HILLINGDON MIND

England & Wales · Charity number 1045701

Details

Status	Registered
Legal form	Charitable company
Company number	03009554
Registered	1995-04-12
Register	View on the Charity Commission register

Contact

Address	Hillingdon Mind The Uxbridge Hub 40 New Windsor Street Uxbridge UB8 2TU
Phone	01895 271559
Email	mind@hillingdonmind.org.uk
Website	www.hillingdonmind.org.uk

Activities

Objects: TO PROMOTE THE PRESERVATION OF MENTAL HEALTH AND TO ASSIST IN RELIEVING AND REHABILITATING PERSONS RESIDING IN THE LONDON BOROUGH OF HILLINGDON AND SUFFERING FROM MENTAL DISORDER OR CONDITIONS OF EMOTIONAL OR MENTAL DISTRESS REQUIRING ADVICE OR TREATMENT IN ASSOCIATION WITH MIND (THE NATIONAL ASSOCIATION FOR MENTAL HEALTH) AND IN ACCORDANCE WITH THE AIMS AND OBJECTS OF MIND.

Activities: The Charity seeks to promote good mental health well being and to support and maintain persons residing in the London Borough of Hillingdon who experience various mental health conditions.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** LONDON BOROUGH OF HILLINGDON
- Hillingdon

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£785,526	£691,510	£349,872	13
2024-03-31	£614,616	£581,234	£255,856	15
2023-03-31	£613,829	£612,477	£222,474	15
2022-03-31	£576,174	£532,248	£221,122	14
2021-03-31	£527,954	£482,013	£177,196	15

Trustees

Name	Role	Appointed
Donald Deacy	Chair	2021-03-10
Hardip Singh Lawana		2026-05-01
JOHN CLARK		2013-07-11
Pritpal Singh Mattoo		2021-03-10
Victoria Lewis		2021-03-10
Vishal Mistry		2026-05-01

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HILLINGDON MIND

England & Wales - Charity number 1045701

Accounts

Charity Registration No. 1045701

Company Registration No. 03009554 (England and Wales)

HILLINGDON MIND

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

HILLINGDON MIND

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	V. Lewis (Chair) (formerly V.Payne) M.S. Chahal J. Clark P.S. Mattoo S.Lewis (formerly S. Fuidge) D.Deacy
Secretary	A.Stangoe
Charity number	1045701
Company number	03009554
Principal address	40 New Windsor Street Uxbridge Middlesex UB8 2TU
Registered office	40 New Windsor Street Uxbridge Middlesex UB8 2TU
Auditor	Gittins Mulderrig 6 High Street Northwood Middlesex HA6 1BN
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

HILLINGDON MIND

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HILLINGDON MIND

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006 and "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)"

Structure, governance and management

Hillingdon Mind is a charitable company limited by guarantee and its governing document is its Memorandum and Articles of Association. Hillingdon Mind is an independent charity affiliated to the National Association for Mental Health (Mind), and its objects are in accordance with the aims and objectives of Mind. Specifically, the charity seeks to promote good mental health wellbeing and to support and maintain persons residing in the London Borough of Hillingdon who experience various mental health conditions.

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

V. Lewis (Chair)
D. Deacy (Treasurer)
S. Lewis
P.S. Mattoo
M.S.Chahal
J. Clark

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The trustees form a diverse and committed body with an interest in mental health issues and the charitable company has sought to enhance the potential pool of suitable trustees through selective advertising, through Third Sector trustee recruitment agencies and networking with local governmental and council departments and like-minded organisations.

To enhance their knowledge of the practical work undertaken by the charity, trustees are encouraged to take an active role in project matters in which they have expressed an interest. The induction process covers the obligations of trustees, an introduction to the main documents which set out the operational framework including the Memorandum and Articles, resourcing and the current financial position as set out within the latest published accounts and future plans and objectives of the charity. It also includes a Code of Conduct for trustees.

The detailed organisational structure of Hillingdon Mind is subject to change, dependent upon the projects undertaken in the furtherance of the charity's objects, however, the overall organisational structure adopted provides for a board of trustees (appointed in accordance with the Articles of Association), a Charity Director, management and administration personnel, project workers and co-ordinators. The charity also makes use of, and is grateful to, its many volunteer workers.

The trustees have considered the major risks to which the charity is exposed and have established a risk register which is regularly reviewed and updated. Where appropriate, systems and procedures have been established to mitigate material risks. External risks to funding have been identified and continue to be addressed and there has been planned diversification in activity within the charitable company. Internal control risks are minimised by the implementation of a Schedule of Delegated Authority, and procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety and insurance issues relating to staff, volunteers and users. A 2022 review by National Mind awarded Hillingdon Mind the Mind Quality Mark with an additional award for Excellence for Workforce, Volunteers and Culture. The MQM Award from National Mind confirmed that the charity meets the agreed quality assurance standards to ensure consistent quality of delivery for all operational aspects of the charity; this award is valid for four years. All procedures are reviewed on a frequency dependent on risk, from annual to bi-annual basis, to ensure that they continue to meet the needs of the charity.

Objectives and Activities

Hillingdon Mind believes that life experiences, and the environment in which we live, play a major part in influencing our mental health. The charity considers that people have a right to be treated holistically and this is reflected in the wide range of services offered. The mission of Hillingdon Mind is expressed in the 'Hillingdon Mind Strategic Business Development Plan 2023 -2025' and is as follows:

Vision, Mission, Values & Purpose

Our vision

We won't give up until everyone experiencing a mental health problem gets both support and respect. We will look towards innovative and technological solutions to ensure that everyone has access to resources to support them on their journey.

Our mission

We provide advice and support to empower anyone experiencing a mental health problem in the London Borough of Hillingdon. We campaign and teach locally to improve services, raise awareness and promote understanding.

Our values

We reach out to anyone who needs us and design services for those in our community that are 'seldom heard'.

- Together
We're stronger in partnership - we will ensure that we create and maintain successful relationships with the Local Authority, CCG, NHS, H4All and other relevant bodies to ensure mental health services are developed and promoted.

- Responsive
We listen, we act - we will adapt our services to meet service users' needs and will be flexible in the way these services are delivered.

- Independent
We speak out fearlessly and will continue to advocate and advise on behalf of our service users.

- Unstoppable
We never give up - we believe everyone has the right to access mental health support services and that mental health should be an integral component to all health services.

Our Purpose

Hillingdon Mind's purpose is to achieve the following for the residents of the London Borough of Hillingdon:

Staying well: Support people, likely to develop mental health problems, to stay well

Empowering Choice: Empower people who experience a mental health problem to make informed choices about how they live and recover

Improving services and support: Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem.

Enabling social participation: Open the doors to people with experience of mental health problems participating fully in society

Removing inequality of opportunity: Gain equality of treatment for people who experience both mental health and other forms of discrimination

Organisational excellence: Make the most of our assets by building a culture of excellence

As well as working to these strategic themes the charity has paid due regard to guidance issued by the Charity Commission in deciding what activities it should undertake and in the exercising of its powers and duties for the public benefit.

Hillingdon Mind remains the largest independent provider of mental health services in the London Borough of Hillingdon.

Hillingdon Mind delivered the following services in 2024/25:

- A Mental Health Recovery Project (based on the Recovery Model and using the Triangle Recovery Star assessment) - this provides an individual person-centred assessment and support and is led by a qualified Social Worker (generally telephone & online, emergencies in person)

- An SMI Supported service

- A Young Adults Project (16 - 25)

- Mental Health Awareness for Marginalised Groups - We carried out community outreach to both the Somali and Asian Communities in the Borough, delivering a variety of mental health related workshops. We attended local Mosques and worked with the HAYAT Women's Group and Somaliland in promoting mental health awareness in both English and Arabic. We also left Mind resource packs written in Arabic and Urdu at these events

- A weekly employment support service offering workshops, group work and mentoring to help people develop the knowledge and confidence to access learning, training, volunteering and employment opportunities

- A Family Support Service for Carers of Mental Health, to provide one to one support through times of crisis - provided by telephone and online

- A dedicated Psychotherapist for Carers of Mental Health, to provide one to one counselling and group psychotherapy to carers

- A Carers of mental health group coffee and chat - provided online and and support by the Mind Carers Team

- A Free Counselling and Psychotherapy service funded by Hillingdon CCG

- A Counselling for Depression Step 3 IAPT service funded by Hillingdon CCG

- A Low Cost (fee paying) Counselling Service for people who earn in excess of the income threshold to qualify for the free service

- Trauma Counselling (provided online or by 'phone) for those clients affected by severe trauma and requiring specialist help - this is restricted and we are looking to expand through additional funding

- Mental Health Awareness Service - a programme that delivers Bespoke Workshops. Facilitated Sessions, Webinars and Mental Health First Aid

- A Mindfulness Group - provided weekly online

- A face to face weekly Social Club - opportunities for social support, peer support and learning

- Online Evening Quiz and Coffee and Chat Groups - opportunities for social support, peer support and learning

- Online Weekend Social Club - opportunities for social support, peer support and learning

- A facilitated Hearing Voices online support group

- A Creative Art weekly group provided online

- A Creative Writing weekly group provided online

- Monthly facilitated Eco therapy groups (green activities) - Forest Therapy, etc.

- A facilitated weekly in person Men's Group

- A facilitated weekly in person Women's Group

- A weekly in person Wellbeing Walk

- A weekly in person Gardening Group

- A monthly in person Poetry Group

- A monthly in person Book Club

New services/activities initiated in Hillingdon in the last year

New services for this year were:

Carers Triangle Service £40, 000 p.a. for a one year duration and
YAP MH service £71,528 p.a. again for a one year duration

Services ending in this year

The above noted services covered an accounting period and so ended also in the year under review.

Achievements and performance
Our achievements 2024-2025

We provided support to 5,400 individual clients in this period

We provided advice and support to 7,050 individuals

We worked with a total of 1,547 counselling clients during this period. 1,210 clients contacted the counselling service for advice. 245 received free counselling, 120 clients received Counselling for Depression (Step 3 Service) and 52 clients used the paid service

67 clients accessed work related support to increase their employability skills including group work activities, 1-1 careers coaching, tailored employment support such as CV and application writing support, interview preparation and support with job searching

We ran 17 weekly groups covering a wide range of activities offering social, therapeutic and practical support. The average weekly attendance across all group activities was 170 people

Additional Funding

This year we have had additional funding from the following organisations:

- ICB
- CNWL
- A P Taylor Trust
- National Mind Legacy
- The Big Lottery Community Grant

Regional Influence

Currently Mind in Hillingdon has representation at the following panels:

- Suicide Prevention Panel

- MARAC

- Hate Crime Up Standers

- Community Development

- Safeguarding Partnerships

- Winter Wellness Board

- Health and Wellbeing Alliance

- Carers Partnership

- LGBTQ+ Forum

- Joint Treatment & Support for Drug and Alcohol Conditions

Mind in Hillingdon has partnerships with Primary and Secondary care sectors as well as being involved with H4All at Board level and involved with several third sector providers to ensure services are provided to our clients. The following list indicates some of the partners and levels we work at with them:

Central, North, West London NHS Trust

- Mental Health Transformation Board
- Service User & Carers Forum
- Step Down Pathway - Group Activities
- Mental Health and Learning Disability Partnership Meetings
- Young Peoples Mental Health Implementation Partnership
- Older Peoples Mental Health Group
- GP Federation
- CNWL Training
- Bereavement Group
- Talking Therapies Network
- SMI Service Delivery and Development Board
- Thrive Network

London Borough of Hillingdon

- Suicide Prevention Panel
- MARAC
- Hate Crime Up Standers
- Community Development
- Safeguarding Partnerships
- Winter Wellness
- Older People's Assembly
- Carers Strategy

We have also worked with the following organisations:

H4All - Cross referral to partner members, provision of mental health training and advice to H4All employees

HHCP - Training sessions delivered as part of Outreach and Healthy Talks Pilot program

Brilliant Parents - Provision of mental health training to volunteers

Carers Trust - Provision of Family Support Worker and Psychotherapist for the Carers of individuals with Mental Health issues

Co-Advisory Design Board

HAYAT - Mental Health First Aid and Mental Health Awareness Training

Healthwatch - Involved in joint wellbeing events including live broadcasts & webinars, supported service user feedback

DWP - Employment Support Partnership Working

POhWER - Service User feedback and joint event working

Hillingdon Womens Centre - Cross referral to services, Outreach

Border Force - Wellbeing Webinars

Brunel University - Student and Staff Wellbeing Outreach

Buckinghamshire University - Social Worker Training Program - Service User involvement

Trussell Trust - Holding Foodbank Vouchers for Clients

REAP - Involvement in the Mental Health Asylum and Refugee Group

P3 - Cross Referral to services

Hestia - Cross Referral to services

HACS - Cross Referral to services

Uxbridge College - Outreach and events for student support

West London Cancer Alliance

We maintained relationships with culturally specific third sector organisations to promote mental health awareness and to look at partnership working. We worked with HAYAT, Somaliland and the Brilliant Parents Champions to offer Mental Health First Aid Training and therefore provide opportunities for increased mental health awareness and skills development for early intervention in case of mental health crises.

Service User Outcomes

Our Mental Health Recovery Program and Counselling both use measures which record the following outcomes:

- reduced isolation
- increased opportunities for work related activities
- increased access to other services through sign-posting
- increase in confidence, self-esteem and independence
- "seldom heard" communities reported increased access to support
- improved physical health and well-being
- evidence of people having a stronger voice
- increased awareness of mental health and addiction issues.

Reduced isolation

One of the most prevalent experiences of people with mental health is social isolation and loneliness.

All the services which Hillingdon Mind operates have the specific outcome of reducing isolation for individuals through the development of peer support, friendships and social networks, and access to community spaces where relationships could be formed and maintained.

An average of 170 people per week attended our facilitated Therapeutic and Social Groups. 63% of people attending our services reported that their social isolation had improved (Recovery Star assessment feedback).

62% of people surveyed reported an improvement in levels of self-confidence after accessing our services.

Our GAD7 Scores for the year indicate 56% improvement in anxiety

Our PHQ9 Scores for the year indicate 57% improvement in depression

Service users are supported through 1-1 counselling and recovery work alongside group work and workshops to develop self-help strategies to manage their wellbeing. This includes promotion of relevant community activities that they can access to improve their social capital.

Currently we have 82 volunteers who have provided between them 12,795 hours of work - this equates on a monetary basis to £177,210 (based on the London living wage of £13.85 p.h).

We continued to provide volunteering opportunities for service users in services operated by Hillingdon Mind and in administrative roles. However, it should be stated that these opportunities have reduced in the Mental Health Recovery Project due to the complexity of the cases being encountered - for safeguarding reasons we are having to rely on professional staff.

We have continued to offer employment and vocational support. Support provided to participants included psycho-educational approaches, coaching, job search skills, interviewing skills and peer support employment groups . The aim was to improve participants' work readiness and match them to vacancies and education/ training opportunities.

56 people attended the Job Hub Support Group . This is part of the employment support element of the recovery program of activities. The group is facilitated by a member of staff and a peer support volunteer with a background in mental health support and careers coaching. The group continues to offer specific employability skills training and personal development workshops for people with a wide range of mental health issues. Workshops offered include Building Resilience, Managing Expectations, SMART goal setting, Managing Anxiety and other employability related topics. The team helping participants identify strengths and support with matching them to appropriate vacancies and with job search skills and advice (eg., writing CVs, interview skills, using online job-search tools).

22 people were supported back into work and 43 supported into volunteering roles by the employment support team.

35 people were supported into training or adult education, particularly IT, functional skills wellbeing and vocational training.

7,050 people received assistance including emotional first aid , mental health related advice, advice and guidance with issues around accessing benefit entitlement, housing issues, debt advice and general signposting and referral to specialist support to overcome some of these issues.

Increase in Confidence, Self-Esteem and Independence

This was a further outcome intrinsic to the objectives of all Hillingdon Mind's services; during initial assessments in both counselling and the recovery service , these issues are discussed and evaluated. Through therapeutic and psycho-educational support, we work to improve confidence and self-esteem. We run regular psycho-educational workshops on these topics and help clients on an individual basis through counselling and 1-1 focused appointments. Clients are encouraged to access relevant courses through local organisations such as the Hillingdon Adult Learning Centres and the Recovery College as well as accessing online resources and support such as Talking Therapies, NHS inform workbooks and Mind's online resources.

62% of service users completing an evaluation report an increase in self-confidence after attending psycho-educational workshops or 1-1 sessions at Hillingdon Mind.

We continue to empower service users by exploring opportunities for service user led projects, peer support and engaging service users in volunteering opportunities. Through the promotion of self-help resources and psycho-education we aim to give clients the tools and guidance they need to manage their wellbeing independently.

People from BAME and "seldom heard" communities reported increased access to appropriate support

Hillingdon Mind understands the multiple levels of stigma, discrimination and disadvantage that are attached to people with mental health in BAME and other "seldom heard" or "under-supported " communities and the specific difficulties members of these communities face in understanding and accessing appropriate support.

Our work in this area is evidence of a strong commitment to, and experience of, working with the wide range of diverse communities in Hillingdon and delivering support in culturally sensitive ways. We provided several projects that strove to engage members from a range of the diverse BAME communities within the borough. These projects not only provided direct support to service users through 1-1 sessions and groups but also, in many instances, to their families or "carers" as well.

Improved physical health and wellbeing

We recognise the link between mental health and poor physical health and are committed to promoting healthy life choices to improve physical health when possible. We continue to offer our Wellbeing Walks and Forest Therapy which include the promotion of good diet, self-care strategies and to encourage service users to take up exercise independently. Held in local parks, the walks are accessible to a diverse service user group including those with long term physical health conditions and enduring mental health issues. We have continued to promote Nature based activities that service users can access independently such as our Gardening and Allotment Group which has expanded to provide sites in both Uxbridge and Harmondsworth.

Evidence of people having a stronger voice

We share information with service users, carers, and the local community about Mind campaigns at both a national and regional level.

We let service users know about opportunities to feed into Mind's policy work and how they can be involved in a range of activities that enable them to have a voice and campaign for change.

Hillingdon Mind continues to carry out research with service users about the barriers that prevent them from returning to work and other issues such as discrimination, stigma, managing mental health in the workplace and the experience of being unemployed with mental health issues. The results are fed back to our organisation at a national level and service users are encouraged to take part in forums to have a voice and be heard by policymakers. This has helped in the campaign for equality and policy changes to support people with mental health issues particularly around evidencing mental health when trying to claim benefit entitlement.

Hillingdon Mind is involved in the Winter Wellness Committee (a partnership between the London Borough of Hillingdon, 3rd Sector and NHS) and this gives us an opportunity to research the situation faced by our service users and share their experiences with the board to ensure they have a relevant voice.

We work closely with other third sector organisations such as POhWER and Healthwatch to empower people to share their feedback about use of different services.

Through service user forums and consultations within our group sessions, we have collected feedback and service user views on proposed developments in mental health services within Hillingdon - service users' feedback on their experiences of using GP and secondary health services. We ensure that this continues to be fedback to relevant parties ensuring that people's opinions are listened to. This helps shape the continuing development of services such as the SMI project which has led to increased engagement by people with severe mental health issues with their GP services and health checks.

Through partnership working with local higher education institutes, Hillingdon Mind service users have been supported to participate in the curriculum of key health and social care courses such as OT, Social Work and Psychology by sharing their lived experience with students during seminars and lectures.

80% of Trustees have a lived-in experience of their own mental health and this experience is seen as an integral part of the Board of Trustees.

Increased awareness of mental health and addiction issues

Hillingdon Mind continued to deliver Mental Health Awareness sessions to local organisations and employers, the aim of which was to educate people on signs of mental health issues to support early intervention and prevention and provide knowledge on support options and self-care. Mental health issues can still cause stigma and discrimination so awareness sessions aim to challenge this and support job retention and preventative strategies in the workplace.

Mind has developed a range of tools and resources including Employee Wellness Action Plans and Workplace Wellbeing Strategies. Mind shares these resources with local organisations during awareness sessions providing an early intervention and preventative toolkit for local employers.

Throughout the year a range of awareness events were delivered via Zoom and in person. These included a program of outreach and information sessions across GP surgeries and community organisations promoting awareness of Mind's services and support options for people with mental health issues and their carers.

Other awareness sessions delivered included:

- Healthwatch and POhWER wellbeing events
- Community Wellbeing events
- PCN Roadshows
- Mental health awareness sessions delivered to Uxbridge College and Brunel University
- Interaction with local universities to enhance student training and development experience of mental health issues including promotion of service user involvement
- Mental health awareness training and presentations to HAYAT community groups and Brilliant Parent Champions
- Home Office Sikh Association Webinars and Mental Health Awareness Sessions
- Mental Health First Aid and awareness training for Primary Care Network staff across the borough
- Mental Health Awareness Sessions with Local Care Home and Supported Living Staff Teams

Financial review

Having service reviews agreed with key funders, projects were run to budget ensuring no further pressure was put onto reserves and the overall surplus for the year has increased the level of free reserves carried forward at the financial year end. The transactions undertaken by the charity are detailed in the statement of financial activities within the accounts and in the related notes.

The principal funding sources for the charity are currently by formal Contracts for provision of mental health service and this funding primarily comes from the London Borough of Hillingdon, Hillingdon ICB and CNWL NHS Trust. The rest of the services are funded through the Big Lottery and the A P Taylor Trust.

The trustees have examined the charity's requirements for reserves considering the main risks to the organisation and have established a policy whereby a level of uncommitted reserves approximating to a third of the charity's current annual level of income should be maintained. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. The total level of uncommitted reserves held by the charity at the balance sheet date, as noted within the Statement of Financial Activities, has met that target, having shown a further improvement for the year under review, and the trustees are aware of what needs to be done to maintain a consistent level over forthcoming years.

The Finance Officer and Director provide quarterly management accounts and cash-flow reports to the Board of Trustees to assist with the effective oversight and management of the charity's finances. Whilst the charitable company continues to face challenges in securing sufficient and appropriate on-going funding, the trustees are pleased with the net surplus achieved in the year which has added to the charitable company's reserves carried forward. The budget for 2025 - 2026 indicates a projected modest surplus at the end of the financial year, based on services to be provided.

The trustees have reviewed the charity's reserves at the balance sheet date and have concluded that there are no restricted reserves to carry forward. Further details relating to restricted and unrestricted reserves are provided in the financial statements.

Whilst interest rates showed an improvement in the period under review the trustees have adopted and maintained a prudent approach with regard to investment policy and few funds were deemed suitable or available for long term investment. Consequently, and to protect the position attained by the charitable company, its funds are maintained in current and deposit accounts.

Plans for the future

The charity will continue to provide mental health services in the London Borough of Hillingdon and is active in extending, or developing new projects to complement the existing services by working collaboratively with the ICB, CNWL NHS Trust and the London Borough of Hillingdon to identify new or enhanced services. The development of training and other methods of income generation, which will lead to long term sustainability, are also at the forefront of Hillingdon Mind's objectives for the forthcoming year.

The trustees remain mindful of the state of the charity's finances but are confident that the steps which have been implemented will allow the charity to continue its operations into the foreseeable future.

Disclosure of information to auditor

Each of the director trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditors are unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditors are aware of such information.

Auditor

A resolution proposing that Gittins Mulderrig be reappointed as auditors of the company will be put to the members.

On behalf of the board of Trustees

V M Lewis

V. Lewis (Chair)
Trustee

Date 25/10/25

HILLINGDON MIND

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2025

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

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

In preparing these financial statements, the trustees are required to:
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

HILLINGDON MIND

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF HILLINGDON MIND

Opinion

We have audited the financial statements of Hillingdon Mind (the 'charity') for the year ended 31 March 2025 which comprise the statement of financial activities, the balance sheet, the statement of cash flows 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 31 March 2025 and of its incoming resources and application of resources, 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 accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts 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 charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

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

Other information

The other information comprises the information included in the annual report other than the financial statements and our 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 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.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; 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 charity for the purpose 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 charity'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

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an 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.

Extent to which the audit was considered capable of detecting irregularities, including fraud

We have considered the following matters in determining susceptibility to irregularity within these financial statements:

• We assessed the susceptibility of the entity's financial statements to material misstatement, including how fraud might occur.

• We considered and identified laws and regulations to which the Charity is subject and determined their significance in the context of the entity.

• We obtained an understanding of the legal and regulatory framework applicable to the entity and how the entity is complying with that framework

• We obtained an understanding of the entity's policies and procedures on compliance with laws and regulations,

• We obtained an understanding of the entity's policies and procedures on fraud risks, including knowledge of any actual, suspected or alleged fraud.

• We ensured that the audit work was undertaken by an engagement team with the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations, that any such incidences communicated and any discussions with specialists on areas of the financial statements which may be particularly susceptible to fraud have all been addressed.

• As the entity is a charitable company subject to audit we obtained an understanding of the entity's current activities, the scope of its authorisation and the effectiveness of its control environment.

We considered how our approach to the audit has affected the likelihood of detection of irregularities in explaining the extent to which the audit was considered capable of detecting irregularities and took into account:

- the inherent difficulties in detecting irregularities;
- the effectiveness of the entity's controls; and
- the nature, timing and extent of the audit procedures performed.

Irregularities that result from fraud might be inherently more difficult to detect than irregularities that result from error and our responsibilities for the engagement will mean that detection of those types of irregularity which give rise to a risk of material misstatement are those on which we may be able to provide the most comprehensive explanation.

Audit response to risks identified

Our audit response to risks identified incorporated but was not limited to the following:

- Enquiry of management and those charged with governance around actual and potential litigation and claims.

- Enquiry of entity staff in compliance functions to identify any instances of non-compliance with laws and regulations.

- Reviewing minutes of meetings, where available, of those charged with governance.

- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

- Considering the internal controls in place to mitigate the risk of fraud and error.

- Performing analytical review procedures to identify any unusual or unexpected relationships.

- Assessing whether management judgments, where made, in determining accounting estimates were indicative of potential bias.

- Reviewing correspondence with third parties

- Obtaining written representations from management in relation to the risk of fraud and error and in respect of information provided to us in the course of the audit.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any. Material misstatements that arise due to fraud can be more difficult to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

This report is made solely to the 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 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 company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Gittins Mulderrig
Chartered Accountants
Statutory Auditor

25/10/2025

6 High Street
Northwood
Middlesex
HA6 1BN

HILLINGDON MIND

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income and endowments from:							
Donations, grants and legacies	3	239,525	3,700	243,225	127,647	5,000	132,647
Charitable activities	5	-	500,485	500,485	-	459,186	459,186
Investments	4	9,747	-	9,747	5,041	-	5,041
Other income	7	32,069	-	32,069	17,742	-	17,742
Total income		281,341	504,185	785,526	150,430	464,186	614,616
Expenditure on:							
Raising funds	6	1,220	-	1,220	9,678	-	9,678
Charitable activities	8	188,871	501,419	690,290	111,222	460,334	571,556
Total expenditure		190,091	501,419	691,510	120,900	460,334	581,234
Net income		91,250	2,766	94,016	29,530	3,852	33,382
Transfers between funds		2,766	(2,766)	-	3,852	(3,852)	-
Net movement in funds	9	94,016	-	94,016	33,382	-	33,382
Reconciliation of funds:							
Fund balances at 1 April 2024		255,856	-	255,856	222,474	-	222,474
Fund balances at 31 March 2025		349,872	-	349,872	255,856	-	255,856

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

HILLINGDON MIND

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	14		8,443		6,791
Current assets					
Debtors	15	79,388		181,497	
Cash at bank and in hand		395,944		373,657	
		475,332		555,154	
Creditors: amounts falling due within one year	16	(133,903)		(306,089)	
Net current assets			341,429		249,065
Total assets less current liabilities			349,872		255,856
The funds of the charity					
Unrestricted funds	17		349,872		255,856
			349,872		255,856

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on 25/10/25

V.Lewis (Chair)
Trustee

Company registration number 03009554 (England and Wales)

HILLINGDON MIND

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Cash flows from operating activities					
Cash generated from operations	21		19,870		35,047
Investing activities					
Purchase of tangible fixed assets		(7,330)		(3,730)	
Interest received		9,747		5,041	
Net cash generated from investing activities			2,417		1,311
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			22,287		36,358
Cash and cash equivalents at beginning of year			373,657		337,299
Cash and cash equivalents at end of year			395,944		373,657

1 Accounting policies

Charity information

Hillingdon Mind is a private company limited by guarantee incorporated in England and Wales. The registered office is 40 New Windsor Street, Uxbridge, UB8 2TU.

1.1 Accounting convention

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

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are funds to be used for purposes as specified by the donor. Expenditure which meets these criteria is identified to the fund.

Unrestricted funds are non specific or general grant aid, donations, collections and other monies received, for the general purposes of the charity.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure is recognised on an accruals basis as a liability is incurred, and is inclusive of irrecoverable VAT.

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading and operation of clubs.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings & equipment	25% Straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented 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.

1 Accounting policies **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Estimation techniques applied, most particularly in the calculation of appropriate rates of depreciation and the recoverability of debtors, have been consistently calculated and the trustees consider these to be prudent but reasonable.

3 Donations and Grants

	Unrestricted funds	Restricted funds	Total 2025	Total 2024
	£	£	£	£
Donations and gifts	9,525	-	9,525	7,647
Other income	230,000	3,700	233,700	125,000
	239,525	3,700	243,225	132,647
For the year ended 31 March 2024	127,647	5,000		132,647
Donations and gifts				
Other	9,525	-	9,525	7,647
	9,525	-	9,525	7,647
Legacies receivable				
	-	-	-	-
Other Income				
Local authority core grant	-	-	-	120,000
LA contract and non specific grant income	230,000	3,700	233,700	5,000
	230,000	3,700	233,700	125,000

4 Income from investments

	Unrestricted funds 2025	Unrestricted funds 2024
	£	£
Interest receivable	9,747	5,041

5 Charitable Activities: Grants and Contracts

	2025	2024
	£	£
Performance related grants	500,485	459,186

Performance related grants		
NHS Eating disorder	48,331	
BME Health Cancer research	10,353	-
Carers grant	45,000	53,762
Mental Health Social Inclusion	131,143	184,830
Counselling services	104,000	117,000
PSMI Project	53,008	53,001
Forest Therapy	-	6,426
Big Lottery	108,650	44,167
	500,485	459,186

Mental Health Social Inclusion grants include befriender and young persons and weekend & out and about monies in addition to funds for clubs.

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2025	2024
	£	£
Costs of generating donations and grants		
Other fundraising costs	1,220	9,678
	1,220	9,678

7 Clubs, letting & fees

	2025	2024
	£	£
Fees training	4,650	3,000
Counselling income	26,770	14,742
Other	649	-
	32,069	17,742

8 Charitable activities

	2025	2024
	£	£
Staff costs	508,376	435,838
Depreciation and impairment	5,678	5,583
Insurance	5,517	4,545
Repairs, renewals and maintenance	6,338	4,419
Rent	28,637	32,628
Staff training & supervision	8,914	11,824
Staff recruitment	-	352
Staff travel	6,753	3,368
Volunteer costs	779	821
Office costs	1,125	771
Special project costs	45,086	5,909
Club costs	2,033	2,670
	619,236	508,728
Share of support costs (see note 11)	46,146	41,339
Share of governance costs (see note 11)	24,908	21,489
	690,290	571,556
Analysis by fund		
Unrestricted funds	188,871	
Restricted funds	501,419	
	690,290	
For the year ended 31 March 2024		
Unrestricted funds		111,222
Restricted funds		460,334
		571,556

9 Net movement in funds

	2025	2024
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the audit of the charity's financial statements	7,200	7,200
Depreciation of owned tangible fixed assets	5,678	5,575

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

10 Trustees **(Continued)**

11 Support costs

	Support costs	Governance costs	2025	2024	Basis of allocation
	£	£	£	£	
Staff costs		16,936	16,936	11,167	Governance
Bank charges	345	-	345	223	
Support Staff costs	11,291	-	11,291	16,750	
Computer costs	11,196	-	11,196	9,477	
Telephone	3,938	-	3,938	4,091	
Light, heat, refuse	3,370	-	3,370	1,513	
Print, post, stationery	2,689	-	2,689	2,730	
Other costs	12,301		12,301	6,555	
Audit fees	-	7,200	7,200	7,200	Governance
Legal and professional		772	772	863	Governance
Trustee expenses	-	-	-	2,259	
	46,146	24,908	71,054	62,828	
Analysed between					
Charitable activities	46,146	24,908	71,054	62,828	

Governance costs includes auditors fees of £7,200, gross (2024- £7,200, gross).

12 Employees

Charity employees	15	12
Administrative employees	3	3
	18	15

Employment costs	**2025**	**2024**
	£	£
Wages and salaries	508,376	435,838

There were two employees whose remuneration exceeded £60,000 for the year under review (2024: 1).

13 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

14 Tangible fixed assets

	Fixtures, fittings & equipment
	£
Cost	
At 1 April 2024	29,388
Additions	7,330
At 31 March 2025	36,718
Depreciation and impairment	
At 1 April 2024	22,597
Depreciation charged in the year	5,678
At 31 March 2025	28,275
Carrying amount	
At 31 March 2025	8,443
At 31 March 2024	6,791

15 Debtors

	2025	2024
Amounts falling due within one year:	£	£
Trade debtors	61,045	163,310
Prepayments and accrued income	18,343	18,187
	79,388	181,497

16 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	-	11,629
Trade creditors	7,457	13,805
Other creditors	117,577	272,604
Accruals	8,869	8,051
	133,903	306,089

Other creditors includes deferred income of £115,736 (2024: £262,370).

17 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024	Incoming resources	Resources expended	Transfers	At 31 March 2025
	£	£	£	£	£
General funds	255,856	281,341	(190,091)	2,766	349,872

Previous year:	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	222,474	150,430	(120,900)	3,852	255,856

18 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

		Movement in funds		
	Balance at 1 April 2024	Incoming	Outgoing	Balance at 31 March 2025
	£	£	£	£
Counselling	-	104,000	(104,000)	-
BME Health	-	10,353	(10,353)	
Mental Health Social Inclusion	-	131,143	(131,143)	-
NHS Eating disorder	-	48,331	(44,831)	
Carers		45,000	(45,734)	-
Net NHS Eating disorder surplus less Carers excess	-	-	(2,766)	
Big Lottery/ Awards for All/ MHFA/ One Step Forward	-	108,650	(108,650)	-
PSMI Project	-	53,008	(53,008)	-
	-	-	-	-
Non performance related grants	-	-	-	-
	-	-	-	-
A P Taylor Trust	-	3,700	(3,700)	-
	-	-	-	-
	-	504,185	(504,185)	-

The trustees consider that all funds held at the balance sheet date were unrestricted funds (2024 : £0 restricted funds).

19 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Fund balances at 31 March 2025 are represented by:			
Tangible assets	8,443		8,443
Current assets/(liabilities)	341,429		341,429
	349,872	-	349,872

20 Related party transactions

Related parties of the charitable company at the Balance Sheet date have been identified as the trustees, the charity director, H4All and the National Association for Mental Health (MIND). During the period under review payment was made to MIND in the sum of £2,057(2024: £1,003) in respect of affiliation fees.Apart from salary paid to the charity director, there were no other related party transactions to report.

No guarantees have been given or received.

21 Cash generated from operations

	2025	2024
	£	£
Surplus for the year	94,016	33,382
Adjustments for:		
Investment income recognised in profit or loss	(9,747)	(5,041)
Depreciation eliminated on fixed asset disposal	-	8
Depreciation and impairment of tangible fixed assets	5,678	5,583
Movements in working capital:		
Decrease/(increase) in debtors	102,109	(117,211)
(Decrease)/increase in creditors	(172,186)	118,326
Cash generated from operations	19,870	35,047

HILLINGDON MIND

England & Wales - Charity number 1045701

Accounts

Charity Registration No. 1045701

Company Registration No. 03009554 (England and Wales)

HILLINGDON MIND

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

HILLINGDON MIND

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	V. Payne (Chair) M.S. Chahal J. Clark P.S. Mattoo S Fuidge D.Deacy
Secretary	A.Stangoe
Charity number	1045701
Company number	03009554
Principal address	40 New Windsor Street Uxbridge Middlesex UB8 2TU
Registered office	40 New Windsor Street Uxbridge Middlesex UB8 2TU
Auditor	Gittins Mulderrig 6 High Street Northwood Middlesex HA6 1BN
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

HILLINGDON MIND

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HILLINGDON MIND

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2024

The trustees present their annual report and financial statements for the year ended 31 March 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006 and "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)"

Structure, governance and management

Hillingdon Mind is a charitable company limited by guarantee and its governing document is its Memorandum and Articles of Association. Hillingdon Mind is an independent charity affiliated to the National Association for Mental Health (Mind), and its objects are in accordance with the aims and objectives of Mind. Specifically, the charity seeks to promote good mental health wellbeing and to support and maintain persons residing in the London Borough of Hillingdon who experience various mental health conditions.

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

V. Payne (Chair)
D. Deacy (Treasurer)
S. Fuidge
P.S. Mattoo
M.S.Chahal
J. Clark

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

The trustees form a diverse and committed body with an interest in mental health issues and the charitable company has sought to enhance the potential pool of suitable trustees through selective advertising, through Third Sector trustee recruitment agencies and networking with local governmental and council departments and like-minded organisations.

To enhance their knowledge of the practical work undertaken by the charity, trustees are encouraged to take an active role in project matters in which the have expressed an interest. The induction process covers the obligations of trustees, an introduction to the main documents which set out the operational framework including the Memorandum and Articles, resourcing and the current financial position as set out within the latest published accounts and future plans and objectives of the charity. It also includes a Code of Conduct for trustees.

The detailed organisational structure of Hillingdon Mind is subject to change, dependent upon the projects undertaken in the furtherance of the charity's objects, however, the overall organisational structure adopted provides for a board of trustees (appointed in accordance with the Articles of Association), a Charity Director, management and administration personnel, project workers and co-ordinators. The charity also makes use of, and is grateful to, its many volunteer workers.

The trustees have considered the major risks to which the charity is exposed and have established a risk register which is regularly reviewed and updated. Where appropriate, systems and procedures have been established to mitigate material risks. External risks to funding have been identified and continue to be addressed and there has been planned diversification in activity within the charitable company. Internal control risks are minimised by the implementation of a Schedule of Delegated Authority, and procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety and insurance issues relating to staff, volunteers and users. A 2022 review by National Mind awarded Hillingdon Mind the Mind Quality Mark with an additional award for Excellence for Workforce, Volunteers and Culture. The MQM Award from National Mind confirmed that the charity meets the agreed quality assurance standards to ensure consistent quality of delivery for all operational aspects of the charity; this award is valid for four years. All procedures are reviewed on a frequency dependent on risk, from annual to bi-annual basis, to ensure that they continue to meet the needs of the charity.

Objectives and Activities

Hillingdon Mind believes that life experiences, and the environment in which we live, play a major part in influencing our mental health. The charity considers that people have a right to be treated holistically and this is reflected in the wide range of services offered. The mission of Hillingdon Mind is expressed in the 'Hillingdon Mind Strategic Business Development Plan 2023 -2025' and is as follows:

Vision, Mission, Values & Purpose

Our vision

We won't give up until everyone experiencing a mental health problem gets both support and respect. We will look towards innovative and technological solutions to ensure that everyone has access to resources to support them on their journey.

Our mission

We provide advice and support to empower anyone experiencing a mental health problem in the London Borough of Hillingdon. We campaign and teach locally to improve services, raise awareness and promote understanding.

Our values

We reach out to anyone who needs us and design services for those in our community that are 'seldom heard'.

- Together
We're stronger in partnership - we will ensure that we create and maintain successful relationships with the Local Authority, CCG, NHS, H4All and other relevant bodies to ensure mental health services are developed and promoted.

- Responsive
We listen, we act - we will adapt our services to meet service users' needs and will be flexible in the way these services are delivered.

- Independent
We speak out fearlessly and will continue to advocate and advise on behalf of our service users.

- Unstoppable
We never give up - we believe everyone has the right to access mental health support services and that mental health should be an integral component to all health services.

Our Purpose

Hillingdon Mind's purpose is to achieve the following for the residents of the London Borough of Hillingdon:

Staying well: Support people, likely to develop mental health problems, to stay well

Empowering Choice: Empower people who experience a mental health problem to make informed choices about how they live and recover

Improving services and support: Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem.

Enabling social participation: Open the doors to people with experience of mental health problems participating fully in society

Removing inequality of opportunity: Gain equality of treatment for people who experience both mental health and other forms of discrimination

Organisational excellence: Make the most of our assets by building a culture of excellence

As well as working to these strategic themes the charity has paid due regard to guidance issued by the Charity Commission in deciding what activities it should undertake and in the exercising of its powers and duties for the public benefit.

Hillingdon Mind remains the largest independent provider of mental health services in the London Borough of Hillingdon.

Hillingdon Mind delivered the following services in 2023/24:

- A Mental Health Recovery Project (based on the Recovery Model and using the Triangle Recovery Star assessment) - this provides an individual person-centred assessment and support and is led by a qualified Social Worker (generally telephone & online, emergencies in person)

- An SMI Supported service

- A Young Adults Project (16 - 25)

- Mental Health Awareness for Marginalised Groups - We carried out community outreach to both the Somali and Asian Communities in the Borough, delivering a variety of mental health related workshops. We attended local Mosques and worked with the HAYAT Women's Group and Somaliland in promoting mental health awareness in both English and Arabic. We also left Mind resource packs written in Arabic and Urdu at these events

- A weekly employment support service offering workshops, group work and mentoring to help people develop the knowledge and confidence to access learning, training, volunteering and employment opportunities

- A Family Support Service for Carers of Mental Health, to provide one to one support through times of crisis - provided by telephone and online

- A dedicated Psychotherapist for Carers of Mental Health, to provide one to one counselling and group psychotherapy to carers

- A Carers of mental health group coffee and chat - provided online and and support by the Mind Carers Team

- A Free Counselling and Psychotherapy service funded by Hillingdon CCG

- A Counselling for Depression Step 3 IAPT service funded by Hillingdon CCG

- A Low Cost (fee paying) Counselling Service for people who earn in excess of the income threshold to qualify for the free service

- Trauma Counselling (provided online or by 'phone) for those clients affected by severe trauma and requiring specialist help - this is restricted and we are looking to expand through additional funding

- A Bereavement Counselling Service provided for Harlington Hospice

- Mental Health Awareness Service - a programme that delivers Bespoke Workshops. Facilitated Sessions, Webinars and Mental Health First Aid

- A Mindfulness Group - provided weekly online

- A face to face weekly Social Club - opportunities for social support, peer support and learning

- Online Evening Quiz and Coffee and Chat Groups - opportunities for social support, peer support and learning

- Online Weekend Social Club - opportunities for social support, peer support and learning

- A facilitated Hearing Voices online support group

- A Creative Art weekly group provided online

- A Creative Writing weekly group provided online

- Monthly facilitated Eco therapy groups (green activities) - Forest Therapy, etc.

- A facilitated weekly in person Men's Group

- A facilitated weekly in person Women's Group

- A weekly in person Wellbeing Walk

- A weekly in person Gardening Group

- A monthly in person Poetry Group

- A monthly in person Book Club

New services/activities initiated in Hillingdon in the last year

Funding for the Carers Project, which was initially provided by the Carers Trust through the Big Lottery, came to an end in June 2023. However, Hillingdon mind put its own grant application into the Big Lottery and were successful in our application. The new project called Carers 'Covid and Beyond' started in November 2023 and will run for five years at a total value of £579,545.

Services ending in this year

The Bereavement Counselling Service provided for Harlington Hospice ended in September 2023 as the Hospice has enlarged its in house service provision due to its merger with Michael Sobell House. This effectively provides a wrap around service for people using the Hospice Service and is a better placement for clients.

Achievements and performance
Our achievements 2023-2024

We provided support to 5,981 individual clients in this period

We provided advice and support to 7,004 individuals

We worked with a total of 1,463 counselling clients during this period. 1,463 clients contacted the counselling service for advice. 230 received free counselling, 172 clients received Counselling for Depression (Step 3 Service), 52 clients were seen for Bereavement Counselling and 47 clients used the paid service

76 clients accessed work related support to increase their employability skills including group work activities, 1-1 careers coaching, tailored employment support such as CV and application writing support, interview preparation and support with job searching

We ran 17 weekly groups covering a wide range of activities offering social, therapeutic and practical support. The average weekly attendance across all group activities was 170 people

We ran a program of Mental Health Awareness training to a variety of organisations and communities in the borough. Through this work we reached a total of 2,833 people

We launched a new website in May 2023 which allows the public and professionals to refer directly to Mind. It has links to the Mind Youtube video channels and provides a variety of resources for understanding mental health (an A-Z Mental Health Directory) and a list of local and national support organisations

Additional Funding

This year we have had additional funding from the following organisations:

- ICB
- CNWL
- JP Taylor Trust
- Lloyds Bank Foundation
- The Big Lottery Community Grant

Regional Influence

Currently Mind in Hillingdon have representation at the following panels:

- Suicide Prevention Panel

- MARAC

- Hate Crime Up Standers

- Community Development

- Safeguarding Partnerships

- Winter Wellness Board

- Health and Wellbeing Alliance

- Carers Partnership

- LGBTQ+ Forum

- Joint Treatment & Support for Drug and Alcohol Conditions

Mind in Hillingdon has partnerships with Primary and Secondary care sectors as well as being involved with H4All at Board level and involved with several third sector providers to ensure services are provided to our clients. The following list indicates some of the partners and levels we work at with them:

Central, North, West London NHS Trust

- Mental Health Transformation Board
- Service User & Carers Forum
- Step Down Pathway - Group Activities
- Mental Health and Learning Disability Partnership Meetings
- Young Peoples Mental Health Implementation Partnership
- Older Peoples Mental Health Group
- GP Federation
- CNWL Training
- Bereavement Group
- Talking Therapies Network
- SMI Service Delivery and Development Board
- Thrive Network

London Borough of Hillingdon

- Suicide Prevention Panel
- MARAC
- Hate Crime Up Standers
- Community Development
- Safeguarding Partnerships
- Winter Wellness
- Older People's Assembly
- Carers Strategy

We have also worked with the following organisations:

H4All - Cross referral to partner members, provision of mental health training and advice to H4All employees

HHCP - Training sessions delivered as part of Outreach and Healthy Talks Pilot program

Brilliant Parents - Provision of mental health training to volunteers

Carers Trust - Provision of Family Support Worker and Psychotherapist for the Carers of individuals with Mental Health issues

Co-Advisory Design Board

Harlington Hospice - Provision of a Bereavement Counselling Service

HAYAT - Mental Health First Aid and Mental Health Awareness Training

Healthwatch - Involved in joint wellbeing events including live broadcasts & webinars, supported service user feedback

DWP - Employment Support Partnership Working

POhWER - Service User feedback and joint event working

Hillingdon Womens Centre - Cross referral to services, Outreach

Border Force - Wellbeing Webinars

Brunel University - Student and Staff Wellbeing Outreach

Buckinghamshire University - Social Worker Training Program - Service User involvement

Trussell Trust - Holding Foodbank Vouchers for Clients

REAP - Involvement in the Mental Health Asylum and Refugee Group

P3 - Cross Referral to services

Hestia - Cross Referral to services

HACS - Cross Referral to services

Uxbridge College - Outreach and events for student support

We maintained relationships with culturally specific third sector organisations to promote mental health awareness and to look at partnership working. We worked with HAYAT, Somaliland and the Brilliant Parents Champions to offer Mental Health First Aid Training and therefore provide opportunities for increased mental health awareness and skills development for early intervention in case of mental health crises.

We are also part of the West London Mental health Partnership, with Mind in Harrow, Mind in Ealing, Hounslow and Hammersmith and Fulham and jointly employ a transformation Director whose role is to represent our Mind with the ICB, 3ST and at contract opportunities.

Service User Outcomes

Our Mental Health Recovery Program and Counselling both use measures which record the following outcomes:

- reduced isolation
- increased opportunities for work related activities
- increased access to other services through sign-posting
- increase in confidence, self-esteem and independence
- "seldom heard" communities reported increased access to support
- improved physical health and well-being
- evidence of people having a stronger voice
- increased awareness of mental health and addiction issues.

Reduced isolation

One of the most prevalent experiences of people with mental health is social isolation and loneliness.

All the services which Hillingdon Mind operates have the specific outcome of reducing isolation for individuals through the development of peer support, friendships and social networks, and access to community spaces where relationships could be formed and maintained.

An average of 170 people per week attended our facilitated Therapeutic and Social Groups. 66% of people attending our services reported that their social isolation had improved (Recovery Star assessment feedback).

64% of people surveyed reported an improvement in levels of self-confidence after accessing our services.

Our GAD7 Scores for the year indicate 63% improvement in anxiety

Our PHQ9 Scores for the year indicate 61% improvement in depression

Service users are supported through 1-1 counselling and recovery work alongside group work and workshops to develop self-help strategies to manage their wellbeing. This includes promotion of relevant community activities that they can access to improve their social capital.

Currently we have 82 volunteers who have provided between them 12,792 hours of work - this equates on a monetary basis to £152,864 (based on the London living wage of £11.95 ph).

We continued to provide volunteering opportunities for.service users in services operated by Hillingdon Mind and in administrative roles. However, it should be stated that these opportunities have reduced in the Mental Health Recovery Project due to the complexity of the cases being encountered - for safeguarding reasons we are having to rely on professional staff.

We have continued to offer employment and vocational support. Support provided to participants included psycho-educational approaches, coaching, job search skills, interviewing skills and peer support employment groups . The aim was to improve participants' work readiness and match them to vacancies and education/ training opportunities.

52 people attended the Job Hub Support Group . This is part of the employment support element of the recovery program of activities. The group is facilitated by a member of staff and a peer support volunteer with a background in mental health support and careers coaching. The group continues to offer specific employability skills training and personal development workshops for people with a wide range of mental health issues. Workshops offered include Building Resilience, Managing Expectations, SMART goal setting, Managing Anxiety and other employability related topics. The team helping participants identify strengths and support with matching them to appropriate vacancies and with job search skills and advice (eg., writing CVs, interview skills, using online job-search tools).

14 people were supported back into work and 25 supported into volunteering roles by the employment support team.

32 people were supported into training or adult education, particularly IT, functional skills wellbeing and vocational training.

7,004 people received assistance including emotional first aid , mental health related advice, advice and guidance with issues around accessing benefit entitlement, housing issues, debt advice and general signposting and referral to specialist support to overcome some of these issues.

Increase in Confidence, Self-Esteem and Independence

This was a further outcome intrinsic to the objectives of all Hillingdon Mind's services; during initial assessments in both counselling and the recovery service , these issues are discussed and evaluated. Through therapeutic and psycho-educational support, we work to improve confidence and self-esteem. We run regular psycho-educational workshops on these topics and help clients on an individual basis through counselling and 1-1 focused appointments. Clients are encouraged to access relevant courses through local organisations such as the Hillingdon Adult Learning Centres and the Recovery College as well as accessing online resources and support such as Talking Therapies, NHS inform workbooks and Mind's online resources.

64% of service users completing an evaluation report an increase in self-confidence after attending psycho-educational workshops or 1-1 sessions at Hillingdon Mind.

We continue to empower service users by exploring opportunities for service user led projects, peer support and engaging service users in volunteering opportunities. Through the promotion of self-help resources and psycho-education we aim to give clients the tools and guidance they need to manage their wellbeing independently.

People from BAME and "seldom heard" communities reported increased access to appropriate support

Hillingdon Mind understands the multiple levels of stigma, discrimination and disadvantage that are attached to people with mental health in BAME and other "seldom heard" or "under-supported " communities and the specific difficulties members of these communities face in understanding and accessing appropriate support.

Our work in this area is evidence of a strong commitment to, and experience of, working with the wide range of diverse communities in Hillingdon and delivering support in culturally sensitive ways. We provided several projects that strove to engage members from a range of the diverse BAME communities within the borough. These projects not only provided direct support to service users through 1-1 sessions and groups but also, in many instances, to their families or "carers" as well.

Improved physical health and wellbeing

We recognise the link between mental health and poor physical health and are committed to promoting healthy life choices to improve physical health when possible. We continue to offer our Wellbeing Walks and Forest Therapy which include the promotion of good diet, self-care strategies and to encourage service users to take up exercise independently. Held in local parks, the walks are accessible to a diverse service user group including those with long term physical health conditions and enduring mental health issues. We have continued to promote Nature based activities that service users can access independently such as our Gardening and Allotment Group which has expanded to provide sites in both Uxbridge and Harmondsworth.

Evidence of people having a stronger voice

We share information with service users, carers, and the local community about Mind campaigns at both a national and regional level.

We let service users know about opportunities to feed into Mind's policy work and how they can be involved in a range of activities that enable them to have a voice and campaign for change.

Hillingdon Mind continues to carry out research with service users about the barriers that prevent them from returning to work and other issues such as discrimination, stigma, managing mental health in the workplace and the experience of being unemployed with mental health issues. The results are fed back to our organisation at a national level and service users are encouraged to take part in forums to have a voice and be heard by policymakers. This has helped in the campaign for equality and policy changes to support people with mental health issues particularly around evidencing mental health when trying to claim benefit entitlement.

Hillingdon Mind is involved in the Winter Wellness Committee (a partnership between the London Borough of Hillingdon, 3rd Sector and NHS) and this gives us an opportunity to research the situation faced by our service users and share their experiences with the board to ensure they have a relevant voice.

We work closely with other third sector organisations such as POhWER and Healthwatch to empower people to share their feedback about use of different services.

Through service user forums and consultations within our group sessions, we have collected feedback and service user views on proposed developments in mental health services within Hillingdon - service users' feedback on their experiences of using GP and secondary health services. We ensure that this continues to be fedback to relevant parties ensuring that people's opinions are listened to. This helps shape the continuing development of services such as the SMI project which has led to increased engagement by people with severe mental health issues with their GP services and health checks.

Through partnership working with local higher education institutes, Hillingdon Mind service users have been supported to participate in the curriculum of key health and social care courses such as OT, Social Work and Psychology by sharing their lived experience with students during seminars and lectures.

80% of Trustees have a lived-in experience of their own mental health and this experience is seen as an integral part of the Board of Trustees.

Increased awareness of mental health and addiction issues

Hillingdon Mind continued to deliver Mental Health Awareness sessions to local organisations and employers, the aim of which was to educate people on signs of mental health issues to support early intervention and prevention and provide knowledge on support options and self-care. Mental health issues can still cause stigma and discrimination so awareness sessions aim to challenge this and support job retention and preventative strategies in the workplace.

Mind has developed a range of tools and resources including Employee Wellness Action Plans and Workplace Wellbeing Strategies. Mind shares these resources with local organisations during awareness sessions providing an early intervention and preventative toolkit for local employers.

Throughout the year a range of awareness events were delivered via Zoom and in person. These included a program of outreach and information sessions across GP surgeries and community organisations promoting awareness of Mind's services and support options for people with mental health issues and their carers.

Other awareness sessions delivered included:

- Healthwatch and POhWER wellbeing events
- Community Wellbeing events
- PCN Roadshows
- Mental health awareness sessions delivered to Uxbridge College and Brunel University
- Interaction with local universities to enhance student training and development experience of mental health issues including promotion of service user involvement
- Mental health awareness training and presentations to HAYAT community groups and Brilliant Parent Champions
- Wellbeing workshops delivered to parent groups at Yeading School
- Home Office Sikh Association Webinars and Mental Health Awareness Sessions
- Mental Health First Aid and awareness training for Primary Care Network staff across the borough
- Mental Health Awareness Sessions with Local Care Home and Supported Living Staff Teams

Financial review

Having service reviews agreed with key funders, projects were run to budget ensuring no further pressure was put onto reserves and the overall surplus for the year has increased the level of free reserves carried forward at the financial year end. The transactions undertaken by the charity are detailed in the statement of financial activities within the accounts and in the related notes.

The principal funding sources for the charity are currently by formal Contracts for provision of mental health service and this funding primarily comes from the London Borough of Hillingdon, Hillingdon ICB and CNWL NHS Trust. The rest of the services are funded through the Big Lottery, Lloyds Bank Foundation, Ruislip Lions and the A P Taylor Trust.

The trustees have examined the charity's requirements for reserves considering the main risks to the organisation and have established a policy whereby a level of uncommitted reserves approximating to a third of the charity's current annual level of income should be maintained. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. The total level of uncommitted reserves held by the charity at the balance sheet date, as noted within the Statement of Financial Activities, has met that target, having shown a further improvement for the year under review, and the trustees are aware of what needs to be done to maintain a consistent level over forthcoming years.

The Finance Officer and Director provide quarterly management accounts and cash-flow reports to the Board of Trustees to assist with the effective oversight and management of the charity's finances. Whilst the charitable company continues to face challenges in securing sufficient and appropriate on-going funding, the trustees are pleased with the net surplus achieved in the year which has added to the charitable company's reserves carried forward. The budget for 2024 - 2025 indicates a projected modest surplus at the end of the financial year, based on services to be provided.

The trustees have reviewed the charity's reserves at the balance sheet date and have concluded that there are no restricted reserves to carry forward. Further details relating to restricted and unrestricted reserves are provided in the financial statements.

Whilst interest rates showed an improvement toward the second half of the period under review the trustees have adopted and maintained a prudent approach with regard to investment policy and few funds were deemed suitable or available for long term investment. Consequently, and to protect the position attained by the charitable company, its funds are maintained in current and deposit accounts.

Plans for the future

The charity will continue to provide mental health services in the London Borough of Hillingdon and is active in extending, or developing new projects to complement the existing services by working collaboratively with the ICB, CNWL NHS Trust, the London Borough of Hillingdon and North West London Mind to identify new or enhanced services. The development of training and other methods of income generation, which will lead to long term sustainability, are also at the forefront of Hillingdon Mind's objectives for the forthcoming year.

The trustees remain mindful of the state of the charity's finances but are confident that the steps which have been implemented will allow the charity to continue its operations into the foreseeable future.

Disclosure of information to auditor

Each of the director trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditors are unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditors are aware of such information.

Auditor

A resolution proposing that Gittins Mulderrig be reappointed as auditors of the company will be put to the members.

On behalf of the board of Trustees

V. M. Payne

V. Payne (Chair)
Trustee

Date 3 OCTOBER 2024

HILLINGDON MIND

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2024

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

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

HILLINGDON MIND

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF HILLINGDON MIND

Opinion

We have audited the financial statements of Hillingdon Mind (the 'charity') for the year ended 31 March 2024 which comprise the statement of financial activities, the balance sheet, the statement of cash flows 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 31 March 2024 and of its incoming resources and application of resources, 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 accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts 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 charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

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

Other information

The other information comprises the information included in the annual report other than the financial statements and our 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 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.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; 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 charity for the purpose 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 charity'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

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an 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.

Extent to which the audit was considered capable of detecting irregularities, including fraud

We have considered the following matters in determining susceptibility to irregularity within these financial statements:

• We assessed the susceptibility of the entity's financial statements to material misstatement, including how fraud might occur.

• We considered and identified laws and regulations to which the Charity is subject and determined their significance in the context of the entity.

• We obtained an understanding of the legal and regulatory framework applicable to the entity and how the entity is complying with that framework

.

• We obtained an understanding of the entity's policies and procedures on compliance with laws and regulations,

• We obtained an understanding of the entity's policies and procedures on fraud risks, including knowledge of any actual, suspected or alleged fraud.

• We ensured that the audit work was undertaken by an engagement team with the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations, that any such incidences communicated and any discussions with specialists on areas of the financial statements which may be particularly susceptible to fraud have all been addressed.

• As the entity is a charitable company subject to audit we obtained an understanding of the entity's current activities, the scope of its authorisation and the effectiveness of its control environment.

We considered how our approach to the audit has affected the likelihood of detection of irregularities in explaining the extent to which the audit was considered capable of detecting irregularities and took into account:

- the inherent difficulties in detecting irregularities;
- the effectiveness of the entity's controls; and
- the nature, timing and extent of the audit procedures performed.

Irregularities that result from fraud might be inherently more difficult to detect than irregularities that result from error and our responsibilities for the engagement will mean that detection of those types of irregularity which give rise to a risk of material misstatement are those on which we may be able to provide the most comprehensive explanation.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE TRUSTEES OF HILLINGDON MIND

Audit response to risks identified

Our audit response to risks identified incorporated but was not limited to the following:

- Enquiry of management and those charged with governance around actual and potential litigation and claims.

- Enquiry of entity staff in compliance functions to identify any instances of non-compliance with laws and regulations.

- Reviewing minutes of meetings, where available, of those charged with governance.

- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

- Considering the internal controls in place to mitigate the risk of fraud and error.

- Performing analytical review procedures to identify any unusual or unexpected relationships.

- Assessing whether management judgments, where made, in determining accounting estimates were indicative of potential bias.

- Reviewing correspondence with third parties

- Obtaining written representations from management in relation to the risk of fraud and error and in respect of information provided to us in the course of the audit.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any. Material misstatements that arise due to fraud can be more difficult to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

This report is made solely to the 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 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 company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Gittins Mulderrig
Chartered Accountants
Statutory Auditor

03/10/24
.....

6 High Street
Northwood
Middlesex
HA6 1BN

HILLINGDON MIND

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income and endowments from:							
Donations and legacies	3	127,647	5,000	132,647	121,298	5,000	126,298
Charitable activities	5	-	459,186	459,186	-	475,508	475,508
Investments	4	5,041	-	5,041	1,764	-	1,764
Other income	7	17,742	-	17,742	10,259	-	10,259
Total income		150,430	464,186	614,616	133,321	480,508	613,829
Expenditure on:							
Raising funds	6	9,678	-	9,678	5,808	-	5,808
Charitable activities	8	111,222	460,334	571,556	120,154	486,515	606,669
Total expenditure		120,900	460,334	581,234	125,962	486,515	612,477
Net income		29,530	3,852	33,382	7,359	(6,007)	1,352
Transfers between funds		3,852	(3,852)	-	-	-	-
Net movement in funds		33,382	-	33,382	7,359	(6,007)	1,352
Reconciliation of funds:							
Fund balances at 1 April 2023		222,474	-	222,474	215,115	6,007	221,122
Fund balances at 31 March 2024		255,856	-	255,856	222,474	-	222,474

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

HILLINGDON MIND

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	13		6,791		8,652
Current assets					
Debtors	14	181,497		64,286	
Cash at bank and in hand		373,657		337,299	
		555,154		401,585	
Creditors: amounts falling due within one year	15	306,089		187,763	
Net current assets			249,065		213,822
Total assets less current liabilities			255,856		222,474
The funds of the charity					
Unrestricted funds			255,856		222,474
			255,856		222,474

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024, although an audit has been carried out under section 144 of the Charities Act 2011.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on 3 OCTOBER 2024

V. Payne (Chair)
Trustee

Company registration number 03009554 (England and Wales)

HILLINGDON MIND

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	20		35,038		(21,604)
Investing activities					
Purchase of tangible fixed assets		(3,721)		(4,316)	
Interest received		5,041		1,764	
Net cash generated from/(used in) investing activities			1,320		(2,552)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			36,358		(24,156)
Cash and cash equivalents at beginning of year			337,299		361,455
Cash and cash equivalents at end of year			373,657		337,299

1 Accounting policies

Charity information

Hillingdon Mind is a private company limited by guarantee incorporated in England and Wales. The registered office is 40 New Windsor Street, Uxbridge, UB8 2TU.

1.1 Accounting convention

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

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are funds to be used for purposes as specified by the donor. Expenditure which meets these criteria is identified to the fund.

Unrestricted funds are non specific or general grant aid, donations, collections and other monies received, for the general purposes of the charity.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure is recognised on an accruals basis as a liability is incurred, and is inclusive of irrecoverable VAT.

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading and operation of clubs.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings & equipment	25% Straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented 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.

1 Accounting policies **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Estimation techniques applied, most particularly in the calculation of appropriate rates of depreciation and the recoverability of debtors, have been consistently calculated and the trustees consider these to be prudent but reasonable.

3 Donations and Grants

	Unrestricted funds	Restricted funds	Total 2024	Total 2023
	£	£	£	£
Donations and gifts	7,647	-	7,647	1,298
Other income	120,000	5,000	125,000	125,000
	127,647	5,000	132,647	126,298
For the year ended 31 March 2023	121,298	5,000		126,298
Donations and gifts				
Other	7,647	-	7,647	1,298
	7,647	-	7,647	1,298
Legacies receivable				
	-	-	-	-
Other Income				
Local authority core grant	120,000	-	120,000	120,000
Other non specific grant income	-	5,000	5,000	5,000
	120,000	5,000	125,000	125,000

4 Income from investments

	Unrestricted funds 2024	Unrestricted funds 2023
	£	£
Interest receivable	5,041	1,764

5 Charitable Activities: Grants and Contracts

	2024	2023
	£	£
Performance related grants	459,186	475,508

Performance related grants		
H4All Safely home grant	-	6,615
Carers grant	53,762	94,691
Mental Health Social Inclusion	184,830	171,837
Counselling services	117,000	130,004
PSMI Project	53,001	69,996
Forest Therapy	6,426	2,365
Big Lottery	44,167	-
	459,186	475,508

Mental Health Social Inclusion grants include befriender and young persons and weekend & out and about monies in addition to funds for clubs.

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Costs of generating donations and grants		
Other fundraising costs	9,678	5,808
	9,678	5,808

7 Clubs, letting & fees

	2024	2023
	£	£
Fees training	3,000	2,730
Counselling income	14,742	7,529
Supervision	-	-
	17,742	10,259

8 Charitable activities

	2024	2023
	£	£
Staff costs	435,838	440,058
Depreciation and impairment	5,583	6,414
Insurance	4,545	4,546
Repairs, renewals and maintenance	4,419	9,708
Rent	32,628	29,495
Staff training & supervision	11,824	21,312
Staff recruitment	352	422
Staff travel	3,368	3,636
Volunteer costs	821	349
Office costs	771	1,441
Special project costs	5,909	5,450
Club costs	2,670	9,651
	508,728	532,482
Share of support costs (see note 10)	41,339	47,355
Share of governance costs (see note 10)	21,489	26,832
	571,556	606,669
Analysis by fund		
Unrestricted funds	111,222	
Restricted funds	460,334	
	571,556	
For the year ended 31 March 2023		
Unrestricted funds		120,154
Restricted funds		486,515
		606,669

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

No salary payments were made to trustees during the period however the charitable company did incur costs in respect of training courses undertaken by trustees, relative to their positions within the charity, and the total sum expended was £2,000 (2022:£509).

10 Support costs

	Support costs	Governance costs	2024	2023	Basis of allocation
	£	£	£	£	
Staff costs		11,167	11,167	15,459	Governance
Bank charges	223	-	223	186	
Support Staff costs	16,750	-	16,750	23,188	
Computer costs	9,477	-	9,477	8,686	
Telephone	4,091	-	4,091	4,476	
Light, heat, refuse	1,513	-	1,513	1,227	
Print, post, stationery	2,730	-	2,730	2,610	
Other costs	6,555		6,555	7,011	Pt Governance
Audit fees	-	7,200	7,200	7,200	Governance
Legal and professional		863	863	2,144	Pt Governance
Trustee expenses	-	2,259	2,259	2,000	Governance
	41,339	21,489	62,828	74,187	
Analysed between					
Charitable activities	41,339	21,489	62,828	74,187	

Governance costs includes auditors fees of £7,200, gross (2023- £7,200, gross).

11 Employees

Number of employees

The average monthly number of employees during the year was:

	2024 Number	2023 Number
Charity employees	12	12
Administrative employees	3	3
	15	15

Employment costs	2024 £	2023 £
Wages and salaries	435,838	440,058

There was one employee whose remuneration exceeded £60,000 for the year under review (2023: 1).

12 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

13 Tangible fixed assets

	Fixtures, fittings & equipment
	£
Cost	
At 1 April 2023	40,245
Additions	3,721
Exchange adjustments	(14,578)
At 31 March 2024	29,388
Depreciation and impairment	
At 1 April 2023	31,592
Depreciation charged in the year	5,575
Exchange adjustments	(14,570)
At 31 March 2024	22,597
Carrying amount	
At 31 March 2024	6,791
At 31 March 2023	8,652

14 Debtors

	2024	2023
Amounts falling due within one year:	£	£
Trade debtors	163,310	46,429
Prepayments and accrued income	18,187	17,857
	181,497	64,286

15 Creditors: amounts falling due within one year

	2024	2023
	£	£
Other taxation and social security	11,629	10,942
Trade creditors	13,805	4,397
Other creditors	272,604	164,933
Accruals and deferred income	8,051	7,491
	306,089	187,763

15 Creditors: amounts falling due within one year **(Continued)**

Other creditors includes deferred income of £262,370 (2023: £160,021).

16 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	222,474	150,430	(120,900)	3,852	255,856

Previous year:	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
	£	£	£	£	£
General funds	215,115	133,321	(125,962)	-	222,474

17 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

		Movement in funds		
	Balance at 1 April 2023	Incoming	Outgoing	Balance at 31 March 2024
	£	£	£	£
Counselling	-	117,000	(117,000)	-
Mental Health Social Inclusion	-	184,830	(184,830)	-
Forest Therapy		6,426	(2,574)	-
Forest Therapy release to Unrestricted funds	-	-	(3,852)	
Carers	-	53,762	(53,762)	-
Big Lottery/ Awards for All/ MHFA/ One Step Forward	-	44,167	(44,167)	-
PSMI Project	-	53,001	(53,001)	-
	-	-	-	-
Non performance related grants	-	-	-	-
	-	-	-	-
A P Taylor Trust	-	5,000	(5,000)	-
	-	-	-	-
	-	464,186	(464,186)	-

The trustees consider that all funds held at the balance sheet date were unrestricted funds (2023: £0 restricted funds).

18 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Fund balances at 31 March 2024 are represented by:			
Tangible assets	6,791		6,791
Current assets/(liabilities)	249,065		249,065
	255,856	-	255,856

19 Related party transactions

Related parties of the charitable company at the Balance Sheet date have been identified as the trustees, the charity director, H4All and the National Association for Mental Health (MIND). During the period under review payment was made to MIND in the sum of £1,003 (2023: £1,373) in respect of affiliation fees. Grant income in the sum of £6,615 was received in the prior period from H4AAll for project work undertaken. Other than trustee expenses already disclosed there were no other related party transactions to report.

No guarantees have been given or received.

20 Cash generated from operations

	2024	2023
	£	£
Surplus for the year	33,382	1,352
Adjustments for:		
Investment income recognised in profit or loss	(5,041)	(1,764)
Depreciation eliminated on fixed asset disposal	8	-
Depreciation and impairment of tangible fixed assets	5,574	6,414
Movements in working capital:		
(Increase) in debtors	(117,211)	(15,192)
Increase/(decrease) in creditors	118,326	(12,414)
Cash generated from/(absorbed by) operations	35,038	(21,604)

HILLINGDON MIND

England & Wales - Charity number 1045701

Accounts

Charity Registration No. 1045701

Company Registration No. 03009554 (England and Wales)

HILLINGDON MIND

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

HILLINGDON MIND

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	V. Payne (Chair) M.S. Chahal J. Clark P.S. Mattoo S Fuidge D.Deacy
Secretary	A.Stangoe
Charity number	1045701
Company number	03009554
Principal address	40 New Windsor Street Uxbridge Middlesex UB8 2TU
Registered office	40 New Windsor Street Uxbridge Middlesex UB8 2TU
Auditor	Gittins Mulderrig 6 High Street Northwood Middlesex HA6 1BN
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

HILLINGDON MIND

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HILLINGDON MIND

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The trustees present their annual report and financial statements for the year ended 31 March 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006 and "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)"

Structure, governance and management

Hillingdon Mind is a charitable company limited by guarantee and its governing document is its Memorandum and Articles of Association. Hillingdon Mind is an independent charity affiliated to the National Association for Mental Health (Mind), and its objects are in accordance with the aims and objectives of Mind. Specifically, the charity seeks to promote good mental health wellbeing and to support and maintain persons residing in the London Borough of Hillingdon who experience various mental health conditions.

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

V. Payne (Chair)
D. Deacy (Treasurer)
S. Fuidge
P.S. Mattoo
M.S.Chahal
J. Clark

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up. Under the requirements of the Memorandum and Articles of Association of the charitable company no trustee may hold the office of Chair, Vice-Chair or Treasurer for a period of more than six consecutive years. Following the end of a period of six consecutive years in office a period of at least one year must elapse before the trustee can be reappointed to that office.

The trustees form a diverse and committed body with an interest in mental health issues and the charitable company has sought to enhance the potential pool of suitable trustees through selective advertising, through Third Sector trustee recruitment agencies and networking with local governmental and council departments and like-minded organisations.

To enhance their knowledge of the practical work undertaken by the charity, trustees are encouraged to take an active role in project matters in which the have expressed an interest. The induction process covers the obligations of trustees, an introduction to the main documents which set out the operational framework including the Memorandum and Articles, resourcing and the current financial position as set out within the latest published accounts and future plans and objectives of the charity. It also includes a Code of Conduct for trustees.

The detailed organisational structure of Hillingdon Mind is subject to change, dependent upon the projects undertaken in the furtherance of the charity's objects, however, the overall organisational structure adopted provides for a board of trustees (appointed in accordance with the Articles of Association), a Charity Director, management and administration personnel, project workers and co-ordinators. The charity also makes use of, and is grateful to, its many volunteer workers.

The trustees have considered the major risks to which the charity is exposed and have established a risk register which is regularly reviewed and updated. Where appropriate, systems and procedures have been established to mitigate material risks. External risks to funding have been identified and continue to be addressed and there has been planned diversification in activity within the charitable company. Internal control risks are minimised by the implementation of a Schedule of Delegated Authority, and procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety and insurance issues relating to staff, volunteers and users. A 2022 review by National Mind awarded Hillingdon Mind the Mind Quality Mark with an additional award for Excellence for Workforce, Volunteers and Culture. The MQM Award from National Mind confirmed that the charity meets the agreed quality assurance standards to ensure consistent quality of delivery for all operational aspects of the charity. All procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Objectives and Activities

Hillingdon Mind believes that life experiences, and the environment in which we live, play a major part in influencing our mental health. The charity considers that people have a right to be treated holistically and this is reflected in the wide range of services offered. The mission of Hillingdon Mind is expressed in the 'Hillingdon Mind Strategic Business Development Plan 2020 -2023' and is as follows:

Vision, Mission, Values & Purpose

Our vision

We won't give up until everyone experiencing a mental health problem gets both support and respect. We will look towards innovative and technological solutions to ensure that everyone has access to resources to support them on their journey.

Our mission

We provide advice and support to empower anyone experiencing a mental health problem in the London Borough of Hillingdon. We campaign and teach locally to improve services, raise awareness and promote understanding.

Our values

We reach out to anyone who needs us and design services for those in our community that are 'seldom heard'.

- Together
We're stronger in partnership - we will ensure that we create and maintain successful relationships with the Local Authority, CCG, NHS, H4All and other relevant bodies to ensure mental health services are developed and promoted.

- Responsive
We listen, we act - we will adapt our services to meet service users' needs and will be flexible in the way these services are delivered.

- Independent
We speak out fearlessly and will continue to advocate and advise on behalf of our service users.

- Unstoppable
We never give up - we believe everyone has the right to access mental health support services and that mental health should be an integral component to all health services.

Our Purpose

Hillingdon Mind's purpose is to achieve the following for the residents of the London Borough of Hillingdon:

Staying well: Support people, likely to develop mental health problems, to stay well

Empowering Choice: Empower people who experience a mental health problem to make informed choices about how they live and recover

Improving services and support: Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem

Enabling social participation: Open the doors to people with experience of mental health problems participating fully in society

Removing inequality of opportunity: Gain equality of treatment for people who experience both mental health and other forms of discrimination

Organisational excellence: Make the most of our assets by building a culture of excellence

As well as working to these strategic themes the charity has paid due regard to guidance issued by the Charity Commission in deciding what activities it should undertake and in the exercising of its powers and duties for the public benefit.

Hillingdon Mind remains the largest independent provider of mental health services in the London Borough of Hillingdon. The main services provided, for the period under review, fall under two headings:

Mental Health Recovery

The Mental Health Recovery Service includes the provision of a mental health recovery service based on the Star Recovery Program, Key Working, 1-1 Advice and Emotional Support, a 16-25 year Young Adults service, an SMI Service, Job Hub, a range of Social Clubs (which take place during evenings and at weekends), Forest Therapy, a Walking and Wellbeing Group, Creative Minds Art Group, a Creative Writing Group, a Women's Support Group, a Men's Support Group, a Hearing Voices Support Group and culturally specific outreach and partnership with the Asian and Somali communities. Social Worker and Occupational Health University Placements, as well as Peer Support and Volunteer Opportunities, are also offered through this service.

Psychotherapeutic Services

A range of Psychotherapeutic Services are provided, including:

Adult Counselling
Adult Psychotherapy
Talking Therapies Step 3 Counselling for Depression
Bereavement Counselling
Trauma Counselling
Addictions Counselling Service
Mental Health Carers Counselling
Mental Health Carers Psychotherapy
Crisis Counselling
Group Psychotherapy

In addition to the above, Hillingdon Mind also provide the following training courses: Mental Health Awareness, Mental Health first Aid and Psycho-education Workshops and Webinars.

Achievements and performance

Hillingdon Mind is commissioned to provide support to 2,000 individual clients accessing Hillingdon Mind services and we provided support to 5,118 clients during this period.

We provided Mental Health Advice (telephone enquiries & appointments) to 6,008 individuals - our target is 500.

Our Counselling services worked with 1,268 clients in this period.

We supported 54 clients who accessed work related support to increase their employability skills including, group work activities, 1-1 careers coaching, tailored employment support, such as CV and application writing support, interview preparation and support with job searching.

We ran 16 weekly groups covering a wide range of activities offering social, therapeutic and practical support. The average weekly attendance across all group activities was 170 people.

During this period we also provided MHFA First Aid training and Mental Health Awareness Training to 1,240 people.

As part of our employment related support we work closely with local organisations to promote volunteering opportunities to our clients. We encourage people who use our service to volunteer within our services to empower service user involvement and help them with their journey back to work. Our volunteer program includes appropriate training and development opportunities that enhance their employability. As part of the training program we provide Mental Health related training such as Mental Health First Aid and Safeguarding training. Many of our groups are peer-led and we have recently been proposed as a model of excellence, across the Mind network, for our volunteer program.

We continuously monitor activities around a recovery model for mental health through using the Mental Health Recovery Star - this provides an outcome based service which shows funders, and ourselves, improvements made by the service users accessing our services.

We have continued to develop our program of activities in partnership with the people who use our services. Importance is placed on the element of peer support within the program and many of the groups are peer-led to empower individuals to share their lived experience and support both their own recovery and that of their peers. The groups promote positive wellbeing, social inclusion and recovery focused goals. People with their own experience of mental illness ('peers') can directly contribute to the recovery of others. Meaningful peer involvement is associated with innovative recovery-oriented services.

Our service users report that exposure to peer support facilitators provides visible role models of recovery and provides them with hope for their own recovery.

Financial review

Having service reviews agreed with key funders, projects were run to budget ensuring no further pressure was put onto reserves and the overall surplus for the year has increased the level of free reserves carried forward at the financial year end. The transactions undertaken by the charity are detailed in the statement of financial activities within the accounts and in the related notes.

The principal funding sources for the charity are currently by formal Contracts for provision of mental health service and this funding primarily comes from the London Borough of Hillingdon, Hillingdon ICB and CNWL NHS Trust. The rest of the services are funded through the Big Lottery, Lloyds Bank Foundation, Ruislip Lions and the A P Taylor Trust.

The trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and have established a policy whereby a level of uncommitted reserves approximating to a third of the charity's current annual level of income should be maintained. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. The total level of uncommitted reserves held by the charity at the balance sheet date, as noted within the Statement of Financial Activities, has met that target, having shown a further improvement for the year under review, and the trustees are aware of what needs to be done to maintain a consistent level over forthcoming years.

The Finance Officer and Director provide quarterly management accounts and cash-flow reports to the Board of Trustees to assist the effective oversight and management of the charity's finances. Whilst the charitable company continues to face challenges in securing sufficient and appropriate on-going funding, the trustees are pleased with the net surplus achieved in the year which has added to the charitable company's reserves carried forward. The budget for 2023 - 2024 indicates a projected modest surplus at the end of the financial year, based on services to be provided.

The trustees have reviewed the charity's reserves at the balance sheet date and have concluded that there are no restricted reserves to carry forward. Further details relating to restricted and unrestricted reserves are provided in the financial statements.

Whilst interest rates showed an improvement toward the second half of the period under review the trustees have adopted and maintained a prudent approach with regard to investment policy and few funds were deemed suitable or available for long term investment. Consequently, and to protect the position attained by the charitable company, its funds are maintained in current and deposit accounts.

Plans for the future

The charity will continue to provide mental health services in the London Borough of Hillingdon and is active in extending, or developing new projects to complement the existing services by working collaboratively with the ICB, CNWL NHS Trust, the London Borough of Hillingdon and North West London Mind to identify new or enhanced services. The development of training and other methods of income generation, which will lead to long term sustainability, are also at the forefront of Hillingdon Mind's objectives for the forthcoming year.

The trustees remain mindful of the state of the charity's finances but are confident that the steps which have been implemented will allow the charity to continue its operations into the foreseeable future.

Disclosure of information to auditor

Each of the director trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditors are unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditors are aware of such information.

Auditor

A resolution proposing that Gittins Mulderrig be reappointed as auditors of the company will be put to the members.

On behalf of the board of Trustees

V. M. Payne

V. Payne (Chair)
Trustee

Date 23/10/23

HILLINGDON MIND

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2023

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

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

HILLINGDON MIND

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF HILLINGDON MIND

Opinion

We have audited the financial statements of Hillingdon Mind (the 'charity') for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows 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 31 March 2023 and of its incoming resources and application of resources, 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 accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts 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 charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

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

Other information

The other information comprises the information included in the annual report other than the financial statements and our 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 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.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; 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 charity for the purpose 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 charity'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

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an 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.

Extent to which the audit was considered capable of detecting irregularities, including fraud

We have considered the following matters in determining susceptibility to irregularity within these financial statements:

• We assessed the susceptibility of the entity's financial statements to material misstatement, including how fraud might occur.

• We considered and identified laws and regulations to which the Charity is subject and determined their significance in the context of the entity.

• We obtained an understanding of the legal and regulatory framework applicable to the entity and how the entity is complying with that framework

.

• We obtained an understanding of the entity's policies and procedures on compliance with laws and regulations,

• We obtained an understanding of the entity's policies and procedures on fraud risks, including knowledge of any actual, suspected or alleged fraud.

• We ensured that the audit work was undertaken by an engagement team with the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations, that any such incidences communicated and any discussions with specialists on areas of the financial statements which may be particularly susceptible to fraud have all been addressed.

• As the entity is a charitable company subject to audit we obtained an understanding of the entity's current activities, the scope of its authorisation and the effectiveness of its control environment.

We considered how our approach to the audit has affected the likelihood of detection of irregularities in explaining the extent to which the audit was considered capable of detecting irregularities and took into account:

- the inherent difficulties in detecting irregularities;
- the effectiveness of the entity's controls; and
- the nature, timing and extent of the audit procedures performed.

Irregularities that result from fraud might be inherently more difficult to detect than irregularities that result from error and our responsibilities for the engagement will mean that detection of those types of irregularity which give rise to a risk of material misstatement are those on which we may be able to provide the most comprehensive explanation.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE TRUSTEES OF HILLINGDON MIND

Audit response to risks identified

Our audit response to risks identified incorporated but was not limited to the following:

- Enquiry of management and those charged with governance around actual and potential litigation and claims.

- Enquiry of entity staff in compliance functions to identify any instances of non-compliance with laws and regulations.

- Reviewing minutes of meetings, where available, of those charged with governance.

- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

- Considering the internal controls in place to mitigate the risk of fraud and error.

- Performing analytical review procedures to identify any unusual or unexpected relationships.

- Assessing whether management judgments, where made, in determining accounting estimates were indicative of potential bias.

- Reviewing correspondence with third parties

- Obtaining written representations from management in relation to the risk of fraud and error and in respect of information provided to us in the course of the audit.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any. Material misstatements that arise due to fraud can be more difficult to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

This report is made solely to the 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 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 company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Gittins Mulderrig
Chartered Accountants
Statutory Auditor

23/10/23

6 High Street
Northwood
Middlesex
HA6 1BN

HILLINGDON MIND

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income and endowments from:							
Donations and Grants	3	121,298	5,000	126,298	153,121	5,000	158,121
Charitable Activities: Grants and Contracts	5	-	475,508	475,508	-	403,457	403,457
Investment income	4	1,764	-	1,764	62	-	62
Clubs, letting & fees	7	10,259	-	10,259	14,534	-	14,534
Total income		133,321	480,508	613,829	167,717	408,457	576,174
Expenditure on:							
Raising funds	6	5,808	-	5,808	-	-	-
Charitable activities	8	120,154	486,515	606,669	107,788	424,460	532,248
Total expenditure		125,962	486,515	612,477	107,788	424,460	532,248
Net income/(expenditure) for the year/ Net movement in funds		7,359	(6,007)	1,352	59,929	(16,003)	43,926
Fund balances at 1 April 2022		215,115	6,007	221,122	155,186	22,010	177,196
Fund balances at 31 March 2023		222,474	-	222,474	215,115	6,007	221,122

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

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HILLINGDON MIND

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	**13**		8,652		10,750
Current assets					
Debtors	**14**	64,286		49,094	
Cash at bank and in hand		337,299		361,455	
		401,585		410,549	
Creditors: amounts falling due within one year	**15**	(187,763)		(200,177)	
Net current assets			213,822		210,372
Total assets less current liabilities			222,474		221,122
Income funds					
Restricted funds	**16**		-		6,007
Unrestricted funds			222,474		215,115
			222,474		221,122

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023, although an audit has been carried out under section 144 of the Charities Act 2011.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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

The financial statements were approved by the Trustees on 23/10/23.

V.M.Payne

V. Payne (Chair)
Trustee

Company Registration No. 03009554

HILLINGDON MIND

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Cash flows from operating activities					
Cash (absorbed by)/generated from operations	18		(21,604)		174,966
Investing activities					
Purchase of tangible fixed assets		(4,316)		(7,315)	
Interest received		1,764		63	
Net cash used in investing activities			(2,552)		(7,252)
Net cash used in financing activities			-		-
Net (decrease)/increase in cash and cash equivalents			(24,156)		167,714
Cash and cash equivalents at beginning of year			361,455		193,741
Cash and cash equivalents at end of year			337,299		361,455

1 Accounting policies

Charity information

Hillingdon Mind is a private company limited by guarantee incorporated in England and Wales. The registered office is 40 New Windsor Street, Uxbridge, UB8 2TU.

1.1 Accounting convention

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

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are funds to be used for purposes as specified by the donor. Expenditure which meets these criteria is identified to the fund.

Unrestricted funds are non specific or general grant aid, donations, collections and other monies received, for the general purposes of the charity.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure is recognised on an accruals basis as a liability is incurred, and is inclusive of irrecoverable VAT.

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading and operation of clubs.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings & equipment	25% Straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented 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.

1 Accounting policies **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Estimation techniques applied, most particularly in the calculation of appropriate rates of depreciation and the recoverability of debtors, have been consistently calculated and the trustees consider these to be prudent but reasonable.

3 Donations and Grants

	Unrestricted funds	Restricted funds	Total 2023	Total 2022
	£	£	£	£
Donations and gifts	1,298	-	1,298	7,353
Legacies receivable	-	-	-	25,768
Other income	120,000	5,000	125,000	125,000
	121,298	5,000	126,298	158,121
For the year ended 31 March 2022	153,121	5,000		158,121
Donations and gifts				
Other	1,298	-	1,298	7,353
	1,298	-	1,298	7,353
Legacies receivable				
Other	-	-	-	25,768
	-	-	-	25,768
Other Income				
Local authority core grant	120,000	-	120,000	90,000
Other non specific grant income	-	5,000	5,000	5,000
	120,000	5,000	125,000	125,000

4 Investment income

	Unrestricted funds 2023	Unrestricted funds 2022
	£	£
Interest receivable	1,764	62

5 Charitable Activities: Grants and Contracts

	2023	2022
	£	£
Performance related grants	475,508	403,457

Performance related grants		
H4All Safely home grant	6,615	
Keyworker	-	10,000
Carers grant	94,691	92,232
Mental Health Social Inclusion	171,837	110,000
Counselling services	130,004	133,409
PSMI Project	69,996	48,158
Forest Therapy	2,365	8,652
Hardship Grant	-	1,006
	475,508	403,457

Mental Health Social Inclusion grants include befriender and young persons and weekend & out and about monies in addition to funds for clubs.

6 Raising funds

	Unrestricted funds	Total
	2023	2022
	£	£
Costs of generating donations and grants		
Other fundraising costs	5,808	-
	5,808	-

7 Clubs, letting & fees

	2023	2022
	£	£
Fees training	2,730	731
Counselling income	7,529	11,609
H4All	-	34
Supervision	-	2,160
	10,259	14,534

7 Clubs, letting & fees **(Continued)**

8 Charitable activities

	2023	2022
	£	£
Staff costs	440,058	372,223
Depreciation and impairment	6,414	5,942
Insurance	4,546	3,272
Repairs, renewals and maintenance	9,708	14,055
Rent	29,495	24,857
Staff training & supervision	21,312	9,900
Staff recruitment	422	331
Staff travel	3,636	1,403
Volunteer costs	349	194
Office costs	1,441	618
Special project costs	5,450	19,467
Club costs	9,651	6,894
	532,482	459,156
Share of support costs (see note 9)	47,355	50,422
Share of governance costs (see note 9)	26,832	22,670
	606,669	532,248
Analysis by fund		
Unrestricted funds	120,154	
Restricted funds	486,515	
	606,669	
For the year ended 31 March 2022		
Unrestricted funds		107,788
Restricted funds		424,460
		532,248

9 Support costs

	Support costs	Governance costs	2023	2022	Basis of allocation
	£	£	£	£	
Staff costs		15,459	15,459	7,258	Governance
Bank charges	186	-	186	110	
Support Staff costs	23,188	-	23,188	21,773	
Finance & accountancy	-		-	7,138	Pt Governance
Computer costs	8,686	-	8,686	9,429	
Telephone	4,476	-	4,476	5,287	
Light, heat, refuse	1,227	-	1,227	1,692	
Print, post, stationery	2,610	-	2,610	1,332	
Other costs	6,982	29	7,011	6,977	Pt Governance
Audit fees	-	7,200	7,200	7,200	Governance
Legal and professional		2,144	2,144	4,387	Pt Governance
Trustee expenses	-	2,000	2,000	509	Governance
	47,355	26,832	74,187	73,092	
Analysed between					
Charitable activities	47,355	26,832	74,187	73,092	

Governance costs includes auditors fees of £7,200, gross (2022- £7,200, gross).

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

No salary payments were made to trustees during the period however the charitable company did incur costs in respect of training courses undertaken by trustees, relative to their positions within the charity, and the total sum expended was £2,000 (2022:£509).

11 Employees

Number of employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Charity employees	12	11
Administrative employees	3	3
	15	14

Employment costs	2023 £	2022 £
Wages and salaries	440,058	372,223

There was one employee whose remuneration exceeded £60,000 for the year under review (2022: 1).

12 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

13 Tangible fixed assets

	Fixtures, fittings & equipment £
Cost	
At 1 April 2022	35,928
Additions	4,316
At 31 March 2023	40,244
Depreciation and impairment	
At 1 April 2022	25,178
Depreciation charged in the year	6,414
At 31 March 2023	31,592
Carrying amount	
At 31 March 2023	8,652
At 31 March 2022	10,750

14 Debtors

Amounts falling due within one year:	2023 £	2022 £
Trade debtors	46,429	32,642
Prepayments and accrued income	17,857	16,452
	64,286	49,094

15 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	10,942	18,816
Trade creditors	4,397	9,570
Other creditors	164,933	164,145
Accruals and deferred income	7,491	7,646
	187,763	200,177

Other creditors includes deferred income of £160,021 (2022: £162,393).

16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2022 £	Movement in funds: Incoming £	Outgoing £	Balance at 31 March 2023 £
Counselling	-	130,004	(130,004)	-
H4All Safely Home	-	6,615	(6,615)	
Mental Health Social Inclusion	-	171,837	(171,837)	-
Forest Therapy	5,130	2,365	(7,495)	-
Carers	-	94,691	(94,691)	-
Hardship fund	877	-	(877)	-
PSMI Project	-	69,996	(69,996)	-
	-	-	-	-
Non performance related grants	-	-	-	-
	-	-	-	-
A P Taylor Trust	-	5,000	(5,000)	-
	-	-	-	-
	6,007	480,508	(486,515)	-

The trustees consider that all funds held at the balance sheet date were unrestricted funds (2022: £6,007 restricted funds).

17 Related party transactions

Related parties of the charitable company at the balance sheet date have been identified as the trustees, the charity director, H4All and the National Association for Mental Health (MIND). During the period under review payment was made to MIND in the sum of £1,373 (2022: £770) in respect of affiliation fees and grant income of £6,615 was received from H4All in respect of the company's "Safely Home " project.

Other than the charity director who received remuneration as an employee of the charitable company and some training expenses incurred in relation to trustees, there were no other transactions with related parties to be disclosed.

No guarantees have been given or received.

18 Cash generated from operations

	2023	2022
	£	£
Surplus for the year	1,352	43,926
Adjustments for:		
Investment income recognised in profit or loss	(1,764)	(62)
Depreciation and impairment of tangible fixed assets	6,414	5,942
Movements in working capital:		
(Increase)/decrease in debtors	(15,192)	122,926
(Decrease)/increase in creditors	(12,414)	2,234
Cash (absorbed by)/generated from operations	(21,604)	174,966

HILLINGDON MIND

England & Wales - Charity number 1045701

Accounts

Charity Registration No. 1045701

Company Registration No. 03009554 (England and Wales)

HILLINGDON MIND

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

HILLINGDON MIND

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	V. Payne (Chair) M.S. Chahal J. Clark P.S. Mattoo S Fuidge D.Deacy
Secretary	A.Stangoe
Charity number	1045701
Company number	03009554
Principal address	40 New Windsor Street Uxbridge Middlesex UB8 2TU
Registered office	40 New Windsor Street Uxbridge Middlesex UB8 2TU
Auditor	Gittins Mulderrig 6 High Street Northwood Middlesex HA6 1BN
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

HILLINGDON MIND

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HILLINGDON MIND

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2022

The trustees present their annual report and financial statements for the year ended 31 March 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006 and "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)"

Structure, governance and management

Hillingdon Mind is a charitable company limited by guarantee and its governing document is its Memorandum and Articles of Association. Hillingdon Mind is an independent charity affiliated to the National Association for Mental Health (Mind), and its objects are in accordance with the aims and objectives of Mind. Specifically, the charity seeks to promote good mental health wellbeing and to support and maintain persons residing in the London Borough of Hillingdon who experience various mental health conditions.

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

V. Payne (Chair)
D. Deacy (Treasurer)
S. Fuidge
P.S. Mattoo
M.S.Chahal
J. Clark

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up. Under the requirements of the Memorandum and Articles of Association of the charitable company no trustee may hold the office of Chair, Vice-Chair or Treasurer for a period of more than six consecutive years. Following the end of a period of six consecutive years in office a period of at least one year must elapse before the trustee can be reappointed to that office. At every general meeting one third of the trustees, for the time being, or if their number is not a multiple of three then the number nearest to one third, shall retire from office. A retiring member shall be eligible for re-election.

The trustees form a diverse and committed body with an interest in mental health issues and the charitable company has sought to enhance the potential pool of suitable trustees through selective advertising, through Third Sector trustee recruitment agencies and networking with local governmental and council departments and like-minded organisations.

To enhance their knowledge of the practical work undertaken by the charity, trustees are encouraged to take an active role in project matters in which the have expressed an interest. The induction process covers the obligations of trustees, an introduction to the main documents which set out the operational framework including the Memorandum and Articles, resourcing and the current financial position as set out within the latest published accounts and future plans and objectives of the charity. It also includes a Code of Conduct for trustees.

The detailed organisational structure of Hillingdon Mind is subject to change, dependent upon the projects undertaken in the furtherance of the charity's objects, however, the overall organisational structure adopted provides for a board of trustees (appointed in accordance with the Articles of Association), a Charity Director, management and administration personnel, project workers and co-ordinators. The charity also makes use of, and is grateful to, its many volunteer workers.

The trustees have considered the major risks to which the charity is exposed and have established a risk register which is regularly reviewed and updated. Where appropriate, systems and procedures have been established to mitigate material risks. External risks to funding have been identified and continue to be addressed and there has been planned diversification in activity within the charity. Internal control risks are minimised by the implementation of a Schedule of Delegated Authority, and procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety and insurance issues relating to staff, volunteers and users. A 2016 peer-review as part of the renewal of the Mind Quality Mark, awarded by the National Association for Mental Health (Mind), confirmed that the charity meets the agreed quality assurance standards to ensure consistent quality of delivery for all operational aspects of the charity. All procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Objectives and Activities

Hillingdon Mind believes that life experiences, and the environment in which we live, play a major part in influencing our mental health. The charity considers that people have a right to be treated holistically and this is reflected in the wide range of services offered. The mission of Hillingdon Mind is expressed in the 'Hillingdon Mind Strategic Business Development Plan 2020 -2023' and is as follows:

Vision, Mission, Values & Purpose

Our vision

We won't give up until everyone experiencing a mental health problem gets both support and respect. We will look towards innovative and technological solutions to ensure that everyone has access to resources to support them on their journey.

Our mission

We provide advice and support to empower anyone experiencing a mental health problem in the London Borough of Hillingdon. We campaign and teach locally to improve services, raise awareness and promote understanding.

Our values

We reach out to anyone who needs us and design services for those in our community that are 'seldom heard'.

- Together
We're stronger in partnership - we will ensure that we create and maintain successful relationships with the Local Authority, CCG, NHS, H4All and other relevant bodies to ensure mental health services are developed and promoted.

- Responsive
We listen, we act - we will adapt our services to meet service users' needs and will be flexible in the way these services are delivered.

- Independent
We speak out fearlessly and will continue to advocate and advise on behalf of our service users.

- Unstoppable
We never give up - we believe everyone has the right to access mental health support services and that mental health should be an integral component to all health services.

Our Purpose

Hillingdon Mind's purpose is to achieve the following for the residents of the London Borough of Hillingdon:

Staying well: Support people, likely to develop mental health problems, to stay well

Empowering Choice; Empower people who experience a mental health problem to make informed choices about how they live and recover

Improving services and support: Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem

Enabling social participation: Open the doors to people with experience of mental health problems participating fully in society

Removing inequality of opportunity: Gain equality of treatment for people who experience both mental health and other forms of discrimination

Organisational excellence: Make the most of our assets by building a culture of excellence

As well as working to these strategic themes the charity has paid due regard to guidance issued by the Charity Commission in deciding what activities it should undertake and in the exercising of its powers and duties for the public benefit.

Hillingdon Mind remains the largest independent provider of mental health services in the London Borough of Hillingdon. The main services provided, for the period under review, fall under two headings:

Mental Health Recovery

The Mental Health Recovery Service includes the provision of a mental health recovery service based on the the Star Recovery Program, Key Working, 1-1 Advice and Emotional Support, a Job Hub, a range of Social Clubs (which take place during evenings and at weekends), Forest Therapy, a Walking and Wellbeing Group, Creative Minds Art Group, a Creative Writing Group, a Women's Support Group, a Men's Support Group, a Hearing Voices Support Group and culturally specific support groups aimed at the Asian and Somali communities. Social Worker and Occupational Health University Placements as well as Peer Support and Volunteer Opportunities are also offered through this service.

Psychotherapeutic Services

A range of Psychotherapeutic Services are provided, including:

Adult Counselling
Adult Psychotherapy
IAPT Counselling for Depression
Bereavement Counselling
Trauma Counselling
Addictions Counselling Service
Mental Health Carers Counselling
Mental Health Carers Psychotherapy
Crisis Counselling
Group Psychotherapy

In addition to the above, Hillingdon Mind also provide the following training courses: Mental Health Awareness, Mental Health first Aid and Psycho-education.

Achievements and performance

Hillingdon Mind is commissioned to provide support to 2,000 individual clients accessing Hillingdon Mind services and we provided support to 4,070 clients during this period.

We provided Mental Health Advice (telephone enquiries & appointments) to 4,915 individuals - our target is 500.

Our Counselling services worked with 640 clients in this period.

We supported 67 clients who accessed work related support to increase their employability skills including, group work activities, 1-1 careers coaching, tailored employment support, such as CV and application writing support, interview preparation and support with job searching.

We ran 16 weekly groups covering a wide range of activities offering social, therapeutic and practical support. The average weekly attendance across all group activities was 170 people.

During this period we also provided MHFA First Aid training and Mental Health Awareness Training to 670 people.

As part of our employment related support we work closely with local organisations to promote volunteering opportunities to our clients. We encourage people who use our service to volunteer within our services to empower service user involvement and help them with their journey back to work. Our volunteer program includes appropriate training and development opportunities that enhance their employability. As part of the training program we provide Mental Health related training such as Mental Health First Aid and Safeguarding training. Many of our groups are peer-led and we have recently been proposed as a model of excellence, across the Mind network, for our volunteer program.

We continuously monitor activities around a recovery model for mental health through using the Mental Health Recovery Star - this provides an outcome based service which shows funders, and ourselves, improvements made by the service users accessing our services.

We have continued to develop our program of activities in partnership with the people who use our services. Importance is placed on the element of peer support within the program and many of the groups are peer-led to empower individuals to share their lived experience and support both their own recovery and that of their peers. The groups promote positive wellbeing, social inclusion and recovery focused goals. People with their own experience of mental illness ('peers') can directly contribute to the recovery of others. Meaningful peer involvement is associated with innovative recovery-oriented services.

Our service users report that exposure to peer support facilitators provides visible role models of recovery and provides them with hope for their own recovery.

Financial review

Having service reviews agreed with key funders, projects were run to budget ensuring no further pressure was put onto reserves and the overall surplus for the year has increased the level of free reserves carried forward at the financial year end. The transactions undertaken by the charity are detailed in the statement of financial activities within the accounts and in the related notes.

The principal funding sources for the charity are currently by formal Contracts for provision of mental health service and this funding primarily comes from the London Borough of Hillingdon and Hillingdon Clinical Commissioning Group. The rest of the services are funded through the Big Lottery & Postcode Lottery funding, Catalyst and the A P Taylor Trust.

The trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and have established a policy whereby a level of uncommitted reserves approximating to a third of the charity's current annual level of income should be maintained. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. The total level of uncommitted reserves held by the charity at the balance sheet date, as noted within the Statement of Financial Activities, has met that target, having shown a further improvement for the year under review, and the trustees are aware of what needs to be done to maintain a consistent level over forthcoming years.

The Finance Officer and Director provide quarterly management accounts and cash-flow reports to the Board of Trustees to assist the effective oversight and management of the charity's finances. Whilst the charitable company continues to face challenges in securing sufficient and appropriate on-going funding, the trustees are pleased with the net surplus achieved in the year which has added to the charitable company's reserves carried forward. The budget for 2022 - 2023 indicates a projected modest surplus at the end of the financial year, based on services to be provided.

The trustees have reviewed the charity's reserves at the balance sheet date and have concluded that there are modest restricted reserves to carry forward. Further details relating to restricted and unrestricted reserves are provided in the financial statements.

With continuing low interest rates available for the period under review the trustees have adopted and maintained a prudent approach with regard to investment policy and few funds were deemed suitable or available for long term investment. Consequently, and to protect the position attained by the charitable company, its funds are maintained in current and deposit accounts.

Plans for the future

The charity will continue to provide mental health services in the London Borough of Hillingdon and is active in extending, or developing new projects to complement the existing services by working collaboratively with the CCG, the London Borough of Hillingdon, H4All and North West London Mind to identify new or enhanced services. The development of training and other methods of income generation, which will lead to long term sustainability, are also at the forefront of Hillingdon Mind's objectives for the forthcoming year.

The trustees remain mindful of the state of the charity's finances but are confident that the steps which have been implemented will allow the charity to continue its operations into the foreseeable future.

Disclosure of information to auditor

Each of the director trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditors are unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditors are aware of such information.

Auditor

A resolution proposing that Gittins Mulderrig be reappointed as auditors of the company will be put to the members.

On behalf of the board of Trustees

V. Payne (Chair)
Trustee

V. M Payne

Date 06/12/22

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2022

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

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

HILLINGDON MIND

INDEPENDENT AUDITOR'S REPORT
TO THE TRUSTEES OF HILLINGDON MIND

Opinion

We have audited the financial statements of Hillingdon Mind (the 'charity') for the year ended 31 March 2022 which comprise the statement of financial activities, the balance sheet, the statement of cash flows 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 31 March 2022 and of its incoming resources and application of resources, 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 accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts 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 charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

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

Other information

The other information comprises the information included in the annual report other than the financial statements and our 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 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.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; 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 charity for the purpose 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 charity'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

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an 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.

Extent to which the audit was considered capable of detecting irregularities, including fraud

We have considered the following matters in determining susceptibility to irregularity within these financial statements:

- We assessed the susceptibility of the entity's financial statements to material misstatement, including how fraud might occur.

- We considered and identified laws and regulations to which the Charity is subject and determined their significance in the context of the entity.

- We obtained an understanding of the legal and regulatory framework applicable to the entity and how the entity is complying with that framework

- We obtained an understanding of the entity's policies and procedures on compliance with laws and regulations,

- We obtained an understanding of the entity's policies and procedures on fraud risks, including knowledge of any actual, suspected or alleged fraud.

- We ensured that the audit work was undertaken by an engagement team with the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations, that any such incidences communicated and any discussions with specialists on areas of the financial statements which may be particularly susceptible to fraud have all been addressed.

- As the entity is a charitable company subject to audit we obtained an understanding of the entity's current activities, the scope of its authorisation and the effectiveness of its control environment.

We considered how our approach to the audit has affected the likelihood of detection of irregularities in explaining the extent to which the audit was considered capable of detecting irregularities and took into account:

- the inherent difficulties in detecting irregularities;
- the effectiveness of the entity's controls; and
- the nature, timing and extent of the audit procedures performed.

Irregularities that result from fraud might be inherently more difficult to detect than irregularities that result from error and our responsibilities for the engagement will mean that detection of those types of irregularity which give rise to a risk of material misstatement are those on which we may be able to provide the most comprehensive explanation.

Audit response to risks identified

Our audit response to risks identified incorporated but was not limited to the following:

- Enquiry of management and those charged with governance around actual and potential litigation and claims.

- Enquiry of entity staff in compliance functions to identify any instances of non-compliance with laws and regulations.

- Reviewing minutes of meetings, where available, of those charged with governance.

- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

- Considering the internal controls in place to mitigate the risk of fraud and error.

- Performing analytical review procedures to identify any unusual or unexpected relationships.

- Assessing whether management judgments, where made, in determining accounting estimates were indicative of potential bias.

- Reviewing correspondence with third parties

- Obtaining written representations from management in relation to the risk of fraud and error and in respect of information provided to us in the course of the audit.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any. Material misstatements that arise due to fraud can be more difficult to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the 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 company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Brian Mulderrig Bsc ACA (Senior Statutory Auditor)
for and on behalf of Gittins Mulderrig
Chartered Accountants
Statutory Auditor

06.12.22
.....

6 High Street
Northwood
Middlesex
HA6 1BN

HILLINGDON MIND

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Income and endowments from:							
Donations and Grants	3	153,121	5,000	158,121	93,079	5,000	98,079
Charitable Activities:							
Grants and Contracts	4	-	403,457	403,457	-	352,351	352,351
Investment income	5	62	-	62	50	-	50
Clubs, letting & fees	6	14,534	-	14,534	77,474	-	77,474
Total income		167,717	408,457	576,174	170,603	357,351	527,954
Expenditure on:							
Charitable activities	7	107,788	424,460	532,248	128,154	353,859	482,013
Net income/(expenditure) for the year/ Net movement in funds		59,929	(16,003)	43,926	42,449	3,492	45,941
Fund balances at 1 April 2021		155,186	22,010	177,196	112,737	18,518	131,255
Fund balances at 31 March 2022		215,115	6,007	221,122	155,186	22,010	177,196

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

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HILLINGDON MIND

BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	11		10,750		9,378
Current assets					
Debtors	12	49,094		172,020	
Cash at bank and in hand		361,455		193,741	
		410,549		365,761	
Creditors: amounts falling due within one year	13	(200,177)		(197,943)	
Net current assets			210,372		167,818
Total assets less current liabilities			221,122		177,196
Income funds					
Restricted funds	14		6,007		22,010
Unrestricted funds			215,115		155,186
			221,122		177,196

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022, although an audit has been carried out under section 144 of the Charities Act 2011.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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

The financial statements were approved by the Trustees on 06.12.22

V. M. Payne

V. Payne (Chair)
Trustee

Company Registration No. 03009554

HILLINGDON MIND

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
Cash flows from operating activities					
Cash generated from operations	17		174,966		58,340
Investing activities					
Purchase of tangible fixed assets		(7,315)		(6,978)	
Interest received		63		50	
Net cash used in investing activities			(7,252)		(6,928)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			167,714		51,412
Cash and cash equivalents at beginning of year			193,741		142,329
Cash and cash equivalents at end of year			361,455		193,741

1 Accounting policies

Charity information

Hillingdon Mind is a private company limited by guarantee incorporated in England and Wales. The registered office is 40 New Windsor Street, Uxbridge, UB8 2TU.

1.1 Accounting convention

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

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are funds to be used for purposes as specified by the donor. Expenditure which meets these criteria is identified to the fund.

Unrestricted funds are non specific or general grant aid, donations, collections and other monies received, for the general purposes of the charity.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure is recognised on an accruals basis as a liability is incurred, and is inclusive of irrecoverable VAT.

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading and operation of clubs.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings & equipment	25% Straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented 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.

1 **Accounting policies** **(Continued)**

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 **Employee benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 **Critical accounting estimates and judgements**

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Estimation techniques applied, most particularly in the calculation of appropriate rates of depreciation and the recoverability of debtors, have been consistently calculated and the trustees consider these to be prudent but reasonable.

3 Donations and Grants

	Unrestricted funds	Restricted funds	Total 2022	Total 2021
	£	£	£	£
Donations and gifts	7,353	-	7,353	3,079
Legacies receivable	25,768	-	25,768	-
Other income	120,000	5,000	125,000	95,000
	153,121	5,000	158,121	98,079
For the year ended 31 March 2021	93,079	5,000		98,079
Donations and gifts				
Other	7,353	-	7,353	3,079
	7,353	-	7,353	3,079
Legacies receivable				
Other	25,768	-	25,768	-
	25,768	-	25,768	-
Other Income				
Local authority core grant	120,000	-	120,000	90,000
Other non specific grant income	-	5,000	5,000	5,000
	120,000	5,000	125,000	95,000

4 Charitable Activities: Grants and Contracts

	2022	2021
	£	£
Performance related grants	403,457	352,351

Performance related grants

Big Lottery - covid response	-	10,000
Mind grant - covid response	-	5,000
Keyworker	10,000	12,500
Carers grant	92,232	79,099
Mental Health Social Inclusion	110,000	90,000
Counselling services	133,409	155,752
PSMI Project	48,158	-
Forest Therapy	8,652	-
Hardship Grant	1,006	-
	403,457	352,351

Mental Health Social Inclusion grants include befriender and young persons and weekend & out and about monies in addition to funds for clubs.

5 Investment income

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Interest receivable	62	50

6 Clubs, letting & fees

	2022	2021
	£	£
Fees training	731	3,520
Staff secondment	-	60,141
Counselling income	11,609	12,373
H4All	34	-
Supervision	2,160	1,440
	14,534	77,474

7 Charitable activities

	2022	2021
	£	£
Staff costs	372,223	348,956
Depreciation and impairment	5,942	4,220
Insurance	3,272	2,183
Repairs, renewals and maintenance	14,055	9,465
Rent	24,857	24,865
Staff training & supervision	9,900	4,703
Staff recruitment	331	-
Staff travel	1,403	1,832
Volunteer costs	194	1,272
Office costs	618	104
Special project costs	19,467	13,472
Club costs	6,894	351
	459,156	411,423
Share of support costs (see note 8)	50,422	50,575
Share of governance costs (see note 8)	22,670	20,015
	532,248	482,013
Analysis by fund		
Unrestricted funds	107,788	
Restricted funds	424,460	
	532,248	
For the year ended 31 March 2021		
Unrestricted funds		128,154
Restricted funds		353,859
		482,013

8 Support costs

	Support costs	Governance costs	2022	2021	Basis of allocation
	£	£	£	£	
Staff costs	-	7,258	7,258	7,260	Governance
Bank charges	110	-	110		
Support Staff costs	21,773	-	21,773	21,781	
Finance & accountancy	3,638	3,500	7,138	7,602	
Computer costs	9,429	-	9,429	9,786	
Telephone	5,287	-	5,287	4,014	
Light, heat, refuse	1,692	-	1,692	1,720	
Print, post, stationery	1,332	-	1,332	1,437	
Other costs	3,508	3,469	6,977	8,070	
Audit fees	-	7,200	7,200	7,200	Governance
Legal and professional	3,653	734	4,387	1,720	Governance
Trustee expenses	-	509	509	-	Governance
	50,422	22,670	73,092	70,590	
Analysed between					
Charitable activities	50,422	22,670	73,092	70,590	

Governance costs includes auditors fees of £7,200, gross (2021- £7,200, gross).

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

No salary payments were made to trustees during the period however the charitable company did incur costs in respect of training courses undertaken by trustees, relative to their positions within the charity, and the total sum expended was £509.

10 Employees

Charity employees	11	12
Administrative employees	3	3
	14	15

Employment costs

	2022	2021
	£	£
Wages and salaries	372,223	373,505

There was one employee whose remuneration exceeded £60,000 for the year under review (2021: nil).

11 Tangible fixed assets

	Fixtures, fittings & equipment
	£
Cost	
At 1 April 2021	28,614
Additions	7,315
At 31 March 2022	35,929
Depreciation and impairment	
At 1 April 2021	19,237
Depreciation charged in the year	5,942
At 31 March 2022	25,179
Carrying amount	
At 31 March 2022	10,750
At 31 March 2021	9,378

12 Debtors

Amounts falling due within one year:	2022 £	2021 £
Trade debtors	32,642	162,186
Prepayments and accrued income	16,452	9,834
	49,094	172,020

13 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxation and social security	18,816	7,961
Trade creditors	9,570	896
Other creditors	164,145	179,993
Accruals and deferred income	7,646	9,093
	200,177	197,943

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2021	Movement in funds Incoming	Outgoing	Balance at 31 March 2022
	£	£	£	£
Counselling	-	133,409	(133,409)	-
Keyworker grant	-	10,000	(10,000)	-
Mental Health Social Inclusion	-	110,000	(110,000)	-
Forest Therapy	17,589	8,652	(21,111)	5,130
Carers	-	92,232	(92,232)	-
Mind grants	3,750	-	(3,750)	-
PSMI Project	-	48,158	(48,158)	-
	-	-	-	-
Non performance related grants	-	-	-	-
	-	-	-	-
A P Taylor Trust	-	5,000	(5,000)	-
Hardship Fund	671	1,006	(800)	877
	22,010	408,457	(424,460)	(6,007)

The restricted funds at 31 March 2022 as shown above relate to grant income received but not expended as at the balance sheet date.

15 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Fund balances at 31 March 2022 are represented by:			
Tangible assets	10,750		10,750
Current assets/(liabilities)	204,365	6,007	210,372
	215,115	6,007	221,122

16 Related party transactions

Related parties of the charitable company at the balance sheet date have been identified as the trustees, the charity director, H4All and the National Association for Mental Health (MIND). During the period under review payment was made to MIND in the sum of £770 (2021: £687) in respect of the annual affiliation fee and £0 (2021: £60,141) was charged to H4All in respect of staff secondment.

Other than the charity director who received remuneration as an employee of the charitable company and some training expenses incurred in relation to trustees, there were no other transactions with related parties to be disclosed.

16 Related party transactions **(Continued)**

No guarantees have been given or received.

17 Cash generated from operations

	2022	2021
	£	£
Surplus for the year	43,926	45,941
Adjustments for:		
Investment income recognised in profit or loss	(62)	(50)
Depreciation and impairment of tangible fixed assets	5,942	4,220
Movements in working capital:		
Decrease/(increase) in debtors	122,926	(144,518)
Increase in creditors	2,234	152,747
Cash generated from operations	174,966	58,340

HILLINGDON MIND

England & Wales - Charity number 1045701

Accounts

Charity Registration No. 1045701

Company Registration No. 03009554 (England and Wales)

HILLINGDON MIND

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

HILLINGDON MIND

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	V. Payne (Chair)	(Appointed 10 March 2021)
	M.S. Chahal	
	J. Clark	
	P.S. Mattoo	(Appointed 10 March 2021)
	S Fuidge	(Appointed 10 March 2021)
	D.Deacy	(Appointed 10 March 2021)
Secretary	A.Stangoe	
Charity number	1045701	
Company number	03009554	
Principal address	40 New Windsor Street Uxbridge Middlesex UB8 2TU	
Registered office	40 New Windsor Street Uxbridge Middlesex UB8 2TU	
Auditor	Gittins Mulderrig 6 High Street Northwood Middlesex HA6 1BN	
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ	

HILLINGDON MIND

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HILLINGDON MIND

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

The trustees present their report and financial statements for the year ended 31 March 2021.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Companies Act 2006 and "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)"

Structure, governance and management

Hillingdon Mind is a charitable company limited by guarantee and its governing document is its Memorandum and Articles of Association. Hillingdon Mind is an independent charity affiliated to the National Association for Mental Health (Mind), and its objects are in accordance with the aims and objectives of Mind. Specifically, the charity seeks to promote good mental health well being and to support and maintain persons residing in the London Borough of Hillingdon who experience various mental health conditions.

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

1 April 2000 to 10 March 2021

M. O'Connor (Chairman)
M. S. Chahal
R. V. Parsons
J. Clark
C. Thomas
O. Ahmed

From 10 March 20221

V. Payne (Chair)
D. Deacy (Treasurer)
S. Fuidge
P.S. Mattoo
M.S.Chahal
J. Clark

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up. Under the requirements of the Memorandum and Articles of Association of the charitable company no trustee may hold the office of Chair, Vice-Chair or Treasurer for a period of more than six consecutive years. Following the end of a period of six consecutive years in office a period of at least one year must elapse before the trustee can be reappointed to that office. At every general meeting one third of the trustees, for the time being, or if their number is not a multiple of three then the number nearest to one third, shall retire from office. A retiring member shall be eligible for re-election.

The trustees form a diverse and committed body with an interest in mental health issues and the charitable company has sought to enhance the potential pool of suitable trustees through selective advertising, through Third Sector trustee recruitment agencies and networking with local governmental and council departments and like-minded organisations.

To enhance their knowledge of the practical work undertaken by the charity, trustees are encouraged to take an active role in project matters in which the have expressed an interest. The induction process covers the obligations of trustees, an introduction to the main documents which set out the operational framework including the Memorandum and Articles, resourcing and the current financial position as set out within the latest published accounts and future plans and objectives of the charity. It also includes a Code of Conduct for trustees.

The detailed organisational structure of Hillingdon Mind is subject to change, dependent upon the projects undertaken in the furtherance of the charity's objects, however, the overall organisational structure adopted provides for a board of trustees (appointed in accordance with the Articles of Association), a Charity Director, management and administration personnel, project workers and co-ordinators. The charity also makes use of, and is grateful to, its many volunteer workers.

The trustees have considered the major risks to which the charity is exposed and have established a risk register which is regularly reviewed and updated. Where appropriate, systems and procedures have been established to mitigate material risks. External risks to funding have been identified and continue to be addressed and there has been planned diversification in activity within the charity. Internal control risks are minimised by the implementation of a Schedule of Delegated Authority, and procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety and insurance issues relating to staff, volunteers and users. A 2016 peer-review as part of the renewal of the Mind Quality Mark, awarded by the National Association for Mental Health (Mind), confirmed that the charity meets the agreed quality assurance standards to ensure consistent quality of delivery for all operational aspects of the charity. All procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Objectives and Activities

Hillingdon Mind believes that life experiences, and the environment in which we live, play a major part in influencing our mental health. The charity considers that people have a right to be treated holistically and this is reflected in the wide range of services offered. The mission of Hillingdon Mind is expressed in the 'Hillingdon Mind Strategic Business Development Plan 2020 -2023' and is as follows:

Vision, Mission & Values

Our vision
We won't give up until everyone experiencing a mental health problem gets both support and respect. We will look towards innovative and technological solutions to ensure that everyone has access to resources to support them on their journey.

Our mission
We provide advice and support to empower anyone experiencing a mental health problem in the London Borough of Hillingdon. We campaign and teach locally to improve services, raise awareness and promote understanding.

Our values
We reach out to anyone who needs us and design services for those in our community that are 'seldom heard'.

- Together
We're stronger in partnership - we will ensure that we create and maintain successful relationships with the Local Authority, CCG, NHS, H4All and other relevant bodies to ensure mental health services are developed and promoted.

- Responsive
We listen, we act - we will adapt our services to meet service users' needs and will be flexible in the way these services are delivered.

- Independent
We speak out fearlessly and will continue to advocate and advise on behalf of our service users.

- Unstoppable
We never give up - we believe everyone has the right to access mental health support services and that mental health should be an integral component to all health services.

Hillingdon Mind's purpose is to achieve the following for the residents of the London Borough of Hillingdon:

Staying well: Support people, likely to develop mental health problems, to stay well

Empowering Choice; Empower people who experience a mental health problem to make informed choices about how they live and recover

Improving services and support: Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem

Enabling social participation: open the doors to people with experience of mental health problems participating fully in society

Removing inequality of opportunity: Gain equality of treatment for people who experience both mental health and other forms of discrimination

Organisational excellence: make the most of our assets by building a culture of excellence

As well as working to these strategic themes the charity has paid due regard to guidance issued by the Charity Commission in deciding what activities it should undertake and in the exercising of its powers and duties for the public benefit.

Hillingdon Mind remains the largest independent provider of mental health services in the London Borough of Hillingdon. The main services provided, for the period under review, fall under two headings:

Mental Health Recovery

The Mental Health Recovery Service includes the provision of a mental health recovery service based on the the Star Recovery Program, Key Working, 1-1 Advice and Emotional Support, a Job Hub, a range of Social Clubs (which take place during evenings and at weekends), Forest Therapy, a Walking and Wellbeing Group, Creative Minds Art Group, a Creative Writing Group, a Women's Support Group, a Men's Support Group, a Hearing Voices Support Group and culturally specific support groups aimed at the Asian and Somali communities. Social Worker and Occupational Health University Placements as well as Peer Support and Volunteer Opportunities are also offered through this service.

Psychotherapeutic Services

A range of Psychotherapeutic Services are provided, including:

Adult Counselling
Adult Psychotherapy
IAPT Counselling for Depression
Bereavement Counselling
Trauma Counselling
Addictions Counselling Service
Mental Health Carers Counselling
Mental Health Carers Psychotherapy
Crisis Counselling
Group Psychotherapy

In addition to the above, Hillingdon Mind also provide the following training courses: Mental Health Awareness, Mental Health first Aid and Psychoeducation.

Achievements and performance

The charity, specifically the staff have had to deal with the challenge of the Covid 19 pandemic and have performed admirably, despite their own concerns, providing an emotional support calling service, shopping and prescription deliveries as well as moving a number of the services to online provision.

Following its launch last year the IAPT Counselling for Depression Service has continued to deliver services to over 120 individuals.

Throughout the year mental health information was provided to a range of of community individuals and community groups and a number of online services were developed to ensure that vulnerable service users could still participate. These include online Social Groups, Job Hub, Art Therapy and Counselling.

Staff will continue to incorporate the national Mind quality standards into their work and the charity intends to continue with the provision of services to the local community as additional funding opportunities are continually being sought in the promotion of the charity's objectives.

The charity's policy is to consult and discuss with employees matters likely to affect employees' interests, as well as providing support to ensure employees' wellbeing.

Information of matters of concern to employees is given through weekly team meetings and reports which seek to achieve a common awareness on the part of all employees of the financial and economic factors affecting the charity's performance.

The main areas of charitable activity are as described within the section on Objectives and Activities above. Hillingdon Mind uses a range of methodologies to evaluate the impact of its activities, including Clinical Outcome Measures such as GAD7 and PHQ9, service user satisfaction questionnaires, service user fora, service and event evaluations, and a robust complaints, compliments and suggestions process with periodic reports to the Board of Trustees. The achievements and performance of the charity within each of these main areas is further described within detailed reports separate from these financial statements which are available upon request.

Securing sufficient and appropriate funding remains challenging but by strict cost control, review of project viability and an expansion of fee generating services the charity has returned a surplus for the year under review thereby strengthening the balance sheet and providing a blueprint for future sustainability. The charity director has been instrumental in the implementation of new initiatives and commercial review to ensure the charity's success in the period and she has received unswerving support from the board of trustees who acknowledge and are thankful for the value and stability that has been added to the charity.

New and complementary projects are under continual review by the board and, particularly, senior management, to establish whether they would fit with the charity's aims and objectives, whether successful outputs would be achievable and whether they could be managed and operated to the highest of standards required by the charity. Given difficulties faced by Hillingdon Mind, as well as many charities in the sector, the trustees are of the view that the charity has achieved its prime aims and performed well during the period in furtherance of its objectives.

Financial review

With a service review agreed with key funders, projects were run to budget ensuring no further pressure was put onto reserves; the overall surplus for the year thereby increases the level of free reserves carried forward at the financial year end. The transactions undertaken by the charity are detailed in the statement of financial activities within the accounts and in the related notes.

The principal funding sources for the charity are currently by formal Contracts for provision of mental health service and this funding primarily comes from the London Borough of Hillingdon and Hillingdon Clinical Commissioning Group. The rest of the services are funded through the Big Lottery & Postcode Lottery funding, Catalyst and the A P Taylor Trust.

The trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and have established a policy whereby a level of uncommitted reserves approximating to a third of the charity's current annual level of income should be maintained. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. The total level of uncommitted reserves held by the charity at the balance sheet date, as noted within the Statement of Financial Activities, is heading towards its target, having shown a further improvement for the year under review, and the trustees are aware of what needs to be done to achieve and thereafter maintain a consistent level over forthcoming years.

The Finance Officer and Director provide quarterly management accounts and cash-flow reports to the Board of Trustees to assist the effective oversight and management of the charity's finances. Whilst the charitable company continues to face challenges in securing sufficient and appropriate on-going funding, the trustees are pleased with the net surplus achieved in the year which has added to the charitable company's reserves carried forward. The budget for 2021 to 2022 again indicates a projected modest surplus at the end of the financial year, based on services to be provided.

The trustees have reviewed the charity's reserves at the balance sheet date and have concluded that there are modest restricted reserves in respect of forest therapy grant income and a hardship fund received. Further details relating to restricted and unrestricted reserves are provided in the financial statements.

A more strident approach is being undertaken, designed to enhance the level of reserves, but with continuing low interest rates and cash flow requirements, few funds were deemed suitable or available for long term investment. The charitable company's funds are maintained in current and deposit accounts.

Plans for the future

The charity will continue to provide mental health services in the London Borough of Hillingdon and is active in extending, or developing new projects to complement the existing services by working collaboratively with the CCG, the London Borough of Hillingdon, H4All and North West London Mind to identify new or enhanced services. The development of training and other methods of income generation, which will lead to long term sustainability, are also at the forefront of Hillingdon Mind's objectives for the forthcoming year.

The trustees remain mindful of the state of the charity's finances but are confident that the steps which have been implemented will allow the charity to continue its operations into the foreseeable future.

Disclosure of information to auditor

Each of the directors has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditors are unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditors are aware of such information.

Auditor

A resolution proposing that Gittins Mulderrig be reappointed as auditors of the company will be put to the members.

On behalf of the board of Trustees

V. M. Payne

V. Payne (Chair)
Trustee
Dated: 16 December 2021

HILLINGDON MIND

STATEMENT OF TRUSTEES' RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2021

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

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

HILLINGDON MIND

INDEPENDENT AUDITOR'S REPORT
TO THE TRUSTEES OF HILLINGDON MIND

Opinion

We have audited the financial statements of Hillingdon Mind (the 'charity') for the year ended 31 March 2021 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the 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 FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, 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 accounts section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC's Ethical Standard, and the provisions available for small entities, in the circumstances set out in the notes to the accounts, 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 charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

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

Other information

The other information comprises the information included in the annual report other than the financial statements and our 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 our audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' 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 trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose 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 charity'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.

Extent to which the audit was considered capable of detecting irregularities, including fraud

We have considered the following matters in determining susceptibility to irregularity within these financial statements:

We assessed the susceptibility of the entity's financial statements to material misstatement, including how fraud might occur.

We considered and identified laws and regulations to which the Charity is subject and determined their significance in the context of the entity.

We obtained an understanding of the legal and regulatory framework applicable to the entity and how the entity is complying with that framework

.

We obtained an understanding of the entity's policies and procedures on compliance with laws and regulations,

We obtained an understanding of the entity's policies and procedures on fraud risks, including knowledge of any actual, suspected or alleged fraud.

We ensured that the audit work was undertaken by an engagement team with the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations, that any such incidences communicated and any discussions with specialists on areas of the financial statements which may be particularly susceptible to fraud have all been addressed.

As the entity is a charitable company subject to audit we obtained an understanding of the entity's current activities, the scope of its authorisation and the effectiveness of its control environment.

We considered how our approach to the audit has affected the likelihood of detection of irregularities in explaining the extent to which the audit was considered capable of detecting irregularities and took into account:

- the inherent difficulties in detecting irregularities;
- the effectiveness of the entity's controls; and
- the nature, timing and extent of the audit procedures performed.

Irregularities that result from fraud might be inherently more difficult to detect than irregularities that result from error and our responsibilities for the engagement will mean that detection of those types of irregularity which give rise to a risk of material misstatement are those on which we may be able to provide the most comprehensive explanation.

Audit response to risks identified

Our audit response to risks identified incorporated but was not limited to the following:

- Enquiry of management and those charged with governance around actual and potential litigation and claims.

- Enquiry of entity staff in compliance functions to identify any instances of non-compliance with laws and regulations.

- Reviewing minutes of meetings, where available, of those charged with governance.

- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations.

- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business.

- Considering the internal controls in place to mitigate the risk of fraud and error.

- Performing analytical review procedures to identify any unusual or unexpected relationships.

- Assessing whether management judgments, where made, in determining accounting estimates were indicative of potential bias.

- Reviewing correspondence with third parties

- Obtaining written representations from management in relation to the risk of fraud and error and in respect of information provided to us in the course of the audit.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any. Material misstatements that arise due to fraud can be more difficult to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Brian Mulderrig
(Senior Statutory Auditor)
for and on behalf of Gittins Mulderrig

16 December 2021

Chartered Accountants
Statutory Auditor

6 High Street
Northwood
Middlesex
HA6 1BN

HILLINGDON MIND

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £	Restricted funds 2020 £	Total 2020 £
Income and endowments from:							
Donations and Grants	3	93,079	5,000	98,079	101,487	5,071	106,558
Charitable Activities: Grants and Contracts	4	-	352,351	352,351	-	334,658	334,658
Investment income	5	50	-	50	90	-	90
Clubs, letting & fees	6	77,474	-	77,474	150,985	-	150,985
Total income		170,603	357,351	527,954	252,562	339,729	592,291
Expenditure on:							
Charitable activities	7	128,154	353,859	482,013	188,569	321,379	509,948
Gross transfers between funds		-	-	-	(168)	168	-
Net income for the year/ Net movement in funds		42,449	3,492	45,941	63,825	18,518	82,343
Fund balances at 1 April 2020		112,737	18,518	131,255	48,912	-	48,912
Fund balances at 31 March 2021		155,186	22,010	177,196	112,737	18,518	131,255

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

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

HILLINGDON MIND

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	11		9,378		6,620
Current assets					
Debtors	12	172,020		27,502	
Cash at bank and in hand		193,741		142,329	
		365,761		169,831	
Creditors: amounts falling due within one year	13	(197,943)		(45,196)	
Net current assets			167,818		124,635
Total assets less current liabilities			177,196		131,255
Income funds					
Restricted funds	14		22,010		18,518
Unrestricted funds			155,186		112,737
			177,196		131,255

The financial statements were approved by the Trustees on 16 December 2021

V.M. Payne

V. Payne (Chair)
Trustee

Company Registration No. 03009554

HILLINGDON MIND

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Cash flows from operating activities					
Cash generated from operations	17		58,340		85,106
Investing activities					
Purchase of tangible fixed assets		(6,978)		(7,058)	
Interest received		50		90	
Net cash used in investing activities			(6,928)		(6,968)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			51,412		78,138
Cash and cash equivalents at beginning of year			142,329		64,191
Cash and cash equivalents at end of year			193,741		142,329

1 Accounting policies

Charity information

Hillingdon Mind is a private company limited by guarantee incorporated in England and Wales. The registered office is 40 New Windsor Street, Uxbridge, UB8 2TU.

1.1 Accounting convention

The accounts have been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015), the Charities Statement of Recommended Practice (SORP) (FRS102) and the Companies Act 2006.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

These financial statements are prepared on the going concern basis. The trustees have a reasonable expectation that the charity will continue in operational existence for the foreseeable future, however, the trustees are aware of certain material uncertainties which may cause doubt on the charity's ability to continue as a going concern. In particular, whilst at the balance sheet date the charitable company's reserves had shown improvement to over £177,000 and corrective action has been taken to ensure that the charity operates within its means the difficulty in securing adequate ongoing funding does give rise to some degree of risk and uncertainty.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are funds to be used for purposes as specified by the donor. Expenditure which meets these criteria is identified to the fund.

Unrestricted funds are non specific or general grant aid, donations, collections and other monies received, for the general purposes of the charity.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.5 Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred, and is inclusive of irrecoverable VAT.

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading and operation of clubs.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures, fittings & equipment	25% Straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented 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.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

1 Accounting policies **(Continued)**

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and Grants

	Unrestricted funds	Restricted funds	Total 2021	Total 2020
	£	£	£	£
Donations and gifts	3,079	-	3,079	21,487
Other income	90,000	5,000	95,000	85,071
	93,079	5,000	98,079	106,558
For the year ended 31 March 2020	101,487	5,071		106,558
Other Income				
Local authority core grant	90,000	-	90,000	80,000
Other non specific grant income	-	5,000	5,000	5,071
	90,000	5,000	95,000	85,071

4 Charitable Activities: Grants and Contracts

	2021 £	2020 £
Performance related grants	352,351	334,658
Performance related grants		
Big Lottery - covid response	10,000	-
Mind grant - covid response	5,000	29,268
Keyworker	12,500	-
Carers grant	79,099	22,000
Mental Health Social Inclusion	90,000	75,000
Counselling services	155,752	185,420
Appropriate adult	-	20,759
Forest Therapy	-	2,211
	352,351	334,658

Mental Health Social Inclusion grants include befriender and young persons and weekend & out and about monies in addition to funds for clubs.

5 Investment income

	Unrestricted funds	Unrestricted funds
	2021	2020
	£	£
Interest receivable	50	90

6 Clubs, letting & fees

	2021	**2020**
	£	**£**
Fees training	3,520	39,711
Club Income	-	1,183
Staff secondment	60,141	99,517
Counselling income	12,373	4,524
Miscellaneous	-	290
Supervision	1,440	5,760
	77,474	150,985

7 Charitable activities

	2021	2020
	£	£
Staff costs	348,956	331,234
Depreciation and impairment	4,220	2,774
Insurance	2,183	1,877
Repairs, renewals and maintenance	9,465	5,641
Rent	24,865	27,050
Staff training & supervision	4,703	13,444
Staff travel	1,832	2,352
Volunteer costs	1,272	30,729
Office costs	104	1,410
Special project costs	13,472	10,806
Club costs	351	6,515
	411,423	433,832
Share of support costs (see note 8)	50,575	56,939
Share of governance costs (see note 8)	20,015	19,177
	482,013	509,948
Analysis by fund		
Unrestricted funds	128,154	
Restricted funds	353,859	
	482,013	
For the year ended 31 March 2020		
Unrestricted funds		188,569
Restricted funds		321,379
		509,948

8 Support costs

	Support costs	Governance costs	2021	2020	Basis of allocation
	£	£	£	£	
Staff costs	-	7,260	7,260	6,658	Governance
Support Staff costs	21,781	-	21,781	19,972	
Finance & accountancy	7,602	-	7,602	7,503	
Computer costs	9,786	-	9,786	15,659	
Telephone	4,014	-	4,014	5,998	
Light, heat, refuse	865	855	1,720	1,798	
Print, post, stationery	1,437	-	1,437	969	
Equipment rental	-	-	-	1,493	
Other costs	5,090	2,980	8,070	3,547	
Audit fees	-	7,200	7,200	7,200	Governance
Legal and professional	-	1,720	1,720	5,319	Governance
	50,575	20,015	70,590	76,116	
Analysed between Charitable activities	50,575	20,015	70,590	76,116	

Governance costs includes auditors fees of £7,200, gross (2020- £7,200, gross).

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

No salary payments were made to trustees during the period and no trustees received payment for expenses incurred or received benefits.

10 Employees

Charity employees	12	10
Administrative employees	3	3
	15	13

Employment costs	2021 £	2020 £
Wages and salaries	373,505	351,025

There were no employees whose annual remuneration was in excess of £60,000 for the year under review.

11 Tangible fixed assets

	Fixtures, fittings & equipment £
Cost	
At 1 April 2020	21,636
Additions	6,978
At 31 March 2021	28,614
Depreciation and impairment	
At 1 April 2020	15,016
Depreciation charged in the year	4,220
At 31 March 2021	19,236
Carrying amount	
At 31 March 2021	9,378
At 31 March 2020	6,620

12 Debtors

Amounts falling due within one year:	2021 £	2020 £
Trade debtors	162,186	17,487
Other debtors	-	8,194
Prepayments and accrued income	9,834	1,821
	172,020	27,502

13 Creditors: amounts falling due within one year

	2021	2020
	£	£
Other taxation and social security	7,961	10,789
Trade creditors	896	4,113
Other creditors	179,993	19,975
Accruals and deferred income	9,093	10,319
	197,943	45,196

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

		Movement in funds		
	Balance at 1 April 2020	Incoming	Outgoing	Balance at 31 March 2021
	£	£	£	£
Counselling	-	155,752	(155,752)	-
Keyworker grant	-	12,500	(12,500)	-
Mental Health Social Inclusion	-	90,000	(90,000)	-
Forest Therapy	17,589	-	-	17,589
Carers	-	79,099	(79,099)	-
Mind grants	-	5,000	(1,250)	3,750
Big Lottery -Covid		10,000	(10,000)	-
	-	-	-	-
Non performance related grants	-	-	-	-
	-	-	-	-
A P Taylor Trust	-	5,000	(5,000)	-
Hardship Fund	929	-	(258)	671
	18,518	357,351	(353,859)	22,010

The restricted funds at 31 March 2021 as shown above relate to grant income received but not expended as at the balance sheet date.

15 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Fund balances at 31 March 2021 are represented by:			
Tangible assets	-	3,750	3,750
Current assets/(liabilities)	155,166	18,260	173,426
	155,166	22,010	177,176

16 Related party transactions

Related parties of the charitable company at the balance sheet date have been identified as the trustees, the charity director, H4All and the National Association for Mental Health (MIND). During the period under review payment was made to MIND in the sum of £687 (2020: £687) in respect of the annual affiliation fee and £60,141 (2020: £99,518) was charged to H4All in respect of staff secondment.

The charity director received remuneration as an employee of the charitable company and there were no other transactions with related parties to be disclosed.

No guarantees have been given or received.

17 Cash generated from operations

	2021	2020
	£	£
Surplus for the year	45,941	82,343
Adjustments for:		
Investment income recognised in profit or loss	(50)	(90)
Depreciation and impairment of tangible fixed assets	4,220	2,774
Movements in working capital:		
(Increase) in debtors	(144,518)	(21,239)
Increase in creditors	152,747	21,318
Cash generated from operations	58,340	85,106