the implementation of a new system that acts as both client relationship management for fundraising and a streamlined way of holding reporting and monitoring information across all our services

The move into supported housing has been slower but we end the year with a number of options that are being pursued by the Senior Leadership Team with the support of Trustees. This includes the possibility of a move to new offices.

Plans for the following years

- An office move! This would open a range of options for York Mind once the sale of the building is complete.
- To re-imagine the role of the Senior Leadership Team and Service Managers to improve communication and support development of new skills and knowledge for the benefit of the entire organisation
- To diversify our income streams ensuring we sustain existing contracts whilst increasing grants and unrestricted income
- Prepare for our Mind Quality Mark assessment across the organisation with Trustees taking a lead on the recruitment, induction, and clarity of role for new Board members to ensure our governance remains strong

FINANCIAL REVIEW

The financial results of the Charity are shown in the annexed financial statements. The total deficit for the year ending 31st March 2023 was £152,384. With this deficit subtracted from our opening balance of £796,462, the total funds held are £644,078.

Overall income in the year was £1,162,651 (2022: £1,198,678).

Overall expenditure for the year was £1,315,035 (2022: £1,079,483). £64,430 of this was spent on raising funds and £1,250,605 on providing charitable activities. The trustees had agreed investment of £132k from reserves in order to increase both the Corporate Wellbeing Services team and the Adult 121 Service. Both of these investments were made with a view to more sustainable unrestricted income in the long-term

Reserves Policy
We review our reserves policy on an annual basis taking into account future activities, the opportunities available to the Charity and the potential risks to which it might be exposed.

Unrestricted free reserves at the end of the financial year were £312,662.

York Mind aims to hold a free reserve that will enable an orderly closure of the charitable company in such an eventuality.

The Trustees have agreed that that the funds should still be able to meet the costs of continuing to run our entire service for between two and four months. In addition, the Trustees consider it prudent that the charity should also be able to meet its contractual obligations and any costs of closure (including redundancy costs) allowing for an orderly wind down of service and so as not to have a sudden and adverse impact upon services.

The trustees have agreed a target range of free reserves of between £246,000 and £450,000. Our level is within this range.

The trustees, together with the senior management team, are looking at projects which could make use of the surplus free reserves available. One idea is to resource a post to assist with the identifying and signposting of appropriate services due to the increased demand we are experiencing due to the impact of Covid.

Investment Policy
In accordance with the Memorandum of Association, the trustees have the power to make such investments as they see fit. With short term fluctuations in cash flow due to timing of grant income and the uncertainties of the stock market, we have maintained our existing investment policy of investing the money in an easy access deposit account that offers a competitive and consistent rate of return during the year. However, in view of the recent period of low interest rates, which has resulted in lower than usual investment income, we are continuing to look for better ways to invest the excess funds in order to yield a greater return.

Risk Management
The trustees, on a regular basis, reviews the principal risks and uncertainties faced by the charity in its day to day operations. The trustees have established policies, systems and procedures to mitigate those risks identified.

The Risk Register continues to be reviewed and updated by the Finance and Risk Subcommittee which is led by the treasurer together with a trustee appointed to lead our development of our approach to Risk.

The trustees continue to look to improve the assessment of external risks; the definition of our risk policy; review of both risks and controls. This is giving the trustees the confidence that the identifying of risks happens in a timely fashion, and meaningful controls are implemented.

Key and material risks continue to be reviewed at board level, and we have maintained our best practice of ensuring all projects complete individual risk assessments.

STRUCTURE, GOVERNANCE & MANAGEMENT

Legal and Administrative details

The organisation is a charitable company limited by guarantee, incorporated on 31 October 1991 with registered company number 02659442 and registered as a charity on 6 December 1991, registration number 1006759. The principal and registered office is Highcliffe House, Highcliffe Court, York, YO30 6BP.

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Method of recruitment and appointment of trustees

Members of the Board are trustees for the purpose of Charity Law and Directors for the purposes of Company Law. Members are elected annually and meet a minimum of 6 times per year. The Board aims to be reflective of both the needs of the service users and the needs of managing a charity. We aim, wherever possible, to attract Board members who have either personal experience of mental-ill health or who have relatives and/or friends with these experiences.

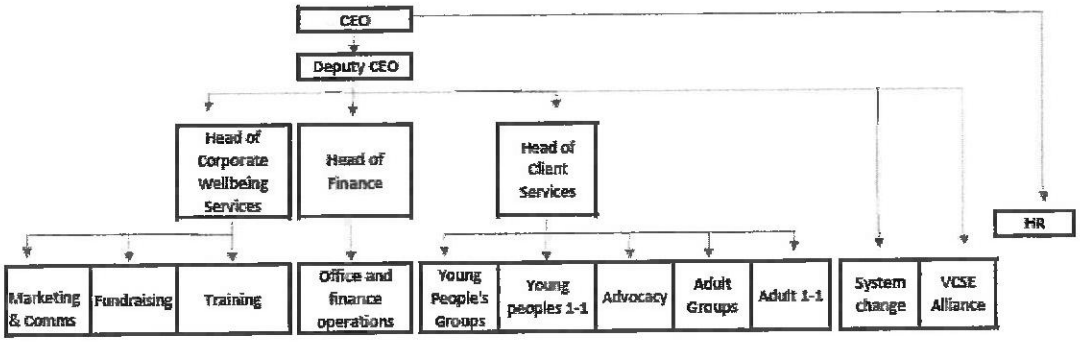
The Board have begun a thorough review and overhaul of the recruitment and induction process. This followed feedback from new Trustees and will ensure that everyone understands their role and responsibilities.

Trustee induction and training (currently under review)

Each new trustee is welcomed by the Chair and, following an informal interview, given a formal induction which includes details of relevant training. Each trustee meets with the Chief Executive Officer and is encouraged to tour the office and meet all staff members, who provide useful information regarding the services we are currently delivering. Prospective trustees are also given a brief information pack and are invited to attend two trustee meetings after which time a decision is made from both sides as to whether they wish to proceed. Our information pack currently consists of the following information:

- Current Trustees' Annual Report
- Charity policies and procedures
- Staff handbook
- Current strategy documents
- Minutes of the two previous trustee meetings

Organisational structure



The Trustee Board is responsible for governance, policy and strategic direction.

Day-to-day responsibility for running York Mind is delegated to the Chief Executive Officer.

Key management personnel remuneration
Remuneration for the CEO and Senior Management Team is decided by Trustees. A benchmarking exercise is undertaken using information regarding average salaries for similar sized charities, vacancies in other Local Mind associations and in charities within the same geographical region.

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of York Mind for the purposes of company law) are responsible for preparing the Report of the Trustees 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 which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.
In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

The auditors, Thomas Coombs Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 7th December 2023 and signed on the board's behalf by:

.....

D Ellis-Trustee

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2023
REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS

Opinion
We have audited the financial statements of York Mind (Incorporating Our Celebration) Ltd (the 'charitable company') for the year ended 31st March 2023 which comprise Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including 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 31st 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 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 Auditor's 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 UK, including the FRC'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 trustees annual report, other than the financial statements and our auditor's 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.

Opinions 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 (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the 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 directors' report.

We have nothing to report in respect of the following matters in relation to which the 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 directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit

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.

Auditor's 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 auditor's 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 extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations.
- We identified the laws and regulations applicable to the charity through discussions with management, and from our commercial knowledge of the sector.
- We focused on specific laws and regulations which we considered may have a direct material effect on the accounts of the operations of the Charity, including the Charities Act 2011.
- We assess the extent of compliance with laws and regulations identified above through making enquiries of management and inspecting legal correspondence.
- Identified laws and regulations ere communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- Making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud.
- Considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- Performed analytical procedures to identify any unusual or unexpected relationships.
- Identified and tested journal entries and identified any significant transactions that were unusual or outside the normal course of business.
- Investigated the rationale behind significant or unusual transactions.
- Challenged assumptions and judgements made by management in determining significant accounting estimates.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed audit procedures which included, but were not limited to:

- Agreeing financial statements disclosures to underlying supporting documentation.
- Discussions with management of know or suspected instances of non-compliance with laws and regulations
- Reading the minutes of meetings of those charged with governance.

At the completion stage of the audit, the engagement partner's review included ensuring the team had approached their work with appropriate professional scepticism and thus the capacity to identify non-compliance with laws and regulations and fraud.

There are inherent limitations in the audit procedures described above and the further removed non-compliance of laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement relating to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/Our-Work/Audit/Audit-and-assurance/Standards-and-guidance/Standards-and-guidance-for-auditors/Auditors-responsibilities-for-audit/Description-of-auditors-responsibilities-for-audit.aspx. This description forms part of our auditor's 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. 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 auditor's 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 the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

C. Darwin

Christopher Darwin (Senior Statutory Auditor)
for and on behalf of Thomas Coombs Limited
Statutory Auditor Chartered Accountants
3365 The Pentagon
Century Way
Thorpe Park
Leeds
West Yorkshire
LS15 8ZB
Date: 7th December 2023

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME & EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2023

	Note	Unrestricted Funds £	Designated Funds	Restricted Funds £	Total 31 March 2023 £	Total 31 March 2022 £
Income and endowments from:						
Donations and legacies	3	100,660	2,098	1,886	104,644	292,059
Charitable activities	5	83,563	-	973,225	1,056,788	906,601
Investments	4	1,203	-	16	1,219	17
Total income		**185,426**	**2,098**	**975,127**	**1,162,651**	**1,198,678**
Expenditure on:						
Raising funds		64,430	-	-	64,430	47,227
Charitable activities		192,783	155,504	902,318	1,250,605	1,032,257
Total expenditure	6	**257,213**	**155,504**	**902,318**	**1,315,035**	**1,079,483**
Net income/(expenditure)		(71,787)	(153,406)	72,809	(152,384)	119,194
Transfers between funds	14	-	-	-	-	-
Net movement in funds	14	**(71,787)**	**(153,406)**	**72,809**	**(152,384)**	**119,194**
Reconciliation of funds:						
Total funds brought forward		481,908	184,418	130,136	796,462	677,268
Total funds carried forward		**410,121**	**31,012**	**202,945**	**644,078**	**796,462**

The Statement of Financial Activities includes all gains or losses recognised in the year.

All income and expenditure derives from continuing activities.

The notes on pages 20 to 28 form part of these financial statements.

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

BALANCE SHEET AT 31 MARCH 2023

Company Registration Number: 02659442

	Note	2023 £	2023 £	2022 £	2022 £
Fixed assets:					
Tangible assets	9		97,459		118,432
Current assets:					
Debtors	10	168,642		80,109	
Cash at bank and in hand		444,100		652,943	
Total current assets		612,742		733,052	
Liabilities:					
Creditors: Amounts falling due within one year	11	(66,123)		(55,022)	
Net current assets			546,619		678,030
Total net assets			**644,078**		**796,462**
The funds of the charity:					
Restricted	14		202,945		130,136
Unrestricted	14				
Tangible Fixed Assets		97,459		118,432	
Free Reserves		312,662		363,476	
Designated funds		31,012		184,418	
			441,133		666,326
Total charity funds	15		**644,078**		**796,462**

The financial statements were approved and authorised for issue by the Board on 7th December 2023
Signed on behalf of the board of trustees by:

.....
D A Ellis-Chairperson

The notes on pages 20 to 28 form part of these financial statements.

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2023

	Note	2023		2022	
		£	£	£	£
Net cash provided by / (used in) operating activities	17	(207,423)		118,191	
Cash flow from investing activities:					
Purchase of tangible fixed assets		(1,420)		(6,550)	
Change in cash and cash equivalents in the year			(208,843)		111,641
Cash and cash equivalents at beginning of the year			652,943		541,302
Cash and cash equivalents at end of the year	17		444,100		652,943

The notes on pages 20 to 28 form part of these financial statements.

1 ACCOUNTING POLICIES

a) Basis of preparation

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

b) Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis.

Like many other voluntary and not for profit organisations the annual income of the charity is dependent on the renewal, recurrence or identification of new sources of short term income. Within the 12 months period following the approval of the financial statements a number of significant grants will reach the end of their contract term. Importantly if a contract is not renewed it would be expected that associated staff would transfer to a third party providing those services going forward.

The trustees have considered the expected level of income and associated costs together with the level of reserves over the 12 months from approval of the financial statements and concluded that the charity will be able to continue in operation and as such the going concern basis of accounting is appropriate.

c) Fixed assets

Fixed assets are stated at cost less accumulated depreciation.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold land	- Nil
Freehold building	- 4% straight line
Building Maintenance	- 10% straight line
General and computer equipment	- 20% to 33.33% straight line
Furniture and fittings	- 20% straight line
Kitchen equipment	- 20% straight line
Production equipment	- 20% straight line

d) Income recognition

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

e) Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

When donors specify that donations and grants given to the charity must be used in the future accounting periods, the income is deferred until those periods.

When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When donors specify that donations and grants, including capital grants are for a particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when received.

1 ACCOUNTING POLICIES (continued)

f) Expenditure

Expenditure is included in the Statement of Financial Activities on an accruals basis once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

Costs of raising funds comprise the costs associated with attracting voluntary income.

Expenditure on Charitable Activities includes the costs incurred by the charity in the delivery of the activities and services for its beneficiaries. It includes costs that are directly attributable to specific activities and the indirect costs necessary to support them. Management, Finance and Admin Support costs are apportioned to activities on the basis of time spent by staff on those activities. Premises and Office Costs are apportioned to activities based on the premises they occupy and the activities they supported.

g) Fund accounting

Funds held by the charity are either:

Unrestricted general funds - these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds - these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purpose.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

h) Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity contribution is restricted to the contributions disclosed in note 7. The costs of contributions are recognised in the year that they are payable.

i) Financial instruments

The charity 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 are subsequently measured at their settlement value.

j) Taxation

The charity is exempt from corporation tax on its charitable activities.

k) Leases

Rentals payable under operating leases are charged to the SOFA on a straight line basis over the period of the lease.

2 LEGAL STATUS OF THE CHARITY

York Mind (incorporating Our Celebration) Ltd is regulated by the Charities Commission (1006759), limited by guarantee and is registered in England & Wales. The address of the registered office and principle place of business is York Mind (incorporating Our Celebration) Ltd, Highcliffe House, Highcliffe Court, York, YO30 6BP. 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.

3 DONATIONS, GRANTS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Donations and Fund Raising	98,766	1,886	100,652	132,989
BW Memorial Fund	2,098	-	2,098	51,828
Other income	1,644	-	1,644	4,126
Grants receivable	-			
City of York Council - Activities	-	-	-	32,085
Vale of York CCG - Mentoring 13 -18 yrs	-	-	-	29,225
City of York Council - Wellbeing in Schools	-	-	-	37,037
Two Ridings Foundation	-	-	-	3,270
Charles Brotherton Trust	250	-	250	250
Norman Collinson Charity Trust	-	-	-	1,250
2023	102,758	1,886	104,644	292,059
2022	189,676	102,383	292,059	

4 INVESTMENT INCOME

	2023	2022
	£	£
Bank interest receivable	1,219	17

5 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Charitable Activities Income				
Advocacy	-	5,143	5,143	4,280
Archbishop Holgate's YP Project	-	6,666	6,666	-
BBC Children in Need - 13-18 Mentoring	-	13,000	13,000	10,034
Big Lottery - Awards For All	-	-	-	1,660
City of York Council - Creative Lives	-	-	-	20,000
City of York Council - 1-2-1 Service	-	50,000	50,000	-
City of York Council - Activities	-	80,000	80,000	80,000
City of York Council - Advocacy Hub	-	329,477	329,477	329,477
City of York Council - Duak Diagnosis	-	6,000	6,000	15,000
City of York Council - Inclusive Growth	-	12,500	12,500	-
City of York Council - MH VCSE Alliance	-	40,000	40,000	-
City of York Council - Young People 12-15	-	70,000	70,000	-
City of York Council - Young People Counselling	-	80,000	80,000	80,000
Counselling	2,316	-	2,316	5,928
Department of Health - Creative Lives	-	-	-	30,133
Department of Health - Suicide prevention	-	-	-	10,000
Doncaster Mind	3,033	-	3,033	55,504
Healthwatch North Yorkshire	8,250		8,250	-
Mid & North Yorkshire Citizens Advice	-	5,778	5,778	5,609
National Mind - Schools and Colleges Early Support Service	-	33,186	33,186	-
National Mind - Business Continuation Fund	-	40,000	40,000	-
National Mind - Cost of Living Crisis Fund	-	18,000	18,000	-
National Mind - Systems Change	-	35,750	35,750	64,250
National Mind - Ukraine Refugees	-	5,000	5,000	-
Training	69,964	-	69,964	55,320
Vale of York CCG - Creative Lives	-	-	-	20,000
York Carers Centre - Carers Counselling	-	-	-	16,000
York CVS-Adult Peer Support	-	90,000	90,000	50,000
York St John University - Wellbeing Pilot Selby High School	-	4,320	4,320	-
Your Consortium - Action towards Inclusion	-	31,212	31,212	38,446
Your Consortium - Thriving at Work	-	17,193	17,193	14,961
2023	83,563	973,225	1,056,788	906,601
2022	113,764	792,838	906,601	

6 TOTAL EXPENDITURE

		Costs of Raising	Charitable Activities				
	Basis of Allocation	Fundraising	Restricted Projects	Unrestricted Projects	Governance	Total 2023	Total 2022
Costs charged directly to activities							
Staff costs (incl training & recruitment)	Direct	31,093	696,759	365,753	326	1,093,931	874,095
Beneficiary & volunteer expenses	Direct	-	4,361	1,754	-	6,115	5,273
Activities & Course costs	Direct	9,337	80,478	94,366	795	184,976	167,613
Trustee expenses & training	Direct	-	-	-	-	-	321
Auditor's fees	Direct	-	-	-	6,000	6,000	6,890
Legal fees	Direct	-	-	-	1,620	1,620	-
Depreciation	Direct	-	-	22,393	-	22,393	25,291
Recharged costs to activities	Activity	24,000	120,720	(157,720)	13,000	-	-
2023		**64,430**	**902,318**	**326,546**	**21,741**	**1,315,035**	**1,079,483**
2022		47,227	868,411	129,110	34,735	1,079,483	

7 EMPLOYEE INFORMATION

The aggregate payroll costs of the Charitable Company for the period are as follows:

	2023 £	2022 £
Gross salaries	914,385	743,945
Social security costs	67,610	51,473
Pension	55,642	47,990
Total staff salaries	1,037,637	843,408

The trustees received no remuneration.
The trustees received no expenses during the year (2022: £nil).

Average number of employees for the period	No	No
Number of management staff	6	6
Number of other staff	51	39
	57	45

No employees received emoluments in excess of £60,000.
The total cost in 2023 of key management personnel was £213,423 (2022 £213,693)

8 NET INCOME/(EXPENDITURE)

Net income/(expenditure) for the year are stated after charging:	2023 £	2022 £
Depreciation	22,393	25,292
Auditor remuneration audit fees	6,000	5,214
Auditor remuneration non-audit fees	-	936

9 TANGIBLE FIXED ASSETS

	Freehold property £	Building maintenance £	General & computer equipment £	Furniture fittings & production £	Total £
COST					
At 1 April 2022	319,624	32,995	38,086	12,699	403,404
Additions	-	-	1,420	-	1,420
Disposals	-	-	-	-	-
At 31 March 2023	319,624	32,995	39,506	12,699	404,824
DEPRECIATION					
At 1 April 2022	230,218	20,227	22,654	11,873	284,972
Charge for the year	9,626	2,298	9,916	553	22,393
On Disposals	-	-	-	-	-
At 31 March 2023	239,844	22,525	32,570	12,426	307,365
NET BOOK VALUE					
At 31 March 2023	79,780	10,470	6,936	273	97,459
At 31 March 2022	89,406	12,768	15,432	826	118,432

Included in Freehold property is land amounting to £75,000 (2022 £75,000)

All fixed assets are used for charitable purposes.

10 DEBTORS

	2023	2022
	£	£
Debtors in the ordinary course of activities	27,800	40,581
Prepayments and accrued income	140,842	39,528
	168,642	80,109

11 CREDITORS: Amounts falling due within one year

	2023	2022
	£	£
Creditors in the ordinary course of activities	28,453	20,519
Other creditors	25,096	22,471
Accruals and deferred income	12,574	12,032
	66,123	55,022

12 DEFERRED INCOME

Balance at 31 March 2022	New Additions	Amount Released	Balance at 31 March 2023
£	£	£	£
2,500	-	(2,500)	-

13 LEASE AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2023	2022
	£	£
Within one year	1,075	1,075
Between one and five years	538	1,613
	1,613	2,688

14 RESTRICTED FUNDS

	Balance at 1 April 2022	Movement in resources Incoming	Outgoing	Transfers	Balance at 31 March 2023
	£	£	£	£	£
Companies Restricted	1,790	-	-	-	1,790
BBC Children in Need	790	-	(790)	-	-
Activities - SPARTACUS	3,722	80,387	(84,109)	-	-
Activities - Ukraine Refugees	-	5,000	(5,000)	-	-
Adult Peer Support	27,588	90,000	(64,708)	-	52,880
CYC Counselling Service	-	50,000	(15,500)	-	34,500
Advocacy Hub	-	329,476	(331,822)	-	(2,346)
Advocacy Spot Purchases	-	3,743	(3,743)	-	-
Dual Diagnosis Advocacy	14,920	6,000	(20,920)	-	-
Social Work Students	-	1,400	(1,400)	-	-
ATI	-	31,228	(31,228)	-	-
Mind business continuity	-	40,000	-	-	40,000
Mind cost of living	-	18,000	-	-	18,000
Corporate Wellbeing (R)	-	12,500	-	-	12,500
Thriving at Work	-	17,193	(17,193)	-	-
Wellbeing Education Return	18,590	-	(18,590)	-	-
Wellbeing Pilot Selby High School	-	4,320	(660)	-	3,660
NY Citizen's Advice (Selby)	-	5,778	(5,778)	-	-
Systems Change (NM)	33,491	37,250	(70,741)	-	-
VCSE Alliance	-	40,000	(19,584)	-	20,416
YP Creative Lives	5,620	-	(5,620)	-	-
Young People - One to One	-	-	(1,790)	-	(1,790)
YP Counselling (12-15 Grant)	-	70,000	(33,079)	-	36,921
YP Counselling (16-25 Contract)	-	80,000	(98,843)	-	(18,843)
YP Mentoring & Counselling (12-15 Winter Money 2021-22)	23,625	-	(23,625)	-	-
YP Mentoring (13-18 CiN 2020-22)	-	13,000	(10,500)	-	2,500
YP Mentoring (AHS Grant)	-	6,666	(3,909)	-	2,757
YP SCESS (Anna Freud)	-	33,186	(33,186)	-	-
	130,136	975,127	(902,318)	-	202,945

RESTRICTED & UNRESTRICTED FUNDS (continued)

14 UNRESTRICTED FUNDS

	Balance at 1 April 2022	Movement in resources Incoming	Outgoing	Transfers	Balance at 31 March 2023
	£	£	£	£	£
General fund	363,476	185,426	(234,820)	(1,420)	312,662
Designated fund- Salaries	132,590	-	(132,590)	-	-
Designated fund- BW memorial	51,828	2,098	(22,914)	-	31,012
Tangible fixed asset	118,432	-	(22,393)	1,420	97,459
	666,326	187,524	(412,717)	-	441,133

Purposes of restricted funds

During the year, the charity received specific grants restricted to the funding of the following projects:
City of York Council provide funding for a mental health activities programme.
Your Consortium for the Action Towards Inclusion project.
Dept of Health, York City Council and York CCG provided funding for the Creative Lives project.
York CCG and Children in Need for Young People's Mentoring.
Kavli Trust has funded a drop in service for young people.
Big Lottery's Awards For All is funding for the Young People's Service strategy.
BBC Children in Need funding for Mindfulness courses.
Counselling funding is provided through the receipt of regular gifts, charges for the service and funding from City of York Council for the Young People's Counselling.
City of York Council provide funding for statutory advocacy provision and also for the the dual diagnosis project.
City of York Council provide funding for the Wellbeing Education Return project.
Mind provided a systems change programme including a website and podcast for young people within the City of York.
Counselling was for provided for young carer's being supported by the Young Carer's Centre.
Thriving at Work aims to support people to thrive at work through diversity training and 1-2-1 in-work coaching.
Adult Peer Support is a partnership project to provide early input to support timely and supported discharge, linking with community support. This is being delivered in partnership with TEWV NHS Trust.
Activities Ukraine Refugees is a grant to provide services solely to support Ukrainian refuges.
Corporate Wellbeing is to provide a knowledge Hub for small employers to enable them to support staff mental health.
NY Citizen's Advice (Selby) is to provide coaching and 121 sessions for people struggling with debt and referred to us by Citizens Advice.
VSCE Alliance is funding for a post to support the development of a mental health alliance and enable system transformation.
Young People Counselling (12-15 Grant) is to provide counselling for young people aged 12-15 in York.
Young People Counselling (16-25 Contract) is to provide Counselling for young people aged 16-25 in York.
Young People Mentoring is for the provision of 121 mentoring for young people in York.
Young People Mentoring (AHS Grant) is for the provision on 121 mentoring solely for pupils of Archbishops Holgate School.
Young People SCESS (Anna Freud) is for the provision of online theraputic support for young people referred by schools(nationwide).
Fund balances represent balances carried forward on multi-year projects and projects.

Purposes of unrestricted funds

The general fund represents the free funds of the charity which are not designated for a particular purpose.

15 ANALYSIS OF NET ASSETS (between restricted and unrestricted funds)

	Tangible fixed assets	Other net assets	Total
Restricted Funds	-	202,945	202,945
Tangible fixed asset fund	97,459	-	97,459
Designated funds	-	31,012	31,012
General Fund	-	312,662	312,662
	97,459	546,619	644,078

16 RELATED PARTY TRANSACTIONS

No transactions with related parties were undertaken such as are required to be disclosed under Financial Reporting Standards.

17 RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net Income for the reporting period	(152,384)	119,194
Depreciation charges	22,393	25,292
Decrease/(increase) in debtors	(88,533)	(33,073)
Increase/(decrease) in creditors	11,101	6,778
Net cash provided by (used in) operating activities	(207,423)	118,191

ANALYSIS OF CASH AND CASH EQUIVALENTS	2023 £	Movement £	2022 £
Cash in hand	444,100	(208,843)	652,943
Total cash and cash equivalents	444,100	(208,843)	652,943

18 COMPARATIVE SOFA

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 31 March 2022 £
Income and endowments from:				
Donations and legacies	189,676	-	102,383	292,059
Charitable activities	113,764	-	792,838	906,601
Investments	17	-	-	17
Total income	**303,457**	**-**	**895,221**	**1,198,678**
Expenditure on:				
Raising funds	47,227	-	-	47,227
Charitable activities	163,846	-	868,411	1,032,257
Total expenditure	**211,072**	**-**	**868,411**	**1,079,483**
Net Income	92,384	-	26,810	119,194
Transfers between funds	(104,646)	184,418	(79,772)	-
Net movement in funds	**(12,262)**	**184,418**	**(52,962)**	**119,194**
Reconciliation of funds:				
Total funds brought forward	494,170	-	183,098	677,268
Total funds carried forward	**481,908**	**184,418**	**130,136**	**796,462**

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

England & Wales - Charity number 1006759

Accounts

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

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

Company Registration Number 02659442
Charity Number 1006759

Thomas Coombs Limited
Statutory Auditor
Chartered Accountants
3365 The Pentagon
Century Way
Thorpe Park
Leeds
West Yorkshire
LS15 8ZB

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2022
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YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2022
Reference and administration details

TRUSTEES	D Ellis -Chair P Yeomans -Vice chair R Weston -Treasurer (resigned 1st December 2021) G Hughes - Treasurer (from November 2021) R Mulryne (resigned 31st March 22) N Wood I Smith D Brown (resigned 1st April 21) Y Okyere-Whalley (appointed 1st February 2022) S Tosney (appointed 1st April 2022) S Taylor (appointed 1st April 2022) J Potter (appointed 21st July 2022)
CHIEF EXECUTIVE	A Scott
REGISTERED OFFICE	Highcliffe House Highcliffe Court York YO30 6PB
REGISTERED COMPANY NUMBER	02659442
REGISTERED CHARITY NUMBER	1006759
INDEPENDENT AUDITORS	Thomas Coombs Limited Statutory Auditor Chartered Accountants 3365 The Pentagon Century Way Thorpe Park Leeds West Yorkshire LS15 8ZB
BANKERS	CAF Bank Limited PO Box 289 Kings Hill West Malling Kent ME19 4TA HSBC UK 13 Parliament Street York YO1 8XS

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2022
Report of the trustees
OBJECTIVES AND ACTIVITIES

Main activities

The purpose of the charity is to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment. It is also to promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

York Mind deliver a range of community mental health services to children young people and adults. In this financial year this has included Advocacy, Mentoring, Counselling, Training, Coaching and Peer Support and a range of activities for young people from aged eight.

Public benefit statement

The trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'. York Mind's charitable purpose is enshrined in its objects 'the relief of people who are suffering or who have suffered from mental illness and in particular but not so as to limit the generality of the foregoing, the provision of education, training and rehabilitation facilities to enable them to earn their living and develop their full potential as members of society'. The trustees ensure that this purpose is carried out for the public benefit by delivering services that are valued by our members at zero or low cost for clients living within York and the surrounding areas.

Contribution made by volunteers

Although York Mind have a paid staff team, our work could not happen as effectively without the contribution of volunteers who support us in a range of ways. This includes our Counsellors and Mentors, many of whom give hours of their time on a weekly basis to offer 121 support to children, young people and adults, volunteers who support our group work, much of which cannot run by one person alone, and volunteers who support our fundraising on a one-off basis or through regular community events. Finally, a word on our Trustees who all give their time freely and generously and offer invaluable support and direction for the whole organisation but particularly the senior leadership team and the Chief Executive Officer.

Volunteers in our direct service provision contributed 1481 hours over the year

ACHIEVEMENTS AND PERFORMANCE
Summary

This year saw York Mind stabilising their new hybrid delivery model and staff being increasingly competent at moving between having to work from home and face to face delivery in a quieter office environment. We were impacted by how wider society view this model of work and many staff were concerned about the external pressures faced by friends, family and people accessing our service who were being asked to return to pre-Covid normality without the benefits or dis-benefits being quantified.

In terms of service delivery, our long standing relationships with funders and commissioners felt very valuable this year. It allowed commissioners to seek waivers on contracts that would have otherwise ended at a time when statutory providers were understandably focused on other things.

Over the last two years, York Mind have achieved a financial surplus above what we might have expected. Trustee made a decision that they would like to see these monies invested in the organisation and exciting plans have been put in place for an expansion of our services particularly those services with a dual purpose of supporting more of the community with their mental health whilst bringing in unrestricted income from corporate supporters to ensure the sustainability of the organisation.

A significant amount of the Senior Leadership time has been invested in the new emerging health structures, the Integrated Care System (ICS). Locally, this has generated a significant amount of work including the partnership working involved in planning and distributing the Community Mental Health Transformation funds.

Each of our services has provided a detailed update on their work and its impact

OUR SERVICES

Action to Inclusion (ATI)

Action Towards Inclusion (ATI) is a multi-agency project led by Better Connect. It is funded by the European Social Fund and National Lottery Community Fund.

ATI is specifically funded to work with people who are unemployed or economically inactive and not currently working, who would like to get a job or move closer towards employment. York Mind provides individualised 1:1 keyworker support to individuals and helps them to identify and overcome barriers to searching for and accessing employment or education. The support that we provide is person-centred and specifically tailored to address each individual's needs, barriers and goals.

New developments this year

We had been expecting the project to end in June 2022, but additional funding has been obtained by Better Connect from the current funders. ATI will now finish in June 2023, with client engagement ending in March 2023.

With the extension there have been some changes to the enrolment and outcome profiles, which make it particularly challenging to work with people who are unemployed (rather than economically inactive) when they join the programme. Four out of five unemployed participants are expected to be in employment by the time they leave ATI. The outcome targets for economically inactive participants are considerably less rigorous, and we confidently expect to meet or exceed these.

Since returning to the office after the pandemic we have provided clients with a choice of in-person or remote keyworker sessions, which allows greater flexibility and access to the service. We had planned to do this during the lockdown period, and it has been working well.

Intended developments for next year

Continue key working with appropriate individuals and supporting them to achieve their stated employment goals.

Continue to work towards achieving the enrolment and outcome targets set by Better Connect.

Explore further opportunities to support this client group after ATI has ended, either through another project with Better Connect or some other way.

How the service benefits the public

The benefits are different for each person who engages with the service. People typically identify their transferable skills, develop their confidence, create/update their CV, and identify the type of work they would like to do. Some people undertake training or decide to volunteer as a precursor to paid employment. Some choose to go to university, retrain, or return to their former studies. Some decide to set up their own business rather than working for an external employer. Sometimes people leave ATI with a 'job for now' alongside a longer-term career plan that they wish to pursue over the coming years.

Most participants identify the benefits of receiving personalised keyworker support, and many value setting and completing weekly actions as a means to achieve their stated goals.

Some participants have received project funding for work-specific clothing, specific business tools, computers, or specialist interventions. Some have benefited from attending training courses, counselling sessions, or other interventions provided by different ATI partners or elsewhere within York Mind.

Training

The primary purpose of York Mind Training in line with organisational strategy is to deliver high quality learning to local businesses, statutory, charity and educational bodies. Training also aims to meet organisational values including empowering businesses to proactively support the mental well-being of their employees and to champion the conditions/knowledge that enable people to be and do well.

The Year Reviewed

As the issues presented by the pandemic continued, Line manager training proved particularly popular during this period, with businesses in particular reporting that their managerial grades were struggling with boundaries and taking on the problems of staff struggling due to Covid-19. Feedback from these courses was overwhelmingly positive, with managers feeling empowered and more confident in identifying issues and signposting onto appropriate services. In addition our own York Mind suicide prevention course was, in these difficult times, in high demand and attracted much praise and recognition. One delegate comment below:

Can I just thank you so much for the suicide prevention training last week, it was brilliant. It definitely helped me understand things better and to not be afraid. I even ended up in a deep conversation with my daughter about things as she has come out of an abusive relationship and currently living back at home .. so thank you !

On the corporate side of the service we completed a contract for five, 2-day Mental Health First Aid cohorts to a food processing company, who were experiencing high levels of staff absence through mental ill health and had tragically lost a staff member to suicide. The feedback from senior management was excellent and has resulted in the company establishing tiered support for staff through their team of newly trained first-aiders.

Finally, the financial year saw the service train 1,515 individuals and income amounted to £53,673, which was over the expected target.

Developments from our last report.

- Incorporating the Cademy system to make billing more efficient, especially for our public courses.
- Mental Health First Aid Refresher has been added to our suite of courses and been delivered five times thus far.
- We have recruited a co-ordinator to assist with administration across the York Mindworks (CWS) brand.

Future Developments

Future plans for 2022/2023 include:

- We have already begun to use freelancer professionals to deliver Mental Health First Aid in order to meet the greater demand and generate income.
- In conjunction with new staff recruited as part of the wider York Mindworks project, this year will be all about generating more new business – using existing contacts but networking for new clients.
- We envisage a refreshment of our course resources will continue at a greater pace with the recruitment of a new coordinator.

Conclusion

As at 9th August 2022, the Training service continues to prosper. We are currently over-target in income terms. There is also the excitement of being part of the new York Mindworks offer and taking our new services to existing and future customers.

York Advocacy Hub

York Advocacy Hub

For April 2021 to March 2022 the York Advocacy Hub provided six advocacy services to residents of York, all funded by City of York Council.

- Independent Mental Capacity Act advocacy – We provide advocacy to people who have been assessed as lacking capacity to make decisions around safeguarding, serious medical treatment and long term accommodation.
- Generic advocacy – Providing help to people with additional needs such as mental health, learning disabilities or substance misuse issues around a range of issues such as accessing housing, social care or health services, help to access welfare benefits advice, making a complaint etc.
- NHS complaints advocacy – We provide advocacy to those who want to make a formal NHS complaint, and help them take their complaint to the public health ombudsman if needs be

- Care Act Advocacy – We help people who have substantial difficulty in being involved in their social care decisions to take more of a role in their social care assessment, planning and review and ensure the care they're provided is personalised and as they would wish it
- Independent Mental Health Advocacy – We work with people who are sectioned under the mental health act to help them appeal their section, understand their care and treatment and support them to ensure their rights are upheld whilst in hospital.
- Relevant Person's Representative- We work with people who have been deprived of their liberty – usually within a care home or health setting. These are people who have been assessed as lacking capacity around being able to make a decision about where they live. We visit them every eight weeks to ensure they have appropriate care and treatment and that their deprivation is not overly restrictive.

In 2021-2022, we received 1253 referrals for advocacy support. This is a mix of one off telephone advocacy and triage appointments in our offices, alongside longer term casework. This represented a decrease of 17.4% on last year's figures. There's a variety of reasons for the decrease. Ranging from staff shortages across all providers from which we receive our referrals to client's case work taking much longer due to delays and lack of placements and care packages, necessary for discharge. Demand for advocacy across all streams continues to be high, and we have seen an increase in referrals at a percentage increase of 31.36%, since the start of the contract, year 1 to year 5.

IMHA support has continued to be provided at Stockton Hall.

Both senior advocates commenced the Independent Advocacy Qualification (IAQ) which is a requirement of our main funder, the City of York Council (CYC), who contract us to deliver statutory advocacy within the City of York. One of the seniors were signed off in June and the other seniors sign off should be this month. One advocate commenced the care act IAQ element, in addition to her IMHA IAQ, which was signed off in July. One other advocate has commenced her IAQ.

Service Developments

During this year, we had one advocate go on a period of adoption leave and another go on maternity leave. We successfully recruited to cover both these roles. We further recruited a dual diagnosis advocate for a new project we've been commissioned to deliver for one year, we also further recruited to one part time and one full time advocate posts to fill vacancies. Our project support worker left their role, and we restructured this role, to better meet the needs and demands of the service, and this role was picked up internally within the team under the title Referral Coordinator. This has been a beneficial change for the service. We further restructured the leadership of the team, with one service manager and the internal recruitment of two senior advocates, who line manage one half of the team of advocates each. This again has been a significantly positive progression for the service. The service is now fully staffed.

The team are working really well in delivering their caseloads, and as a result statutory waiting lists remain low and we are meeting our standard operating procedure turnaround times.

We have concentrated on improving and developing quality this year, alongside skilling up advocates to deliver more strands of advocacy. Previously, advocates would specialise in one or two areas of advocacy but this meant that clients then had to have more than one advocate and this could mean long waiting times. Advocates are delivering training to their peers which offers them a developmental opportunity, as well as up-skilling staff.

With the reductions in COVID restrictions, advocates have been able to recommence the majority of their face to face work with clients and attend care homes and hospitals. There has continued to be some remote meetings, and tribunal and hospital manager's hearings remain remote also. This hybrid way of working has meant advocates can attend more meetings for the benefit of clients, but where possible we prioritise in person support. This year we also ceased use of our offices at Clarence Street,

using Highcliffe House as a base and continued home working, thus reducing costings for the service. Every Thursday, the advocates prioritise in person team meetings or peer support sessions, to maintain team morale.

Advocates also attended the virtual advocacy conference in November, this was the second year that it has been held virtually and all advocates were able to attend a variety of sessions to increase their understanding of a variety of issues. We also had the opportunity to attend an advocacy conference in person in Preston, which offered the opportunity to meet advocates from across the country, and gain from that wider experience.

Future Developments

We are re-developing our self-advocacy services for people with learning disabilities with the view to raising awareness about what self-advocacy is and this will be delivered either online or in-person. The LD forum has convened again with continued traction being gained.

We have had two student social workers on placement with the team during this year, which was successful, and we hope to continue our work with the universities to offer professional development of future practitioners.

We have been commissioned to deliver a year's pilot of a dual diagnosis advocacy service, supporting clients to access drug and alcohol services and mental health support. We've recruited to the post and have begun delivery and promotion of the service.

We've delivered advocacy awareness training to Foss Park staff, Mill Lodge Inpatient CAHMS staff and hospital social workers. Awareness raising remains a priority and we continue to offer and roll out delivery across all referral source services.

Following the introduction of the Use of Force Act, advocates attended training to understand the application of this legislation, we are in the process of liaising with services likely to be implicated by this Act, and look to ensure the rights of our clients are upheld in relation to this important piece of legislation.

We have as an ongoing piece of work, looking to improve our Lamplight system to better support the service, and effectively case record.

We worked hard in June, to obtain the QPM, which is a requirement of the CYC contract, we received exceptional feedback about the advocates and the work they do, from both the QPM assessor and the clients that took part in speaking with the assessor.

We have set up a steering group comprising of members of varying backgrounds and different experiences with advocacy, ranging from nothing at all to previously accessing advocacy themselves. These sessions will be bi-monthly and it is hoped that the members will feedback on various aspects of the service in order for us to ensure the service is accessible.

We are in our sixth year of contract funding, with the tendering process likely to commence in November 2022. It is likely we will need to look at a re-tender for the advocacy contract in 2022-23. We remain optimistic that we will be granted the funding to continue and take great pride in the service we deliver, always striving to improve and maintain consistent and exemplary service delivery.

Service Benefits

The advocacy service ensures that all the relevant legislation around mental health inpatients, mental capacity act law, care act law, NHS complaints etc. is upheld and where this is not, challenge where necessary.

Advocacy gives a voice to the most vulnerable, and our advocates help people appeal their section, stay within their own home, ask for leave, apply to the Court of Protection, access mental health

services, get care services they want, make complaints and have their human rights upheld to name just a few of the benefits our clients have received this year with the help of an advocate.

Our advocates work with people from those who cannot speak at all, to those who can self-advocate but whose mental health is such that they really need the advocate alongside to support them.

Activities

From April 2021 to March 2022, we successfully delivered two early intervention and prevention activity programmes to residents of York, aged 18 +; the Mental & Wellbeing Activities Programme (Spartacus) and the York Mind activities programme (Bob). Through

Throughout these programmes, we worked with 9 partner organisations, delivered 45 different activities, which are ongoing weekly, or delivered throughout the year, supported 7 people into volunteer opportunities and processed 556 referrals.

New Developments this year

This year, we developed a programme to include new activities with partners such as Better York offering activities such as Nordic Walking, Aqua Activity and Climbing, as well partnering with Dandelion Arts, a home based activity for those who are either isolated through fear of Covid or home bound due to illness. Creating art work which is then made into cards for school children to send to residential homes or care homes. This has proved a very popular activity.

We have made connections with Foss Park Hospital to provide access to our Sunday Coffee Club as a way for informal patients to attend a group, and therefore provide support and integration to further groups, for when they are discharged from the hospital. This has proved very helpful to the patients and ensured they are not isolated.

How the service benefits participants

Participants provide feedback regularly through resilience questionnaires and verbal feedback. Real life change is captured through case studies quarterly. We have continued to respond to need, making changes to our planned schedule to deliver additional groups where activities have been oversubscribed.

1) Clients who have attended our Peer Support Group have found this extremely helpful and progressive. Also, those who attended the York Mind Book Group have now formed their own group to continue their support for each other and interests.

2) Feedback for all groups run in 2021 - 2022 has been excellent. Feedback included clients stating that Sunday Coffee Club gave clients a place to come on one of the loneliest days of the week, meeting people in a similar position and being able to interact with other in sociable activities. Managing Anxieties which gave clients the opportunity to learn from a facilitator who could give real life examples of how to manage panic attacks, and Wellbeing Peer Support which gave clients a chance to have a weekly check in with each other learning helpful techniques from each other.

3) Introducing a home based activity through dandelion arts has given access to activities for those who are isolated or home bound.

4) Through attending groups such as arts and crafts, manging anxieties and confidence and resilience, we have seen an increase in resilience, reduced isolation and increased confidence. The

groups provide people with a space to share openly, whilst connecting with each other around an activity or interest, rather than having their mental health as the focal point.

Intended developments for next year

Looking into 22/33, we will be delivering a slightly reduced offer due to the end of the 5 year grant. We will continue to deliver the partnership programme, with a smaller number of partners. We are currently working closely with Friends of St Monica's Hospital to develop an expansion of the activities programme in Easingwold.

Young Peoples Mentoring

The Young Peoples Mentoring Service for 2021-2022 provides free access to mentoring for 8-18 year olds. We focus on personalised strategic interventions: setting goals based around ownership and empowerment, normalising communication about mental health and giving young-people the skills to re-engage with activities and interests, their families and their friendship groups. We match young people with a York Mind volunteer mentor, providing up to 6 months once weekly sessions. The service is funded by Children in Need and Winter Pressures Funds.

The majority of delivery has remained in line with the previous year, although we have this year experienced more flux in session delivery due to the changing Covid19 restrictions. From entirely remote delivery last year we have re-introduced face to face as the first option for clients. This transition presented some challenges in relation to mentor recruitment, training and retention: face-to-face is more time and travel intensive for volunteers, and mentors are starting to move out of York due to inflated cost of living: and we ran 2 recruitments to cover this. Our client demographics and needs are also changing. We have observed a small but sustained increase in referrals of 8-10 year olds and neurodiverse young people. Our 11-18 clients presented more serious mental health challenges such as disordered eating, sustained self-harm and/or suicidal thoughts, and the service has supported an increased number of young people exploring their sexuality and gender identity. We supported mentors by providing them with increased check-ins and pastoral time with the coordinator.

Moving forward we are to introduce extended mentor training for younger and neurodiverse clients. The service will extend its resources and mentor's skillsets to support clients with eating disorders and self-harm. We piloted new recruitment processes in January 2022 which successfully focused on assessing and developing communication skills between applicants in addition to usual interview outcomes. This process worked well and going forward our recruitment and training will blend the traditional and new model.

"My mentor had loads of different techniques – which I have used when I feel like I am getting angry"

"My mentor showed me that I wasn't alone. I thought I was weird for thinking how I did - but I have learnt that my feelings aren't weird or bad"

Feedback and evaluations from both clients and mentors demonstrate that mentors have continued to meet mentees expectations despite the increase in levels of need and more chaotic home environments etc. Our young people ask for support improving their resilience to challenging school environments, family situations and peers. Young people consistently rate the mentoring service as excellent, very good or good. All mentees who attended an initial session completed a minimum of 3 months mentoring, with a number continuing to access the support more longer term. Our evaluation

framework captures that mentees identify having developed more strategies for resilience and felt being better able to maintain their emotional wellbeing.

Client Liaison – the entry point to York Mind

The Client Liaison Officer (CLO) post was a new post when I started with York Mind 01/12/2021.

The aim of the role is to be the first point of contact for and provide 1-1 support to people who make contact with York Mind.

I liaise with referrers to reduce inappropriate referrals and to signpost those referrals to other services and offer 1-1 support to service users who are not sure what services they want or are in very complex situations.

Using the CLO triage assessment I aim to support service users to identify and prioritise their needs, identify agencies or projects, either internal or across York, that can support their needs and then support them in referring to and accessing these services.

Within the role I hold a small caseload of service users that require more than 1 triage session. Casework is undertaken with ongoing client consent, for example, to contact and refer to other services, like Survive, or to contact the area mental health team on their behalf to discuss their referral or their current care. The case work is very much based on the individual need and what the service user wants support with and generally requires 4-8 sessions.

Working closely with the teams within York Mind has raised a need this position has expanded to meet. When one of the service users attending a group was really struggling with their health and suicidal feelings it became clear to the Activities Co-ordinator that this person was finding the groups difficult and the group facilitator did not have the time the client needed within the group to support their present needs. I was asked if I could contact the service user to talk to them and explore what support they had and what was needed.

he service user said they found this extra level of support really helpful. I talked to them about how they were feeling and gave them emergency contact information, contacted the Crisis Team and area mental health team and advocated on their behalf with the area mental health team, fostering an understanding of the impact their physical health was having on their mental health. This resulted in a change of their mental health practitioner so they were more comfortable and confident in accessing this support.

I continue to support service users that are struggling when accessing groups and activities and have also extended the offer to support those between groups or waiting for professional support, offering continued contact to prevent feelings of isolation and a place to come, chat and be listened to as well as get advice and information.

At present I am supporting 4 people on this 1-1 basis with 2 others accessing this aspect of the CLO service if and when they need the support. Since starting the role 16 people have accessed 1-1 intensive CLO support and I have responded to 290 referrals and queries from the website, answer phone or walk in’s, contacting people by phone, email and SMS offering 1-1 support, assessment and information about the services we offer at York Mind and advice and information about services across York.

Thriving at Work

The Service

The vision for the project is:

'***Inclusive, accessible and healthy workplaces that increase productivity and create an environment where all employees can thrive'***.

This programme is part-funded by the Department for Work and Pensions and the European Social Fund. It is supported locally with match-funding.

The project has a particular focus on supporting inclusive workplaces that can unlock the potential of staff who are neurodiverse, disabled or experience mental health challenges.

York Mind is one of the specialist delivery partners. Our Mental Health offer includes:

- 1-2-1 in-work coaching and support for individuals who self-identify with experiencing mental health challenges.
- Mental Health awareness courses
- Lunchtime learning webinars - providing accessible mental health information for workplaces

New developments this year

The service offer was developed from concept from 1st April 2021. A key part of this was developing the processes to ensure the smooth running of the service both to the client and to the reporting requirements both internally and externally.

Content development of the Learning Lunches naturally emerged to support the mental health and wellbeing challenges identified for workplaces, as they themselves transitioned through the stages of the Covid-19 pandemic.

The coaching 1:1 support offered by our in-house Wellbeing Coach built upon the learnings of the Staying OK project which took place during Sept 2020-April 2021.

Intended developments for next year

The intention is to demonstrate how York Mind can offer a professional and compassionate service delivering upon all the requirements of the project and potentially securing more funding for an extension. This was achieved and funding has been secured until December 2022.

The project also aims to provide further potential to evidence the power of coaching to proactively support individual's mental health and wellbeing. The intention is to offer greater breadth of support to more individuals particularly in the workplace. The learnings from which will shape the development of the Corporate Wellbeing Services strategy.

How the service benefits the public?

The awareness training has been very well received, supporting organisation to develop their understanding of Mental Health and specifically to further support individuals at work. This in-person training has brought people together from different industries enabling greater sharing, increased knowledge and open discussions which provide an opportunity to challenge stigma and make change.

The 1:1 coaching support continues to get excellent feedback and real results against people's personal objectives. Some behavioural change examples include:

- Having open conversations and asking for support with their manager about their mental health.
- Having increased confidence to engage in conversation about areas that are of concern.
- Changing their role or job.
- Being more aware and acting upon the need to have coping strategies to manage their own wellbeing whilst at work.

Peer Support

1-2-1 Peer Support has been provided in collaboration with the Pathway to Recovery support service (for individuals resident in the central and northern sector of York) since October 2022. This unique service takes an empowering approach, promoting individual choice, needs, and wishes. It matches individuals who have been either informally or formally resident within Foss Park Hospital with peer supporters with relevant lived experience of mental health. Peer supporters receive 1-2-1 peer support training (currently via the Cellar Trust; we also wish to develop our own suite of training as we move into the second year), are DBS checked, and are also regularly supervised via 1-2-1 and group supervision sessions. The latter allows for the group to learn from each other; this is also facilitated online via Flock.

Referrals for the service currently come from the Pathway to Recovery team (consisting of two social prescribers and a team of social workers). It was anticipated that we might receive 40 referrals in the first year and we are well on target to achieve, and even exceed, this. When matched with a peer supporter, an individual client will receive up to 16 hour-long sessions (numbers may vary, however, due to periods spent back in the hospital or other circumstances beyond the client's control – we have also initiated a final "catch-up" session at the end of the contact in order to avoid the "cliff edge" otherwise presented by ending the support). Sessions generally take place out in the community (and never in individuals' own homes). They might involve meeting for coffee, taking part in joint exercise or other such activities, or researching employment opportunities and/or mental health resources.

At the present moment (with further appointments due to be made in early September), there are ten peer supporters on casual contracts, offering anything from one session a week to a full week's worth of sessions (also including, of course, travel to and from sessions, writing up time, and supervision). Developments for the second year of the project include revising the contract to provide a minimum number of hours for all peer supporters (thus ensuring that a minimum number of clients can be supported at any point in time) and introducing a senior peer supporter to provide mentoring for new supporters and to contribute to the development of the Mental Health Hub in York.

Since the first session delivered in mid-October, there have been approximately 380 sessions offered to clients (and approximately 320 delivered). Six of 39 clients have completed their sessions and all feedback received to date has been positive (marked as excellent in all categories by all those completing feedback to date – clearly setting a high bar for future feedback!). Feedback includes such comments as: "**It has been a pleasure to know [my peer supporter]. She has been an absolute star with me. It has been amazing to know her**" and "**It has been really helpful to have someone to speak to and help maintain good mental health into the future**." Another client stated that he valued "**having [support from] someone who had been through it. Not a yes person**." He "**feels now he [he has] things to look forward to**."

Young People's Counselling

The Young People's counselling service is funded by the City of York Council (CYC). It provides free access to counselling support for Young people who are a resident of the City and not studying at University. The service is primarily based at 30 Clarence Street with some delivery also taking place at Highcliffe House. Following an initial first contact appointment, individuals are offered access to 6 once weekly counselling sessions. In response to client need additional sessions may be agreed between the young person and the counsellor, though the service remains time-limited. York Mind began delivery of the service in January 2019 and has been successful in securing extended funding, currently up until June 2022.

The service benefits young people through offering an impartial and confidential space to talk to a trained person about anything that is causing young people distress, and help them work towards solutions that are right for them and their situation. This may include making sense of their own thoughts, learning new ways of dealing with situations or helping them identify what wider support they need around them.

A key focus this year has been transitioning the service back to 100% in-person delivery following the lifting of all lockdown restrictions. This has been directly in response to young people's expressed preference, although remote sessions continue to be offered as an option. This flexibility has proven beneficial specifically for enabling young people to continue to access sessions when they are unable to make it in person due to illness or when navigating competing demands on their time such as exam revision etc.

The service has historically been aimed at young people aged 16 to 25. In January Winter Pressures funding facilitated a pilot service which extended support to the younger age range of 13 to 15. This offer includes access to both Humanistic and Art based therapy. The pilot is proving successful and has encouraged discussions with CYC for supporting the permanent expansion of the service to young people aged 12 to 25.

"Counselling helped me to reach my goals and overcome so much, which at first I thought was impossible."

"I felt the in-depth exploration of feelings has led me to be more confident about where I am mentally and how I feel."

"[I] felt so such at ease from the point of the First Contact. Thank you so much for your help, I am very grateful. I felt lost and didn't know how to support myself. You've given me the confidence and techniques to be able to help myself."

Engagement has remained high throughout the year with over 359 young people referring into the service, 239 of who then decided to access support. Overall the service delivered a total of 1391 sessions, supporting 245 young people to move on from the service. Clients continuously rate the service as being 'Excellent' or 'Good', with the majority either fully or partially meeting their agreed goals and stating that they would recommend the service to others.

Wellbeing Education Return

The current service

- The project is run over 3 days a week and the training delivery has taken shape, due to the demands of Staff Wellbeing in Schools and College's needs, as a direct result of the Covid -19 Pandemic.
- Offers supports to City of York- Primary, Secondary and Specialist schools
- The project provides 6 Training Modules and additional support & consultation to schools /colleges across the city, to strengthen support in Staff Wellbeing, with the aim to reduce decline in mental and health and wellbeing.
- The training has been tailored to adapt to the key concerns from the LA, staff, SLT and Headteacher feedback and the overall need for education to embed wellbeing holistically, as a whole school approach.

We have seen the following demand and themes emerging over the year

- Increasing need for Head teacher Support
- Increasing need for how Governors can support their Head teachers more effectively
- Current and effective staff resources for in-house use
- Increased support around staff Compassion Fatigue
- Increased support around Long Covid and returning to work
- Increased support around Early Career teacher (ECT)

We have delivered

- More 1-1 support
- Delivered to smaller audiences to enable more quality conversations to be had, to equip establishment change, on a more deeper and sustainable level
- Initiated joined up working alongside 'School Wellbeing Services' and the 'Wellbeing in Mind Team'
- The two new Wellbeing Teams influenced project delivery. Initially these teams were focussing on the similar objectives, just on a bigger scale due to staff capacity and funding. This led me to refine the training to prioritise 'Staff Wellbeing' as this was not the new teams 'primary focus, but the demand for support was high.
- Develop and pilot Headteacher Support Training
- Increase of wellbeing embedded in staff meeting agendas

- Increase in Wellbeing Leads within Primary and Secondary schools
- Increase in Wellbeing Leads/SLT upskilling in mental health
- Increase in Wellbeing surveys undertaken and then used to devise and implement policies and procedures

- Increase in Environmental changes made i.e) respite/timeout areas in staff rooms, helpline /support numbers visible in toilets and on nearly devised wellbeing boards.
- Increase in Wellbeing libraries/resource corners in staff rooms
- Increase in Wellbeing pledges made
- Up to date resource/notice boards with helplines
- Increase is staff away days/activities
- Increase in 'Buddy' systems set up for new or vulnerable staff members
- An increase in evening marking policies amended
- Increase in Head teachers being more mindful of staff regularly working late
- Staff Wellbeing Menu's devised for social prescription
- Increase in staff being encouraged to have a walk at lunch time or to 'step away from their desk'
- More confidence fed back around signposting to support staff needs
- An increase in SLT feeling more equipped to be able to manage staff members becoming unwell at work
- Wellbeing talks being delivered in staff meetings/inset days
- 5 Internals Referrals to 'Thriving at work' coaching made
- 'Thriving at work' being included in 'Wellbeing Wednesday's' news bulletin
- Headteacher attending Mental Health first aid training
- ECT 's taking part in training.
- Mind WAP 's being used as a support tool
- Consultancy around how to change school Wellbeing ethos and how to prioritise staff wellbeing more effectively

'Thank you so much for sharing the Training Menu, it is wonderful that such support is available and I will definitely be looking to book in' (Ralph Butterfield- Headteacher)

Achievements against objectives set

- Refresh strategy to ensure that changes resulting from Covid that impact on those with mental ill-health are fully reflected in our future plans

Our strategy has been refreshed and now combines two of our objectives whilst adding a new objective which has a focus on the socio-economic causes of mental health and how our work can mitigate these

`Work has also begun on new values and how we embed these to support the decisions we make strategically and operationally.

- Progress our work with communities who do not currently access York Mind and other mental health services to ensure barriers are removed and communities themselves are supported to deliver what is needed

Individual services have seen an increase in people of colour and financially deprived communities accessing our services. However, as a result of aiming to measure this, we have identified that our monitoring processes (mainly our database) are in need of a review and a consistent approach.

- Ensure our existing services, many of which are in the final year of their funding are able to continue and are developed to their full potential

We have successfully maintained all our existing projects over this year and increased our provision with a particular focus on Peer Support for people leaving secondary mental health services. Additional 1 year waivers were received on several projects allowing funders, particularly those in the statutory sector, an additional year to delay with the fallout from Covid.

Plans for the following years

- To implement our exciting plans for recruitment of staff to a new Corporate Wellbeing Service and to roll out a new adult one to one offer.

- To review and improve the quality of our data capture and management and move to a system that allows us to use this data more effectively

- To make progress on a move into supported housing by working in partnership with another provider

FINANCIAL REVIEW

The financial results of the Charity are shown in the annexed financial statements. The total surplus for the year ending 31st March 2022 was £119,194. With this surplus added to our opening balance of £677,268, the total funds held are £796,462.

Overall income in the year was £1,198,678 (2021: £1,129,098). £189,676 was from general fundraising, £58,260 from our training and counselling activities, £55,504 from Doncaster Mind as part of our shared senior management agreement, £102,383 from grants and donations restricted for specific areas of our work, £792,838 from contracts and restricted grants funding activities which we applied for as part of our charitable activity and £17 in investment income.

Overall expenditure for the year was £1,079,483 (2021: £958,279). £47,227 of this was spent on raising funds and £1,032,257 on providing charitable activities.

£51,828 has been transferred from unrestricted funds to designated funds to reflect funds received from BW Memorial Fund which have been ringfenced. A further £132,590 has been transferred from unrestricted funds to designated funds reflect funds ringfenced to fund staff salaries from unrestricted funds in the next financial year.

Reserves Policy

We review our reserves policy on an annual basis taking into account future activities, the opportunities available to the Charity and the potential risks to which it might be exposed.

Unrestricted free reserves at the end of the financial year were £363,476.

York Mind aims to hold a free reserve that will enable an orderly closure of the charitable company in such an eventuality.

The Trustees have agreed that that the funds should still be able to meet the costs of continuing to run our entire service for between two and four months. In addition, the Trustees consider it prudent that the charity should also be able to meet its contractual obligations and any costs of closure (including redundancy costs) allowing for an orderly wind down of service and so as not to have a sudden and adverse impact upon services.

The trustees have agreed a target range of free reserves of between £246,000 and £450,000. Our level is within this range.

The trustees, together with the senior management team, are looking at projects which could make use of the surplus free reserves available. One idea is to resource a post to assist with the identifying and signposting of appropriate services due to the increased demand we are experiencing due to the impact of Covid.

Investment Policy

In accordance with the Memorandum of Association, the trustees have the power to make such investments as they see fit. With short term fluctuations in cash flow due to timing of grant income and the uncertainties of the stock market, we have maintained our existing investment policy of investing the money in an easy access deposit account that offers a competitive and consistent rate of return during the year. However, in view of the recent period of low interest rates, which has resulted in lower than usual investment income, we are continuing to look for better ways to invest the excess funds in order to yield a greater return.

Risk Management

The trustees, on a regular basis, reviews the principal risks and uncertainties faced by the charity in its day to day operations. The trustees have established policies, systems and procedures to mitigate those risks identified.

The Risk Register continues to be reviewed and updated by the Finance and Risk Subcommittee which is led by the treasurer together with a trustee appointed to lead our development of our approach to Risk.

The trustees continue to look to improve the assessment of external risks; the definition of our risk policy; review of both risks and controls. This is giving the trustees the confidence that the identifying of risks happens in a timely fashion, and meaningful controls are implemented.

Key and material risks continue to be reviewed at board level, and we have maintained our best practice of ensuring all projects complete individual risk assessments.

STRUCTURE, GOVERNANCE & MANAGEMENT

Legal and Administrative details

The organisation is a charitable company limited by guarantee, incorporated on 31st October 1991 with registered company number 02659442 and registered as a charity on 6 December 1991, registration number 1006759. The principal and registered office is Highcliffe House, Highcliffe Court, York, YO30 6BP.

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Method of recruitment and appointment of trustees

Members of the Board are trustees for the purpose of Charity Law and Directors for the purposes of Company Law. Members are elected annually and meet a minimum of 6 times per year. The Board aims to be reflective of both the needs of the service users and the needs of managing a charity. We aim, wherever possible, to attract Board members who have either personal experience of mental-ill health or who have relatives and/or friends with these experiences.

The Board have undertaken a skills audit which has identified any relevant gaps in experience and in representation of communities who do not currently access our services.

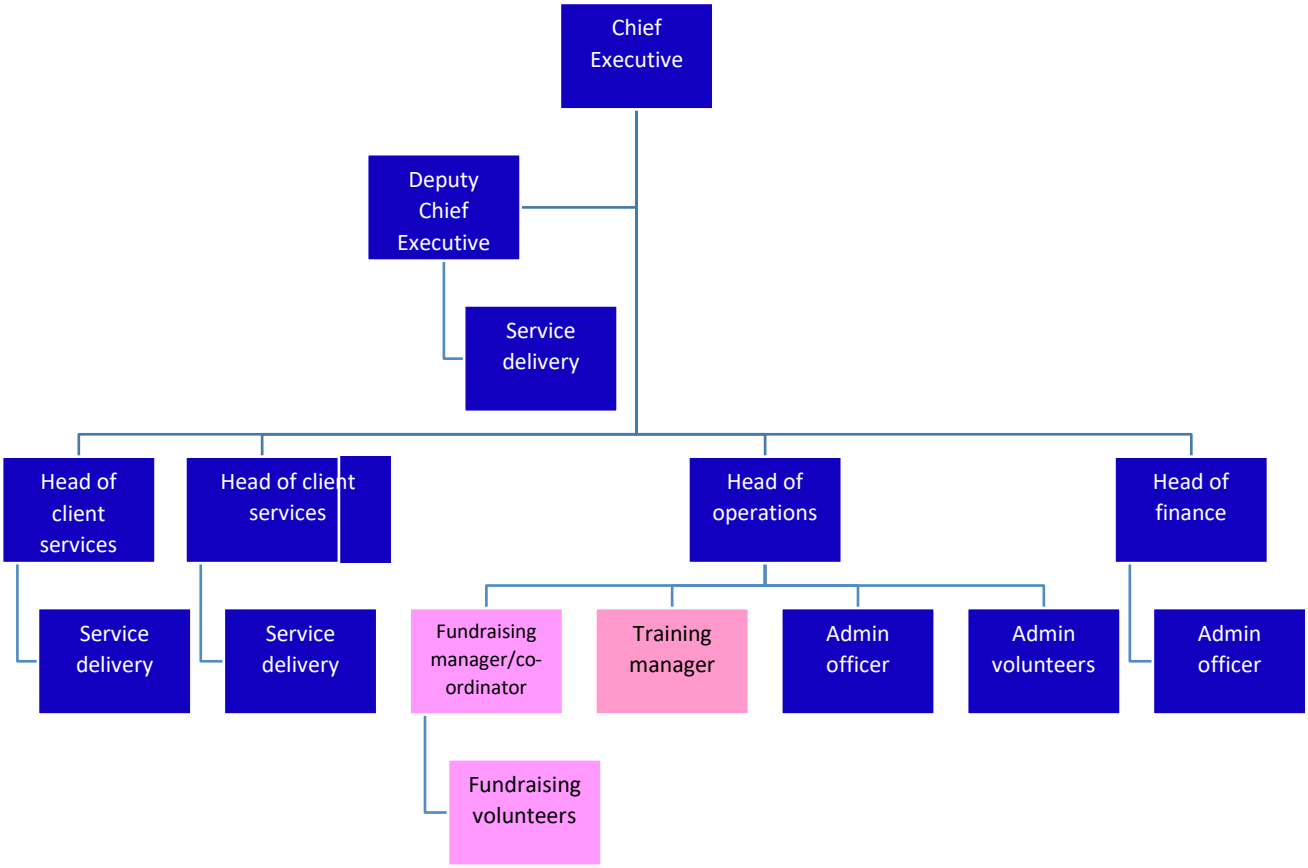
The Board have spoken directly to voluntary organisations who engage well with marginalised communities in order to shape our recruitment and ensure that it is welcoming. Alongside new guidance form national Mind, we hope to recruit new Trustees in 21/22.

Trustee induction and training

Each new trustee is welcomed by the Chair and, following an informal interview, given a formal induction which includes details of relevant training. Each trustee meets with the Chief Executive Officer and is encouraged to tour the office and meet all staff members, who provide useful information regarding the services we are currently delivering. Prospective trustees are also given a brief information pack and are invited to attend two trustee meetings after which time a decision is made from both sides as to whether they wish to proceed. Our information pack currently consists of the following information:

- Current Trustees' Annual Report
- Charity policies and procedures
- Staff handbook
- Current strategy documents
- Minutes of the two previous trustee meetings

Organisational structure



The Trustee Board is responsible for governance, policy and strategic direction.

Day-to-day responsibility for running York Mind is delegated to the Chief Executive Officer.

Key management personnel remuneration
Remuneration for the CEO and Senior Management Team, which includes the deputy CEO and heads of departments, is decided by Trustees. A benchmarking exercise is undertaken using information regarding average salaries for similar sized charities, vacancies in other Local Mind associations and in charities within the same geographical region.

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of York Mind for the purposes of company law) are responsible for preparing the Report of the Trustees 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 which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;

- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.
In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

The auditors, Thomas Coombs Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 9th December 2022 and signed on the board's behalf by:

.....
D Ellis-Trustee

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2022
REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS

Opinion

We have audited the financial statements of York Mind (Incorporating Our Celebration) Ltd (the 'charitable company') for the year ended 31st March 2022 which comprise Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including 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 31st 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 Auditor's 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 UK, including the FRC'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 trustees annual report, other than the financial statements and our auditor's 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.

Opinions 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 (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the 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 [strategic report and the][3] directors' report.

We have nothing to report in respect of the following matters in relation to which the 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 directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit

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.

Auditor's 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 auditor's 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 extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations.
- We identified the laws and regulations applicable to the charity through discussions with management, and from our commercial knowledge of the sector.
- We focused on specific laws and regulations which we considered may have a direct material effect on the accounts of the operations of the Charity, including the Charities Act 2011.
- We assess the extent of compliance with laws and regulations identified above through making enquiries of management and inspecting legal correspondence.
- Identified laws and regulations ere communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- Making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud.
- Considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- Performed analytical procedures to identify any unusual or unexpected relationships.
- Identified and tested journal entries and identified any significant transactions that were unusual or outside the normal course of business.
- Investigated the rationale behind significant or unusual transactions.
- Challenged assumptions and judgements made by management in determining significant accounting estimates.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed audit procedures which included, but were not limited to:

- Agreeing financial statements disclosures to underlying supporting documentation.
- Discussions with management of know or suspected instances of non-compliance with laws and regulations
- Reading the minutes of meetings of those charged with governance.
- Reviewing correspondence with HMRC, relevant regulators including the Charities Commission and the charity's legal advisors where relevant.

At the completion stage of the audit, the engagement partner's review included ensuring the team had approached their work with appropriate professional scepticism and thus the capacity to identify non-compliance with laws and regulations and fraud.

There are inherent limitations in the audit procedures described above and the further removed non-compliance of laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement relating to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/Our-Work/Audit/Audit-and-assurance/Standards-and-

guidance/Standards-and-guidance-for-auditors/Auditors-responsibilities-for-audit/Description-of-auditors-responsibilities-for-audit.aspx. This description forms part of our auditor's 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. 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 auditor's 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 the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Christopher Darwin (Senior Statutory Auditor)
for and on behalf of Thomas Coombs Limited
Statutory Auditor Chartered Accountants
3365 The Pentagon
Century Way
Thorpe Park
Leeds
West Yorkshire
LS15 8ZB
Date: 9th December 2022

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME & EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2022

	Note	Unrestricted Funds £	Designated Funds	Restricted Funds £	Total 31 March 2022 £	Total 31 March 2021 £
Income and endowments from:						
Donations and legacies	**3**	189,676	-	102,383	292,059	380,079
Charitable activities	**5**	113,764	-	792,838	906,601	748,948
Investments	**4**	17	-	-	17	71
Total income		**303,457**	**-**	**895,221**	**1,198,678**	**1,129,098**
Expenditure on:						
Raising funds	**6**	47,227	-	-	47,227	60,974
Charitable activities		163,846	-	868,411	1,032,257	897,305
Total expenditure	**6**	**211,072**	**-**	**868,411**	**1,079,483**	**958,279**
Net Income		92,384	-	26,810	119,194	170,819
Transfers between funds	**14**	(104,646)	184,418	(79,772)	-	-
Net movement in funds	**14**	**(12,262)**	**184,418**	**(52,962)**	**119,194**	**170,819**
Reconciliation of funds:						
Total funds brought forward		494,170	-	183,098	677,268	506,449
Total funds carried forward		**481,908**	**184,418**	**130,136**	**796,462**	**677,268**

The Statement of Financial Activities includes all gains or losses recognised in the year.

All income and expenditure derives from continuing activities.

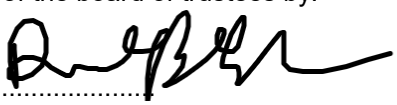
YORK MIND (INCORPORATING OUR CELEBRATION) LTD

BALANCE SHEET AT 31 MARCH 2022

Company Registration Number: 02659442

	Note	2022 £	2022 £	2021 £	2021 £
Fixed assets:					
Tangible assets	**9**		118,432		137,174
Current assets:					
Debtors	**10**	80,108		47,035	
Cash at bank and in hand		652,943		541,302	
Total current assets		733,052		588,337	
Liabilities:					
Creditors: Amounts falling due within one year	**11**	(55,022)		(48,243)	
Net current assets			678,030		540,094
Total net assets			**796,462**		**677,268**
The funds of the charity:					
Restricted	**14**		130,136		183,098
Unrestricted	**14**				
Tangible Fixed Assets		118,432		2,293	
Free Reserves		363,476		491,877	
Designated funds		184,418		-	
			666,326		494,170
Total charity funds	**15**		**796,462**		**677,268**

The financial statements were approved and authorised for issue by the Board on 9th December 2022.
Signed on behalf of the board of trustees by:



…….

D A Ellis-Chairperson

The notes on pages 23 to 31 form part of these financial statements.

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2022

	Note	2022		2021	
		£	£	£	£
Net cash provided by / (used in) operating activities	**17**	118,191		128,143	
Cash flow from investing activities:					
Purchase of tangible fixed assets		(6,550)		(15,749)	
Change in cash and cash equivalents in the year			111,641		112,394
Cash and cash equivalents at beginning of the year			541,302		428,908
Cash and cash equivalents at end of the year	**17**		652,943		541,302

1 ACCOUNTING POLICIES

a) Basis of preparation

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

b) Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis.

Like many other voluntary and not for profit organisations the annual income of the charity is dependent on the renewal, recurrence or identification of new sources of short term income. Within the 12 months period following the approval of the financial statements a number of significant grants will reach the end of their contract term. Importantly if a contract is not renewed it would be expected that associated staff would transfer to a third party providing those services going forward.

The trustees have considered the expected level of income and associated costs together with the level of reserves over the 12 months from approval of the financial statements and concluded that the charity will be able to continue in operation and as such the going concern basis of accounting is appropriate.

c) Fixed assets

Fixed assets are stated at cost less accumulated depreciation.
Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold land	- Nil
Freehold building	- 4% straight line
Building Maintenance	- 10% straight line
General and computer equipment	- 20% to 33.33% straight line
Furniture and fittings	- 20% straight line
Kitchen equipment	- 20% straight line
Production equipment	- 20% straight line

d) Income recognition

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

e) Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

When donors specify that donations and grants given to the charity must be used in the future accounting periods, the income is deferred until those periods.

When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When donors specify that donations and grants, including capital grants are for a particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when received.

1 ACCOUNTING POLICIES (continued)

f) Expenditure

Expenditure is included in the Statement of Financial Activities on an accruals basis once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

Costs of raising funds comprise the costs associated with attracting voluntary income.

Expenditure on Charitable Activities includes the costs incurred by the charity in the delivery of the activities and services for its beneficiaries. It includes costs that are directly attributable to specific activities and the indirect costs necessary to support them. Management, Finance and Admin Support costs are apportioned to activities on the basis of time spent by staff on those activities. Premises and Office Costs are apportioned to activities based on the premises they occupy and the activities they supported.

g) Fund accounting

Funds held by the charity are either:

Unrestricted general funds - these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds - these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purpose.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

h) Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity contribution is restricted to the contributions disclosed in note 7. The costs of contributions are recognised in the year that they are payable.

i) Financial instruments

The charity 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 are subsequently measured at their settlement value.

j) Taxation

The charity is exempt from corporation tax on its charitable activities.

k) Leases

Rentals payable under operating leases are charged to the SOFA on a straight line basis over the period of the lease.

2 LEGAL STATUS OF THE CHARITY

York Mind (incorporating Our Celebration) Ltd is regulated by the Charities Commission (1006759), limited by guarantee and is registered in England & Wales. The address of the registered office and principle place of business is York Mind (incorporating Our Celebration) Ltd, Highcliffe House, Highcliffe Court, York, YO30 6BP. 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.

3 DONATIONS, GRANTS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Donations and Fund Raising	132,679	310	132,989	195,732
BW Memorial Fund	51,828	-	51,828	4,841
Other income	3,670	456	4,126	9,764
Grants receivable				
Julia and Hans Rausing Trust	-	-	-	46,500
Kavli Trust	-	-	-	25,000
City of York Council - Activities	-	32,085	32,085	32,085
Vale of York CCG - Mentoring 13 -18 yrs	-	29,225	29,225	17,113
City of York Council - Wellbeing in Schools	-	37,037	37,037	7,813
Masonic Charitable Foundation	-	-	-	7,500
Two Ridings Foundation	-	3,270	3,270	6,542
National Mind	-	-	-	5,500
Co-op Local Community Fund	-	-	-	1,790
Covid Appeal	-	-	-	19,900
Charles Brotherton Trust	250	-	250	-
Norman Collinson Charity Trust	1,250	-	1,250	-
2022	189,676	102,383	292,059	380,079
2021	229,426	150,654	380,079	

4 INVESTMENT INCOME

	2022	2021
	£	£
Bank interest receivable	17	71

5 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Charitable Activities Income				
City of York Council - Advocacy Hub	-	329,477	329,477	329,477
City of York Council - Duak Diagnosis	-	15,000	15,000	-
City of York Council - Activities	-	80,000	80,000	80,430
City of York Council - Young People Counselling	-	80,000	80,000	80,000
Your Consortium - Action towards Inclusion	-	38,446	38,446	37,328
Your Consortium - Thriving at Work	-	14,961	14,961	-
National Lottery - Staying OK	-	-	-	19,000
Department of Health - Creative Lives	-	10,000	10,000	18,750
Department of Health - Suicide prevention		30,133	30,133	-
York Carers Centre - Carers Counselling	-	16,000	16,000	16,000
City of York Council - Creative Lives	-	20,000	20,000	12,500
Vale of York CCG - Creative Lives	-	20,000	20,000	12,500
City of York Council - CHC Advocacy	-	-	-	12,159
Big Lottery - Awards For All	-	1,660	1,660	9,140
National Mind - Staying OK	-	-	-	7,770
National Mind - Systems Change	-	64,250	64,250	-
BBC Children in Need - 13-18 Mentoring	-	10,034	10,034	7,466
Mid & North Yorkshire Citizens Advice	-	5,609	5,609	3,189
BBC Children in Need - Mindfulness	-	-	-	2,940
BBC Children in Need - 13-18 Peer Support	-	-	-	833
York CVS-Adult Peer Support	-	50,000	50,000	-
Training	55,320	-	55,320	49,338
Doncaster Mind	55,504	-	55,504	37,283
Counselling	2,940	2,988	5,928	7,495
City of York Council - Benefits Advocacy	-	-	-	-
Advocacy	-	4,280	4,280	5,351
2022	113,764	792,838	906,601	748,948
2021	91,396	657,552	748,948	

6 TOTAL EXPENDITURE

		Costs of Raising Funds		Charitable Activities				
	Basis of Allocation	Organisation	Fundraising	Restricted Projects	Unrestricted Projects	Governance	Total 2022	Total 2021
Costs charged directly to activities								
Staff costs (incl training & recruitment)	Direct	-	26,230	600,878	89,671	-	716,780	669,920
Beneficiary & volunteer expenses	Direct	-	173	4,693	4	-	4,870	3,535
Activities & Course costs	Direct	-	10,078	90,519	11,149	26	111,772	68,359
Trustee expenses & training	Direct	-	-	-	-	321	321	750
Auditor's fees	Direct	-	-	-	-	6,890	6,890	4,000
Depreciation	Direct	-	-	10,065	15,227	-	25,292	23,423
Support costs allocated to activities								
Management, Finance & Admin	Staff time	-	7,040	117,547	6,708	25,808	157,103	138,612
Premises costs (incl. Utilities)	Activity	-	1,840	16,438	4,595	788	23,660	33,272
Office costs	Activity	-	1,866	28,271	1,757	903	32,797	16,409
2022		**-**	**47,227**	**868,411**	**129,110**	**34,735**	**1,079,483**	**958,280**
2021		2,554	58,420	784,607	88,655	24,044	958,280	

7 EMPLOYEE INFORMATION

The aggregate payroll costs of the Charitable Company for the period are as follows:

	2022	2021
	£	£
Gross salaries	743,945	691,301
Social security costs	51,473	47,472
Pension	47,990	44,454
Total staff salaries	843,408	783,227

The trustees received no remuneration.
The trustees received no expenses during the year (2021: £nil).

Average number of employees for the period	No	No
Number of management staff	6	6
Number of other staff	39	34
	45	40

No employees received emoluments in excess of £60,000.
The total remuneration paid in 2022 to key management personnel was £213,693 (2021 £204,792)

8 NET INCOME

	2022	2021
Net Income for the year are stated after charging:	£	£
Depreciation	25,292	23,423
Current Audit Fees	5,214	3,750
Non- Audit Fees	936	250

9 TANGIBLE FIXED ASSETS

	Freehold property £	Building maintenance £	General & computer equipment £	Furniture fittings & production £	Total £
COST					
At 1 April 2021	319,624	32,995	34,199	12,699	399,516
Additions	-	-	6,550	-	6,550
Disposals	-	-	(2,663)	-	(2,663)
At 31 March 2022	319,624	32,995	38,086	12,699	403,403
DEPRECIATION					
At 1 April 2021	220,433	17,929	13,573	10,406	262,342
Charge for the year	9,785	2,298	11,742	1,467	25,292
On Disposals	-	-	(2,663)	-	(2,663)
At 31 March 2022	230,218	20,227	22,652	11,873	284,971
NET BOOK VALUE					
At 31 March 2022	89,405	12,768	15,434	826	118,432
At 31 March 2021	99,190	15,066	20,626	2,293	137,174

Included in Freehold property is land valued at £75,000 (2021 £75,000)

All fixed assets are used for charitable purposes.

10 DEBTORS

	2022	2021
	£	£
Debtors in the ordinary course of activities	40,581	1,363
Prepayments and accrued income	39,528	45,672
	80,108	47,035

11 CREDITORS: Amounts falling due within one year

	2022	2021
	£	£
Creditors in the ordinary course of activities	20,519	10,525
Other Creditors	22,471	17,662
Accruals and deferred income	12,032	20,055
	55,022	48,243

12 DEFERRED INCOME

Balance at 31 March 2021	New Additions	Amount Released		Balance at 31 March 2022
£	£	£		£
7,464	168,258	(173,222)		2,500

13 LEASE AGREEMENTS

	2022	2021
	£	£
Minimum lease payments under non-cancellable operating leases fall due as follows:		
Within one year	1,075	5,165
Between one and five years	1,613	2,688
	2,688	7,853

14 RESTRICTED FUNDS

	Balance at 1 April 2021	Movement in resources Incoming	Outgoing	Transfers	Balance at 31 March 2022
	£	£	£	£	£
Building Project	99,190	-	-	(99,190)	-
Technology	19,793	-	(10,065)	(9,728)	-
Building Maintenance	15,066	-	-	(15,066)	-
Activities Programme - 'S'	15,475	80,233	(91,986)		3,722
Young People's Mentoring	11,177		(11,448)	271	-
Young People's Drop In	9,713			(9,713)	-
Young People's Creative Lives - Other funders	4,821	40,000	(39,201)		5,620
Young People's Creative Lives - DoHSC	-	10,000	(10,000)		-
Action Towards Inclusion	2,500	38,446	(41,649)	703	-
Young People's Awards For All	2,064		-	(2,064)	-
Co-op Local Community Fund	1,790	1,660	(6,755)	5,095	1,790
BBC Children in Need - Mindfulness	790				790
Counselling	719	21,495	(22,580)	366	-
Activities Programme - 'B'	-	32,085	(32,911)	826	-
Advocacy	-	332,309	(367,158)	34,849	-
BBC Children in Need - Mentoring	-	10,034	(11,692)	1,658	-
Young People's Counselling and Mentoring (Winter Pressures)	-	29,225	(5,600)		23,625
Carer's Counselling	-	18,988	(18,988)		-
Citizen's Advice Bureau (Selby)	-	5,609	(6,212)	603	-
CYC Young People's Counselling	-	80,000	(86,819)	6,819	-
Adult One-One	-	12,128	(13,301)	1,173	-
Adult Peer Support	-	50,360	(22,772)		27,588
Thriving at Work	-	14,961	(18,587)	3,626	-
Wellbeing Education Return	-	37,037	(18,447)		18,590
Mind's LMGF Co-op Resillience Programme-Systems Change	-	64,250	(30,759)		33,491
Dual Diagnosis Advocacy	-	15,000	(80)		14,920
Social Work Students	-	1,400	(1,400)		-
	183,098	895,221	(868,411)	(79,772)	130,136

RESTRICTED & UNRESTRICTED FUNDS (continued)

14 UNRESTRICTED FUNDS

	Balance at 1 April 2021	Movement in resources Incoming	Outgoing	Transfers	Balance at 31 March 2022
	£	£	£	£	£
Maintenance and Equipment	1,636	-	-	-	1,636
Fixed Assets	656	-	(15,226)	86,191	71,621
Free Reserves	491,877	303,457	(195,846)	(190,837)	408,651
Designated funds	-			184,418	184,418
	494,170	303,457	(211,072)	79,772	666,326

Transfers:
Material transfers are as follows:
Activities Programme - Young People's Mentoring £271, Action Towards Inclusion £703, Counselling £366, Activities Programme -'B' £826, Advocacy £34,849, BBC Children in Need - Mentoring £1,658, Citizen's Advice Bureau (Selby) £603, CYC Young People's Counselling £137, Adult One-One £1,173 and Thriving at Work £3,626 were transferred to account for the allocation of centralised costs.
The building project represents the net book value of Highcliffe House and capital work funded by the Lottery grant and restricted donations. £99,190 has been transferred to the general fund to reflect that these funds have been spent.
Technology Fund was for laptops and other IT equipment funded from a number of grants including Clothworkers, Morrison's Community Fund, National Mind and other small grants. £9,728 has been transferred to the general fund to reflect that these funds have been spent.
The building maintenance fund is work carried out on maintaiing Highcliffe House which is funded by restricted donations and grants. £15,066 has been transferred to the general fund to reflect that these funds have been spent.

Transfers to designated funds:
£51,828 has been transferred from unrestricted funds to designated funds to reflect funds received from BW Memorial Fund which have been ringfenced.
£132,590 has been transferred from unrestricted funds to reflect funds ringfenced to fund staff salaries from unrestricted funds in the next financial year.

Purposes of restricted funds
During the year, the charity received specific grants restricted to the funding of the following projects:
City of York Council provide funding for a mental health activities programme,
Your Consortium for the Action Towards Inclusion project,
Dept of Health, York City Council and York CCG provided funding for the Creative Lives project
York CCG and Children in Need for Young People's Mentoring
Kavli Trust has funded a drop in service for young people. This is currently suspended due to Covid. £9,713 has been reallocated to other young people counselling services.
Big Lottery's Awards For All is funding for the Young People's Service strategy. £2,064 has been reallocated to other young people counselling services.
Co-op Local Community Fund is for a young people's project which has been delayed due to Covid.
BBC Children in Need funding for Mindfulness courses run during the pandemic.

Counselling funding is provided through the receipt of regular gifts, charges for the service and funding from City of York Council for the Young People's Counselling.
City of York Council provide funding for statutory advocacy provision and also for the the dual diagnosis project.
City of York Council provide funding for the Wellbeing Education Return project.
Mind provided a systems change programme including a website and podcast for young people within the City of York.
Counselling was for provided for young carer's being supported by the Young Carer's Centre.
Thriving at Work aims to support people to thrive at work through diversity training and 1-2-1 in-work coaching.
Citizens Advice Bureau is for mental health support for clients in the Selby area
Adult Peer Support is a partnership project to provide early input to support timely and supported discharge, linking with community support. This is being delivered in partnership with TEWV NHS Trust.
Fund balances represent balances carried forward on multi-year projects and projects.

Purposes of unrestricted funds

The maintenance & equipment fund is to enable the charity to develop a long term fund for the maintenance of the building and replacement of major items of equipment. This fund has now been discontinued and no new charges are made to it. The balance of the fund relates to the fixed assets in the fund.

There are some fixed assets that have been funded by and used by the fund raising team.

The general fund represents the free funds of the charity which are not designated for a particular purpose.

The Trustees are currently reviewing the on-going restrictions around the restricted funds with a capital nature. Once the restrictions are fulfilled the relevant funds will be transferred to general unrestricted funds.

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ANALYSIS OF NET ASSETS (between restricted and unrestricted funds)

	Tangible fixed assets	Other net assets	Total
Activities Programme - 'S'	-	3,722	3,722
Young People's Creative Lives	-	5,620	5,620
Co-op Local Community Fund	-	1,790	1,790
BBC Children in Need - Mindfulness	-	790	790
Young People's Counselling and Mentoring (Winter Pressures)	-	23,625	23,625
Adult Peer Support	-	27,588	27,588
Wellbeing Education Return	-	18,590	18,590
Mind's LMGF Co-op Resillience Programme-Systems Change	-	33,491	33,491
Dual Diagnosis Advocacy	-	14,920	14,920
Restricted Funds	-	130,136	130,136
Maintenance and Equipment Fund	5,554	(3,918)	1,636
Designated funds		184,418	184,418
General Fund	112,879	367,393	480,272
Unrestricted Funds	118,432	547,894	666,326
	118,432	678,030	796,462

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RELATED PARTY TRANSACTIONS

No transactions with related parties were undertaken such as are required to be disclosed under Financial Reporting Standards.

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RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022	2021
	£	£
Net Income for the reporting period	119,194	170,819
Depreciation charges	25,292	23,423
Decrease/(increase) in debtors	(33,073)	-
Increase/(decrease) in creditors	6,778	-
Net cash provided by (used in) operating activities	118,191	194,241

ANALYSIS OF CASH AND CASH EQUIVALENTS	2022	Movement	2021
	£	£	£
Cash in hand	652,943	111,641	541,302
Total cash and cash equivalents	652,943	111,641	541,302

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COMPARATIVE SOFA

	Unrestricted Funds £	Restricted Funds £	Total 31 March 2021 £
Income and endowments from:			
Donations and legacies	229,425	150,654	380,079
Charitable activities	91,396	657,552	748,948
Investments	71	-	71
Total income	**320,892**	**808,206**	**1,129,098**
Expenditure on:			
Raising funds	60,974	-	60,974
Charitable activities	112,698	784,607	897,305
Total expenditure	**173,672**	**784,607**	**958,279**
Net Income	147,220	23,599	170,819
Transfers between funds	(822)	822	-
Net movement in funds	**146,398**	**24,421**	**170,819**
Reconciliation of funds:			
Total funds brought forward	347,772	158,677	506,449
Total funds carried forward	**494,170**	**183,098**	**677,268**

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

England & Wales - Charity number 1006759

Accounts

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS FOR YEAR ENDED 31st MARCH 2021

Company Registration Number 02659442
Charity Number 1006759

Thomas Coombs Limited
Statutory Auditor
Chartered Accountants
3365 The Pentagon
Century Way
Thorpe Park
Leeds
West Yorkshire
LS15 8ZB

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2021
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YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2021
Reference and administration details

TRUSTEES	D Ellis -Chair P Yeomans -Vice chair R Weston -Treasurer M Millar (resigned 1st November 2020) R Mulryne N Wood I Smith D Brown G Hughes
CHIEF EXECUTIVE	A Scott
REGISTERED OFFICE	Highcliffe House Highcliffe Court York YO30 6PB
REGISTERED COMPANY NUMBER	02659442
REGISTERED CHARITY NUMBER	1006759
INDEPENDENT AUDITORS	Thomas Coombs Limited Statutory Auditor Chartered Accountants 3365 The Pentagon Century Way Thorpe Park Leeds West Yorkshire LS15 8ZB
BANKERS	CAF Bank Limited PO Box 289 Kings Hill West Malling Kent ME19 4TA HSBC UK 13 Parliament Street York YO1 8XS

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2021
Report of the trustees
OBJECTIVES AND ACTIVITIES

Main activities

The purpose of the charity is to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment. It is also to promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

York Mind deliver a range of community mental health services to children young people and adults. In this financial year this has included Advocacy, Mentoring, Counselling, Training, Coaching and Peer Support.

Public benefit statement

The trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'. York Mind's charitable purpose is enshrined in its objects 'the relief of people who are suffering or who have suffered from mental illness and in particular but not so as to limit the generality of the foregoing, the provision of education, training and rehabilitation facilities to enable them to earn their living and develop their full potential as members of society'. The trustees ensure that this purpose is carried out for the public benefit by delivering services that are valued by our members at zero or low cost for clients living within York and the surrounding areas.

Contribution made by volunteers

Volunteers make a significant contribution to our organisation but this year we saw a significant reduction in the volunteering hours down to 1470 compared to last year's figure of 4092. This, of course, was due to the global pandemic which impacted on volunteering across all services but particularly Counselling. Counselling regulators such as BACP were keen for counsellors to have undertaken specific training in delivering online/telephone Counselling and many of our volunteers had not done this. In addition, some of our Counsellors did not want to offer their services through virtual platforms.

ACHIEVEMENTS AND PERFORMANCE
Summary

In March 2020, the world was hit by a global pandemic. York Mind knew that people with existing mental health conditions would be particularly affected given the uncertainty surrounding Covid. We also thought that people who had not previously struggled with mental ill-health might experience this for the first time.

Obviously, we had to move the entire staff team to working from home and we had the entire team up and running within two weeks of the mandatory work from home notice.

We made a decision to move all staff who didn't currently provide frontline delivery or who delivered face to face group work to providing a three session brief intervention and the potential of a regular longer term check-in call.

Gradually, the staff team became more confident about using online platforms such as Zoom and Teams and we provided support for people contacting us who were nervous about using the technology. By the end of the financial year, we were delivering 121 and group activities online including yoga, arts and crafts and mindfulness.

We reached people who would have never previously accessed our building based services and converted some of those who said they would never use online.

The following reports, written by our staff team, outlines the work they have delivered and the impact this has had on people using our services over this period:

Action to Inclusion (ATI)

Purpose and delivery model of project

Action Towards Inclusion (ATI) is a multi-agency project that is led by Your Consortium (who are now known as Better Connect), and York Mind is one of approximately 60 project partners across York, North Yorkshire and the East Riding. The project is funded by the European Social Fund and National Lottery Community Fund. York Mind has been a keyworker partner in ATI since it started in 2016.

ATI is open to people who are unemployed or economically inactive and not currently working, who would like to get a job or move closer towards employment. York Mind provides individualised 1:1 keyworker support to individuals and helps them to identify and overcome barriers to searching for and accessing employment or education.

Highlights of this year

A new ATI Project Lead started in June, working 2.5 days per week, which brings the team back up to full strength.

There have been increases in both interest and engagement, with a 41% increase in enquiries, 21% increase in referrals, 78% increase in assessments, 67% increase in new participants and 9% increase in the number of keyworking sessions held, compared with the same time period last year.

The service has continued to meet or exceed all targets for enrolments and outcomes, despite the challenges of working remotely throughout this period.

Intentions for next year

We hope to be able to offer keyworking sessions either remotely or in person, even when we are back in the office on a routine basis, so that clients can have a greater choice of ways to engage with the programme.

We intend to continue advertising in Handymag and Your Local Link, which have been useful sources of appropriate clients for ATI.

We intend to keep engaging with partnership events provided by Your Consortium, to share learning and experience across the project and develop new contacts and effective partnership working. This has been more challenging with remote working, but we are looking forward to the resumption of in-person meetings at some point during the next year.

Impact

The service received 45 enquiries and 41 referrals. Thirty two assessments were carried out, and 15 new participants joined the service.

A total of 285 ATI keyworker sessions were provided, 279 of which were by phone. Clients also had the opportunity of engaging via Microsoft Teams, but none chose to do so. Six sessions were delivered in person between September and December 2020 (between lockdowns), for a client who was not in a position to engage with the service remotely.

One participant completed the programme with an Employment outcome. An additional two participants withdrew from the programme during this period.

Some participants will need to continue in the programme for longer than initially anticipated, due to the challenges of seeking and obtaining work in a pandemic.

Training

The primary purpose of York Mind Training in line with organisational strategy is to deliver high quality learning to local businesses, statutory and educational bodies. However the Covid-19 pandemic resulted in a very different year for training, although still fruitful and busy.

The Year Reviewed

From April to October much time was spent on secondment to the Activities service delivering on-line (Zoom) training to service users. This was a highly rewarding time, writing and delivering over eighty sessions to service users. Clearly many people were struggling with mental well-being during this period and a high percentage of delegates on the courses were first-time users of York Mind services. Courses written and delivered included; Managing Stress and Anxiety, Confidence and Resilience, Creative Writing, Assertiveness and Mindfulness. Feedback was excellent across all courses and equally encouraging, retention was some of the best experienced by Activities. In addition Training also delivered three cohorts of Mindfulness to delegates on behalf of the Young Person's Service. Working with Jamie and the Activities team was rewarding and led to the creation of a significant number of new PowerPoint and resource material which subsequently fed into the Training offer.

During the summer and early autumn months, we delivered some much needed training to Emergency Department nursing and consultant NHS staff. This took the form of four Mental Health First Aids and two, one-day courses. Feedback was excellent and has resulted in the service securing further contracts in 2021-2 as the TEWV Director of Patient Services looks to deliver further mental health training (in a tiered format) to all 9000 NHS staff in York and Scarborough. An exciting opportunity for York Mind in the coming 12 months.

The financial year saw the service train 1,508 individuals (not including Activities and Young Person statistics) and income amounted to £41,565, which more than doubled the expected target. A key element to this was a contract secured with North Yorkshire County Council to create and write a Train the Trainer course for their staff to deliver around Suicide Prevention. This contract brought in over £16,000 and included an 86 page trainer's manual, a 32 page delegate's resource book and full PowerPoint. Training was then delivered to two NYCC trainers who have recently and successfully begun using the materials to train their staff. The project was delivered on time and well received – our liaison person providing the following feedback; ***"You are an amazing support and we are very grateful for all the knowledge and expertise you have shared with us. We are also grateful for the adaptability you have shown through the ongoing constraints imposed on us all by Covid.***

Impact and Benefit

The training programme delivers mental health well-being teaching, suicide prevention instruction and stigma reducing messages to around 2000 people a year. Our reputation is excellent and as well as contract work we are approached for talks, staff events etc. Covid 19 meant 2020-21 was a very different year but a repeated theme in feedback was once more the excellent service and many appreciated the training we continued to deliver throughout the various lockdowns. Thanks to SMT organisational skills, the transition to virtual delivery across the organisation was highly impressive and Training benefited from this. Some feedback is set out below to offer a flavour:

"Best training I have done in years. Thoroughly recommend it to colleagues and others in different jobs" *Suicide Prevention delegate.*

"Just want to thank you for an excellent session just now. Having had personal experience with suicide (attempts), involving both my brothers and myself, it was really useful. You seem like a warm and caring human being and I thank you for the wonderful work you are doing." *Suicide Prevention delegate.*

"The best course I have attended in the last 10 years – amazing tutor and resources. I was made to feel comfortable, to ask questions and take part in the tasks throughout the two days. *MHFA Delegate*

Future Developments

Future plans for 2021/2022 include:

- We are looking to re-design the service and sit alongside other services in a rebranded Income Generation department.
- We are currently discussing a contract to teach NHS nursing staff Mental Health First Aid and other courses. This could potentially be a huge chunk of work with TEWV looking to ensure that all 9000 staff across Scarborough and York receive at least some training.
- Work will commence shortly on using a system such as Event-bright to ease the administrative pressure on the service when running public courses such as ASIST and MHFA. Once this has been completed, we hope to open more of our York Mind courses to the public on an individual basis, in addition to the usual offer to corporates and other organisations. The hope is to significantly boost income and reach a wider range of delegates.
- Most of our training during the lockdown months was delivered via Zoom and we have marketed our 'Remotely Closer' brand to advertise this. While this brand has now been dropped, the offer of virtual learning remains with perhaps around a quarter to a third of on-going training delivered in this way.
- Building on the success of the North Yorkshire County Council contract we hope to offer more T4T offers in addition to mental health consultancy services.
- Over the last twelve months we have begun to revamp our PowerPoints and resources, using professional graphic design services to improve the appearance of our delegate resources. Our suicide prevention course now benefits from this revamp, our well-being course is currently with the designer and other courses will follow in due course.
- York Mind now offer Mental Health First Aid Refresher training following Mark's completion of the appropriate CPD qualification. The first session will be delivered on 3rd November 2021 and hopefully this can be a strong source of income for York Mind and vital resource for our customers.
- We are looking to recruit an administrative volunteer to help with this aspect of Training.

Conclusion

As at 1st November 2021, the Training service continues to prosper. We are currently over-target in budget terms and there are plenty of bookings in the coming months. Face to face training has returned allowing us to deliver our main fee-earning courses of ASIST and Mental Health First Aid. There is the excitement of being part of a Corporate Services offer at York Mind and taking our new services; virtual deliveries, consultancy, MHFA Refresher and T4T into the future alongside our traditional offers to continue to serve our loyal customer base well and attract new clients.

Counselling

Our adult counselling service consists of two referral pathways; specific support for Carers and a General Service which has no set eligibility criteria. Both receive referrals from Statutory and third sector organisations and individuals. The Carers Service is part-funded by the York Carers Centre with low cost client contribution. This offers access to a total of 12 once weekly counselling sessions, specifically designed for people who have caring responsibilities.

The General counselling service is unfunded and relies on ad hoc donations and fundraising initiatives alongside a low cost sessional client fee. This offers access to up to 16 once weekly sessions, for supporting individuals experiencing a broad range of mental health difficulties. Both services are delivered with the support of a team of up to 20 dedicated volunteer counsellors who are either fully trained or working towards qualification. This includes a range of therapeutic approaches, primarily Humanistic-Integrative (including Person-Centred and Gestalt Psychotherapy), Psychodynamic Therapy and Behavioural Therapy.

During the period, the focus has been on learning effective remote delivery of services throughout the pandemic.

In response to the government advice on Covid19 adjustments were quickly made to transition support to telephone or, where feasible, video (Zoom) sessions. This resulted in an approximate 50% reduction of available counselling sessions, due to some volunteers not being able to offer telephone or online sessions. Carers group peer support was also placed on hold. Over time, the number of counselling sessions slowly increased and a key focus moving forward is the resumption of face to face sessions alongside telephone support.

Counselling provides individuals with a space to explore difficulties that they are experiencing in a confidential space with a view to gaining deeper meaning that will help them to bring about positive benefits and changes.

From April 2020 to March 2021 a total of 109 adults accessed counselling support. This includes 42 individuals who accessed Carers counselling, and 67 who accessed General counselling. Overall, all clients who completed their counselling said that they greatly benefitted from the support.

Case study from a carer client:

Before I started my counselling I felt very frightened, lonely and desperate. Although I have a wonderful husband and lovely friends I was unable to properly talk to them. I felt like there was something seriously wrong with my mind and that no- one would be able to help me. At times I actually felt like I had lost my mind. I did not recognise myself and I blamed myself for feeling like this. I could not see a future. Living in constant fear of being unwell I found it difficult to focus on small tasks like doing a food shop or making deciding what we would eat for our meals. I was completely overwhelmed by such small things. I had lost interest in all the things that I love. At my lowest times I felt like I just wanted it all to end.

I was really sceptical about starting Counselling. I didn't think anyone could help me and I didn't think I was in the right headspace to access any help. Also I was scared to talk about what had happened to me I wanted to bury it.

Initially the counselling was painful but as time went on I grew to appreciate that time that I had to talk. Time for just me and I could tell someone my darkest thoughts and not be judged. Gradually I learnt more and more about myself and I my world started to open up. My confidence and strength grew. The fear disappeared and I basically got my life back. I rediscovered myself. The person I thought I had lost was still there. I stopped blaming myself and I believed in myself again. It is hard to put into words but the counselling became a safety net a warm blanket around me and not something I dreaded. It opened my eyes and gave me my life back.

The Young People's counselling service is funded by the City of York Council (CYC). It provides free access to counselling support for individual's aged 16 to 25 who are a resident of the City and not studying at University. The service is primarily based at 30 Clarence Street where, following an initial first contact appointment, individuals are offered access to 6 once weekly counselling sessions. In response to client need additional sessions may be agreed between the young person and the counsellor, though the service remains time-limited. York Mind began delivery of the service in January 2019. It is currently funded until 30th June 2022.

A key focus this year has been the ongoing navigation of the Covid19 situation and further embedding the delivery of remote support through telephone or online (video link) counselling sessions. The period has been both challenging and has presented new learning. Staff have been required to adjust and undertake training in line with BACP expectations, and underpinning processes and procedures adjusted to better support remote working and ensure continuation of service quality. Learnings taken have prepared the service for moving to a blended delivery model once in person support can resume.

"My thought process has changed and I have a toolkit to support myself. I've already been able to use what I've learnt from counselling to deal with negative thoughts and situations."

"I have really enjoyed having someone to talk to and help validate my feelings. Talking about and exploring different coping methods has really helped - I definitely have a lot less bad days."

"Keep on doing what you do, it's just so important."

"I want you to know that what you have done for me will stay with me forever ..... too many things to name really - I just know it will all stay with me."

The service benefits young people through offering an impartial and confidential space to talk to a trained person about anything that is causing young people distress, and help them work towards solutions that are right for them and their situation. This may include making sense of their own thoughts, learning new ways of dealing with situations or helping them identify what wider support they need around them.

Engagement has remained high throughout the year with over 261 young people referring into the service, 163 of who then decided to access support. Overall a total 363 of young people engaged with counselling support in some capacity, and 149 young people moved on from the service.

Clients continuously rate the service as being 'Excellent' or 'Good', with the majority either fully or partially meeting their agreed goals and saying that they would recommend the service to others.

York Advocacy Hub

For April 2020 to March 2021 the York Advocacy Hub provided six advocacy services to residents of York, all funded by City of York Council.

- Independent Mental Capacity Act advocacy – We provide advocacy to people who have been assessed as lacking capacity to make decisions around safeguarding, serious medical treatment and long term accommodation.
- Generic advocacy – Providing help to people with additional needs such as mental health, learning disabilities or substance misuse issues around a range of issues such as accessing housing, social care or health services, help to access welfare benefits advice, making a complaint etc.
- NHS complaints advocacy – We provide advocacy to those who want to make a formal NHS complaint, and help them take their complaint to the public health ombudsman if needs be
- Care Act Advocacy – We help people who have substantial difficulty in being involved in their social care decisions to take more of a role in their social care assessment, planning and review and ensure the care they're provided is personalised and as they would wish it
- Independent Mental Health Advocacy – We work with people who are sectioned under the mental health act to help them appeal their section, understand their care and treatment and support them to ensure their rights are upheld whilst in hospital.
- Relevant Person's Representative- We work with people who have been deprived of their liberty – usually within a care home or health setting. These are people who have been assessed as lacking capacity around being able to make a decision about where they live. We visit them every eight weeks to ensure they have appropriate care and treatment and that their deprivation is not overly restrictive.

In 2020-2021 we received 1518 referrals for advocacy support. This is a mix of one off telephone advocacy and triage appointments in our offices, alongside more longer term casework. This represented an increase of 27% on last years figures.

IMHA support has continued to be provided at Stockton Hall.

The one off pilot for delivering some advocacy to support people through the process of Continuing Healthcare, funded by City of York Council ended at the end of March 2021. The pilot supported 18 through DSTs and CHCs meetings to determine if people should receive LA or NHS funding to meet their care needs.

During this year, 3 advocates and one service manager obtained the independent advocacy qualification which is a requirement of our main funder; the City of York Council (CYC) who contract us to deliver statutory advocacy within the City of York. 2 new advocates started the independent advocacy qualification.

Service Developments

During this year 2 advocates went on maternity leave and 2 advocates went on long term sick leave, as such maternity cover was recruited and on top of that we employed a freelance advocate.

The team are working really well in delivering their caseloads, and as a result statutory waiting lists remain low and we are meeting our standard operating procedure turnaround times.

We have concentrated on improving and developing quality this year, alongside skilling up advocates to deliver more strands of advocacy. Previously advocates would specialise in one or two areas of advocacy but this meant that clients then had to have more than one advocate and this could mean long waiting times. Advocates are delivering training to their peers which offers them a developmental opportunity, as well as upskilling staff.

As advocates were not able to meet as many people in person for a large majority of the year the team have used the year to provide virtual training for the whole team on all advocacy steams to upskill all advocates. Advocates also attended the virtual advocacy conference in November, this was the first year that it has been held virtually and all advocates were able to attend a variety of sessions to increase their understanding of a variety of issues.

Unfortunately in March 2020, Covid 19 caused us to pause/re-work most of our delivery, and we looked at delivering advocacy in new ways: through the use of technology such as Zoom and Skype, and through garden and window visits. Clients who are eligible for statutory advocacy often have communication difficulties and this has been a big challenge.

Future Developments

Covid 19 continues to be our biggest challenge in 2020-21, with advocates trying to deliver the face to face advocacy where no other methods can work, and making greater use of technology and other ways of seeing clients.

Our Clarence Street office remains closed for the moment, with advocates working from home.

We are re-developing our self advocacy services for people with learning disabilities with the view to providing some online groups during the Covid period.

We are in our fifth year of contract funding, with a final year waiting to be confirmed for 2021-22. Until we are clear on the security of funding beyond this, it is likely that we will pause any further general developments particularly in light of the current Covid issues.

It is likely we will need to look at a re-tender for the advocacy contract in 2021-22.

Service Benefits

The advocacy service ensures that all the relevant legislation around mental health inpatients, mental capacity act law, care act law, NHS complaints etc. is upheld and where this is not, challenge where necessary.

Advocacy gives a voice to the most vulnerable, and our advocates help people appeal their section ,stay within their own home, ask for leave, access mental health services, get care services they want, make complaints and have their human rights upheld to name just a few of the benefits our clients have received this year with the help of an advocate.

Our advocates work with people from those who cannot speak at all, to those who can self advocate but whose mental health is such that they really need the advocate alongside to support them.

Activities

Between **April 2020 to March 2021**, York Mind provided two early intervention and prevention activity programmes to residents of York, aged 18 +.

1. The Mental Health and Well-being Activities Programme (**Spartacus**), partnership project, delivered alongside local third sector organisations. **2.** YM Activities Programme (**Bob**) - grant funded, delivering bespoke activities, including Peer Support.

From **8th April-30th June 2020,** both programmes were delivered under the title of **Covid 19 Response Service**, and included online groups, as well as 1-1 telephone support and coaching provision.

Project Highlights

Covid 19 Response Service- we progressed **240** referrals through this service in **one** delivery quarter. The service provided the first line of support for many clients during the first Covid lockdown. We

established a full delivery programme online. All facilitators trained in the use of Zoom, and also provided training for clients.

Spartacus- We progressed **250** referrals, July 2020-March 2021. Working with **10** partners, we delivered **45** different activities, many ongoing weekly, or repeated throughout the year. We saw an increase in unique users-our target audience, with **62% of all those referring in unique.**

(Unique user-not accessing MH services and haven't accessed in last 18 months)

Bob-

- ✓ Received **182** referrals
- ✓ Supported **16** people into volunteering opportunities
- ✓ Provided **17** awareness raising sessions

Intended developments for next year

Spartacus Programme-Year 4 delivery concludes in June 2020. 10 new partners will continue delivery. We plan to diversify our offer to reach people in marginalised groups, including young people, those with Autism, Carers, and Travellers. Groups will be delivered online and face to face.

Bob programme- Running until March 2022, we will deliver client led activities including Mindfulness, Assertiveness and Well-Being Peer Support.

How the service benefits participants

Participants' feedback regularly through resilience questionnaires and verbal feedback. Real life change is captured through case studies quarterly.

1) Our Peer Support Group have taken big steps to independence. Setting up a What's App group to keep in touch and also setting up their own Zoom sessions when our facilitator was on holiday, and the group was not YM facilitated. Long term friendships/relationships have been set up.
2) One client has been able to start up his own business, as a result of the support he has received from York Mind groups. The client is keen on art and making things and has set up a business making key rings, snow globes, fridge magnets, etc. He credits the support York Mind has given to him, in helping boost his self- confidence and self- esteem and keep mentally well.

3) A participant of the Activities Service has gone from client, to YM volunteer and is now the paid Activities Administrator. All in a 6 month period of change.

4) A carer from our Substance Misuse and Gambling Carer support group has set up a new project called "Stitching away the Stigma". The project uses sewing to create anti stigma messages on cushions, clothing, wall art, etc. The slogans and feel good quotes aim to end stigma about addiction.

Young Peoples Mentoring and Group work

The Young People's Mentoring Service provides longer-term (up to 6 months) free access to mentoring for 8-18 year olds. It focuses on personalised strategic interventions: setting goals based around ownership and empowerment, normalising communication about mental health and giving young-people the skills to re-engage in their communities. The service is supported by a team of volunteer Mentors who meet with mentees on a 1:1 basis primarily to Highcliffe House and also out in the community to support young people to both isolation and engage with meaningful activities. It is funded both by Children in Need and the Winter Pressures Funds until June 2022.

Due to Covid-19 restrictions all support transitioned to either telephone or Zoom sessions and we were unable to deliver the community based element of the service. The priority being to provide stability to young people already in mentoring and those starting whilst restrictions remained in place.

Throughout clients continued to engage with this new way of delivery and we found that offering alternatives to face-to-face delivery allowed us to reach a wider demographic of young people who would have struggled to attend face-to-face support. Over the year over 110 young people were referred or self-referred into the service, a 100% of who accessed at least six mentoring sessions.

Often with our young people we are asked for guidance on regulating emotions, improving resilience to their environment, developing coping strategies for anxiety and providing support and accountability as they set and work on their goals.

"Thank you so much."

"I had a regular scheduled outlet and that was most helpful."

"My mentor was really easy to talk to. I did not feel judged."

Young people consistently rate the mentoring service as very good or good, with the vast majority who attend a first session going on to engage for the rest of their time. All of our young people have said they would recommend the service to others and the resilience scores consistently show improvement.

Post-Covid19 restrictions, the service is being restructured to offer a blended delivery: Zoom and in person at Highcliffe House, as well as community-based sessions. Looking forward a recruitment of new mentors will be undertaken to sustain ongoing delivery.

Achievements against objectives set

- Deliver a Covid-secure service for as long as is required. This includes offering online options, making the building as safe as possible and supporting staff with long-term home working

Staff continued delivering services using online platforms (Zoom, Teams) or telephone. The transition to home working happened within a week. As we moved between opening up and then back into lockdowns, our building was made Covid secure. We are currently piloting a blended model of delivery

- Actively diversify our structures and the work we deliver to ensure communities who currently do not use York Mind can influence the changes we need to make to ensure we are truly accessible

Although progress has been limited on this, we have worked on improving our Trustee recruitment to ensure communities who might not have previously applied are able to approach us.

Through our Activities programme, we have chosen partners who work in marginalised communities including the Travellers Trust, the LGBT forum and Refuge Action York

- Involve staff, volunteers and people who use our service in the development of a "blended service offer" that promotes online delivery for those who benefit from this and face to face delivery for those who prefer this option

York Mind involved staff, volunteers and people who use our services in developing a blended model that enables delivery face to face and continues with online delivery. Staff have developed new skills in using online platforms to deliver our services. Feedback from clients show that we have reached people who have never accessed our services before and are very happy to continue with online delivery.

- Continue to grow the organisation particularly in areas with no or very little community mental health service

Progress on this has been limited although the CEO has been, and continues to be, heavily involved in the move to the new ICS healthcare structures. The impact of these is more likely to be felt at a regional level and conversation are ongoing with other Local Mind's in the area and partners outside the Mind Federation

FINANCIAL REVIEW

During the financial year ending 31 March 2021 the charity incurred £173,672 of unrestricted expenditure. £60,974 was spent in support of our fundraising, £88,655 on our training and awareness activities. The balance of £24,043 was spent on the governance of the charity. During the year we received £209,525 from general fundraising plus £19,900 Covid appeal. We also received £54,113 from our training and counselling activities. In addition, we also received £37,283 from Doncaster Mind as part of our shared senior management agreement. We also received £71 in investment income. This resulted in a surplus of £147,220 for the year. From this surplus £822 was transferred to cover shortfalls in our restricted funded projects. The surplus for the year was £146,398. Our total unrestricted funds are now £494,170.

During the year we spent £784,607 carrying out projects which were funded by contracts or restricted grants. Funding of £150,654 was received from grants and donations restricted for specific areas of our work and £657,552 was received from contracts and restricted grants funding activities which we applied for as part of our charitable activity. £822 was transferred from our unrestricted funds to cover project funding shortfalls. The surplus of funding at the end of the year was £24,421. This increased our restricted funds balance to £183,098. This balance is due to delays in delivering the projects due to Covid restrictions. This balance is expected to be used in the future as Covid conditions allow.

The total surplus for the year ending 31 March 2021 was £170,819. With this surplus added to our opening balance of £506,449, the total funds held are £677,268.

Reserves Policy

We review our reserves policy on an annual basis taking into account future activities, the opportunities available to the Charity and the potential risks to which it might be exposed.

Unrestricted free reserves at the end of the financial year were £491,877.

York Mind aims to hold a free reserve that will enable an orderly closure of the charitable company in such an eventuality. Despite the current implications of COVID-19, following receipt of the Covid related grant of £46,500 and the maintained levels of fundraising, we have been able to increase our level of free reserves by £149,000.

The Trustees have agreed that that the funds should still be able to meet the costs of continuing to run our entire service for between two and four months. In addition, the Trustees consider it prudent that the charity should also be able to meet its contractual obligations and any costs of closure (including redundancy costs) allowing for an orderly wind down of service and so as not to have a sudden and adverse impact upon services.

The trustees have agreed a target range of free reserves of between £246,000 and £450,000. Our level exceeds this by £42,000.

The trustees, together with the senior management team, are looking at projects which could make use of the surplus free reserves available. One idea is to resource a post to assist with the identifying and signposting of appropriate services due to the increased demand we are experiencing due to the impact of Covid.

Investment Policy

In accordance with the Memorandum of Association, the trustees have the power to make such investments as they see fit. With short term fluctuations in cash flow due to timing of grant income and the uncertainties of the stock market following COVID-19, we have maintained our existing investment policy of investing the money in an easy access deposit account that offers a competitive and consistent rate of return during the year. However, in view of the recent period of low interest rates, which has resulted in lower than usual investment income, we are continuing to look for better ways to invest the excess funds in order to yield a greater return.

Risk Management

The trustees, on a regular basis, reviews the principal risks and uncertainties faced by the charity in its day to day operations. The trustees have established policies, systems and procedures to mitigate those risks identified.

The Risk Register continues to be reviewed and updated by the Finance and Risk Subcommittee which is led by the treasurer together with a trustee appointed to lead our development of our approach to Risk.

The trustees continue to look to improve the assessment of external risks; the definition of our risk policy; review of both risks and controls. This is giving the trustees the confidence that the identifying of risks happens in a timely fashion, and meaningful controls are implemented.

Key and material risks continue to be reviewed at board level, and we have maintained our best practice of ensuring all projects complete individual risk assessments.

STRUCTURE, GOVEERNANCE & MANAGEMENT

Legal and Administrative details

The organisation is a charitable company limited by guarantee, incorporated on 31 October 1991 with registered company number 02659442 and registered as a charity on 6 December 1991, registration number 1006759. The principal and registered office is Highcliffe House, Highcliffe Court, York, YO30 6BP.

The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Method of recruitment and appointment of trustees

Members of the Board are trustees for the purpose of Charity Law and Directors for the purposes of Company Law. Members are elected annually and meet a minimum of 6 times per year. The Board aims to be reflective of both the needs of the service users and the needs of managing a charity. We aim, wherever possible, to attract Board members who have either personal experience of mental-ill health or who have relatives and/or friends with these experiences.

The Board have undertaken a skills audit which has identified any relevant gaps in experience and in representation of communities who do not currently access our services.

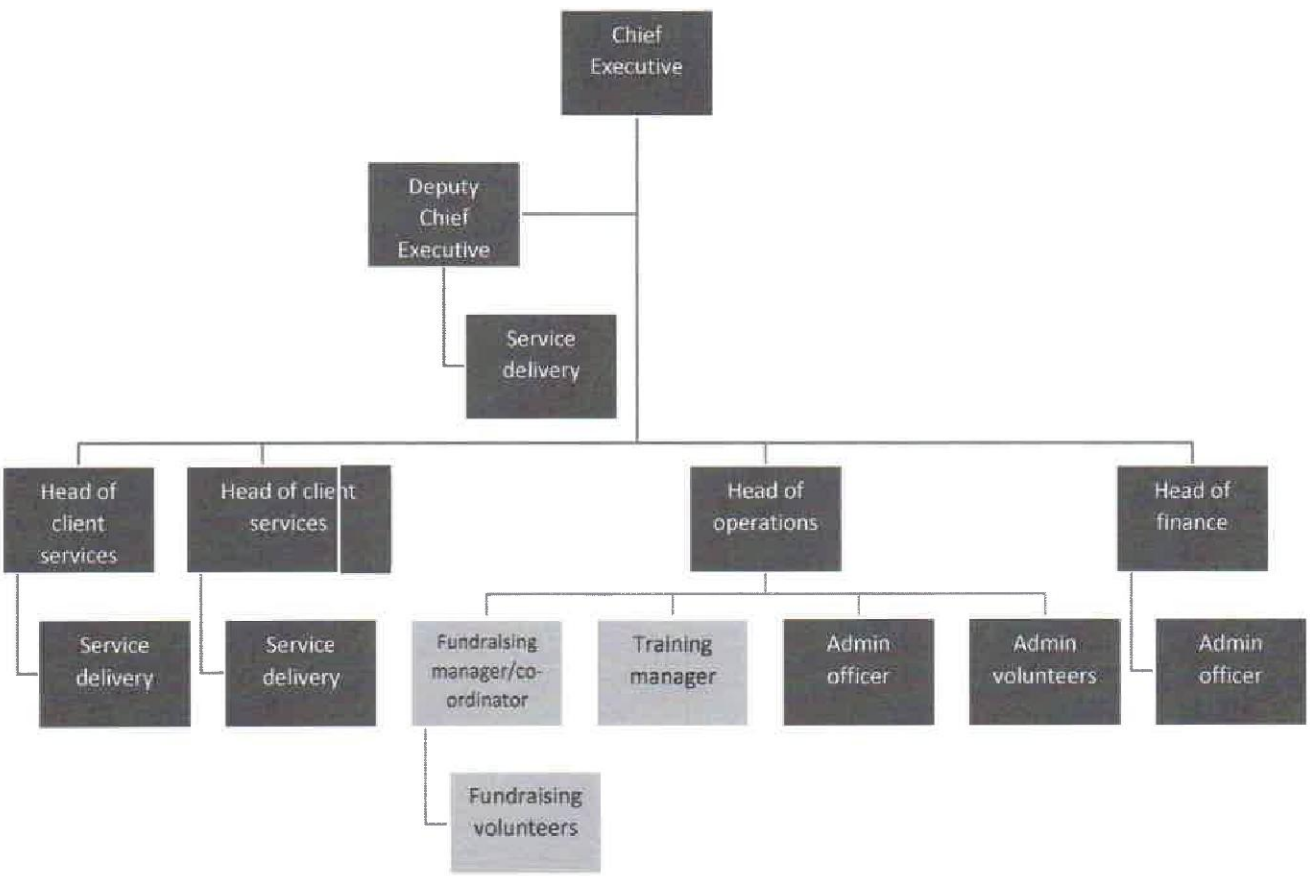
The Board have spoken directly to voluntary organisations who engage well with marginalised communities in order to shape our recruitment and ensure that it is welcoming. Alongside new guidance form national Mind, we hope to recruit new Trustees in 21/22.

Trustee induction and training

Each new trustee is welcomed by the Chair and, following an informal interview, given a formal induction which includes details of relevant training. Each trustee meets with the Chief Executive Officer and is encouraged to tour the office and meet all staff members, who provide useful information regarding the services we are currently delivering. Prospective trustees are also given a brief information pack and are invited to attend two trustee meetings after which time a decision is made from both sides as to whether they wish to proceed. Our information pack currently consists of the following information:

- Current Trustees' Annual Report
- Charity policies and procedures
- Staff handbook
- Current strategy documents
- Minutes of the two previous trustee meetings

Organisational structure



The Trustee Board is responsible for governance, policy and strategic direction.

Day-to-day responsibility for running York Mind is delegated to the Chief Executive Officer.

Key management personnel remuneration
Remuneration for the CEO and Senior Management Team is decided by Trustees. A benchmarking exercise is undertaken using information regarding average salaries for similar sized charities, vacancies in other Local Mind associations and in charities within the same geographical region.

Plans for the future

- Refresh strategy to ensure that changes resulting from Covid that impact on those with mental ill-health are fully reflected in our future plans
- Progress our work with communities who do not currently access York Mind and other mental health services to ensure barriers are removed and communities themselves are supported to deliver what is needed
- Ensure our existing services, many of which are in the final year of their funding are able to continue and are developed to their full potential

Trustees are keen for the charity to grow in order to support the additional demand for non-statutory mental health provision. They are keen to focus support across the pathway of mental health provision from early intervention to support for step-up and step down services. They chose to do this based on the continual feedback and evaluations we receive from people who use our service, our young people and adult steering groups and our staff team.

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of York Mind (Incorporating Our Celebration) Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees 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 which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

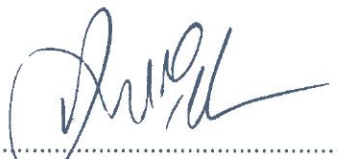
The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.
In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and

- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

The auditors, Thomas Coombs Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 25th November 2021 and signed on the board's behalf by:



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D Ellis-Trustee

25/11/2021

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
31ST MARCH 2021
REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS

We have audited the financial statements of York Mind (Incorporating Our Celebration) Ltd (the 'charitable company') for the year ended 31st March 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, 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 (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 31st 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 UK, including the FRC'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 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 Report of the Independent Auditors 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 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.

Opinions 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 Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

In the light of the 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 Report of the Trustees.
We have nothing to report in respect of the following matters where the 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.

Responsibilities of trustees
As explained more fully in the Statement of Trustees' Responsibilities, 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.

Our 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 a Report of the Independent Auditors 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 extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the entity and industries in which it operates, we identified the principal risks of non-compliance with laws and regulations related to Safeguarding and data protection. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Companies Act 2006, tax legislation and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

We assessed the susceptibility of the company's financial statements to material misstatement and how fraud might occur, including through discussions with the directors, discussions within our audit team planning meeting, updating our record of internal controls, and ensuring these controls operated as intended. We determined the principal risks were related to posting journal entries to manipulate profits, and management bias in accounting estimates, especially depreciation.

To address the risk of fraud through management bias and override of controls, we:

- Performed analytical procedures to identify any unusual or unexpected relationships.

- Identified and tested journal entries and identified any significant transactions that were unusual or outside the normal course of business.
- Investigated the rationale behind significant or unusual transactions.
- Challenged assumptions and judgements made by management in determining significant accounting estimates, in particular in relation to depreciation.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed audit procedures which included, but were not limited to:

- Agreeing financial statements disclosures to underlying supporting documentation.
- Discussions with management of known or suspected instances of non-compliance with laws and regulations.
- Reading the minutes of meetings of those charged with governance.
- Reviewing correspondence with HMRC and the company's legal advisors.

At the completion stage of the audit, the engagement partner's review included ensuring that the team had approached their work with appropriate professional scepticism and thus the capacity to identify non-compliance with laws and regulations and fraud.

There are inherent limitations in the audit procedures described above and the further removed non-compliance of laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement relating to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment.

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 Report of the Auditors.

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 the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

C. Darwin

Christopher Darwin (Senior Statutory Auditor)

for and on behalf of Thomas Coombs Limited
Statutory Auditor
Chartered Accountants
3365 The Pentagon
Century Way
Thorpe Park
Leeds
West Yorkshire
LS15 8ZB
Date: 25th November 2021

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME & EXPENDITURE ACCOUNT)

YEAR ENDED 31 MARCH 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total 31 March 2021 £	Total 31 March 2020 £
Income and endowments from:					
Donations and legacies	3	229,425	150,654	380,079	282,777
Charitable activities	5	91,396	657,552	748,948	752,523
Investments	4	71	-	71	251
Total income		**320,892**	**808,206**	**1,129,098**	**1,035,551**
Expenditure on:					
Raising funds	6	60,974	-	60,974	82,942
Charitable activities		112,698	784,607	897,306	879,197
Total expenditure	6	**173,672**	**784,607**	**958,280**	**962,139**
Net Income		147,220	23,599	170,819	73,412
Transfers between funds	14	(822)	822	-	-
Net movement in funds	14	**146,398**	**24,421**	**170,819**	**73,412**
Reconciliation of funds:					
Total funds brought forward		347,772	158,677	506,449	433,037
Total funds carried forward		**494,170**	**183,098**	**677,268**	**506,449**

The Statement of Financial Activities includes all gains or losses recognised in the year.

All income and expenditure derives from continuing activities.

YORK MIND (INCORPORATING OUR CELEBRATION) LTD

BALANCE SHEET AT 31 MARCH 2021

Company Registration Number: 02659442

	Note	2021 £	2021 £	2020 £	2020 £
Fixed assets:					
Tangible assets	9		137,174		144,847
Current assets:					
Debtors	10	47,035		15,238	
Cash at bank and in hand		541,302		428,908	
Total current assets		588,337		444,146	
Liabilities:					
Creditors: Amounts falling due within one year	11	(48,243)		(82,544)	
Net current assets			540,094		361,602
Total net assets			**677,268**		**506,449**
The funds of the charity:					
Restricted	14		183,098		158,677
Unrestricted	14				
Tangible Fixed Assets		2,293		4,846	
Free Reserves		491,877		342,926	
			494,170		347,772
Total charity funds	15		**677,268**		**506,449**

The financial statements were approved and authorised for issue by the Board on 25th November 2021
Signed on behalf of the board of trustees by:

.....
D A Ellis-Chairperson 25/11/2021

The notes on pages 23 to 31 form part of these financial statements.

YORK MIND (INCORPORATING OUR CELEBRATION) LTD
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2021

	Note	2021		2020	
		£	£	£	£
Net cash provided by / (used in) operating activities	17	128,143		122,277	
Cash flow from investing activities:					
Purchase of tangible fixed assets		(15,749)		(22,011)	
Net cash (used in) investing activities			112,394		100,266
Change in cash and cash equivalents in the year			112,394		100,266
Cash and cash equivalents at beginning of the year			428,908		328,642
Cash and cash equivalents at end of the year	17		541,302		428,908

1 ACCOUNTING POLICIES

a) Basis of preparation

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

b) Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis.

Like many other voluntary and not for profit organisations the annual income of the charity is dependent on the renewal, recurrence or identification of new sources of short term income. Within the 12 months period following the approval of the financial statements a number of significant grants will reach the end of their contract term. Importantly if a contract is not renewed it would be expected that associated staff would transfer to a third party providing those services going forward.

The trustees have considered the expected level of income and associated costs together with the level of reserves over the 12 months from approval of the financial statements and concluded that the charity will be able to continue in operation and as such the going concern basis of accounting is appropriate.

c) Fixed assets

Fixed assets are stated at cost less accumulated depreciation.
Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Freehold land	- Nil
Freehold building	- 4% straight line
Building Maintenance	- 10% straight line
General and computer equipment	- 20% to 33.33% straight line
Furniture and fittings	- 20% straight line
Kitchen equipment	- 20% straight line
Production equipment	- 20% straight line

d) Income recognition

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

e) Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

When donors specify that donations and grants given to the charity must be used in the future accounting periods, the income is deferred until those periods.

When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When donors specify that donations and grants, including capital grants are for a particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when received.

1 ACCOUNTING POLICIES (continued)

f) Expenditure

Expenditure is included in the Statement of Financial Activities on an accruals basis once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

Costs of raising funds comprise the costs associated with attracting voluntary income.

Expenditure on Charitable Activities includes the costs incurred by the charity in the delivery of the activities and services for its beneficiaries. It includes costs that are directly attributable to specific activities and the indirect costs necessary to support them. Management, Finance and Admin Support costs are apportioned to activities on the basis of time spent by staff on those activities. Premises and Office Costs are apportioned to activities based on the premises they occupy and the activities they supported.

g) Fund accounting

Funds held by the charity are either:

Unrestricted general funds - these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds - these are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purpose.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

h) Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity contribution is restricted to the contributions disclosed in note 7. The costs of contributions are recognised in the year that they are payable.

i) Financial Instruments

The charity 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 are subsequently measured at their settlement value.

j) Taxation

The charity is exempt from corporation tax on its charitable activities.

k) Leases

Rentals payable under operating leases are charged to the SOFA on a straight line basis over the period of the lease.

2 LEGAL STATUS OF THE CHARITY

York Mind (incorporating Our Celebration) Ltd is regulated by the Charities Commission (1006759), limited by guarantee and is registered in England & Wales. The address of the registered office and principle place of business is York Mind (incorporating Our Celebration) Ltd, Highcliffe House, Highcliffe Court, York, YO30 6BP. 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.

3 DONATIONS AND LEGACIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Donations and Fund Raising	195,036	696	195,732	188,698
BW Memorial Fund	4,841	-	4,841	-
Other income	9,649	115	9,764	9,892
Grants receivable				
Julia and Hans Rausing Trust	-	46,500	46,500	-
Kavli Trust	-	25,000	25,000	-
Young Persons Project	-	-	-	8,700
City of York Council - Activities	-	32,085	32,085	32,085
Vale of York CCG - Mentoring 13 -18 yrs	-	17,113	17,113	-
City of York Council - Wellbeing in Schools	-	7,813	7,813	-
Masonic Charitable Foundation	-	7,500	7,500	10,000
Two Ridings Foundation	-	6,542	6,542	-
National Mind	-	5,500	5,500	-
Co-op Local Community Fund	-	1,790	1,790	-
Covid Appeal	19,900	-	19,900	-
Clothworkers	-	-	-	9,000
BBC Children in Need - 13-16	-	-	-	1,725
LYP NHS Foundation Trust	-	-	-	5,962
Other One Off Grants	-	-	-	16,715
2021	229,426	150,654	380,079	282,777
2020	197,185	85,592	282,777	

4 INVESTMENT INCOME

	2021 £	2020 £
Bank interest receivable	71	251

5 INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Charitable Activities Income				
City of York Council - Advocacy Hub	-	329,477	329,477	313,332
City of York Council - Activities	-	80,430	80,430	80,000
City of York Council - Young People Counselling	-	80,000	80,000	80,000
Your Consortium - Action towards Inclusion	-	37,328	37,328	39,869
National Lottery - Staying OK	-	19,000	19,000	-
Department of Health - Creative Lives	-	18,750	18,750	50,000
York Carers Centre - Carers Counselling	-	16,000	16,000	16,350
City of York Council - Creative Lives	-	12,500	12,500	-
Vale of York CCG - Creative Lives	-	12,500	12,500	-
City of York Council - CHC Advocacy	-	12,159	12,159	4,053
Big Lottery - Awards For All	-	9,140	9,140	9,200
National Mind - Staying OK	-	7,770	7,770	19,020
BBC Children in Need - 13-18 Mentoring	-	7,466	7,466	-
Mid & North Yorkshire Citizens Advice	-	3,189	3,189	-
BBC Children in Need - Mindfulness	-	2,940	2,940	-
BBC Children in Need - 13-18 Peer Support	-	833	833	9,167
Training	49,338	-	49,338	72,816
Doncaster Mind	37,283	-	37,283	19,195
Counselling	4,775	2,720	7,495	19,120
City of York Council - Benefits Advocacy	-	-	-	16,446
Advocacy	-	5,351	5,351	3,544
General Sales	-	-	-	410
2021	91,396	657,552	748,948	752,523
2020	92,011	660,512	752,523	

6 TOTAL EXPENDITURE

		Costs of Raising Funds		Charitable Activities				
	Basis of Allocation	Organisation	Fundraising	Restricted Projects	Unrestricted Projects	Governance	Total 2021	Total 2020
Costs charged directly to activities								
Staff costs (incl training & recruitment)	Direct	-	33,913	603,614	32,392	-	669,920	584,519
Beneficiary & volunteer expenses	Direct	-	20	3,515	-	-	3,535	8,877
Activities & Course costs	Direct	-	10,887	56,178	1,294	-	68,359	103,228
Trustee expenses & training	Direct	-	-	-	-	750	750	948
Auditor's fees	Direct	-	-	-	-	4,000	4,000	3,720
Legal fees	Direct	-	-	-	-	-	-	1,926
Depreciation	Direct	2,554	-	20,869	-	-	23,423	26,247
Support costs allocated to activities								
Management, Finance & Admin	Staff time	-	10,633	69,915	38,771	19,293	138,612	178,581
Premises costs (incl. Utilities)	Activity	-	1,161	18,643	13,468	-	33,272	27,405
Office costs	Activity	-	1,806	11,875	2,729	-	16,409	26,687
2021		**2,554**	**58,420**	**784,607**	**88,655**	**24,044**	**958,280**	**962,139**
2020		3,813	79,129	776,720	86,742	15,735	962,139	

7 EMPLOYEE INFORMATION

The aggregate payroll costs of the Charitable Company for the period are as follows:

	2021 £	2020 £
Gross salaries	691,301	643,206
Employers National Insurance	47,472	46,934
Pension	44,454	39,396
Total staff salaries	783,227	729,535

The trustees received no remuneration.
Travel & subsistence expenses of £0 was reimbursed this year and 2 trustees received £406 in 2019-20.

Average number of employees for the period	No	No
Number of management staff	6	5
Number of other staff	34	32
	40	37

No employees received emoluments in excess of £60,000.
The total remuneration paid in 2021 to key management personnel was £204,792(2020 £177,835)

8 NET INCOME

Net Income for the year are stated after charging:	2021 £	2020 £
Depreciation	23,423	26,247
Current Audit Fees	3,750	-
Previous Audit Fees	-	3,500
Non- Audit Fees	250	220

9 TANGIBLE FIXED ASSETS

	Freehold property £	Building maintenance £	Kitchen equipment £	General & computer equipment £	Furniture fittings & production £	Total £
COST						
At 1 April 2020	319,624	32,995	309	21,830	12,699	387,456
Additions	-	-	-	15,749	-	15,749
Disposals	-	-	(309)	(3,380)	-	(3,689)
At 31 March 2021	319,624	32,995	-	34,199	12,699	399,516
DEPRECIATION						
At 1 April 2020	210,649	14,880	309	8,519	8,252	242,608
Charge for the year	9,785	3,049	-	8,435	2,154	23,423
On Disposals	-	-	(309)	(3,380)	-	(3,689)
At 31 March 2021	220,433	17,929	-	13,573	10,406	262,342
NET BOOK VALUE						
At 31 March 2021	99,190	15,066	-	20,626	2,293	137,174
At 31 March 2020	108,975	18,115	-	13,311	4,447	144,847

Included in Freehold property is land valued at £75,000 (2020 £75,000)

All fixed assets are used for charitable purposes.

10 DEBTORS

	2021	2020
	£	£
Trade Debtors (less provision for bad debts)	1,363	6,349
Prepayments and accrued income	45,672	8,889
	47,035	15,238

11 CREDITORS: Amounts falling due within one year

	2021	2020
	£	£
Trade Creditors	10,525	7,347
Other Creditors	17,662	18,622
Accruals and deferred income	20,055	56,575
	48,243	82,544

12 DEFERRED INCOME

Balance at 31 March 2020	New Additions	Amount Released	Balance at 31 March 2021
£	£	£	£
35,655	178,565	(206,756)	7,464

13 LEASE AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2021	2020
	£	£
Within one year	5,165	5,165
Between one and five years	2,688	3,763
	7,853	8,928

14 RESTRICTED FUNDS

	Balance at 1 April 2020	Movement in resources Incoming	Outgoing	Transfers	Balance at 31 March 2021
	£	£	£	£	£
Building Project	108,975	-	(9,785)	-	99,190
Technology	12,911	5,500	(4,992)	6,374	19,793
Building Maintenance	18,115	-	(3,049)	-	15,066
Activities Programme - 'S'	6,544	80,460	(69,814)	(1,715)	15,475
Young People's Mentoring	-	17,113	(5,936)	-	11,177
Young People's Drop In	-	25,000	(15,287)	-	9,713
Young People's Creative Lives	9,632	43,750	(48,561)	-	4,821
Action Towards Inclusion	2,500	37,328	(37,328)	-	2,500
Young People's Awards For All	-	9,140	(7,076)	-	2,064
Co-op Local Community Fund	-	1,790	-	-	1,790
BBC Children in Need - Mindfulness	-	2,940	(2,150)	-	790
Counselling	-	14,662	(13,943)	-	719
Activities Programme - 'B'	-	32,085	(32,085)	-	-
Advocacy	-	334,878	(331,947)	(2,931)	-
Advocacy CHC Project	-	12,159	(12,159)	-	-
BBC Children in Need - 13-18 Peer Support	-	833	(833)	-	-
BBC Children in Need - Mentoring	-	7,466	(7,466)	-	-
Carer's Counselling	-	18,720	(16,852)	(1,868)	-
Citizen's Advice Bureau (Selby)	-	3,189	(3,189)	-	-
Staying OK (20-21)	-	19,000	(19,000)	-	-
Staying OK (19-20)	-	7,770	(7,770)	-	-
Julia and Hans Rausing Trust	-	46,500	(46,500)	-	-
Young People's Counselling	-	80,000	(79,172)	(828)	-
Return To Education	-	7,813	(7,813)	-	-
Young People's Project	-	111	(1,901)	1,790	-
	158,677	808,206	(784,607)	822	183,098

RESTRICTED & UNRESTRICTED FUNDS (continued)

14 UNRESTRICTED FUNDS

	Balance at 1 April 2020	Movement in resources Incoming	Outgoing	Transfers	Balance at 31 March 2021
	£	£	£	£	£
Maintenance and Equipment	3,998	-	(2,361)	-	1,636
Fixed Assets	849	-	(192)	-	656
Free Reserves	342,926	320,892	(171,119)	(822)	491,877
	347,772	320,892	(173,672)	(822)	494,170

Transfers:
A figure of £882 includes material Transfers as follows:
Activities Programme - 'S' £1,715, Advocacy £2,931, Carer's Counselling £1,868 and Young People's Counselling £828 were transferred to account for the allocation of centralised costs.
Technology Fund £6,374 funding for Fixed Assets acquired during the year.
Young People's Project £1,790 transferred to cover shortfall of funding.

Purposes of restricted funds

The building project represents the net book value of Highcliffe House and capital work funded by the Lottery grant and restricted donations.
Technology Fund is for laptops and other IT equipment funded from a number of grants including Clothworkers (£5,332), Morrison's Community Fund (£2,026), National Mind (£3,484) and other small grants (£8,951).
The building maintenance fund is work carried out on maintaiing Highcliffe House which is funded by restricted donations and grants
During the year, the charity received specific grants restricted to the funding of the following projects:
City of York Council provide funding for a mental health activities programme,
Your Consortium for the Action Towards Inclusion project,
Dept of Health, York City Council and York CCG provided funding for the Creative Lives project
York CCG and Children in Need for Young People's Mentoring
Kavli Trust has funded a drop in service for young people. This is currently suspended due to Covid.
Big Lottery's Awards For All is funding for the Young People's Service strategy.
Co-op Local Community Fund is for a young people's project which has been delayed due to Covid.
BBC Children in Need funding for Mindfulness courses run during the pandemic.
Counselling funding is provided through the receipt of regular gifts, charges for the service andfunding from City of York Council for the Young People's Counselling.
City of York Council provide funding for statutory advocacy provision and also for the the CHC and Stockton Hall projects.
We received a grant from the Julia and Hans Hoare Trust which was used to ensure the charity was resilient to challenges created due to the Covid pandemic.
We used the funding to cover the core services of the charity and additional costs incurred due to the pandemic.
City of York Council provide funding for the Return To Education project.

Fund balances represent balances carried forward on multi-year projects and projects delayed due to the pandemic.

Purposes of unrestricted funds

The maintenance & equipment fund is to enable the charity to develop a long term fund for the maintenance of the building and replacement of major items of equipment. This fund has now been discontinued and no new charges are made to it. The balance of the fund relates to the fixed assets in the fund.

There are some fixed assets that have been funded by and used by the fund raising team.

The general fund represents the free funds of the charity which are not designated for a particular purpose.

The Trustees are currently reviewing the on-going restrictions around the restricted funds with a capital nature. Once the restrictions are fulfilled the relevant funds will be transferred to general unrestricted funds.

15 **ANALYSIS OF NET ASSETS (between restricted and unrestricted funds)**

	Tangible fixed assets	Other net assets	Total
Building Project	99,190	-	99,190
Technology	19,793	-	19,793
Building Maintenance	15,066	-	15,066
Activities Programme - 'S'	-	15,475	15,475
Young People's Mentoring	-	11,177	11,177
Young People's Drop In	-	9,713	9,713
Young People's Creative Lives	832	3,989	4,821
Action Towards Inclusion	-	2,500	2,500
Young People's Awards For All	-	2,064	2,064
Co-op Local Community Fund	-	1,790	1,790
BBC Children in Need - Mindfulness	-	790	790
Counselling	-	719	719
Restricted Funds	134,881	48,217	183,098
Maintenance and Equipment Fund	1,636	-	1,636
General Fund	656	491,877	492,534
Unrestricted Funds	2,293	491,877	494,170
	137,174	540,094	677,268

16 **RELATED PARTY TRANSACTIONS**

No transactions with related parties were undertaken such as are required to be disclosed under Financial Reporting Standards.

17 **RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	2021 £	2020 £
Net Income for the reporting period	170,819	73,412
Depreciation charges	23,423	26,247
Decrease/(increase) in debtors	(31,797)	12,641
Increase/(decrease) in creditors	(34,301)	9,977
Net cash provided by (used in) operating activities	128,143	122,277

ANALYSIS OF CASH AND CASH EQUIVALENTS	2021 £	Movement £	2020 £
Cash in hand	541,302	112,394	428,908
Total cash and cash equivalents	541,302	112,394	428,908

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COMPARATIVE SOFA

	Unrestricted Funds £	Restricted Funds £	Total 31 March 2020 £
Income and endowments from:			
Donations and legacies	197,185	85,592	282,777
Charitable activities	92,011	660,512	752,523
Investments	251	-	251
Total income	**289,447**	**746,104**	**1,035,551**
Expenditure on:			
Raising funds	82,942	-	82,942
Charitable activities	102,477	776,720	879,197
Total expenditure	**185,419**	**776,720**	**962,139**
Net Income	104,028	(30,616)	73,412
Transfers between funds	(51,356)	51,356	-
Net movement in funds	**52,672**	**20,740**	**73,412**
Reconciliation of funds:			
Total funds brought forward	295,100	137,937	433,037
Total funds carried forward	**347,772**	**158,677**	**506,449**