

Mind in Enfield and Barnet

England & Wales · Charity number 1054539

Details

Other names	MIND IN ENFIELD
Status	Registered
Legal form	Charitable company
Company number	03151981
Registered	1996-04-12
Register	View on the Charity Commission register

Contact

Address	275 Fore Street Edmonton London N9 0PD
Phone	02089067506
Email	finance@mindeb.org.uk
Website	www.mindeb.org.uk

Activities

Objects: The objects of the Charity are, for the public benefit, primarily but not exclusively in the London Borough of Enfield and the London Borough of Barnet:-to promote the preservation of good mental health; and to address the needs of people with mental health problems, particularly but not exclusively by enabling and empowering persons experiencing mental health problems to live with, manage and recover from their condition and by working to increase the understanding of mental health and mental health problems.

Activities: Mind in Enfield is a local mental health organisation who aims to provide a diverse range of culturally appropriate, accessible and quality services for those experiencing distress, those who have experienced or are experiencing mental health difficulties and for their carers and families.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities

Geography

- **Area of benefit:** LONDON BOROUGH OF ENFIELD
- Enfield

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£2,033,745	£1,976,815	£735,706	56
2024-03-31	£2,189,923	£2,204,864	£678,776	61
2023-03-31	£1,935,754	£1,904,716	£693,717	52
2022-03-31	£1,573,641	£1,590,604	£662,679	35
2021-03-31	£634,244	£717,461	£125,634	16

Trustees

Name	Role	Appointed
Naomi Rachael Phillips	Chair	2024-02-06
Dr Emuejevoke Beverley Aghoghovbia		2025-09-30
Dr Lorraine Kelly		2022-07-05
Melissa Tam		2022-07-05
Nirma Van Houtem		2022-07-05
Rachel Ann Parkinson		2025-09-30
Sarah-Jane Tolia		2026-02-10
Sudip Dasgupta		2025-09-30

Accounts

Registered number: 03151981
Charity number: 1054539

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

Trustees

Ms J Pearce, Co-Chair
Ms N R Phillips, Co-Chair
Dr L Kelly, Trustee
Ms L Marsh, Trustee
Ms C Onifade-Carroll, Trustee
Miss M Tam, Trustee
Mrs N Van Houtem, Trustee
Mr R Hayter, Trustee (resigned 2 April 2024)
Ms B Spillane, Trustee (appointed 30 September 2025)
Mrs R Parkinson, Trustee (appointed 30 September 2025)
Mr S Dasgupta, Trustee (appointed 30 September 2025)
Dr E Aghoghovbia, Trustee (appointed 30 September 2025)

Company registered number

03151981

Charity registered number

1054539

Registered office

275 Fore Street
Edmonton
London
N9 0PD

Company secretary

Mr A Tambourides

Chief executive officer

Mr A Tambourides

Auditor

Goodman Jones LLP
Chartered Accountants
Statutory Auditors
1st Floor
Arthur Stanley House
40-50 Tottenham Street
London
W1T 4RN

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

**REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
(CONTINUED)**
FOR THE YEAR ENDED 31 MARCH 2025

Bankers

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Unity Trust Bank
9 Brindley Place
Birmingham
81 2JB

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

CO-CHAIRS REPORT
FOR THE YEAR ENDED 31 MARCH 2025

This year has been one of consolidation and strategic progress for Mind in Enfield and Barnet. The Board has remained firmly focused on its charitable objects: promoting good mental health and addressing the needs of those living with mental health problems in our boroughs.

From a governance perspective, we have strengthened trustee induction, reviewed our approach to risk management, and maintained compliance with the Mind Quality Mark and Charity Commission standards. We have overseen the adoption of a refreshed strategy with four clear objectives — Sustainability, Community Engagement, Services That Change Lives, and Systems Change — underpinned by our values of Real Change, Empowerment, Integrity, Compassion, and Equality.

Financial stewardship has been robust, with a surplus delivered despite sector pressures and reserves held above the three-month target. We are particularly proud that, under the CEO and senior leadership team, MiEB directly supported over 4,000 people this year while maintaining quality and person-centred care across all services.

The Board has also recognised the growing influence of MiEB within the federation and in North Central London, including leading roles in the Voluntary Community Sector (VCS) Mental Health Network and local partnership boards. These system-level positions are vital to ensuring that lived experience continues to shape service design and commissioning.

We thank our fellow trustees, staff, volunteers, and partners for their dedication. With strong governance foundations, a refreshed strategy, and financial resilience, MiEB is well placed to navigate future challenges and continue delivering meaningful change.

Jayne Pearce
Naomi Phillips
Co-Chairs of the Trustees

MIND IN ENFIELD AND BARNET
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CEO REPORT
FOR THE YEAR ENDED 31 MARCH 2025

It is a privilege to report on a year in which Mind in Enfield and Barnet has continued to deliver against our charitable objects and embed our refreshed strategy. Guided by our values, we have diversified our services, strengthened our workforce, and grown our influence in an increasingly challenging environment. The ongoing cost of living crisis has placed immense pressure on the mental health of our communities, leading to record demand for our services. In this context, our work has never been more vital.

Sustainability

Financial stability has been central to our progress. For the year ended 31 March 2025, we achieved total income of £2.03m and a surplus of £57k, a significant achievement compared with a deficit in the previous year. Unrestricted reserves rose to £681k, placing us above our three-month operating costs target. This stable position enabled a one-off staff recognition payment and investment in volunteer coordination. While short-term contracts and commissioning pressures remain risks, diversification has reduced our exposure: new projects such as LEAP Advocacy (£211k) and Family Hubs (£333k) offset the closure of Supported Self-Help. Our cost base was reduced by 10%, while income fell by only 7%, demonstrating prudent financial management. Whilst our rate of growth has slowed we have become more financially stable, and our forecast for this year is that we will exceed all previous years in terms of turnover, reach and impact.

Community Engagement

This year, we provided direct, structured support to over 4,000 people, a fourfold increase since 2019. Our Enfield Community Advocacy Service supported 123 clients with over 400 issues, while our BAME advocacy partner supported 46 more. Mental Health Awareness Week engaged over 80 residents, and planning is underway for World Mental Health Day 2025. We launched Enfield LX, a lived experience platform, and deepened partnerships with faith groups, schools, and grassroots VCSE organisations. Our role in local partnership boards ensures that community voices influence service design and delivery.

Services That Change Lives

Our NHS Talking Therapies services supported 953 clients, exceeding access and recovery targets, with 41% from Global Majority backgrounds. In Enfield, 658 clients were supported; in Barnet, 295. Client feedback was consistently positive, with 98% reporting satisfaction. The Dove Counselling Service grew to support 47 clients this year, and we have plans to expand into couples and group therapy. Sanctuary services in Barnet and Enfield supported 828 people in crisis, while our Recovery College and courses reached over 330 participants. The Talking Therapies for Autistic Adults programme delivered 298 sessions to 55 clients, with 50% showing reliable improvement.

Systems Change

MiEB has taken a leading role in influencing mental health systems. We chair or co-chair borough Mental Health Partnership Boards, lead the North Central London VCS Mental Health Network, and contribute to the Mind Federation Leadership Group as Vice Chair for London. These positions enable us to advocate for equity, lived experience leadership, and investment in the voluntary sector. Our achievements are the result of the dedication of 55 staff, 44 volunteers, and 40 self-employed workers. Together, we have lived our values and made a measurable impact.

Looking Ahead

Looking forward, we know that the context for mental health provision will continue to evolve rapidly. The merger of the North Central London and North West London Independent Commissioning Boards (ICB), creating the largest in England, poses both risks and opportunities. We see opportunities to scale successful specialist services across a larger footprint, but we will be vigilant against the risk of smaller, local providers being overlooked in larger commissioning frameworks. We will continue to ensure that local voluntary voices are represented and that community-based provision is protected. At the same time, the rise of artificial intelligence brings both significant risks and transformative opportunities. For MiEB, the path ahead is clear: we will embrace the efficiencies that technology, including AI, can bring to enhance our services, always ensuring it is used ethically to support—not replace—our human-centred approach. We will deepen partnerships that amplify our reach and resilience; and above all safeguard our values and remain steadfast to our charitable objects—to promote the preservation of good mental health, and to address the needs of people with mental health problems by enabling and empowering them to live with, manage, and recover from their condition.

Alex Tambourides
CEO

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025

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

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

Objects of the Charity, Principal Activities, and Organisation of our Work

Our objectives

The Charity is constituted as a company limited by guarantee and is therefore governed by the memorandum and articles of association.

The objects of the Charity are, for the public benefit, primarily but not exclusively in the London Borough of Enfield and the London Borough of Barnet:

- to promote the preservation of good mental health; and
- to address the needs of people with mental health problems, particularly, but not exclusively, by enabling and empowering persons experiencing mental health problems to live with, manage and recover from their condition and by working to increase the understanding of mental health and mental health problems.

Our activities

During 2024/25 we delivered the following services:

Counselling

- Community Talking Therapies providing Step 3 high intensity Improving Access to Psychological Therapies (IAPT) services in Enfield and Barnet
- Dove, a paid counselling service, providing counselling to those who need support
- Counselling and supervision support for Woodhouse School
- Social and Emotional Support to Recover from the Pandemic
- Supported Self Help
- Talking Therapies for Autistic Adults

Empowerment

- Forensic advocacy within the North London Forensic Service
- Community advocacy as part of the Enfield Community Advocacy project (secured expanded funding for new LEAP Advocacy project commencing June 2025)
- BAME advocacy subcontracted to a specialist provider
- Enfield LX Assembly

Wellbeing

- Sanctuary, a face-to-face and online service, offering immediate access to emotional and practical support to people with Mental Health problems in Barnet and Enfield
 - Courses and workshops
 - Support groups
 - The Enfield Wellbeing Network
 - Mind in London Parent Support programme
 - North Middlesex Care Coordination
 - Family Hubs Perinatal support
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MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Our Values

We are led by lived experience and live by our values.

Real Change

We believe that change in people's lives and the systems we work within must be person centred, meaningful and, where possible, concretely evidenced. We design and deliver services based on need, pro-actively gather, listen to, and act on feedback, and use an outcomes-based approach to ensure we make a real difference in people's lives.

Empowerment

We believe that everyone deserves agency and autonomy and that for real change and growth to be sustainable - empowerment, respect, and involvement in decision-making must be at the centre of how we treat each other and people we work with.

Integrity

We believe that trust and transparency are crucial in how we relate to each other and people we work with. We will be realistic in our aims and expectations, and consistent in our actions. We will listen, we will act on what we hear, and we will ensure that decisions we make are always based on improving the lives of people with mental health issues.

Compassion

We believe that compassion is the beating heart at the centre of everything we do and everyone we do it with. Our boundaries and professionalism co-exist with warmth, empathy, respect, and meeting people where they are, in order to address their needs.

Equality

We believe that health inequalities of any kind are not natural, tolerable, or inevitable. The quality of your life should not be determined by your ethnicity, wealth, gender, or any other factor relating to your health or societal context. We stand against racism, stigma and all forms of prejudice and want to make real and positive changes that move us nearer to a fairer society.

Public benefit

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

The Trustees have considered this definition and concluded that:

- The aims of the organisation continue to be charitable;
- The aims and the work done give identifiable benefits to the charitable sector and both indirectly and directly to individuals in need;
- The benefits are for the public, are not unreasonably restricted in any way and not by ability to pay; and
- There is no detriment or harm arising from the aims or activities.

Principle risks and uncertainties

The major risks, to which Mind in Enfield and Barnet is exposed, as identified by the Trustees, are reviewed regularly and systems have been established to mitigate risks. These include: clinical, professional liability, health and safety, financial, personnel, premises, and IT risks. We have developed a risk register which identifies the major risks, details mitigations and the management routinely reports to the board on current issues.

Achievements and performance

Therapy

Community Talking Therapies Enfield/Barnet

The counselling service offers Step 3 High-Intensity counselling for individuals aged 16 and over who are registered with a GP in the London Borough of Enfield or Barnet and experiencing common mental health difficulties, such as mild to moderate depression and anxiety.

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

Commissioned by the North Central London Integrated Care Board (NCL ICB), the service provides free, evidence-based individual counselling (up to 8 sessions) and contributes to both local and national NHS England performance targets. We are accredited by the British Association for Counselling and Psychotherapy (BACP), adhere to their Ethical Framework for the Counselling Professions, and have successfully completed compliance assessments in line with the new NHS Talking Therapies Manual.

Counselling is offered in a blended format, enabling clients to choose between face-to-face, online video, or telephone sessions. Our aim is to deliver high-quality, accessible, and evidence-based counselling that reduces mental distress, improves access to psychological therapies, and addresses health inequalities.

Referrals can be made directly by clients via our online e-referral form, by phone, or through a GP or other professional. Within 10 days of receiving a referral, we provide a comprehensive, person-centred assessment to determine needs and the most suitable intervention—either Generic Counselling or Person-Centred Experiential Counselling for Depression (PCE-CFD).

In line with the updated NHS Talking Therapies Manual, we have seen increased uptake of modality-specific NHS training, enabling us to retain a greater number of fully qualified counsellors and maintain the highest standards of care.

Enfield

The service operates five days a week and is supported by a dedicated team comprising a Clinical Lead, a Service Coordinator, three administrators, a Lead Assessor, seven self-employed assessors, 24 volunteer counsellors (five fully CFD-qualified, five CFD trainees), and five self-employed supervisors. We have strong workforce retention and effective recruitment processes, ensuring all posts remain filled.

Over the past year, we exceeded our access targets (number of clients supported) and consistently met recovery targets (reductions in depression and anxiety scores post-therapy). As the lead provider for VCS Community Talking Therapies in Enfield, we supported 658 clients in total—490 through MiEB and 168 through our partners Alpha Care, Enfield Saheli, and Nafsiyat. Over the year, the partnership has placed particular focus on meeting compliance requirements.

Since November 2024, we have experienced a sharp rise in referrals alongside an overall increase in case acuity. This surge has placed the service under significant pressure, with demand now exceeding our monthly commissioned capacity. Consequently, waiting times for assessment have risen from two weeks to up to two months, followed by further delays from assessment to the first session. We are working to safely and effectively manage the additional 164 referrals that have accumulated beyond our commissioned quota.

Client demographics:

- 57.20% self-referrals
- 41.18% Global Majority

Client feedback

"The whole team at Mind Enfield has been amazing. I'm always welcomed with such warmth whether over the phone. However, the best part of my experience has been being assigned to Patricia. She has allowed me to realise that it's ok to have moments where I'm anxious or depressed but I am now able to sit in it for only a short time. My wellbeing has improved tremendously as Patricia has allowed me to open up"

"It has helped me a lot to understand myself and my problems. The therapist has been very supportive. It was very exhausting and often tearful for me. I wished to have more sessions to overcome and find ways for my daily difficulties. I would like to say thank you very much to my therapist for making me feel to address deep issues and pain/guilts. Claire has been very calm and kind to me throughout the sessions. Thank you for the friendly and polite staff"

Barnet

The service operates three days a week and is supported by a committed team comprising a Clinical Lead, a Service Coordinator, one administrator, a Lead Assessor, three self-employed assessors, nine volunteer counsellors (including two fully CFD-qualified and two CFD trainees), and two self-employed supervisors.

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

Over the past year, we delivered support to 295 clients, while consistently achieving our 50% recovery target, demonstrating the team's effectiveness and dedication to client outcomes.

Client demographics:

- 35.25% Global Majority

Client feedback:

"I went into this a little skeptical, but have been pleasantly surprised. My counsellor is amazing, helped me implement solutions to my problems in my day to day. 100% would recommend my counsellor and the service."

"I was astonished to how much positive impact the therapy had on me and how this really help me to cope and navigate during the difficult time"

"I had brilliant support and guidance from Suzi who showed me that there were reasons for the feelings and behaviours that I had identified and wanted to address. I have made changes to my behaviours and feel a great deal happier and more in control as a result. Thank you very much to Suzi, but also to the team who have helped with changes in sessions and making me feel welcome and supported at every turn. You offer an essential service. Thanks everyone!"

DOVE service Enfield and Barnet

DOVE is a self-funded service providing private, fee-paying, open-ended counselling delivered by experienced and fully qualified counsellors. The service is supported by a Therapy Service Manager and two administrators, and has grown to include nine self-employed counsellors (with one more joining in September 2025) and three self-employed supervisors overseeing service delivery.

This year, DOVE has experienced significant growth, moving from a shortage of referrals last year to a surge in demand, particularly for evening sessions. To meet this need, we have expanded our counselling team. Through active participation in networking events across Barnet, we have increased local awareness of our bespoke private counselling service, which serves both Barnet and Enfield residents. We also ran a successful summer sale campaign, offering assessments at a reduced fee of £30. Following its positive impact, all assessments are now permanently offered at this rate.

DOVE has supported 47 clients to date, including 31 new referrals since January. Of these, 25 progressed to assessment, and 23 began counselling sessions with DOVE Private Counselling and Psychotherapy Services.

Looking ahead, DOVE aims to expand further, with plans to introduce couples therapy and group therapy to broaden the range of services available to the community.

Client Feedback

"This was the first time I had used therapy. Even though it was one session it made me realize that I can't change anything that has happened in the past or change others. The one person who can change is myself and the session motivated and encouraged me to move forward. Thank you"

"It's been really beneficial to explore my thoughts & feelings in a safe space. I felt heard & understood by an attentive counsellor. I was pleased on line was offered as an option. I didn't understand that if I had chosen face to face it would have been in Barnet. Thank you"

"The service was of great help psychologically, got me to realise how to approach life in general and how to deal with negative emotions and anxiety. Simple questions gave an opportunity to analyse my life experiences and feel positive about the future. Basically, it helped me understand the importance of self awareness and how to handle negative feelings."

"I appreciate every effort and commitment of my therapist."

"I don't think I can ever thank you all enough ."

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Woodhouse College Counselling Service

This year marked the fourth consecutive year of the MIEB (Mind in Enfield and Barnet) Counselling Service at Woodhouse College. It has been a year of both continuity and change, with several adjustments to our operations and staffing. Despite these developments, the core purpose of our service has remained unchanged: our counsellors collectively delivered 497 regular counselling sessions, 85 drop-in sessions, and 86 assessments, supporting Woodhouse College students through key stages and challenges in their lives.

To further enhance the effectiveness and responsiveness of our service, we introduced anonymous online feedback via SurveyMonkey. This system has been in place throughout the 2024–2025 academic year, and we will share a breakdown of the results, including open-text responses, as part of this End of Year Report.

The working relationship between the Safeguarding Team and the counselling team has remained strong, supported by consistent communication through fortnightly triage meetings. These meetings facilitate updates on students' progress, emerging needs, and any safeguarding concerns. Counsellors have felt very well supported by the Safeguarding Team and have been able to address and resolve ongoing issues effectively.

This year, for the 76 students that completed counselling, we delivered 476 regular sessions and had 102 drop-in sessions. These numbers are significantly higher than last year, even though the number of referrals has stayed roughly the same.

As in the previous years, we have noticed an increase in the variation and complexity of student presentations. To ensure we can meet students' needs and continue practicing in a helpful and safe manner, our counsellors have attended fortnightly group supervision sessions and had ad hoc access to their supervisor when needed.

Service feedback

We are pleased to share the outcomes of our service feedback collected via SurveyMonkey, which was completed by 29 respondents following the end of counselling. The feedback reflects a strong endorsement of the quality and impact of the support provided by the Woodhouse Counselling Service.

- 100% of respondents felt they received good quality care and support, and felt listened to and respected throughout their involvement.
- 88.47% agreed or strongly agreed that the support helped them address their initial concerns, highlighting the service's effectiveness in meeting client needs.
- 96.15% reported knowing where to go for further support, and the same percentage felt they had access to information on maintaining their mental health and wellbeing.

These results affirm the value of our approach and the dedication of our counselling team. We are especially encouraged by the high levels of trust and respect reported by clients, and we remain committed to building on this foundation to further improve outcomes and efficacy of the service.

"Joy was a brilliant help in me overcoming underlying issues that I've been (sometimes unknowingly) struggling with for many years. I can't thank her enough!"

"I had a really amazing councillor who helped me greatly with my mental health. I was given unconditional support and had good experience."

"I had a very positive experience with counselling, as it provided me with a safe and supportive space to express my thoughts and emotions. My counsellor was understanding, patient, and non-judgmental, which made it easier for me to open up about my concerns. Through our sessions, I gained valuable insights into my feelings and learned effective coping strategies to manage stress and anxiety. Overall, counselling was a transformative experience that improved my mental well-being and gave me the tools to navigate my grief."

"Counselling was extremely helpful, it gave me a regular space where I could talk about anything I felt like at the time. I got given helpful links relevant to what we spoke about. It helped give me more places to turn to when I needed it!"

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

"I'd say that it was a wonderful experience overall. At first I was slightly nervous and initially worried about having counselling again, but this was quickly dismissed after meeting my counsellor as she was very understanding and provided me with the support I needed (such as providing me with specific questions as I asked and also tried her best to help me come to terms with myself). I was also very fond of the email confirmation I received a day before our sessions as it made me feel more comfortable knowing our session was confirmed in advance."

"It was very good. Thank you!"

"I have been able to reflect and think about how I can change or be more comfortable with myself. I hope that in the long-term it is also beneficial. It was really simple to get in touch with safeguarding so that I could start counselling and my counsellor was lovely and very helpful."

"Very calming and welcoming, no complaints"

"Very helpful, gave me a safe space to explore my thoughts and unpack memories"

Woodhouse College Staff Clinical Supervision

Over the past year, we have continued to support college staff through individual clinical supervision. This service is provided monthly by a self-employed supervisor. Feedback from both staff and the college indicates that the sessions are consistently well-utilised for case discussions, reflective practice, professional development, wellbeing, and self-care.

Talking Therapies for Autistic Adults in Barnet (T4A)

Talking Therapy for Autistic Adults in Barnet (TTAAB) is a partnership between Barnet Mencap, Mind in Enfield and Barnet, and Resources for Autism, designed to support autistic adults living in Barnet. The project was initially funded by the Learning Disabilities and Physical and Sensory Impairment Joint Commissioning Team and NHS North Central London Integrated Care Board (NCL ICB) until October 2024. From November 2024, the project has been solely commissioned by NHS NCL ICB as a pilot, with the aim of potentially expanding its scope across North Central London, including Enfield, Haringey, Camden, and Islington.

This service was developed in response to the need for autistic adults to access specialised talking therapy that recognises, understands, and values neurodiversity, while providing tailored mental health support. Managed by Mind in Enfield and Barnet and delivered in partnership with Resources for Autism, the service offers up to 16 free talking therapy sessions—available face-to-face or online (blended approach)—for autistic adults experiencing mental health challenges. Sessions run Mondays to Wednesdays, 10am–4pm, at two Barnet locations: the Mind in Enfield and Barnet office (N12) and the Resources for Autism office (NW11).

Our team of three experienced therapists, all of whom have lived experience, accommodates up to 20 clients per week. Reasonable adjustments are a central feature of the service, with needs discussed at referral, at the start of therapy, and reviewed throughout to ensure accessibility for every client. Following a brief period of hibernation, the service was re-established in November 2024 with a newly appointed team. Therapy sessions began in January 2025. Capacity was slightly reduced in the last quarter due to recruitment delays at our partner RFA; however, the service is now operating at full capacity.

We have received 55 referrals and multiple inquiries from members of the public. We have offered 298+ sessions of therapy. Most clients apart from 2 have completed 16 sessions.

- Referrals have come from various partners in the community: voluntary sector, Primary Care including GPs and SPLW, Secondary Care (CMHT, Adult Psychology team, ASD Diagnostic Service, Urgent Care Inpatient Service), social care, local authority etc. There is growing awareness of the service throughout Barnet showing that clients are being referred to us via all mental health pathways.
 - 50% of clients who completed therapy showed reliable improvements at the end of therapy. No clients required signposting for further psychological treatments. One client was referred post-therapy for social support via Mencap.
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Client demographics

- Global Majority 5,45%
- Age: 44% clients referred were under 30 years of age.

Client Feedback:

"This is the only service out there that understands autism and has actually helped me, unlike other services which don't understand autism and make the situation so much worse"

"Stephanie is the best therapist I ever met and I'm very pleased with the service and support provided"

"I would like to be able to carry on beyond the 16 sessions as I found it very helpful, but I understand that as an NHS Service the funding would not be available for this".

Supported Self Help Enfield and Barnet

This national Mind programme provided a free, five-week self-guided course for individuals experiencing mild to moderate mental health difficulties. Delivered across Enfield, Barnet, and more widely throughout England, it was accessible online or by phone; offering vital support to those who might otherwise face barriers in accessing mental health services.

This programme consisted of 5 guided 20 minutes weekly sessions incorporating cognitive behavioural therapy (CBT)-based techniques. The Clients could choose from 8 different mental health pathways:

- Anxiety and panic attacks
- Coping with grief and loss
- Loneliness and feeling lonely
- Low self esteem
- Low mood and depression
- Managing anger
- Managing stress
- Understanding menopause

Each session focused on targeted interventions and exercises tailored to the chosen pathway, complemented by digital resources provided after every session. These resources included practical tools such as a gratitude diary, feelings journal, anxiety management techniques, breathing exercises, inner critic reflections, and other self-reflective exercises.

The Mind Enfield and Barnet Supported Self-Help service was delivered by a small but dedicated team comprising a Service Manager and two part-time practitioners. Between March 2024 and March 2025, the team supported 181 clients—serving not only individuals in Enfield and Barnet but also clients from across the country.

A key strength of the service was its AI-enabled self-referral pathway via the Limbic system. This innovation allowed clients to self-refer, be assessed, and receive contact within 24 hours, greatly enhancing accessibility and reducing waiting times.

Nationally, between October 2023 and March 2025, the programme supported more than 7,000 individuals through 27 local Minds. Over 80% of participants reported improvements in depression and anxiety symptoms, and more than 70% experienced enhanced wellbeing, as measured by standardised scales (GAD-7, PHQ-9, and SWEMWBS). Funding from National Mind came to an end on 31st March 2025.

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

Despite its success and demonstrable positive impact, ongoing funding was not secured, and Mind in Enfield and Barnet ceased delivering the programme on 1 April 2025. Every effort was made to sustain the service locally, but continuation beyond this date was not possible.

The small but dedicated team found the project deeply rewarding, taking pride in supporting individuals both locally and nationally, and in contributing to a wider national programme in collaboration with other Local Minds across England. They valued the positive feedback received from clients and were proud of the tangible difference they made in people's lives. Understandably, news of the project's closure was met with great sadness, as the team strongly believed in the service's value and were passionate about helping those in need.

Key learning from the programme highlighted the benefits of accessibility and the use of AI-enabled self-referrals, which allowed for rapid assessments and reduced waiting times, ensuring a fast and effective service for clients.

Client Feedback:

"I feel like a different person now. Very grateful. Hard to talk to people when you have a problem and difficult to talk to other people. The programme helped as I was able to talk openly. I have a different outlook and realized that I need to put myself first."

"I didn't think I was going to change my mindset but I feel that I had been able to handle things better due to the programme. "

"It helped me and it worked for me. put things into perspective. made me reflect on my life and helped me to make changes in my lifestyle. "

"The help has been kind and professional, it allowed me to talk through it and the self help materials helped to process and helped me through difficult times. I am very grateful for the service and help from the practitioner."

"Self-help has been very useful. Reading material was useful. and the emphasis was on me- the driving force to help myself."

Empowerment

North London Forensic Service (NLFS)

We are contracted to provide generic advocacy support for inpatients within the NLFS, which includes 12 medium secure units incorporating 2 specialist Learning Disability and 2 Rehabilitation units, and 2 community locations. The service provides formal non-statutory advocacy support around care and treatment, ward rounds, care plans, leave, environmental issues, Health and Safety, and discharge/move on planning, as well as a patients' forum and carers' forum. We have continued to provide high quality advocacy within this setting, via one-to-one work, attendance at ward meetings and engagement with patient forums and carers forum. From March 2024 to March 2025 the Advocacy team supported over 450 clients with over 860 advocacy issues. They also attended over 160 community meetings, patient forums, and carers forums to provide group advocacy support.

Rehabilitation Advocacy

Advocacy support was established in Somerset Villa, a high dependency rehabilitation ward at Chase Farm Hospital, in 2018 as short-term support to support transition care plan management. We provided advocacy support around care planning, discharge, placement reviews, benefits, and community engagement. We have delivered 150 client interventions, with around 210 advocacy issues during this period. An extension to this contract started in February 2022 covering Penrose, a 22-bed step down residential unit. Since the launch, the service has been providing weekly drop in/ outreach clinics and working closely with staff and Rehabilitation team to identify advocacy needs. The service provided one-to-one advocacy support to clients on over 180 different advocacy issues during the period, including complex safeguarding issues, court of protection engagement, care and treatment, and environmental issues. They have also provided group advocacy support on issues impacting the whole unit. These contracts were not renewed from July 2024 as they were intended as short-term contracts focused on transition support.

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

Community Advocacy

We continue to deliver community advocacy under the Enfield Advocacy Service. This partnership was formerly by Enfield Disability Action (EDA) as lead provider and, since EDA's closure has been funded directly by London Borough of Enfield. We provide generic advocacy, and specialist housing and benefit support services. We have continued the open access established during lockdown (self-referral rather than via GP) to ensure that new clients can receive advocacy support in a timely manner. This has been especially important, as demand for support with benefits and housing has increased considerably (along with high demand on other advice and benefit support services). Enfield Disability Action experienced operational challenges during this period, and sadly closed in November 2023, which meant that the partnership had increased referrals in from other areas.

During this period the team worked with 123 clients, supporting with over 400 advocacy issues as nearly all clients presented with several, complex issues.

Black and Minority Ethnic (BAME) Advocacy

MiEB have subcontracted a specialist provider (Precious Moments) in Enfield to provide BAME Advocacy. We have supported them to develop the advocacy offer via training and consultancy, increasing their capacity and workforce skills to meet the needs of the community. We have co-designed and delivered self and group advocacy workshops. We work closely alongside them to ensure that support is in place for them, and to integrate shared learning into their delivery and our wider Advocacy delivery. During this period Precious worked with 46 clients, providing advocacy support on a variety of issues including housing, social care access, health care access, education and work support.

Wellbeing

Sanctuary Barnet

Sanctuary Barnet, our crisis cafe in Barnet, launched in April 2021 and delivers face-to-face one to one and group support. Support offered includes an out of hours telephone line for immediate support and crisis de-escalation; up to 4 follow-up support sessions with a support worker; peer support groups; a safe environment cafe where people can drop in and attend groups & workshops.

We have established highly effective referral pathways with Crisis Team & Helpline, Locality MH teams, GP's, and community organisations. The service has had unexpectedly high rates of referrals from Improving Access to Psychological Therapies (IAPT) providers who have long waiting lists and a high volume of clients with suicidal ideation. Sanctuary has served a crucial support function for this group. The service has provided one to one support to 462 clients during this period.

Sanctuary Enfield

Sanctuary Enfield was launched in November 2020 as an out of hours telephone service, offering immediate access to emotional and practical support, and signposting, to prevent escalation into crisis by addressing underlying causes and working alongside the client to find routes to resolution. In July 2022 it relaunched as an out of hours face to face service that is fully embedded within Crisis Prevention Clinical Pathways. The service operates weekdays and weekends offering a range of structured support: booked, drop in, group support and social activities. The helpline is active during shift hours to provide self-referral support, and an advice line to carers, crisis teams, and blue light services.

We established referral pathways with the Barnet, Enfield and Haringey Mental Health trust (BEH) Crisis Helpline, Enfield Crisis team, prevention houses, GP surgeries, IAPT, and local Integrated Voluntary and Community Sector (VCS) organisations. Referrals steadily increased throughout the delivery period (partly due to lessons learnt from implementation of Sanctuary Barnet), and the service adapted to emerging demand by offering additional support sessions and longer term/more in-depth support if required. Throughout the period the service supported 366 clients.

Courses & Workshops

We have worked in partnership with Barnet and Southgate College to deliver a varied and accessible course programme in Enfield for several years. The programme includes recovery and personal development courses

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

such as MBSR workshops, self-esteem, anger management, chair-based yoga, and craft-based activities such as art, hand sewing and jewellery making. We have continued to expand the courses on offer, providing additional courses on healthy eating and nutrition, and gardening activities. In April 2021, we launched the Recovery College in Barnet. This enabled us to open the courses and workshops that have been running in Enfield in partnership with Barnet & Southgate College to Barnet residents.

Throughout this period, we have worked to establish courses and workshops as part of a core offer for step down from internal services, as well as NHS teams. We have established links within all locality teams, as well as inpatient and residential facilities, and VCS community organisations. We have provided support to 336 clients across both boroughs.

We have also established links with libraries within Barnet to provide additional workshops and courses. We secured funding in Enfield to run 8 week wellbeing courses.

We also lease a garden space within Pymmes Park where MiEB run Therapeutic Gardening workshops, community gardening sessions, and Connecting with Nature workshops. We have secured funding via the National Lottery to support ongoing gardening sessions and workshops face-to-face, and to expand the offer to include access for community groups and schools, and open events to promote awareness and use of the space. We have been working with the local authority to identify and cost up essential work to the space to enable enhanced use and activity from this location.

Links have been established with Recovery colleges across NCL to review offer, and develop joint courses, working agreements, and funding bids.

Integrated Voluntary and Community Sector (VCS) Projects

In August 2021 we were awarded contracts to deliver the Integrated VCS component of NHS Transformation in both Enfield and Barnet. These contracts are focused on integrating key VCS skills and ways of working, crucially psycho-social approaches to wellbeing and peer support, within Community Mental Health Teams to provide holistic support, address social determinants, improve resilience through facilitating community engagement, and provide step-down support upon discharge.

Barnet

In Barnet we formed Wellbeing Together CIC, a collaboration of MiEB, Meridian Wellbeing, Community Barnet, and Inclusion Barnet, to deliver the project. We have employed 6.5 FTE Community Engagement Practitioners and Peer Practitioners. They have been embedded within different mental health trust teams across the borough. The team have achieved positive outcomes actively engaging people within the community, facilitating discharge after patients have been engaged with the Mental Health teams for significant periods of time, engaging with 'hard to reach' clients, developing additional support such as peer led walking groups from Barnet General Hospital, and development of gardening sites across the borough hospital locations (which we are also supporting via our activities and workshops offer).

Enfield

In Enfield we are Lead provider, subcontracting to Enfield Saheli, Alpha Care and Enfield Voluntary Action (EVA). We have employed 10 FTE Community Engagement Practitioners and Peer Practitioners across the partnership. The staff are embedded within the South Locality Team and Personality Disorder Stream. As in Barnet, they have delivered vital enhanced support to long term clients facilitating discharge, engagement in training and employment, social activities, and engagement with carers and families to address additional support needs. The team have developed innovative ways of working and developed new support opportunities by establishing a crowd funding initiative (and match funding agreement from NHS) to help clients access activities and groups (travel and costs) and have also set up new initiatives. We also launched the Enfield Mental Health VCS Network to provide a forum for collaboration, training, development, and information sharing.

Across Enfield and Barnet, the IVCS projects have supported over 1,500 clients.

Having established a successful model for these projects, we were disappointed to lose these projects to another provider due to a re-tendering process. The project ceased in September 2024.

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FOR THE YEAR ENDED 31 MARCH 2025

Enfield Wellbeing Network

Enfield Wellbeing Network was launched in December 2021. It is a collaboration with Enfield Voluntary Action (EVA), Enfield Carers Centre and Age UK Enfield. The service is designed to support better management of long-term conditions, improved overall Health and Wellbeing, and increased Health and Wellbeing awareness throughout the community. The service provides access to specialist Health and Wellbeing Workers who give up to 12 weeks of one-to-one support around individual Health and Wellbeing Goals. A network of buddies and befrienders work alongside clients to reach those goals through attending activities, going for walks, supporting GP appointments, and carrying out regular phone calls. The Network also promotes awareness via community events and outreach.

During this period MiEB has provided one to one support to 95 clients, and engaged in 9 workshops/ events reaching over 750 people.

Mind in London Parent Support Programme

The parenting project was initially launched across London in 2022. Since April 2023, MiEB has continued to work in collaboration with the Brandon Centre to deliver the project across North Central London. The project provides support to parents whose children are aged 11-16 and who are on the waiting list for treatment with CAMHS Teams. The workshops consisting of 8 sessions per group, which includes psycho-educational and peer support elements. The Brandon Centre is leading on psychological input and clinical guidance, and LMAs on local engagement, coordination, and delivery of specialist one to one support/signposting for parents who require follow up support.

During this period delivery has focused on North Central London. It has supported 56 parents.

North Middlesex Care Coordinators

We are funded, along with Mind in Haringey, by North Middlesex Hospital to provide Community Care Coordinators to work alongside the High Intensity Users (HIU) Unit within North Middlesex A&E department. The care coordinators provide support around social determinants, identify reasons for repeat presentation and work alongside community and statutory services to link up with more appropriate support offers to divert away from reliance upon A&E crisis support.

During this period the project supported over 60 clients.

Family Hubs Perinatal Support Enfield

In October 2024 we established a new project working within Family Hubs in Enfield providing access to holistic support for families during the perinatal period within Family Hub locations, and alongside social care teams within the borough.

We have established teams providing Perinatal coaching (long term support up to 6 months); Perinatal crisis outreach providing short term crisis de-escalation support and linking in with Sanctuary Crisis Cafe; Community outreach promoting awareness of Perinatal Mental Health; and BAME advocacy (subcontracted). The service provides one to one support, workshops and psychoeducational aspects, as well as community engagement and outreach.

We have worked very closely with social care teams, and existing offers within the Family Hubs to ensure referral pathways are embedded, and targeted where required, for example identifying priority need groups.

To date we have working with over 20 families and delivered 12 workshops.

Care Leavers Project

In October 2024 we established a project working alongside the Mental Health Trust supporting young care leavers into work positions within the NHS, upholding the Care Leavers Covenant that the trust signed up to in 2023.

We work with the young people providing one to one support and workshops on preparing for work, interview skills, mentoring, and check ins and in work support once they have secured a role so they are able to maintain employment. We also have established links with other providers within the borough to ensure that wrap around support is available to address other issues impacting finances, housing, relationships, and general Mental Health support for instance.

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FOR THE YEAR ENDED 31 MARCH 2025

We have worked closely with the trust to identify suitable roles, and set up training for managers and team members to give them enhanced understanding and skills when developing young care leavers within their roles.

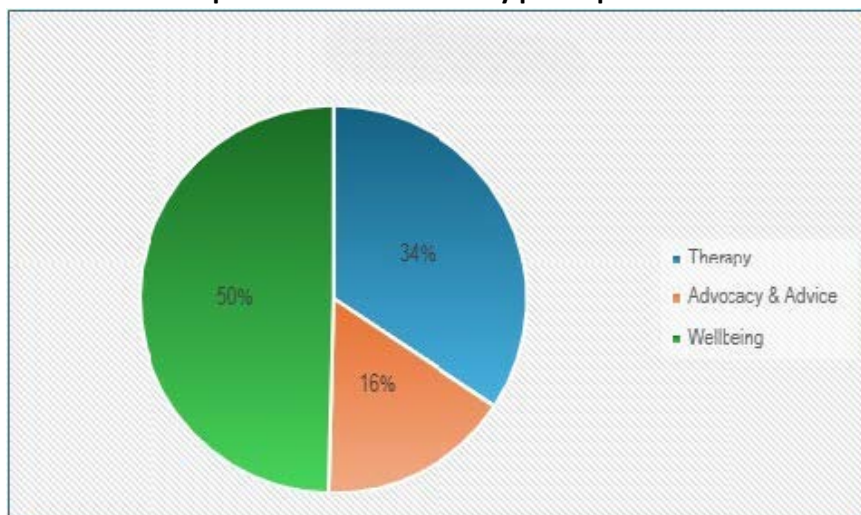
The project has provided support to over 60 young people during this period, and supported 5 to get into roles in the trust. The project also established a new training pathway within the trust through links with the development and apprenticeship scheme, and through this supported an additional 3 young people in apprenticeships.

Outcomes

Over the past year, MiEB has supported **4,087** clients, surpassing the initial target of 3,346 set at the start of the financial year. Data collected across all services demonstrate the significant impact we are making within the community across both boroughs.

Service activity is highest in the Wellbeing Department, followed by the Therapy Department, and then the Advocacy and Advice Department (see Graph 1).

Graph 1: Total client activity per department



Client Feedback

Collecting client feedback is essential for evaluating service satisfaction, driving critical analysis, and guiding service growth and improvement. It allows us to reflect on our achievements, identify areas for enhancement, and plan strategically for the future; ensuring we continue to deliver effective and appropriate mental health services to all.

Client feedback is primarily collected through the organisational SurveyMonkey form and the Client Experience Questionnaire, which is a mandatory component for the Community Talking Therapies services in Enfield and Barnet. This approach ensures consistency in capturing client experiences across all services. At the same time, the service allows flexibility for specific settings, eg. Woodhouse College, DOVE and T4A use their own tailored SurveyMonkey surveys to better reflect the unique aspects of their services, while still maintaining standardised feedback practices.

Total feedback collected (Service feedback forms and Survey Monkey)

- **273** clients have completed feedback
 - **98,90%** were satisfied with the service they have received
 - Challenge: We recognise that current feedback does not yet fully capture the experiences of all our clients. Some services collect feedback informally, report it to partners, or record it in internal systems that MiEB does not currently access. To address this, we are working closely with all managers to ensure feedback is centrally logged and fully accessible, enabling a more complete and accurate understanding of our services. While the current response rate is 6.68%, we are committed to increasing this over the next two years to 50–60%, ensuring that the voices of our clients are heard and used to shape and improve the services we provide.
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MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

Positive outcomes:

"This experience was invaluable. It helped me get a new perspective about my thoughts and how to manage them effectively. It was really grounding and helped give hope that things could will improve"

"Mind always are professional, supportive and kind. Boundaries were always clear, it was this consistency of clear expectations that made for a stable and professional relationship with my counsellor. Thank you to Caroline and all at mind who have helped me invaluablely through my counselling. With my sincere thanks."

"Counselling was extremely helpful, it gave me a regular space where I could talk about anything I felt like at the time. I got given helpful links relevant to what we spoke about. It helped give me more places to turn to when I needed it!"

Areas of improvement:

"Not enough sessions to help with what i need but my therapist Suzi was great"

Theme: length of intervention

Clinical measures:

All therapy services at MiEB are committed to monitoring wellbeing improvements and measuring the effectiveness of interventions through robust clinical tools. We use PHQ-9, GAD-7, and CORE-10 at each contact or at the beginning, middle, and end of therapy to track client progress. Other services within our Wellbeing Department apply similar measures, including ONS, PSS, FROM-16, Dialog+, and Care+, reflecting our organization-wide dedication to evidence-based evaluation.

Where clinical scales are not appropriate, we prioritize client-centred approaches by collecting feedback at the end of interventions or courses. This ensures we capture meaningful insights into service satisfaction and wellbeing outcomes, allowing us to continuously adapt and improve our services to meet client needs.

Results

Data collected through both quantitative and qualitative feedback indicate high levels of client satisfaction. These methods provide valuable insights into client experiences, engagement with our services, and improvements in wellbeing. While our systematic approach to collecting feedback across all services is still in its early stages, the initial pool of data is significant and clearly demonstrates the positive impact of our services. They show how our interventions make a real difference in people's lives, are preventative, and align closely with our organisational values.

Looking ahead to the next financial year, we plan to further develop our outcomes framework. This includes providing all services with access to the organisation's databases (Views and Coreims), introducing weekly and monthly reporting per service to monitor and manage activity, and ensuring consistent collection of client feedback across all services.

Fundraising

While the MiEB income fell by 7% in 2024/25 against 2023/24 a higher fall of 18% was anticipated with the loss of the VCS contract. This recovery has been achieved primarily by creating new services and winning tenders supplemented by some grant income. MiEB employed fundraising consultants to develop grant applications and tenders.

Expenditure in 2024/25 on fundraising consultants and staff was £53,105 which was 2.6% of income. MiEB has not signed up to any voluntary codes of conduct regarding its fundraising activities. There have been no complaints received in regard to MiEB's fundraising activities. MiEB takes steps to safeguard donors using its existing safeguarding policies.

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

Financial review

Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

Reserves policy

The reserves policy of the organisation is to hold sufficient unrestricted and designated reserves to cover at least 3 months of operating costs. We currently hold 4 months of operating costs and are above the reserve threshold set. The reserves are monitored on an ongoing basis by our Finance & Human Resources Committee and there is a procedure in place to define corrective actions should reserves dip below the policy threshold.

Financial Review of 2024/25

The Statement of Financial Activities shows that for a second year income of two million has been achieved with total incoming resources for the year to 31st March 2025 of £2,033k although down on the previous year with an income of £2,189k. As explained last year a decrease in income was anticipated of £370k with cessation of the VCS contract the impact of which has been mitigated with a new stream of Family Hubs funding.

The reduced activity has seen a larger fall in expenditure. In the year total expenditure was £1,977k against £2,205k in the previous year.

The reduction in expenditure of 10% exceeded the reduction in income of 7% and has resulted in a surplus for the year of £57k in contrast to last year's deficit of £15k. A surplus was recorded across both unrestricted and restricted sources. Unrestricted reserves increased by £44k from £637k to £681k and restricted reserves by £13k from £42k to £55k to give total reserves of £735k as at 31st March 2025 against £679k at the end of last year.

Structure, governance and management

Structure

Mind in Enfield and Barnet is registered as a charitable company limited by guarantee, incorporated in the UK and registered as a charity. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Governance

The composition of the Board of Trustees reflects the user involvement ethos and devolved structure, which underpins the work of MiEB. New trustees are chosen by advertisement and through recommendations to provide a balanced Board with the required skills. Trustees can only serve a limited term as specified by the memorandum and articles. They are given an induction pack and are encouraged to meet senior managers and attend meetings. They receive internal and external training to support them to discharge their duties.

MiEB elects Trustees to serve as Chair and Treasurer. The Board also has the power to co-opt other members. The Board meets in full session on at least four occasions during the year. All the Trustees are members of the company and none of the Trustees has any beneficial interest in the company.

The Board is responsible for safeguarding the assets of MiEB, including taking all reasonable steps for the prevention and detection of fraud and other irregularities, and to provide reasonable assurance that:

- It is operating efficiently and effectively
 - Its assets are safeguarded against unauthorised use and disposition
 - Proper records are maintained, and financial information used internally or for publication is reliable
 - It complies with relevant laws and regulations
-

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

MiEB's systems of internal control are designed to provide reasonable, but not absolute, assurance against material misstatement or loss, and include:

- A strategic plan, business plan and an annual budget approved by Trustees
- Regular consideration by the Trustees of financial results, variance from budgets and non-financial KPIs
- Delegation of authority and segregation of duties
- Identification and management of risks

Management

MiEB is managed by a Chief Executive Officer, supported by a senior leadership team consisting of Head of Services, Head of Therapy Services, Head of Finance and Head of HR. The leadership team meets weekly and staff meetings are held fortnightly. Managers have regular meetings with all their staff. Employees are consulted on issues of concern to them by means of questionnaires, consultations, and regular staff meetings.

MiEB has detailed policies in relation to all aspects of personnel matters, including an equal opportunities policy, health and safety policies, remuneration policies and grievance and complaints procedures. MiEB has well established fair employment practices for the recruitment, selection, retention and training of staff in accordance with its equal opportunities policy.

MiEB is grateful for the dedication and commitment of Trustees who combine to provide strategic direction, and to staff and volunteers who deliver our counselling, advocacy and community projects.

Plans for future periods

MiEB plans to implement the strategy outlined above in the forthcoming years, subject to satisfactory funding arrangements. Our reserve position is strong and we are operating with a surplus. While it is manageable in the short term, addressing this will be our priority.

Statement of Trustees' responsibilities

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

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

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and 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.

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

Disclosure of information to auditors

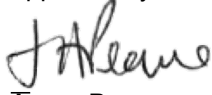
Each of the persons who are Trustees at the time when this Trustees' Report is approved has confirmed that:

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

Auditors

The auditors, Goodman Jones LLP, have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the Trustees.

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



Jayne Pearce

Co-chair

Date 21/10/25

MIND IN ENFIELD AND BARNET
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET

Opinion

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

In our opinion the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET
(CONTINUED)

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

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

- the information given in the Trustees' Report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

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

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

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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET
(CONTINUED)

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the charity and sector, we identified that the principal risks of non-compliance with laws and regulations related to sector regulations and unethical and prohibited business practices, and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Charities Act 2011, Charity Commission and sector regulations, and UK Tax Legislation. We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls). Appropriate audit procedures in response to these risks were carried out. These procedures included:

- Discussions with management, including consideration of known or suspected instances of non-compliance with laws and regulation and fraud;
- Reading minutes of meetings of those charged with governance;
- Obtaining and reading correspondence from legal and regulatory bodies including HMRC;
- Identifying and testing journal entries;
- Challenging assumptions and judgements made by management in their significant accounting estimates.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members; and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

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

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET
(CONTINUED)

Use of our report

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

Goodman Jones LLP

Goodman Jones LLP
Chartered Accountants
Statutory Auditors
1st Floor Arthur Stanley House
40-50 Tottenham Street
London
W1T 4RN

Date: 19-11-25

Goodman Jones LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

Mind in Enfield and Barnet
(A Company Limited by Guarantee)

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

		Unrestricted £	Restricted £	2025 Total £	Unrestricted £	Restricted £	2024 Total £
	Note						
Income from:							
Donations and legacies	4	4,886	-	4,886	-	-	-
Charitable activities	5	1,803,402	212,325	2,015,727	2,002,748	180,899	2,183,647
Investments	6	13,132	-	13,132	6,276	-	6,276
Total income		1,821,420	212,325	2,033,745	2,009,024	180,899	2,189,923
Expenditure on:							
Charitable activities	7	1,724,674	199,036	1,923,710	2,013,835	165,631	2,179,466
Raising Funds		53,105	-	53,105	25,398	-	25,398
Total expenditure		1,777,779	199,036	1,976,815	2,039,233	165,631	2,204,864
Net movement in funds		43,641	13,289	56,930	(30,209)	15,268	(14,941)
Reconciliation of funds:							
Total funds brought forward		636,986	41,790	678,776	667,195	26,522	693,717
Total funds carried forward	18	680,627	55,079	735,706	636,986	41,790	678,776

Notes on pages 28 to 39 form part of the financial statements.

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 18 to the financial statements.

Mind in Enfield and Barnet
(A Company Limited by Guarantee)
Registration Number: 03151981

BALANCE SHEET
FOR THE YEAR ENDING 31 MARCH 2025

	Note	£	2025 £	2024 £
Fixed assets:				
Tangible assets	13		36,124	67,639
			36,124	67,639
Current assets:				
Debtors	14	190,245	317,071	
Cash at bank and in hand		664,248	525,839	
		854,493	842,910	
Liabilities:				
Creditors: amounts falling due within one year	15	(154,911)	(231,773)	
Net current assets			699,582	611,137
Total assets less current liabilities			735,706	678,776
Total net assets			735,706	678,776
The funds of the charity:	18			
Restricted income funds			55,079	41,790
Unrestricted income funds:				
Designated funds		96,895	-	
General funds		583,732	636,986	
Total unrestricted funds			680,627	636,986
Total charity funds			735,706	678,776

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

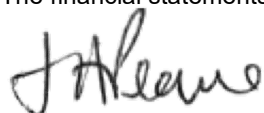
The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

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

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

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



Ms J Pearce

Co-Chair

Date 21/10/25

The notes on pages 28 to 39 form part of these financial statements.

Mind in Enfield and Barnet
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDING 31 MARCH 2025

	2025 £	£	2024 £	£
Cash flows from operating activities				
Net income for the reporting period (as per the statement of financial activities)		56,930		(14,941)
Depreciation charges	35,413		28,244	
Interest	(13,132)		(6,276)	
(Increase) / Decrease in debtors	126,828		(102,587)	
(Decrease) in creditors	(76,862)		(18,524)	
	<u>72,247</u>		<u>(99,143)</u>	
Net cash (used in) / provided by operating activities		129,177		(114,084)
Cash flows from investing activities:				
Dividends, interest and rents from investments	13,132		6,276	
Purchase of fixed assets	(3,900)		(18,388)	
	<u>9,232</u>		<u>(12,112)</u>	
Net cash used in investing activities				
Change in cash and cash equivalents in the year		138,409		(126,196)
Cash and cash equivalents at the beginning of the year		<u>525,839</u>		<u>652,035</u>
Cash and cash equivalents at the end of the year		<u>664,248</u>		<u>525,839</u>

Analysis of cash and cash equivalents

	At 1 April 2024 £	Cash flows £	Other changes £	At 31 March 2025 £
Cash in hand	525,839	138,409	-	664,248
Total cash and cash equivalents	<u>525,839</u>	<u>138,409</u>	<u>-</u>	<u>664,248</u>

Notes on pages 28 to 39 form part of the financial statements.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

1. General information

Mind In Enfield and Barnet is a charitable company registered in England and Wales, whose objects are set out in the Trustees' Report on page 5. The registered office address is detailed on page 1.

2. Accounting policies

2.1 Basis of preparation of financial statements

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

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

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

2.2 Company status

The Charity is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2.3 Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. The Trustees have considered their future plans and expected future income and it is deemed that the Charity can meet its commitments and liabilities and can continue for the foreseeable future. The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

2.4 Fund accounting

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

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

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

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

2. Accounting policies (continued)

2.5 Income

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

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.6 Interest receivable

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

2.7 Expenditure

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

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Long-term leasehold property	20% Straight Line
Office equipment	20% Straight Line
Computer equipment	20% Straight Line

2.9 Debtors

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

2.10 Cash at bank and in hand

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

2.11 Liabilities and provisions

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

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

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.12 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

2.14 Taxation

Mind in Enfield and Barnet is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

3. Critical accounting estimates and areas of judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The Charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below.

Income Recognition

The Charity receives income that may require certain milestones or performance conditions to be met, or certain levels of services to be provided, in order for the Charity to have entitlement to the funds. The Charity makes various assumptions in determining the stage of completion and therefore entitlement to income.

Mind in Enfield and Barnet
(A Company Limited by Guarantee)

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

4 Income from donations and legacies (all unrestricted)

	2025	2024
	Total	Total
	£	£
Donations	4,886	-
	4,886	-

5 Income from charitable activities

	Unrestricted	Restricted	2025	Unrestricted	Restricted	2024
	£	£	Total	£	£	Total
			£			£
Services						
Wellbeing	473,224	-	473,224	399,392	-	399,392
Advocacy	125,352	-	125,352	139,029	-	139,029
Parenting	-	27,287	27,287	15,000	71,000	86,000
Support workers	-	-	-	-	6,040	6,040
NHS Together	-	-	-	-	45,987	45,987
Total	598,576	27,287	625,863	553,421	123,027	676,448
Therapy Services						
Counselling/Bereavement	533,654	-	533,654	568,651	25,000	593,651
Community and peer engagement	627,681	103,297	730,978	833,537	-	833,537
Active Monitoring	-	81,741	81,741	-	32,872	32,872
Total	1,161,335	185,038	1,346,373	1,402,188	57,872	1,460,060
Core	43,491	-	43,491	47,139	-	47,139
Total	1,803,402	212,325	2,015,727	2,002,748	180,899	2,183,647

6 Investment Income

	2025	2024
	Total	Total
	£	£
Bank Interest income	13,132	6,276
	13,132	6,276

Mind in Enfield and Barnet
(A Company Limited by Guarantee)

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

7a Analysis of total expenditure

	Staff £	Other £	Support £	2025 Total £
Services				
Wellbeing	297,072	1,448	104,002	402,522
Advocacy	76,524	308	26,768	103,600
Parenting	6,717	13,861	7,169	27,747
	<u>380,313</u>	<u>15,617</u>	<u>137,939</u>	<u>533,869</u>
Therapy Services				
Counselling/Bereavement	258,749	210,921	163,630	633,300
Community and peer engagement	402,306	103,741	176,304	682,351
Active Monitoring	54,636	385	19,169	74,190
	<u>715,691</u>	<u>315,047</u>	<u>359,103</u>	<u>1,389,841</u>
Support Costs	226,219	270,823	(497,042)	-
Total Expenditure	<u>1,322,223</u>	<u>601,487</u>	<u>()</u>	<u>1,923,710</u>

Analysis of total expenditure (2024)

	Staff £	Other £	Support £	2024 Total £
Wellbeing	250,870	51,239	88,234	390,343
Advocacy	99,019	27,156	36,858	163,033
Parenting	23,058	50,937	15,144	89,139
Support workers	4,832	-	1,486	6,318
NHS Together	28,562	392	8,900	37,854
	<u>406,341</u>	<u>129,724</u>	<u>150,622</u>	<u>686,687</u>
Counselling/Bereavement	301,349	236,259	111,177	648,785
Community and peer engagement	435,754	243,006	131,307	810,067
Active Monitoring	21,379	213	6,294	27,886
	<u>758,482</u>	<u>479,478</u>	<u>248,778</u>	<u>1,486,738</u>
Core	2,336	3,705	-	6,041
Support Costs	225,068	174,332	(399,400)	-
Total Expenditure	<u>1,392,227</u>	<u>787,239</u>	<u>-</u>	<u>2,179,466</u>

7b Analysis of Support Costs

	2025 Total £	2024 Total £
Space and Office Costs	119,915	71,277
Management and Personnel Costs	226,219	225,065
Staff related costs	21,498	22,685
IT Costs	28,282	2,874
Legal and professional costs	28,905	27,477
Governance Costs	12,106	19,277
Other Support Costs	46,047	30,745
Total Support Costs	<u>497,042</u>	<u>399,400</u>

7c Analysis of Governance Costs

	2025 Total £	2024 Total £
Auditor's fees	12,000	10,800
Total Governance Costs	<u>12,000</u>	<u>10,800</u>

Mind in Enfield and Barnet
(A Company Limited by Guarantee)

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

8 Net expenditure for the year

This is stated after charging / crediting:

	2025	2024
	£	£
Depreciation	35,413	72,339
Operating lease rentals:		
Property	28,000	28,000
Other	1,152	1,152
Auditor's remuneration (excluding VAT):		
Audit	10,000	9,000

9 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2025	2024
	£	£
Salaries and wages	1,240,227	1,268,117
Social security costs	100,852	107,349
Employer's contribution to defined contribution pension schemes	29,148	29,821
	1,370,227	1,405,287

The following number of employees received employee benefits (excluding employer pension costs) during the year between:

	2025	2024
	No.	No.
£60,000 - £69,999	-	1
£70,000 - £79,999	1	1

The total employee benefits including pension contributions and employer national insurance contributions of the key management personnel were £217,988 (2024: £370,717).

The organisation paid £10,000 redundancy costs (2024: £NIL).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

Trustees' expenses represents the payment or reimbursement of travel and subsistence costs totalling £Nil (2024: £nil).

Mind in Enfield and Barnet
(A Company Limited by Guarantee)

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

10 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows:

	2025 No.	2024 No.
Services	28.6	35.7
Therapy Services	18.3	16.3
Support Services	9.0	9.0
	55.9	61.0

11 Related party transactions

There were no related party transactions to disclose for 2025 (2024: £nil).

12 Taxation

The charitable company is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

13 Tangible fixed assets

	Freehold Property £	Long-term leasehold Property £	Office equipment £	Computer equipment £	Total £
Cost or valuation					
At the start of the year	11,030	70,034	20,563	75,172	176,799
Additions in year	-	3,900	-	-	3,900
Disposals in year	-	(17,575)	(998)	(8,352)	(26,925)
At the end of the year	11,030	56,359	19,565	66,818	153,772
At the start of the year	11,030	38,912	9,137	50,081	109,160
Charge for the year	-	20,908	6,202	8,303	35,413
Disposals in year	-	(17,575)	(998)	(8,352)	(26,925)
At the end of the year	11,030	42,245	14,341	50,032	117,648
Net book value					
At the end of the year	-	14,114	5,224	16,786	36,124
At the start of the year	-	31,122	11,426	25,091	67,639

All of the above assets are used for charitable purposes.

Mind in Enfield and Barnet
(A Company Limited by Guarantee)

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

14 Debtors

	2025	2024
	£	£
Trade debtors	188,316	264,545
Prepayments	1,746	52,388
Other debtors	183	138
	190,245	317,071

15 Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	61,427	54,996
Taxation and social security	21,005	24,303
Accruals	20,848	68,467
Deferred income (Note 15)	9,609	84,007
Other creditors	42,022	-
	154,911	231,773

16 Deferred income

	2025	2024
	£	£
Balance at the beginning of the year	84,007	69,043
Amount released to income in the year	(84,007)	(45,655)
Amount deferred in the year	9,609	60,619
Balance at the end of the year	9,609	84,007

The income deferred relates to amounts invoiced in advance for services to be undertaken in 2025/26.

Mind in Enfield and Barnet
(A Company Limited by Guarantee)

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

17 Analysis of net assets between funds

	Designated £	General unrestricted £	Restricted £	Total funds £
Tangible fixed assets	-	36,124	-	36,124
Net current assets	96,895	547,	55,079	699,582
Pension Provision	-	-	-	-
Net assets at the end of the year	96,895	583,732	55,079	735,706

Comparative Analysis of net assets between funds (2024)

	Designated £	General unrestricted £	Restricted £	Total funds £
Tangible fixed assets	-	67,639	-	67,639
Net current assets	150,000	651,120	41,790	842,910
Pension Provision		(231,773)	-	(231,773)
Net assets at the end of the year	150,000	486,986	41,790	678,776

18 Movements in funds

	At the start of the year £	Income £	Expenditure £	Transfers £	At the end of the year £
Restricted funds:					
Wellbeing	12,899	-	-	-	12,899
NHS Together	23,422	-	(23,422)	-	-
Active Monitoring	5,469	81,741	(67,210)	-	20,000
Parenting	-	27,287	(27,287)	-	-
Outcome 3	-	57,130	(57,130)	-	-
Local motion	-	46,167	(23,987)	-	22,180
Total restricted funds	41,790	212,325	(199,036)	-	55,079
Unrestricted funds:					
Designated funds:					
Future projects	150,000	-	-	(53,105)	96,895
Total designated funds	150,000	-	-	(53,105)	96,895
General funds	486,986	1,821,420	(1,777,779)	53,105	583,732
Total unrestricted funds	636,986	1,821,420	(1,777,779)	-	680,627
Total funds	678,776	2,033,745	(1,976,815)	-	735,706

Mind in Enfield and Barnet
(A Company Limited by Guarantee)

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

Purposes of restricted funds

Restricted funds in the current and prior years relate to the following:

Wellbeing and Courses - To deliver a range of social, educational and personal development support programmes and deliver alternative therapy to improve mental wellbeing. Also, a volunteer support and training programme runs alongside the above.

NHS Together- Support young people in Edmonton with their mental health.

Active monitoring - Short term support for people with mental health problems.

Parenting - Support for parents whose children are on the CAMHS waiting list.

Localmotion – A continuation of NHS Together, supporting young people in Edmonton with their mental health.

Purposes of designated funds

Designated Funds in the current and prior years relate to the following:

The Trustees have designated funds in respect of planned future projects (including the creation of volunteer and employment opportunities for people with mental health problems), and development fundraising activities (including the creation of a business development role).

Comparative Movement in Funds (2024)

	At the start of the year £	Income £	Expenditure and Movements in Pension Provision £	Transfers £	At the end of the year £
Restricted funds:					
Youth Services					
Wellbeing	12,899	-	-	-	12,899
Counselling	-	25,000	(25,000)	-	-
NHS Together	13,623	45,987	(36,188)	-	23,422
Active Monitoring	-	32,872	(27,403)	-	5,469
Parenting	-	71,000	(71,000)	-	-
Support workers	-	6,040	(6,040)	-	-
					-
Total restricted funds	26,522	180,899	(165,631)	-	41,790
Unrestricted funds:					
Designated funds:					
Future projects	235,834	-	-	(85,834)	150,000
Total designated funds	235,834	-	-	(85,834)	150,000
General funds	431,361	2,009,024	(2,039,233)	85,834	486,986
Total unrestricted funds	667,195	2,009,024	(2,039,233)	-	636,986
Total funds including pension fund	693,717	2,189,923	(2,204,864)	-	678,776

Mind in Enfield and Barnet
(A Company Limited by Guarantee)

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

19 Operating lease commitments

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	Property 2025 £	2024 £	Equipment 2025 £	2024 £
Less than one year	-	28,000	1,152	1,152
One to five years	-	-	1,331	2,483
Total Operating Lease commitment	-	28,000	2,483	3,635

Accounts

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

MIND IN ENFIELD AND BARNET
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MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

Trustees

Ms J Pearce, Co-Chair
Ms N R Phillips, Co-Chair (appointed 6 February 2024)
Mr R Hayter, Trustee (resigned 2 April 2024)
Ms A Islin, Trustee (resigned 6 February 2024)
Dr L Kelly, Trustee
Ms L Marsh, Trustee
Ms C Onifade-Carroll, Trustee
Miss M Tam, Trustee
Mrs N Van Houtem, Trustee

Company registered number

03151981

Charity registered number

1054539

Registered office

275 Fore Street
Edmonton
London
N9 0PD

Company secretary

Mr A Tambourides

Chief executive officer

Mr A Tambourides

Auditor

Goodman Jones LLP
Chartered Accountants
Statutory Auditors
29/30 Fitzroy Square
London
W1T 6LQ

MIND IN ENFIELD AND BARNET
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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
(CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Bankers

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Unity Trust Bank
9 Brindley Place
Birmingham
B1 2JB

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

CO-CHAIRS REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Mind in Enfield and Barnet had a busy and productive year of consolidation following a period of rapid growth post-pandemic. A summary of our varied services is presented later in this report.

We must therefore take this opportunity to acknowledge the continued dedication of our highly skilled workforce and wonderful volunteers across both boroughs who have ensured the successful delivery of a wider range of services to a larger number of beneficiaries than previously achieved.

In 2023 our long-serving co-chair, Rob Hayter, signalled his intention to step away from his trustee role in 2024 and we acknowledge the immense contribution Rob made over his tenure, first at Mind in Barnet and latterly at Mind in Enfield and Barnet. He helped lead the charity through the complex merger process and subsequently through the initial, crucial 3 years of the newly formed organisation. This year we also bade a very fond farewell to Alison Islin, another Barnet trustee who remained to serve on the merged Board. Alison brought a wealth of skills and knowledge of the local mental health landscape to her role as a trustee and her passionate support will be greatly missed.

We were delighted to recruit Naomi Phillips as co-chair of the Board and welcomed her to the role in April 2024. Naomi brings a fresh perspective and has a valuable background of relevant roles in the charity and not for profit sectors

Finally, we thank our committed senior leadership team, led by CEO Alex Tambourides, of Paul King, Emma Saunders, Ellie Crawford and Maria Emmanuel for continuing to ensure quality services are delivered to those with mental health needs in our communities against the backdrop of funding uncertainty, recruitment challenges and rising demand.

Jayne Pearce and Naomi Phillips
Co-Chairs of the Trustees

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

CEO REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Amidst an external environment of flux, complexity and increased demand we have not stood still. Guided by our core values of real change, empowerment, integrity, compassion, and equity. Our mission to promote good mental health and address the needs of those with mental health problems, primarily in the London Boroughs of Enfield and Barnet, has seen significant progress, via both influence and delivery.

Values and Objectives

Our work is driven by a commitment to real change in the mental health sector. We aim to empower individuals, uphold integrity in all our actions, show compassion to those we serve, and ensure equity in access to mental health services. These values are the foundation of our objectives, which include promoting good mental health, providing support to those in need, and advocating for systemic changes in mental health care.

Reach and Impact

23/24 year saw very clear evidence of a demand and acuity crisis that has put an increased strain on service provision for statutory and voluntary sector providers in mental health. The drivers for this route back to systemic underfunding in health and social care, long term impact of COVID and the cost-of-living crisis. For the first time the number of people we have engaged with has exceeded targets and I'm proud to say that we have supported over 6,000 people. It's important to remember that our reach has increased by over 400% since 2019, and I want to thank all our staff, trustees and volunteers for making this happen.

However, we have seen time spent per client increase hugely (a clear indicator of an increase in acuity) and have also had to battle to reduce waiting times. We are constantly adjusting our service models to ensure that we can be as responsive as ever but going forwards we will need to secure additional investment to increase capacity and aid innovation.

Client feedback and monitoring and evaluation show clear evidence of the impact we are making and why we need to fight to increase our, and the voluntary and community sector's (VCS), role in Mental health provision. One clear example of this is our NHS talking therapies provision, (formerly known as IAPT), which sees significantly higher levels of access from the BAME community than statutory equivalents. Choice is important.

Influence and Collaboration

We achieve our mission through both service delivery and influence, and 23/24 has also seen our influence increase. We have set up, and now lead the North Central London (NCL) VCS Mental Health network and this group of key VCS Mental Health (MH) providers has now established a working relationship with the Integrated Care Board (ICB). This is in addition to, and because of, our position as MH lead within the NCL VCS alliance. I attend several NCL wide decision making and governance spaces and continue to operate as the Local Mind NCL lead. Locally we occupy key roles chairing and co-chairing each borough's Mental Health Partnership boards/forums.

In Barnet we led on and put in place a Barnet Charter for mental health and are now working with partners to ensure that the sentiment is implemented.

We have also increased our influence and collaboration within the Mind federation, something that led to us gaining a commendation from Mind for contribution to the federation. In 2024 onwards we'll continue to put forwards the views and needs of local Mind organisations within the federation via the Vice Chair role of Mind in London and through being elected to represent London at the Mind Federation Leadership Group (of which we are now also Vice Chair).

Finally, I am proud to say that we have successfully launched Enfield LX, a lived experience platform that will see the voice of lived experience lead to real change in Enfield.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

CEO REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Looking ahead

Sadly, we will no longer be providing our Integrated VCS services as we were not able to secure these contracts via a recent tendering process. Thanks to careful financial management and our continual ability to grow and innovate, we can weather this challenge but will still have to take steps to reduce the risk levels carried in our future budgeting processes. Whilst we will be sorry to lose some incredible staff, we will continue to work closely with North London Mental Health Partnership whilst pursuing our new strategy which includes a more prominent focus on systems change, independence and innovation. We have achieved against every objective of our previous strategy, but times have changed and so through a ground up process it has been reviewed and refreshed and our strategic objectives are:

Sustainability – We will build a diverse and stable income stream, that increases central capacity to provide a long-term foundation from which our staff and services can thrive. We will create a collaborative and compassionate workplace culture, and structure, to mean that staff are empowered and supported to progress, learn and develop as the organisation does the same. We recognise that staff wellbeing is central to our ability to deliver sustainable services that change lives and so we will do whatever is within our means to promote and maintain it.

Community Engagement – We will engage with the community in all its diversity to learn, to collaborate and to understand local people's mental health needs. We will build capacity and partner with local organisations and faith groups where our strengths, needs and goals match. We are led by lived experience and will ensure that the voice of people with mental health problems is at the core of design, delivery and decision making.

Services That Change Lives - We will design services with people with lived experience based on the analysis of need and research. We will fearlessly measure the impact and efficacy of our services and learn as much from our failings as our successes. We will ensure our services are simple to access and clear in their aim and are person centred. We will continually strive to reach the highest standards of safety and quality, and make sure our processes keep this on track whatever the demands of the day

Systems Change - We do not accept that 'business as usual' is good enough. We demand better for mental health and will achieve this by leading change, rather than simply mirroring the trends of the day. We will base our actions on evidence of need and analysis, and we will lead the way via innovation rather than accept a bad deal for mental health. We will strive to maintain our independence in the way we think and act, and will collaborate with others to fight structural, service or cultural norms that go against better mental health.

Our Values

We are led by lived experience and live by our values.

Real Change

We believe that change in people's lives and the systems we work within must be person centred, meaningful and, where possible, concretely evidenced. We design and deliver services based on need, pro-actively gather, listen to, and act on feedback, and use an outcomes-based approach to ensure we make a real difference in people's lives.

Empowerment

We believe that everyone deserves agency and autonomy and that for real change and growth to be sustainable - empowerment, respect, and involvement in decision-making must be at the centre of how we treat each other and people we work with.

Integrity

We believe that trust and transparency are crucial in how we relate to each other and people we work with. We will be realistic in our aims and expectations, and consistent in our actions. We will listen, we will act on what we hear, and we will ensure that decisions we make are always based on improving the lives of people with mental health issues.

MIND IN ENFIELD AND BARNET
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CEO REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Compassion

We believe that compassion is the beating heart at the centre of everything we do and everyone we do it with. Our boundaries and professionalism co-exist with warmth, empathy, respect, and meeting people where they are, in order to address their needs.

Equality

We believe that health inequalities of any kind are not natural, tolerable, or inevitable. The quality of your life should not be determined by your ethnicity, wealth, gender, or any other factor relating to your health or societal context. We stand against racism, stigma and all forms of prejudice and want to make real and positive changes that move us nearer to a fairer society.

Human resources report

We continue to embed our Values across the organisation and have developed and rolled out a Values and Behaviours framework to support this. The framework defines the behaviours that our staff and volunteers must demonstrate and is a statement of what we are, what our service users and clients expect from us and what we expect from each other.

We are committed to engaging with staff and to providing opportunities for them to share their views and experiences and to make sure our communication is effective. This year, we have introduced Stay Interviews which are an effective way to increase employee engagement and to identify any areas of best practice, what is working well for our staff and to hear from our staff about any potential areas they feel we could improve. We are also introducing Pulse surveys which are short employee engagement surveys to seek views from staff on areas such as employee engagement, development opportunities, well-being and work life balance. We also continue to hold weekly staff meetings giving all staff protected time to attend.

This year we have successfully recruited staff into all our vacancies and have welcomed new staff who bring a broad range of skills and experience. Our retention rates continue to improve, reflecting our commitment to creating a supportive workplace, where staff are engaged and working within rewarding roles.

Employee well-being continues to be a high priority, with our Employee Assistance Programme in place to support this. In addition, our staff and volunteers undertake regular clinical and managerial supervision, and we offer flexibility to ensure everyone maintain a healthy work-life balance.

Alex Tambourides
CEO

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

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

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

Objects of the Charity, Principal Activities, and Organisation of our Work

a. Our objectives

The Charity is constituted as a company limited by guarantee and is therefore governed by the memorandum and articles of association.

The objects of the Charity are, for the public benefit, primarily but not exclusively in the London Borough of Enfield and the London Borough of Barnet:

- to promote the preservation of good mental health; and
- to address the needs of people with mental health problems, particularly, but not exclusively, by enabling and empowering persons experiencing mental health problems to live with, manage and recover from their condition and by working to increase the understanding of mental health and mental health problems.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

Objects of the Charity, Principal Activities, and Organisation of our Work (continued)

b. Our activities

During 2023/24 we delivered the following services:

Counselling

- Community Talking Therapies providing Step 3 high intensity Improving Access to Psychological Therapies (IAPT) services in Enfield and Barnet
- Dove, a paid counselling service, providing counselling to those who need support
- Counselling and supervision support for Woodhouse School
- Social and Emotional Support to Recover from the Pandemic
- Supported Self Help
- Talking Therapies for Autistic Adults

Empowerment

- Forensic advocacy within the North London Forensic Service
- Advocacy for CAMHS patients in Barnet
- Advocacy support to patients on the high dependency rehabilitation ward at Chase Farm Hospital
- Community advocacy as part of the Enfield Community Advocacy project
- BAME advocacy subcontracted to a specialist provider

Wellbeing

- Sanctuary, a face-to-face and online service, offering immediate access to emotional and practical support to people with Mental Health problems in Barnet and Enfield
- Graham Park community wellbeing service
- Courses and workshops
- Support groups
- Integrated Voluntary and Community Sector (VCS) projects in Enfield and Barnet
- The Enfield Wellbeing Network
- NHS Charities Together project to support young people with mental health and resilience
- Mind in London Parent Support programme
- North Middlesex Care Coordination
- Perinatal Mental Health Outreach Support

c. Public benefit

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

The Trustees have considered this definition and concluded that:

- The aims of the organisation continue to be charitable;
- The aims and the work done give identifiable benefits to the charitable sector and both indirectly and directly to individuals in need;
- The benefits are for the public, are not unreasonably restricted in any way and not by ability to pay; and
- There is no detriment or harm arising from the aims or activities.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

Objects of the Charity, Principal Activities, and Organisation of our Work (continued)

d. Principle risks and uncertainties

The major risks, to which Mind in Enfield and Barnet is exposed, as identified by the Trustees, are reviewed regularly and systems have been established to mitigate risks. These include: clinical, professional liability, health and safety, financial, personnel, premises, and IT risks. We have developed a risk register which identifies the major risks, details mitigations and the management routinely reports to the board on current issues.

Achievements and performance

a. Therapy

Community Talking Therapies Enfield/Barnet (formerly IAPT)

The counselling service provides Improving Access to Psychological Therapies (IAPT) Step 3 High Intensity counselling to people aged 16 and above, registered with a GP in the London Borough of Enfield/Barnet and experiencing common mental health problems such as mild to moderate depression and anxiety. This year we focused on rebranding the service in line with IAPT and NHS England and we are now known as Community Talking Therapies. The service is commissioned by North Central London Integrated Care Board (NCL ICB) to offer free, evidence based, individual counselling (8 sessions) and contributes to monthly local and national targets for NHS England. The service has been successfully re-accredited for 5 years by the British Association of Counselling and Psychotherapy (BACP) and abides by their high standards whilst following the Ethical Framework for the Counselling Professions. We are proud to continue offering counselling in a blended way; where the client can choose if they wish to engage in therapy face to face, online via video or telephone.

Our aim across both services is to offer high-quality evidence-based counselling that is accessible, free of charge and contributes to improving access to psychological therapies; to alleviate mental distress and tackle health inequalities. Clients can self-refer via an e-referral on our website or contact the office or be referred by their GP or any professionals. Once a referral is received a comprehensive person-centred assessment will be offered to all clients within 10 days of their referral to identify their needs and suitability of the interventions we offer: Generic counselling and Person-Centred Experiential Counselling for Depression (PCE-CFD). There has been an increase in the uptake of IAPT modality training, allowing the service to retain more qualified counsellors.

Enfield

The service is open 5 days a week and is supported by a Clinical Lead, a service co-ordinator, 3 administrators, a Lead Assessor, 7 self-employed assessors, 24 volunteer counsellors and 5 self-employed supervisors. We have good workforce retention with successful recruitment processes to fill all posts.

In the last year we exceeded on the access targets (number of clients accessing our service) and consistently met recovery targets (reduction of depression and anxiety levels after therapy). As the Lead provider for Voluntary and Community Sector (VCS) IAPT in Enfield we supported 674 clients, out of which 498 were seen by MiEB, and 176 by our partners Alpha Care, Enfield Saheli, and Nafsiyat. The partnership has been focusing on expansion plans, including making provisions for an Employment Assistance Programme to support clients alongside therapy.

Client demographics:

- 56% self-referrals
- 47% Global Majority

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance (continued)

Client feedback:

"I came to counselling not with the expectation of having all my problems solved, but have come away with more of an understanding of my anxiety and my mood has lifted and I feel lighter in myself. I thank Mind and my counsellor for helping me to get to this point".

"I think therapy has helped a lot with everything going on in my head. I never felt more better than I did so I couldn't thank you all enough for all you support. This time 8 weeks ago I would have never leave the house or anything now I'm working and going out so proud of myself things are finally start to go well".

Barnet

The service is open 3 days a week and is supported by a Clinical Lead, a service co-ordinator, 1 administrator, a Lead assessor, 3 self-employed assessors, 9 volunteer counsellors and 2 self-employed supervisors.

In the last year we exceeded the service access target and supported 322 clients as well as consistently met recovery targets of 50%. The service has received an influx of referrals over the last year (256%) and an overall increase in acuity. As a result, the service has been under a lot of pressure as demand outweighs our monthly capacity and this has had a direct impact on waiting times for an assessment and then from assessment to 1st session. We are now considering closing the referral pathway for a short period to safely and effectively process the additional 153 referrals that have built up beyond our commissioned quota.

Client demographics:

- 37% self-referrals
- 35% Global Majority

Client feedback:

"I am extremely grateful for the care, guidance and advice I was given. When I arrived for the first appointment I was in an emotional state. The therapist I had was compassionate, understanding and supportive and as I leave my final appointment I feel she has given me the tools to get back to a balanced emotional state. Thank you".

DOVE service Enfield and Barnet

DOVE is a self-funded service offering private open-ended counselling delivered by experienced qualified counsellors. The service is supported by a Therapy Service Manager and two administrators and has since grown to have 7 self-employed counsellors, and 2 self-employed supervisors providing service delivery. The service has gone through a lot of changes in this year from new management and administration to the closure of DOVE Community service. We took the difficult decision to discontinue the Dove Community service from April 24, as the service, which was previously funded by a legacy, was no longer financially viable. It has been an incredible opportunity to provide this service to clients experiencing complex mental health needs and it is our goal to restore this service through identifying new funding pathways. Over 2 years, the service has supported 63 clients.

As DOVE community slowly tapered off some of the counsellors have chosen to stay on as DOVE private counsellors and some have moved onto Community Talking Therapies as volunteer counsellors. Dove private has received 74 referrals in the last year, 11 of which have been in therapy for more than 1 year. We have also introduced new marketing aspects for capturing interest and engagement and making the service more financially sustainable, this includes a re-brand of the service, introducing new online feedback forms and a considering a summer special discount on all assessments.

Client Feedback:

"The counselling service with Marcia always allowed me to go at the pace I was comfortable with and discuss issues that were relevant. Always on the right level and appropriate for the circumstances. This service is vital for

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance (continued)

people to share things in private and receive much needed help independently from their own family and friends if and when required."

"I would recommend this to anyone in need, to address problems that cannot be seen on the outside by anyone else. Thank you all for helping me with this most difficult phase. "

"Thank you for all your help and your warm and friendly welcome when I have visited. It's a vital part of the overall service and the starting point for making people feel relaxed and welcome before they start their session. It puts people at ease and is so important. Please thank your colleagues and keep up the great work! "

Woodhouse College Counselling Service and Clinical Supervision

This year marked the third year of the MIEB Woodhouse College Counselling service. The service welcomed two experienced new counsellors, who have greatly contributed to the efficient running of the service. The 3rd counsellor has taken on the role of Service Coordinator in September 2023 and then as Service Manager beginning in January 2024. Despite these significant changes, the service has remained robust and continued to run smoothly and efficiently. The working relationship between the Safeguarding Team and the counsellors has been very strong, with consistent communication maintained through fortnightly triage meetings. These meetings support updates on students' progress, needs, and any safeguarding concerns. The service offers short term counselling to students experiencing common mental health issues who have been referred for counselling via the Safeguarding team. The service received 77 referrals and alongside weekly therapy sessions has offered 130 drop-in sessions. This year, we also introduced a counselling service feedback form for students, initially on paper and later online via a SurveyMonkey link. This ensures confidentiality and anonymity while allowing us to process and monitor responses for service improvement.

Other activities offered outside of weekly therapy sessions:

- Counsellors attended Freshers' Day in September 2023 and were invited to lead other mental health activities.
- Following a tragic death that affected several college students and their families, the counselling service responded immediately. The Safeguarding Team led a meeting for parents, with one of our counsellors representing the counselling service, and individual counselling was offered to some of the students impacted by the incident.
- Exam stress: The counselling service developed materials which were distributed at exam assemblies and provided to the Safeguarding and Attendance Teams to use as needed. One of our counsellors spoke about exam anxiety and stress during the exam assembly.
- Blue Monday, January 2024: One of our counsellors contributed with the members of Attendance Team to the stall and student engagement to raise awareness about mental health.

Over the last year, we have continued supporting staff working at the college with individual clinical supervision. This provision is supported by a supervisor, who offers supervision on site monthly to staff. Feedback from staff and the college indicate the sessions are fully utilised by staff for case discussions, practice reflection, professional development, wellbeing and self-care.

Social and Emotional Support to Recover from the Pandemic – Enfield

After closing the service due to the allocated funding coming to an end, the project secured an additional 6 months within the partnership with Citizen's Advice Enfield to continue delivery to Enfield residents impacted practically and emotionally by the Covid-19 pandemic. Citizens Advice Enfield provided residents with specialist advice, and we offered emotional support and counselling (up to 12 sessions) for anyone emotionally impacted by the pandemic and presented the following issues: bereavement, relationship and family issues, problems at work, and Long Covid. The counselling service was supported by a service coordinator, an administrator, 5

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance (continued)

volunteer counsellors, 1 supervisor and offered sessions in person, online and on the phone. We received 45 referrals, and 30 clients received counselling.

Supported Self Help (SSH) Enfield and Barnet

Supported self-help is a National Mind initiative in partnership with local Minds. The service is a 6-week guided programme offering free one-to-one self-help support with a trained practitioner. It incorporates some Cognitive Behavioural Therapy (CBT) style tools but also provides other kinds of support. Although this is not a counselling service practitioners use counselling-based skills in their support.

The programme is suited to clients with low level mental health needs. Supported self-help is a service for anyone who feels their emotions are getting on top of them. If a client contacts us with higher intervention needs or more complex challenges, we can assist in signposting the client to a more appropriate service.

The resources provided to clients include psychoeducational element along with useful strategies and worksheets containing exercises to help with their mental health challenge(s). Clients are offered a range of materials to understand and manage their feelings and are offered space to reflect on the work they have done in the weekly sessions. Materials such as a thought diary, mindfulness techniques, building positive relationships guide, can help clients learn about their own processes. Resources cover these main areas within the programme: Anxiety and panic attacks, Coping with grief and loss, Loneliness and feeling lonely, Low self-esteem, Low mood and depression, Managing anger, Managing stress, Understanding menopause.

Our local service is provided by a manager and 2 part-time practitioners support to both local clients and across the UK. Since the service started in November we have supported 68 clients.

Our learning outcomes are to try and reach more clients in the Barnet and Enfield area through advertising and liaising with local GPs and to reach the assessment targets. The service has proved to be invaluable to clients with continued positive feedback and there is a real sense of clients leaving the programme feeling empowered and better equipped to help themselves when it comes to their mental health.

Working on a national level is also rewarding as the team gets to work with a diverse client-base across the whole of England and delivers tools to help with, and prevent, future mental health challenges. One of the biggest advantages of SSH programme is its accessibility. This makes us very efficient and benefits our clients because we can reach them within a few days after the self-referral.

Client feedback:

"Potentially life-changing, it has helped my marital relationship and brought me closer to my children. I thought life was a struggle and I was beginning to believe I would never be the father I wanted to be. The programme has begun a journey of self-help that I won't be stopping."

"Thank you for your time and resources during our five sessions together. The insights you shared and the materials you provided have been invaluable in my journey towards better mental health."

"I truly appreciate the existence of this program and the fact that it is freely accessible to everyone."

Talking Therapies for Autistic Adults in Barnet

Talking Therapy for Autistic Adults in Barnet (TTAAB) is a new partnership between Barnet Mencap, Mind in Enfield and Barnet and Resources for Autism aiming to support Autistic Adults living in Barnet. The project is funded by Learning Disabilities and Physical and Sensory Impairment Joint Commissioning Team and NHS North Central London Integrated Care Body. This service was developed out of a need for autistic adults to have access to a specialised talking therapy that recognises, understands and welcomes neurodiversity while offering

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance (continued)

support for mental health.

We offer free talking therapy for autistic adults struggling with their mental health providing up to 16 face to face or online free talking therapy sessions. The sessions are offered at two locations in Barnet. We have 2 experienced therapists seeing 17 clients a week. Reasonable adjustments are a key element of the service as we want to make our therapy service as accessible as possible to autistic adults. We discuss any reasonable adjustments of our service at referral stage, at the start and during the therapy.

The service was mobilized in September 2023 and up to March 2024:

- We have received over 40 referrals and offered 279 sessions of therapy. Most clients have completed 16 sessions.
- 21 clients have accessed the service.
- Referrals have come from various partners in the community: voluntary sector, Primary Care including GPs and SPLW, Secondary Care (CMHP, Adult Psychology team), social care etc. There is growing awareness of the service throughout Barnet showing that clients are being referred to us via all mental health pathways.
- 50% of clients who completed therapy showed reliable improvements at the end of therapy (Core-10 score improved by over 6 points – Data up to 30 April 2024). Most clients did not require signposting for further psychological treatments (2 clients were referred post-therapy – one for befriending and the other one for long term therapy).

Demographics

- Client demographics: White (all backgrounds) – 42%. Global majority – 32%.
- Age: 50 % clients referred were under 30 years of age.

b. Empowerment

North London Forensic Service (NLFS)

We are contracted to provide generic advocacy support for inpatients within the NLFS, which includes 12 medium secure units incorporating 2 specialist Learning Disability and 2 Rehabilitation units. The service provides non-statutory advocacy support around care and treatment, ward rounds, care plans, leave, environmental issues, Health and Safety, and discharge/move on planning, as well as a patients' forum and carers' forum. We have continued to provide high quality advocacy within this setting, via one-to-one work, attendance at ward meetings and engagement with patient forums and carers forum. During 23/24 the Advocate supported over 260 clients with over 700 advocacy issues. They also attended over 160 community meetings, patient forums, and carers forums to provide group advocacy support.

Child and Adolescent Mental Health Services (CAMHS) Advocacy

The Beacon centre is a 20-bed adolescent inpatient facility at Edgware Community Hospital. The advocacy service established one to one and group provision in 2021. We have continued to deliver face-to-face in the Beacon Centre throughout changes of contract and ward management, establishing delivery in line with CQC recommendations and partnership working with PALS to ensure access to appropriate representation. The advocate worked closely with young people to ensure that the patients forum remained a patient led forum, with appropriate links for escalation and influence. Key to this was developing good working relationships with incoming management and ensuring that patients views remained a focus throughout changes. The advocate provides one to one support ensuring that young people have access to appropriate support at ward rounds, care plans, and discharge planning. The service has provided one to one advocacy support to 60 young people on 157 issues. The service is currently being re-procured and we are awaiting the outcome.

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

Achievements and performance (continued)

Rehabilitation Advocacy

Advocacy support was established in Somerset Villa, a high dependency rehabilitation ward at Chase Farm Hospital, in 2018 as short-term support to support transition care plan management. We provided advocacy support around care planning, discharge, placement reviews, benefits, and community engagement. We have delivered 150 client interventions, with around 210 advocacy issues during this period. An extension to this contract started in February 2022 covering Penrose, a 22-bed step down residential unit. Since the launch, the service has been providing weekly drop in/ outreach clinics and working closely with staff and Rehabilitation team to identify advocacy needs. The service provided one-to-one advocacy support to clients on over 180 different advocacy issues during the period, including complex safeguarding issues, court of protection engagement, care and treatment, and environmental issues. They have also provided group advocacy support on issues impacting the whole unit. These contracts were not renewed from July 2024 as they were intended as short-term contracts focused on transition support.

Community Advocacy

We continue to deliver community advocacy under the Enfield Advocacy Service. This partnership was formerly by Enfield Disability Action (EDA) as lead provider and, since EDA's closure has been funded directly by London Borough of Enfield. We provide generic advocacy, and specialist housing and benefit support services. We have continued the open access established during lockdown (self-referral rather than via GP) to ensure that new clients can receive advocacy support in a timely manner. This has been especially important, as demand for support with benefits and housing has increased considerably (along with high demand on other advice and benefit support services). Enfield Disability Action experienced operational challenges during this period, and sadly closed in November 2023, which meant that the partnership had increased referrals in from other areas.

During this period the team worked with 130 clients, supporting with over 354 advocacy issues as nearly all clients presented with several, complex issues.

Black and Minority Ethnic (BAME) Advocacy

MiEB have subcontracted a specialist provider (Precious Moments) in Enfield to provide BAME Advocacy. We have supported them to develop the advocacy offer via training and consultancy, increasing their capacity and workforce skills to meet the needs of the community. We have co-designed and delivered self and group advocacy workshops. We work closely alongside them to ensure that support is in place for them, and to integrate shared learning into their delivery and our wider Advocacy delivery. During this period they have supported 68 clients with over 200 advocacy issues.

c. Wellbeing

Sanctuary Barnet

Sanctuary Barnet, our crisis café in Barnet, launched in April 2021 and delivers face-to-face one to one and group support. Support offered includes an out of hours telephone line for immediate support and crisis de-escalation; up to 4 follow-up support sessions with a support worker; access to short term (up to 4 sessions) high level emotional/ therapeutic support from a counsellor; peer support groups; a safe environment/ café where people can drop in and attend groups & workshops.

We have established highly effective referral pathways with Crisis Team & Helpline, Locality MH teams, GP's, and community organisations. The service has had unexpectedly high rates of referrals from IAPT providers who have long waiting lists and a high volume of clients with suicidal ideation. Sanctuary has served a crucial support function for this group. The service has provided one to one support to 750 clients, as well as groups such as crafts, Men in Mind, and peer support.

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

Achievements and performance (continued)

Sanctuary Enfield

Sanctuary Enfield was launched in November 2020 as an out of hours telephone service, offering immediate access to emotional and practical support, and signposting, to prevent escalation into crisis by addressing underlying causes and working alongside the client to find routes to resolution. In July 2022 it relaunched as an out of hours face to face service that is fully embedded within Crisis Prevention Clinical Pathways. The service operates weekdays and weekends offering a range of structured support: booked, drop in, group support and social activities. The helpline is active during shift hours to provide self-referral support, and an advice line to carers, crisis teams, and blue light services.

The service offers an initial telephone assessment via the dedicated line, or via referral from professionals, and up to 3 follow-up support sessions which are tailored to the needs of the client. We also have established groups and drop in opportunities including Mindfulness, and Art groups.

We established referral pathways with the Barnet, Enfield and Haringey Mental Health trust (BEH) Crisis Helpline, Enfield Crisis team, prevention houses, GP surgeries, IAPT, and local Integrated Voluntary and Community Sector (VCS) organisations. Referrals steadily increased throughout the delivery period (partly due to lessons learnt from implementation of Sanctuary Barnet), and the service adapted to emerging demand by offering additional support sessions and longer term/more in-depth support if required. Throughout the period the service supported 460 clients.

Graham Park Community Wellbeing support

Following community consultation and collaborative work with Colindale Communities Trust, Meridian Wellbeing and other key partners we launched a pilot project within Graham Park Estate in Barnet. The service ran one day a week from the Old Library, with Meridian Wellbeing providing daytime wellbeing support and MiEB providing place-based evening crisis prevention support. This was launched in January 2023 and ran as a pilot for one year. It was successful in engaging clients one-to-one, and established community events to promote conversations around Mental Health, including Poetry and Jazz nights, art workshops, and drop in. During 2023-24 the project supported 65 clients. Unfortunately, funding was not renewed for 24-25.

Courses & Workshops

We have worked in partnership with Barnet and Southgate College to deliver a varied and accessible course programme in Enfield for several years. The programme includes recovery and personal development courses such as MBSR workshops, self-esteem, anger management, chair-based yoga, and craft-based activities such as art, hand sewing and jewellery making. We have continued to expand the courses on offer, providing additional courses on healthy eating and nutrition, and gardening activities. In April 2021, we launched the Recovery College in Barnet. This enabled us to open the courses and workshops that have been running in Enfield in partnership with Barnet & Southgate College to Barnet residents.

Throughout this period, we have worked to establish courses and workshops as part of a core offer for step down from internal services, as well as NHS teams. We have established links within all locality teams, as well as inpatient and residential facilities, and VCS community organisations. We have provided support to 260 clients.

During this period funding from Depression Alliance was also used to establish 'Moving on' peer support groups which have provided a structured space for clients to reflect on learning, consider next steps, and established supportive relationships to enable this. This has proved very effective and has demonstrated impact on people going on to engage in mainstream courses, volunteering, and work.

We also lease a garden space within Pymmes Park where MiEB run Therapeutic Gardening workshops, community gardening sessions, and Connecting with Nature workshops. We have secured funding via the

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

Achievements and performance (continued)

National Lottery to support ongoing gardening sessions and workshops face-to-face, and to expand the offer to include access for community groups and schools, and open events to promote awareness and use of the space. We have been working with the local authority to identify and cost up essential work to the space to enable enhanced use and activity from this location.

Links have been established with Recovery colleges across NCL to review offer, and develop joint courses, working agreements, and funding bids.

Social Groups

The social group continued to provide a regular space for people to share, engage in activities, and meet on a weekly basis. Over the course of this year, they were co-delivered by a volunteer. Unfortunately, we were unable to continue these from March 2024 due to lack of funding.

Integrated Voluntary and Community Sector (VCS) Projects

In August 2021 we were awarded contracts to deliver the Integrated VCS component of NHS Transformation in both Enfield and Barnet. These contracts are focused on integrating key VCS skills and ways of working, crucially psycho-social approaches to wellbeing and peer support, within Community Mental Health Teams to provide holistic support, address social determinants, improve resilience through facilitating community engagement, and provide step down support upon discharge.

Barnet

In Barnet we formed Wellbeing Together CIC, a collaboration of MiEB, Meridian Wellbeing, Community Barnet, and Inclusion Barnet, to deliver the project. We have employed 6.5 FTE Community Engagement Practitioners and Peer Practitioners. They have been embedded within different mental health trust teams across the borough. The team have achieved positive outcomes actively engaging people within the community, facilitating discharge after patients have been engaged with the Mental Health teams for significant periods of time, engaging with 'hard to reach' clients, developing additional support such as peer led walking groups from Barnet General Hospital, and development of gardening sites across the borough hospital locations (which we are also supporting via our activities and workshops offer).

Enfield

In Enfield we are Lead provider, subcontracting to Enfield Saheli, Alpha Care and Enfield Voluntary Action (EVA). We have employed 10 FTE Community Engagement Practitioners and Peer Practitioners across the partnership. The staff are embedded within the South Locality Team and Personality Disorder Stream. As in Barnet, they have delivered vital enhanced support to long term clients facilitating discharge, engagement in training and employment, social activities, and engagement with carers and families to address additional support needs. The team have developed innovative ways of working and developed new support opportunities by establishing a crowd funding initiative (and match funding agreement from NHS) to help clients access activities and groups (travel and costs) and have also set up new initiatives. We also launched the Enfield Mental Health VCS Network to provide a forum for collaboration, training, development, and information sharing.

Across Enfield and Barnet, the IVCS projects have supported over 1,500 clients.

Having established a successful model for these projects, we were disappointed to lose these projects to another provider due to a re-tendering process. We are working to ensure a smooth transition for staff and clients at the end of September 2024.

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

Achievements and performance (continued)

Enfield Wellbeing Network

Enfield Wellbeing Network was launched in December 2021. It is a collaboration with Enfield Voluntary Action (EVA), Enfield Carers Centre and Age UK Enfield. The service is designed to support better management of long-term conditions, improved overall Health and Wellbeing, and increased Health and Wellbeing awareness throughout the community. The service provides access to specialist Health and Wellbeing Workers who give up to 12 weeks of one-to-one support around individual Health and Wellbeing Goals. A network of buddies and befrienders work alongside clients to reach those goals through attending activities, going for walks, supporting GP appointments, and carrying out regular phone calls. The Network also promotes awareness via community events and outreach.

During this period MiEB has provided one to one support to 95 clients, and engaged in 9 workshops/ events reaching over 750 people.

NHS Charities Together

MiEB was the coordinator of this project working with Wellbeing Connect and Enfield Saheli. The project is designed to support young people in Edmonton with Mental Health support. We provided outreach and training within schools, colleges, youth clubs, and other community locations on Mental Health Awareness and Resilience, alongside one to one support for young people aged 14-25 to help them reach their own identified goals, engage in support and services, engage in training and employment, and improve health outcomes by linking in support early on. We established links with other youth engagement projects such as London Vanguard to improve access and joint working outcomes. The project provided support to 120 clients, and established new workshops that have been continued by trained volunteers. The funding for this project ended in January 2024.

Mind in London Parent Support Programme

The parenting project was initially launched across London in 2022. Since April 2023, MiEB has continued to work in collaboration with the Brandon Centre to deliver the project across North Central London. The project provides support to parents whose children are aged 11-16 and who are on the waiting list for treatment with CAMHS Teams. The workshops consisting of 8 sessions per group, which includes psycho-educational and peer support elements. The Brandon Centre is leading on psychological input and clinical guidance, and LMAs on local engagement, coordination, and delivery of specialist one to one support/signposting for parents who require follow up support.

During this period delivery has focused on NCL. It has supported 50 parents.

North Middlesex Care Coordinators

We are funded, along with Mind in Haringey, by North Middlesex Hospital to provide Community Care Coordinators to work alongside the High Intensity Users (HIU) Unit within North Middlesex A&E department. The care coordinators provide support around social determinants, identify reasons for repeat presentation and work alongside community and statutory services to link up with more appropriate support offers to divert away from reliance upon A&E crisis support.

During this period the project supported over 60 clients.

Perinatal Community Outreach

In November 2022 we launched a pilot project working alongside the Perinatal Mental Health team to improve rates of engagement for hard-to-reach communities, promote awareness and understanding of Perinatal Mental Health, and provide a community link into services for referrals and step down. The service was very successful, and engaged with over 46 community groups and 300 women. Funding was ceased in November 2023 but we anticipate restarting the project shortly.

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

Achievements and performance (continued)

Outcomes and Feedback

Over the last year MiEB has supported **6033** clients, exceeding the expected target of 4027 clients identified at the beginning of this financial year. Data collected across all services highlight the impact we are making in the community across both boroughs.

Client Feedback

In September 2023 we introduced an online feedback form via the Survey Monkey platform to effectively report on service satisfaction across all services and critically reflect on service growth and areas of improvement. As with every new provision, it will take time for services to fully incorporate use of the online feedback within their existing processes. Since the launch of the online feedback platform:

Total feedback collected (Service feedback forms and Survey Monkey)

- **257** clients have completed feedback
- **94%** were satisfied with the service they have received
- Challenge: currently only 4% of clients provided feedback. In parallel, some services collected feedback informally. We are working on developing a pathway for all feedback to be centrally logged or accessible to MiEB and have a more accurate account on all services in the future.

Some examples of positive outcomes:

"Everyone was really helpful and I felt like I was listened to...I feel a weight has been lifted, as I don't feel alone."

"I found it very helpful with regard to my anxiety and stress management. It gave me new tools to handle my anxiety better...and a better understanding of how my anxiety works. It also gave me some tips to improve my well-being overall and my sleep. It was well worth my time and I'm glad I went through with it."

"This service was everything I wanted and more. I got exactly what I needed and couldn't recommend it more highly."

Themes: friendly staff, personalised staff feedback, respectful staff, positive experience, mental health improvement

Areas of improvement:

"Sessions were very helpful. I felt heard and seen. The only downside was that it was only 8 sessions but I knew that before I started so theres no issue with that."

"Sessions could be longer and waiting times for referral should be shorter."

Themes: waiting times, length of intervention offered

Clinical measures: All therapy services use clinical measures to report on wellbeing improvement and effectiveness of the intervention offered. This is done by PHQ, GAD and Core-10 scales at each contact or at the beginning, middle and end of therapy. Wellbeing Services use similar scales or, where more appropriate, collect qualitative feedback at the end of the intervention.

Results: Data collected via quantitative and qualitative feedback indicate high levels of client satisfaction. Our process for collecting feedback is still at an early stage, but the first pool of data demonstrates that the services we offer are preventative, making a difference to people's lives and aligned with our values.

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

Achievements and performance (continued)

d. Fundraising

MiEB grew income by 13% in 2023/24 vs. 2022/23. This growth has been achieved primarily by creating new services and winning tenders supplemented by some grant income. MiEB employed fundraising consultants to develop grant applications and tenders. Expenditure in 2023/24 on fundraising consultants and staff was £25,398 which was 1.2% of income. MiEB has not signed up to any voluntary codes of conduct regarding its fundraising activities. There have been no complaints received in regard to MiEB's fundraising activities. MiEB takes steps to safeguard donors using its existing safeguarding policies.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies. The Trustees' review of resources has taken into account the income impact relating to the VCS projects explained below.

b. Reserves policy

The reserves policy of the organisation is to hold sufficient unrestricted and designated reserves to cover at least 3 months of operating costs. We currently hold reserves with a tolerance above this threshold. The reserves are monitored on an ongoing basis by our Finance & Human Resources Committee and there is a procedure in place to define corrective actions should reserves dip below the policy threshold.

Since the year end, there has been a significant change in the financial situation of the organisation in that we lost £792k of annual income because of the re-tendering the VCS projects. In 24/25 there will only be a part year impact relating to this of £370k reduced income and through other successful business development, cost savings and some one-off gains, we anticipate that we should still be able to run a small surplus on unrestricted funds. Managing the full year impact in 25/26 will be more challenging and we are currently working on this. However, we are confident that through a combination of further business development and cost savings, our reserves will remain well above the policy level.

c. Financial Review of 2023/24

The Statement of Financial Activities shows the total Incoming Resources for the year to 31st March 2024 of £2,190k (£254k (13%) higher than previous year). This increase is primarily due to increased funding of VCS and Sanctuary projects and new Autism and Supported Self-Help projects partly offset by reduced funding for our CAMHS waiting list parenting project.

The total expenditure was £2,205k (£300k (16%) higher than previous year) primarily due to expenditure relating to additional contracts. The expenditure growth of 16% was higher than the income growth of 13% due to a couple of non-recurrent costs.

The resulting deficit was £(15)k – however, without the non-recurrent costs mentioned above, the organisation would have run a small surplus.

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2024

Structure, governance and management

a. Structure

Mind in Enfield and Barnet is registered as a charitable company limited by guarantee, incorporated in the UK and registered as a charity. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

b. Governance

The composition of the Board of Trustees reflects the user involvement ethos and devolved structure, which underpins the work of MiEB. New trustees are chosen by advertisement and through recommendations to provide a balanced Board with the required skills. Trustees can only serve a limited term as specified by the memorandum and articles. They are given an induction pack and are encouraged to meet senior managers and attend meetings. They receive internal and external training to support them to discharge their duties.

MiEB elects Trustees to serve as Chair and Treasurer. The Board also has the power to co-opt other members. The Board meets in full session on at least four occasions during the year. All the Trustees are members of the company and none of the Trustees has any beneficial interest in the company.

The Board is responsible for safeguarding the assets of MiEB, including taking all reasonable steps for the prevention and detection of fraud and other irregularities, and to provide reasonable assurance that:

- It is operating efficiently and effectively
- Its assets are safeguarded against unauthorised use and disposition
- Proper records are maintained, and financial information used internally or for publication is reliable
- It complies with relevant laws and regulations

MiEB's systems of internal control are designed to provide reasonable, but not absolute, assurance against material misstatement or loss, and include:

- A strategic plan, business plan and an annual budget approved by Trustees
- Regular consideration by the Trustees of financial results, variance from budgets and non-financial KPIs
- Delegation of authority and segregation of duties
- Identification and management of risks

c. Management

MiEB is managed by a Chief Executive Officer, supported by a senior leadership team consisting of Head of Services, Head of Therapy Services, Head of Finance and Head of HR. The leadership team meets weekly and staff meetings are held fortnightly. Managers have regular meetings with all their staff. Employees are consulted on issues of concern to them by means of questionnaires, consultations, and regular staff meetings.

MiEB has detailed policies in relation to all aspects of personnel matters, including an equal opportunities policy, health and safety policies, and grievance and complaints procedures. MiEB has well established fair employment practices for the recruitment, selection, retention and training of staff in accordance with its equal opportunities policy.

MiEB is grateful for the dedication and commitment of Trustees who combine to provide strategic direction, and to staff and volunteers who deliver our counselling, advocacy and community projects.

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

Plans for future periods

MiEB plans to implement the strategy outlined above in the forthcoming years, subject to satisfactory funding arrangements. Although our reserve position is strong, we continue to run a deficit. While it is manageable in the short term, addressing this will be our priority.

Statement of Trustees' responsibilities

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

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

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and 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.

Disclosure of information to auditors

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

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

Auditors

The auditors, Goodman Jones LLP, have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the Trustees.

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


.....
Jayne Pearce
Co-chair
Date: 07-10-24

MIND IN ENFIELD AND BARNET
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET

Opinion

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

In our opinion the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET
(CONTINUED)

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

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

- the information given in the Trustees' Report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

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

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

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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET
(CONTINUED)

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the charity and sector, we identified that the principal risks of non-compliance with laws and regulations related to sector regulations and unethical and prohibited business practices, and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Charities Act 2011, Charity Commission and sector regulations, and UK Tax Legislation. We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls). Appropriate audit procedures in response to these risks were carried out. These procedures included:

- Discussions with management, including consideration of known or suspected instances of non-compliance with laws and regulation and fraud;
- Reading minutes of meetings of those charged with governance;
- Obtaining and reading correspondence from legal and regulatory bodies including HMRC;
- Identifying and testing journal entries;
- Challenging assumptions and judgements made by management in their significant accounting estimates.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members; and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

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

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

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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET
(CONTINUED)

Use of our report

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

Goodman Jones LLP

Goodman Jones LLP
Chartered Accountants
Statutory Auditors
29/30 Fitzroy Square
London
W1T 6LQ

Date: 08-10-24

Goodman Jones LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

	Note	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	4	-	-	-	25,284
Charitable activities	5	2,002,748	180,899	2,183,647	1,907,959
Investments	6	6,276	-	6,276	2,511
Total income		2,009,024	180,899	2,189,923	1,935,754
Expenditure on:					
Raising funds		25,398	-	25,398	30,132
Charitable activities	7	2,013,835	165,631	2,179,466	1,874,584
Total expenditure		2,039,233	165,631	2,204,864	1,904,716
Net movement in funds		(30,209)	15,268	(14,941)	31,038
Reconciliation of funds:					
Total funds brought forward		667,195	26,522	693,717	662,679
Net movement in funds		(30,209)	15,268	(14,941)	31,038
Total funds carried forward		636,986	41,790	678,776	693,717

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

The notes on pages 30 to 50 form part of these financial statements.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)
REGISTERED NUMBER: 03151981

BALANCE SHEET
AS AT 31 MARCH 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	11	67,639	77,495
		<u>67,639</u>	<u>77,495</u>
Current assets			
Debtors	12	317,071	214,484
Cash at bank and in hand		525,839	652,035
		<u>842,910</u>	<u>866,519</u>
Creditors: amounts falling due within one year	13	(231,773)	(250,297)
Net current assets		611,137	616,222
Total assets less current liabilities		<u>678,776</u>	<u>693,717</u>
Total net assets		<u><u>678,776</u></u>	<u><u>693,717</u></u>
Charity funds			
Restricted funds	14	41,790	26,522
Unrestricted funds	14	636,986	667,195
Total funds		<u><u>678,776</u></u>	<u><u>693,717</u></u>

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

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

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2024

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

Jayne Pearce
.....
Ms J Pearce
Co-Chair

Date: 07-10-24

The notes on pages 30 to 50 form part of these financial statements.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
Cash flows from operating activities		
Net cash used in operating activities	(107,808)	202,385
Cash flows from investing activities		
Purchase of tangible fixed assets	(18,388)	(7,999)
Net cash used in investing activities	(18,388)	(7,999)
Change in cash and cash equivalents in the year	(126,196)	194,386
Cash and cash equivalents at the beginning of the year	652,035	457,649
Cash and cash equivalents at the end of the year	525,839	652,035

The notes on pages 30 to 50 form part of these financial statements

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

1. General information

Mind In Enfield and Barnet is a charitable company registered in England and Wales, whose objects are set out in the Trustees' Report on page 6. The registered office address is detailed on page 1.

2. Accounting policies

2.1 Basis of preparation of financial statements

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

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

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

2.2 Company status

The Charity is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2.3 Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. The Trustees have considered their future plans and expected future income and it is deemed that the Charity can meet its commitments and liabilities and can continue for the foreseeable future. The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

2.4 Fund accounting

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

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

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

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

2. Accounting policies (continued)

2.5 Income

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

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.6 Interest receivable

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

2.7 Expenditure

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

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Long-term leasehold property	-	20%	Straight Line
Office equipment	-	20%	Straight Line
Computer equipment	-	20%	Straight Line

2.9 Debtors

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

2.10 Cash at bank and in hand

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

2.11 Liabilities and provisions

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

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

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.12 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

2.14 Taxation

Mind in Enfield and Barnet is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

3. Critical accounting estimates and areas of judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Critical accounting estimates and assumptions:

The Charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are discussed below.

Income Recognition

The Charity receives income that may require certain milestones or performance conditions to be met, or certain levels of services to be provided, in order for the Charity to have entitlement to the funds. The Charity makes various assumptions in determining the stage of completion and therefore entitlement to income.

4. Income from donations and legacies

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Donations	-	-	25,284
<i>Total 2023</i>	25,284	25,284	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

5. Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Wellbeing	399,392	-	399,392	379,448
Counselling/Bereavement	568,651	25,000	593,651	534,649
Advocacy	139,029	-	139,029	162,969
Community and peer engagement	833,537	-	833,537	597,837
Parenting	15,000	71,000	86,000	154,215
Support workers	-	6,040	6,040	18,120
Core	47,139	-	47,139	35,395
Active monitoring	-	32,872	32,872	-
NHS Together	-	45,987	45,987	25,326
	<u>2,002,748</u>	<u>180,899</u>	<u>2,183,647</u>	<u>1,907,959</u>
<i>Total 2023</i>	<u><u>1,807,013</u></u>	<u><u>100,946</u></u>	<u><u>1,907,959</u></u>	

6. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Bank interest	6,276	6,276	2,511
	<u>6,276</u>	<u>6,276</u>	<u>2,511</u>
<i>Total 2023</i>	<u><u>2,511</u></u>	<u><u>2,511</u></u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

7. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
Wellbeing	373,863	-	373,863	363,969
Counselling/Bereavement	615,187	25,000	640,187	582,339
Advocacy	156,148	-	156,148	170,768
Community and peer engagement	799,912	-	799,912	551,744
Parenting	15,311	71,000	86,311	143,417
Support workers	-	6,040	6,040	-
Core	53,414	-	53,414	33,591
Active monitoring	-	27,399	27,399	-
Community garden	-	-	-	9,995
NHS Together	-	36,192	36,192	18,761
	<u>2,013,835</u>	<u>165,631</u>	<u>2,179,466</u>	<u>1,874,584</u>
<i>Total 2023</i>	<u><u>1,766,890</u></u>	<u><u>107,694</u></u>	<u><u>1,874,584</u></u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Wellbeing	302,109	71,754	373,863	363,969
Counselling/Bereavement	537,608	102,579	640,187	582,340
Advocacy	126,175	29,973	156,148	170,768
Community and peer engagement	678,760	121,152	799,912	551,744
Parenting	73,995	12,316	86,311	143,417
Support workers	4,832	1,208	6,040	-
Core	53,414	-	53,414	33,590
Active monitoring	21,592	5,807	27,399	-
Community Garden	-	-	-	9,995
NHS Together	28,954	7,238	36,192	18,761
	<u>1,827,439</u>	<u>352,027</u>	<u>2,179,466</u>	<u>1,874,584</u>
<i>Total 2023</i>	<u>1,528,918</u>	<u>345,666</u>	<u>1,874,584</u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Wellbeing 2024 £	Counselling /Bereavement 2024 £	Advocacy 2024 £	Community and peer engagement 2024 £	Parenting 2024 £
Staff costs	250,870	301,349	99,019	435,754	23,058
Depreciation	-	-	-	-	-
Social Support	19,647	92	-	-	-
Counselling Support	50	50,692	120	58	-
Property expenses	-	223	-	-	-
Rent	9,864	7,121	-	11,495	-
Insurance	289	-	-	648	-
IT	3,511	11,174	1,360	5,984	317
Printing, postage and stationery	246	-	-	-	-
Telephone	-	400	-	-	-
Subscriptions	-	288	-	-	-
Legal and professional	-	175	-	-	-
Bad debt expense	-	-	25,676	-	-
Recruitment	12,496	246	-	49,871	-
Training	4,180	1,508	-	4,000	-
Interpreting Service	-	5,198	-	-	-
Travel	134	90	-	-	-
Advertising, Marketing and Publicity	-	1,675	-	-	-
Other staff costs	822	921	-	2,267	-
Subcontractors	-	102,830	-	168,683	50,620
Clinical supervision	-	53,626	-	-	-
	<u>302,109</u>	<u>537,608</u>	<u>126,175</u>	<u>678,760</u>	<u>73,995</u>
Total 2023	<u><u>279,611</u></u>	<u><u>470,327</u></u>	<u><u>129,406</u></u>	<u><u>457,675</u></u>	<u><u>134,127</u></u>

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

	Support workers 2024 £	Core 2024 £	Active monitoring 2024 £	Community Garden 2024 £
Staff costs	4,832	49,709	21,379	-
Depreciation	-	3,705	-	-
Social Support	-	-	-	-
Counselling Support	-	-	-	-
Property expenses	-	-	-	-
Rent	-	-	-	-
Insurance	-	-	-	-
IT	-	-	213	-
Printing, postage and stationery	-	-	-	-
Telephone	-	-	-	-
Subscriptions	-	-	-	-
Legal and professional	-	-	-	-
Bad debt expense	-	-	-	-
Recruitment	-	-	-	-
Training	-	-	-	-
Interpreting Service	-	-	-	-
Travel	-	-	-	-
Advertising, Marketing and Publicity	-	-	-	-
Other staff costs	-	-	-	-
Subcontractors	-	-	-	-
Clinical supervision	-	-	-	-
	<u>4,832</u>	<u>53,414</u>	<u>21,592</u>	<u>-</u>
<i>Total 2023</i>	<u>-</u>	<u>33,918</u>	<u>-</u>	<u>8,905</u>

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

	NHS Together 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Staff costs	28,562	1,214,532	1,041,617
Depreciation	-	3,705	3,703
Social Support	-	19,739	17,094
Counselling Support	-	50,920	88,714
Property expenses	-	223	268
Rent	-	28,480	417
Insurance	-	937	351
IT	392	22,951	5,106
Printing, postage and stationery	-	246	45
Telephone	-	400	350
Subscriptions	-	288	319
Legal and professional	-	175	39
Bad debt expense	-	25,676	-
Recruitment	-	62,613	11,239
Training	-	9,688	2,127
Interpreting Service	-	5,198	5,160
Travel	-	224	554
Advertising, Marketing and Publicity	-	1,675	1,722
Other staff costs	-	4,010	7,185
Subcontractors	-	322,133	339,173
Other Direct expenses	-	53,626	3,735
	<u>28,954</u>	<u>1,827,439</u>	<u>1,528,918</u>
<i>Total 2023</i>	<u>15,947</u>	<u>1,528,918</u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of support costs

	Wellbeing 2024 £	Counselling /Bereavement 2024 £	Advocacy 2024 £	Community and peer engagement 2024 £	Parenting 2024 £
Staff costs	36,220	51,779	15,128	61,153	6,218
Depreciation	5,002	7,150	2,089	8,445	858
Social Support	153	219	64	259	27
Counselling Support	124	178	52	210	21
Property expenses	2,761	4,013	1,153	4,662	639
Rent	1,110	1,522	464	1,875	26
Governance	3,929	5,617	1,643	6,634	674
Insurance	4,139	5,917	1,729	6,988	710
IT	1,003	1,433	419	1,693	172
Printing, postage and stationery	648	926	271	1,094	111
Telephone	5,007	7,158	2,091	8,454	859
Subscriptions	5,704	8,154	2,382	9,631	980
Bank charges	24	35	10	41	4
Legal and professional	1,462	2,090	611	2,469	251
Recruitment	751	1,073	314	1,268	129
Training	1,177	1,683	492	1,987	202
Travel	5	7	2	8	1
Other staff costs	323	462	135	546	55
Clinical supervision	2,212	3,163	924	3,735	379
	-	-	-	-	-
Total 2024	71,754	102,579	29,973	121,152	12,316
Total 2023	84,358	112,011	41,362	95,069	9,290

Included within governance costs is £8,668 (2023: £8,668) in respect of Auditors' fees.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	Support workers 2024 £	Core 2024 £	Active monitoring 2024 £	Community Garden 2024 £
Staff costs	610	-	2,933	-
Depreciation	84	-	405	-
Social Support	3	-	12	-
Counselling Support	2	-	10	-
Property expenses	65	-	314	-
Rent	-	-	-	-
Governance	66	-	317	-
Insurance	70	-	335	-
IT	17	-	81	-
Printing, postage and stationery	11	-	52	-
Telephone	84	-	405	-
Subscriptions	96	-	462	-
Bank charges	-	-	2	-
Legal and professional	25	-	118	-
Recruitment	13	-	61	-
Training	20	-	95	-
Travel	-	-	-	-
Other staff costs	5	-	26	-
Clinical supervision	37	-	179	-
	-	-	-	-
Total 2024	1,208	-	5,807	-
<i>Total 2023</i>	<i>-</i>	<i>(328)</i>	<i>-</i>	<i>1,090</i>

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	NHS Together 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Staff costs	3,654	177,695	172,588
Depreciation	505	24,538	32,234
Social Support	15	752	-
Counselling Support	13	610	-
Property expenses	391	13,998	7,017
Rent	-	4,997	28,254
Governance	396	19,276	-
Insurance	418	20,306	16,768
IT	101	4,919	15,146
Printing, postage and stationery	65	3,178	7,233
Telephone	505	24,563	20,953
Subscriptions	575	27,984	14,301
Bank charges	2	118	(431)
Legal and professional	147	7,173	15,492
Recruitment	76	3,685	2,579
Training	119	5,775	-
Travel	-	23	2,415
Other staff costs	33	1,585	-
Clinical supervision	223	10,852	7,641
Total 2024	<u>7,238</u>	<u>352,027</u>	<u>345,666</u>
<i>Total 2023</i>	<u>2,814</u>	<u>345,666</u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

9. Staff costs

	2024	2023
	£	£
Wages and salaries	1,268,117	1,104,760
Social security costs	107,349	95,060
Contribution to defined contribution pension schemes	29,821	28,811
	<u>1,405,287</u>	<u>1,228,631</u>

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

	2024	2023
	No.	No.
Specifically funded projects	<u>61</u>	<u>52</u>

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

	2024	2023
	No.	No.
In the band £60,001 - £70,000	1	1
In the band £70,001 - £80,000	1	-

Total expenditure, including employer's NIC and employer's pension costs, incurred in respect of key management personnel for the year totalled £252,983 (2023: £208,446).

Included within wages and salaries costs above are redundancy costs of £nil (2023: £14,821) relating to 2 employees.

10. Trustees' remuneration and expenses

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

During the year ended 31 March 2024, no Trustee expenses have been incurred (2023 - £NIL).

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

11. Tangible fixed assets

	Freehold property £	Long-term leasehold property £	Office equipment £	Computer equipment £	Total £
Cost or valuation					
At 1 April 2023	11,030	63,086	20,563	63,732	158,411
Additions	-	6,948	-	11,440	18,388
At 31 March 2024	11,030	70,034	20,563	75,172	176,799
Depreciation					
At 1 April 2023	11,030	25,353	5,222	39,311	80,916
Charge for the year	-	13,559	3,915	10,770	28,244
At 31 March 2024	11,030	38,912	9,137	50,081	109,160
Net book value					
At 31 March 2024	-	31,122	11,426	25,091	67,639
At 31 March 2023	-	37,733	15,341	24,421	77,495

12. Debtors

	2024 £	2023 £
Due within one year		
Trade debtors	264,545	179,727
Other debtors	138	380
Prepayments and accrued income	52,388	34,377
	317,071	214,484

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

13. Creditors: Amounts falling due within one year

	2024	2023
	£	£
Trade creditors	54,996	75,328
Other taxation and social security	24,303	20,218
Other creditors	-	5,809
Accruals and deferred income	152,474	148,942
	231,773	250,297
	2024	2023
	£	£
Deferred income at 1 April 2023	69,043	75,601
Resources deferred during the year	60,619	30,691
Amounts released from previous periods	(45,655)	(37,249)
	84,007	69,043

Deferred income represents income being received in advance of entitlement to the income in accordance with the grant agreements/contracts.

MIND IN ENFIELD AND BARNET
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2024 £
Unrestricted funds					
Designated funds					
Future projects	235,834	-	-	(85,834)	150,000
General funds					
General Funds - all funds	431,361	2,009,024	(2,039,233)	85,834	486,986
Total Unrestricted funds	667,195	2,009,024	(2,039,233)	-	636,986
Restricted funds					
Wellbeing and Courses	12,899	-	-	-	12,899
Counselling	-	25,000	(25,000)	-	-
NHS Together	13,623	45,987	(36,188)	-	23,422
Active monitoring	-	32,872	(27,403)	-	5,469
Parenting	-	71,000	(71,000)	-	-
Support workers	-	6,040	(6,040)	-	-
	26,522	180,899	(165,631)	-	41,790
Total funds	693,717	2,189,923	(2,204,864)	-	678,776

MIND IN ENFIELD AND BARNET
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2023 £</i>
Unrestricted funds					
Designated funds					
Future projects	321,167	-	-	(85,333)	235,834
General funds					
General Funds - all funds	309,060	1,834,808	(1,797,840)	85,333	431,361
Total Unrestricted funds	630,227	1,834,808	(1,797,840)	-	667,195
Restricted funds					
Wellbeing and Courses	12,899	-	-	-	12,899
Counselling	2,500	57,500	(60,000)	-	-
NHS Together	7,058	25,326	(18,760)	-	13,624
Community Garden	9,995	-	(9,996)	-	(1)
Support assistants	-	18,120	(18,120)	-	-
	32,452	100,946	(106,876)	-	26,522
Total funds	662,679	1,935,754	(1,904,716)	-	693,717

MIND IN ENFIELD AND BARNET
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

14. Statement of funds (continued)

Restricted funds in the current and prior years relate to the following:

Wellbeing and Courses - To deliver a range of social, educational and personal development support programmes and deliver alternative therapy to improve mental wellbeing. Also, a volunteer support and training programme runs alongside the above.

Counselling and Bereavement - Provision of counselling to people who have been recently bereaved.

Active monitoring - Short term support for people with mental health problems.

Parenting - Support for parents whose children are on the CAMHS waiting list.

NHS Together - Support young people in Edmonton with their mental health.

Community Garden - Development part of Pymmes Park, Enfield into a community garden resource.

Support Workers - Increase the level of support provided by the Sanctuary Crisis Cafes through employing Support Assistants.

Designated Funds in the current and prior years relate to the following:

The Trustees have designated funds in respect of planned future projects (including the creation of volunteer and employment opportunities for people with mental health problems), and development/fundraising activities (including the creation of a business development role).

15. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Tangible fixed assets	67,639	-	67,639
Current assets	801,120	41,790	842,910
Creditors due within one year	(231,773)	-	(231,773)
Total	636,986	41,790	678,776

MIND IN ENFIELD AND BARNET
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

15. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior period

	<i>Unrestricted funds 2023 £</i>	<i>Restricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Tangible fixed assets	77,495	-	77,495
Current assets	839,997	26,522	866,519
Creditors due within one year	(250,297)	-	(250,297)
Total	<u>667,195</u>	<u>26,522</u>	<u>693,717</u>

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

	2024 £	2023 £
Net income/expenditure for the period (as per Statement of Financial Activities)	(14,941)	31,038
Adjustments for:		
Depreciation and amortisation charges	28,242	26,241
Decrease/(increase) in debtors	(128,263)	228,406
Increase/(decrease) in creditors	7,154	(83,300)
Net cash provided by/(used in) operating activities	<u>(107,808)</u>	<u>202,385</u>

17. Analysis of cash and cash equivalents

	2024 £	2023 £
Cash in hand	525,839	652,035
Total cash and cash equivalents	<u>525,839</u>	<u>652,035</u>

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

18. Analysis of changes in net debt

	At 1 April 2023 £	Cash flows £	At 31 March 2024 £
Cash at bank and in hand	652,035	(126,196)	525,839
	<u>652,035</u>	<u>(126,196)</u>	<u>525,839</u>

19. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the group to the fund and amounted to £29,821 (2023: £28,811). Contributions of £nil (2023: £5,809) were payable to the fund at the balance sheet date.

20. Operating lease commitments

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

	2024 £	2023 £
Not later than 1 year	29,152	29,152
Later than 1 year and not later than 5 years	2,483	31,639
	<u>31,635</u>	<u>60,791</u>

21. Related party transactions

Other than as disclosed elsewhere in these financial statements, there were no transactions with related parties requiring disclosure in either the current or previous years.

22. Contingent liabilities

Mind in Enfield and Barnet have a pension scheme with TPT and the estimated debt on withdrawal at 30 September 2024 is £6,337. The estimated debt is calculated on the solvency basis by the Scheme Actuary. The debt on withdrawal becoming payable is contingent on the last active member leaving the scheme. There is no intention to leave the scheme and the debt on withdrawal would not become payable while there are active members.

Accounts

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

Trustees

Mr R Hayter, Co-Chair
Ms J Pearce, Co-Chair
Mr T Ayaz, Treasurer (resigned 5 April 2022)
Ms A Islin, Trustee
Dr L Kelly, Trustee (appointed 5 July 2022)
Mr M Leveson, Trustee (resigned 5 April 2022)
Ms L Marsh, Treasurer (appointed 5 April 2022)
Ms C Onifade-Carroll, Trustee
Miss M Tam, Trustee (appointed 5 July 2022)
Ms L Till, Vice Chair (resigned 5 July 2022)
Mrs N Van Houtem, Trustee (appointed 5 July 2022)
Mr M Walsh, Trustee (resigned 31 March 2023)

Company registered number

03151981

Charity registered number

1054539

Registered office

275 Fore Street
Edmonton
London
N9 0PD

Company secretary

Mr A Tambourides

Chief executive officer

Mr A Tambourides

Auditor

Goodman Jones LLP
Chartered Accountants
29/30 Fitzroy Square
London
W1T 6LQ

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
(CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Bankers

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Unity Trust Bank
9 Brindley Place
Birmingham
B1 2JB

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

CO-CHAIRS AND CEO REPORTS
FOR THE YEAR ENDED 31 MARCH 2023

Mind in Enfield and Barnet had a busy and productive year at both a strategic and operational level.

In 2022 we acknowledged the important contributions made by trustees who came to the end of their tenure with the Board, and were delighted to recruit several new members to the team. Our thanks to departing trustees; Laurane Till, Michael Walsh, Mark Leveson and Tahir Ayaz. Keeping the Board of trustees refreshed and engaged is vital for every charity and we have greatly welcomed the addition of Lisa Marsh, Lorraine Kelly, Tikun van Houtem and Melissa Tam as our latest recruits. Since their arrival they have all made their mark through their individual skills and knowledge.

In FY 2022-23, the charity has grown again, and has successfully delivered a wide range of services to support those living with mental ill-health and increased face to face activities post-pandemic. Whilst our main focus is on delivering a quality service to more people each year, we are delighted to recognise the improved financial management which has allowed us to report a positive close, the first time for several years. This has been achieved through our hard-working, dedicated staff team and the inspirational leadership provided by Alex Tambourides and his senior colleagues, Paul King, Emma Saunders, Ellie Crawford and Maria Emmanuel.

We invite you to read more about our services in the report that follows.

FY 2023-24 will see the Trustees and staff work to finalise our strategy for the next 3-year period and look to both consolidate existing services and expand our offerings for the benefit of the local communities.

As always, we are grateful to our volunteers and supporters for their help and commitment to the charity.

Jayne Pearce and Rob Hayter
Co-Chairs of the Trustees

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

CO-CHAIRS AND CEO REPORTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

As we enter the final year of our current 3-year strategy, the upwards trajectory of the organisation is strong and so are the renewed challenges we face in the external environment. We moved into a 'post pandemic mindset' but new issues include the ongoing impact of the Ukraine war, the cost-of-living crisis and increased demand on mental health services. We also face mental health service transformation together with the opportunity of increased investment in non-clinical mental health services. Our current strategy was written in a pre-pandemic world which has changed in many ways so this year we are refreshing our 4-pillar strategy to create a new strategy built around our values that will help steer us through an increasingly complex and uncertain environment. Progress against our current strategy has been as follows:

1. **Financial Sustainability** – In order to provide independent and consistent services for people with mental health issues, the organisation itself needs to be financially solid and sustainable. Mind in Enfield and Barnet (MiEB) was created through a merger in April 2021 of two organisations (Mind in Enfield and Mind in Barnet) and, prior to the merger, both organisations were running heavy deficits and had low income. Since 19/20, we have TRIPLED the combined income of MiEB's two predecessor organisations and finished the year 22/23 with a surplus of £31k. Going forwards we will be focusing on diversifying our income, reflecting a general drive towards greater independence and differentiation from statutory services.
2. **Community Leadership** – We aim to achieve this goal both through 1) by delivering services to people directly and 2) by working with others to influence mental health and mental health services for the better. We have gone from strength to strength in this area. I am continuing in my role as chair of the Barnet Mental Health Strategic Partnership and we have instigated work around the cost of living, poverty informed practice and have led on creating a Barnet Mental Health Charter. The Mental Health Partnership board in Enfield is still co-chaired by me and a local authority lead, and we are also proud to support the work of the Enfield Voluntary and Community sector (VCS) Mental Health network which brings together over 30 local grass roots organisations to collaborate and learn around mental health. In addition to our local work (including running IAPT networks and partnerships with local providers), we have also been working hard to ensure a voice for mental health at an NCL level. As the mental health lead for the North Central London (NCL) VCSE Alliance, I am trying to ensure that the voluntary sector across NCL can link together to collaborate and influence systems change across our five boroughs. This year we will be setting up an NCL VCSE Mental Health alliance to stand shoulder to shoulder with the Mental Health trusts and Integrated Care Board (ICB) across this area.
3. **Services that Change Lives** – In 22/23 we supported over 5000 people across Barnet and Enfield, which is triple the number supported at the commencement of our strategy in 20/21. We have three main departments, Wellbeing, Therapy and Advocacy & Advice and have increased our impact in all areas. In the 'activities' section you will get to hear more about what we are doing in depth but, it is also important to think about why MiEB can make a difference... Our IAPT service (soon to be rebranded) is compliant to NHS standards and runs to the national model and, because of our local links and partnerships with local organisations we can reach higher numbers from the BAME community than our statutory partners. We're also uniquely placed for our Crisis Café provision, Sanctuary; because we are both a voluntary sector organisation and a mental health specialist, we can offer choice, independence and assurance to people with mental health problems who don't need statutory support but who do want to find a place of understanding, sensitivity and safety that isn't part of the establishment. Going forwards the challenge for us is to keep innovating and to preserve our independence in an increasingly integrated 'systems' world for health, and the year ahead has some exciting innovations on the way, for instance Autism and Mental Health services in partnership with local organisations in Barnet.
4. **Operational Excellence** – The fourth strategic pillar is about achieving solid internal processes, policy, procedure, governance, and infrastructure. 22/23 saw us achieve our Mind Quality Mark, something that the newly merged organisation can be proud of. In addition to this we have embedded a new online HR System, have begun to roll out an organisation wide database, and are working to further embed our values at board and operational levels. This year will see us have a fully-fledged lived experience participation framework and move our work on Equity, Diversity, and Inclusion (EDI) to the next level via our staff led EDI task force. We conducted a staff survey which showed that over 75% have lived experience of mental health issues. This fact sets us aside from other organisations and will be proudly communicated as part of our communications strategy for 23/24.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

CO-CHAIRS AND CEO REPORTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Our Values:

Real Change

We believe that change in people's lives and the systems we work within must be person centred, meaningful and, where possible, concretely evidenced. We design and deliver services based on need, pro-actively gather, listen to, and act on feedback, and use an outcomes-based approach to ensure we make a real difference in people's lives.

Empowerment

We believe that everyone deserves agency and autonomy and that for real change and growth to be sustainable - empowerment, respect, and involvement in decision-making must be at the centre of how we treat each other and people we work with.

Integrity

We believe that trust and transparency are crucial in how we relate to each other and people we work with. We will be realistic in our aims and expectations, and consistent in our actions. We will listen, we will act on what we hear, and we will ensure that decisions we make are always based on improving the lives of people with mental health issues.

Compassion

We believe that compassion is the beating heart at the centre of everything we do and everyone we do it with. Our boundaries and professionalism co-exist with warmth, empathy, respect, and meeting people where they are, in order to address their needs.

Equality

We believe that health inequalities of any kind are not natural, tolerable, or inevitable. The quality of your life should not be determined by your ethnicity, wealth, gender, or any other factor relating to your health or societal context. We stand against racism, stigma and all forms of prejudice and want to make real and positive changes that move us nearer to a fairer society.

Human resources report

We worked with staff and Trustees to agree our Values and have been embedding these into everything we do. Our recruitment is now Values-based and the Values are central to our new Appraisal process. We are also including the Values in all our HR policies.

There has also been further work on the Behaviours associated to our Values, with an organisation wide away day to look at our Values in action. Following this, a Values and Behaviours framework is being developed, which will be shared with our service users and staff and Trustees.

We are committed to communicating effectively with all our staff and hold weekly staff meetings, with staff given protected time to attend. These meetings are important to keep staff up to date with developments and to provide a forum for staff to share ideas, ask questions and to share any queries or suggestions they may have. This year, we have also changed the format of the meetings to use this protected time for staff development, with speakers on a range of subjects related to the important work we carry out.

We have worked on updating our HR policies and processes and now have new paperwork in place for probation, DBS and associated risk assessments and have updated our family friendly policies and flexible working options. We have also developed new Appraisal paperwork which is user friendly and supports the discussions during the appraisal meeting.

The recruitment of staff to new and developing services has been a key priority during the year and we have seen our staff numbers increase. Despite a challenging recruitment market, we continue to work hard at attracting and retaining qualified, experienced, and committed staff to work within our teams.

A Tambourides, CEO

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report together with the audited financial statements of the Charity for the year 1 April 2022 to 31 March 2023. The Annual Report serves the purposes of both a Trustees' Report and a Directors' Report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document, and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

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

Objects of the Charity, Principal Activities, and Organisation of our Work

a. Our objectives

The Charity is constituted as a company limited by guarantee and is therefore governed by the memorandum and articles of association.

The objects of the Charity are, for the public benefit, primarily but not exclusively in the London Borough of Enfield and the London Borough of Barnet:

- to promote the preservation of good mental health; and
- to address the needs of people with mental health problems, particularly, but not exclusively, by enabling and empowering persons experiencing mental health problems to live with, manage and recover from their condition and by working to increase the understanding of mental health and mental health problems.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

Objects of the Charity, Principal Activities, and Organisation of our Work (continued)

b. Our activities

During 2022/23 we delivered the following services:

Counselling

- IAPT counselling services providing Step 3 high-intensity Improving Access to Psychological Therapies (IAPT) services in Enfield and Barnet
- Bereavement services supporting people bereaved due to Covid-19 in Enfield and Barnet
- Dove, a paid counselling service, providing counselling to those who need support
- Counselling and supervision support for Woodhouse School

Empowerment

- Forensic advocacy within the North London Forensic Service
- Advocacy for CAMHS patients in Barnet and Eating Disorder patients in Haringey
- Advocacy support to patients on the high dependency rehabilitation ward at Chase Farm Hospital
- Community advocacy as part of the Enfield Community Advocacy project
- BAME advocacy subcontracted to a specialist provider

Wellbeing

- Sanctuary, a face-to-face and online service, offering immediate access to emotional and practical support to people with Mental Health problems in Barnet and Enfield
- Graham Park community wellbeing service
- Courses and workshops
- Support groups
- Integrated Voluntary and Community Sector (VCS) projects in Enfield and Barnet
- The Enfield Wellbeing Network
- NHS Charities Together project to support young people with mental health and resilience
- Mind in London Parent Support programme
- North Middlesex Care Coordination
- Perinatal Mental Health Outreach Support

c. Public benefit

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

The Trustees have considered this definition and concluded that:

- The aims of the organisation continue to be charitable;
- The aims and the work done give identifiable benefits to the charitable sector and both indirectly and directly to individuals in need;
- The benefits are for the public, are not unreasonably restricted in any way and not by ability to pay; and
- There is no detriment or harm arising from the aims or activities.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

Objects of the Charity, Principal Activities, and Organisation of our Work (continued)

d. Principle risks and uncertainties

The major risks, to which Mind in Enfield and Barnet is exposed, as identified by the Trustees, are reviewed regularly and systems have been established to mitigate risks. These include: clinical, professional liability, health and safety, financial, personnel, premises, and IT risks. We have developed a risk register which identifies the major risks, details mitigations and the management routinely reports to the board on current issues.

Achievements and performance

a. Therapy

IAPT Counselling - Enfield

The counselling service is Improved Access to Psychological Therapies (IAPT) compliant and provides Step 3 High Intensity counselling to people aged 16 and above, registered with a GP in the London Borough of Enfield and experiencing common mental health problems such as mild to moderate depression and anxiety. We are commissioned by North Central London Integrated Care Board Enfield (NCL ICB) to offer free evidence based, individual IAPT compliant counselling (8 sessions) delivered by 24 volunteer counsellors who are qualified or in their 2nd year of training within a BACP Accredited course. The service is supported by a Clinical Lead, a service co-ordinator, 2 administrators, a Lead assessor, 7 self-employed assessors and 5 self-employed supervisors. The service is accredited by the British Association of Counselling and Psychotherapy (BACP) and abides by their standards whilst following the Ethical Framework for the Counselling Professions. Since Covid-19 we deliver counselling sessions in a blended way where the client chooses whether they would like to engage in therapy face to face or online via video and telephone.

Over the last year we have successfully achieved our targets on access (number of clients accessing our service) and recovery (reduction of depression and anxiety levels after therapy). As the Lead provider for Voluntary and Community Sector (VCS) IAPT in Enfield we supported 668 clients, out of which 485 were seen by MiEB, and 183 by our partners: Alpha Care, Enfield Saheli, and Nafsiyat. Collectively our recovery rate was consistently above the 50% target throughout the year providing statistical evidence to NHS England that talking therapies help individuals feel significantly better. The partnership continues to grow and this year we have been focusing on expansion plans and cost of living impact as we have completed our 3-year contract with the ICB. We have also continued facilitating and chairing the Enfield IAPT Network which is attended by the main IAPT Service (NHS Talking Therapies Enfield), our partners and commissioners.

Our aim across both IAPT compliant services is to offer high-quality evidence-based counselling that is accessible, free of charge and contributes to improving access of psychological therapies; to alleviate mental distress and tackle health inequalities. Clients can self-refer via an e-referral on our website or contact the office or be referred by their GP or any professionals. Once a referral is received a comprehensive person-centred assessment will be offered to all clients within 10 days of their referral to identify their needs and suitability of the interventions we offer: Generic counselling and Person-Centred Experiential- Counselling for Depression (PCE-CFD).

Client demographics:

- 76% self-referrals
- 55% come from the BAME community
- 75% female, 25% male
- 24% 20-29yrs, 24% 30-39yrs, 22% 40-49yrs, 17% 50-59yrs, 10% over 60yrs
- 99% have reported at least one Long Term Condition

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance (continued)

Client feedback:

"The sessions helped me develop my self-confidence and assert my needs. I feel free."

"Mind is a service that I used for several times in the past. This is due to the friendly staff from beginning to end ie referrals to counsellors. I've always felt comfortable and not judged with the assessment process and felt like I have been given a matched counsellor to talk to. Ideally I would have preferred to have had a longer amount of sessions. However, I feel that the counsellor has been able fully explore my needs thoroughly through all the sessions. "

IAPT Counselling - Barnet

Similarly, to the Enfield IAPT Compliant service, our service in Barnet is IAPT Compliant and BACP accredited and provides Step 3 High Intensity IAPT Compliant counselling to people aged 16 and above, registered with a GP in the London Borough of Barnet, experiencing common mental health problems such as mild to moderate depression and anxiety. The service is commissioned by NCL ICB Barnet to offer free short term individual IAPT compliant counselling (8 sessions) delivered by 9 volunteer counsellors, who are qualified or in their second year of training within a BACP accredited course. The service is open 3 days a week and is supported by a service co-ordinator, an administrator, a Lead assessor, 3 self-employed assessors and 3 self-employed supervisors.

In the last year we achieved the service access target and supported 303 clients as well as achieving recovery targets above 50% across the full year. The service is under a lot of pressure as demand is greater than our monthly capacity and this has an impact on waiting times from assessment to 1st session. We have submitted expansion proposals to increase the workforce and expand our service provision to better support the demand in the borough and continue offering an effective therapeutic intervention. In addition, with the support of our commissioners, MiEB has developed a network for all the IAPT providers in Barnet, and we have chaired the network meetings which are attended by the main IAPT service (Let's talk Barnet) and 3 more VCS providers and commissioners.

Client demographics:

- 49.5% self-referrals
- 47.85% come from the BAME community
- 71% female, 29% male
- 21% 20-29yrs, 18% 30-39yrs, 20% 40-49yrs, 23% 50-59yrs, 18% over 60yrs

DOVE service Enfield and Barnet

DOVE is a service funded by client donations and a legacy received previously by Mind in Barnet offering open-ended counselling delivered by experienced qualified counsellors. The service is supported by a Therapy Service Manager and two administrators and has since grown to have 8 self-employed counsellors and 2 self-employed supervisors providing service delivery. The service has supported 44 clients over the last year, 6 of whom have been in therapy for more than 1 year. An additional service called DOVE community offers 16 free counselling sessions to individuals experiencing moderate to severe mental health issues who are in financial need. DOVE community was launched in September 21 and is supported by a team of 6 volunteer counsellors, 4 of whom are qualified counsellors and 2 self-employed supervisors. To date 36 clients have received counselling through the community service with 23 of these being between April 22 and March 23.

Client feedback:

"The initial call was arranged very quickly. The therapist was very patient and asked all relevant questions. We talked about my childhood, teenage years, and adulthood. It was a relief to talk it out and get the frustrations and anxiety out in the open. Overall, the service provided was excellent."

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

Achievements and performance (continued)

"A very worthy service which has helped me through a difficult time to question my thoughts and actions and the same of others. I would wholeheartedly recommend this service to others."

"The service provided over the past months was very welcoming, professional and efficient. It was easy to make contact (appreciate that this is limited to certain days and times) with the office. Janice and colleagues always very friendly and welcoming when making visits in person."

The counselling service with Marcia always allowed me to go at the pace I was comfortable with and discuss issues that were relevant. Always on the right level and appropriate for the circumstances. This service is vital for people to share things in private and receive much needed help independently from their own family and friends if and when required. I would recommend this to anyone in need, to address problems that cannot be seen on the outside by anyone else. Thank you all for helping me with this most difficult phase."

Social and Emotional Support to Recover from the Pandemic – Enfield

Mind in Enfield and Barnet partnered with Citizen's Advice Enfield in a pandemic support and recovery project funded by NCL ICB. The aim of the project was to support Enfield residents impacted practically and emotionally by the Covid-19 pandemic. Citizens Advice Enfield provided residents with specialist advice and Mind in Enfield and Barnet offered emotional support and counselling (up to 12 sessions) for anyone emotionally impacted by the pandemic and presenting one or more of the following issues: bereavement, relationship and family issues, problems at work, and Long Covid. The counselling service offered sessions in person, online and on the phone. From April 2022 to March 2023, we received 96 referrals, and 55 clients received counselling. 51.5% referrals came from Enfield most deprived wards (with IMD 1.0 - 2.0).

Client feedback:

"Amazing service, really helpful, understanding, empathetic, loving. All I can say is that I have been truly blessed to have been given the opportunity to use this service."

"At the beginning of the sessions I felt very lost. At the moment I feel very strong and helpful to myself and others. I have learnt a lot about myself."

"Very well-organized service. My therapist was kind and considerate. Went out of their way to accommodate me. Helped me to understand my feelings and how to deal with them. They were able to provide me with an environment that I felt very safe in, thus allowing me to talk freely. Would have loved to have a few more sessions as I felt I did not have enough sessions to delve into other concerns regarding my mental health. But it was a good start I came out a stronger, happier and more able to understand and cope."

Woodhouse College Counselling Service

Our counselling service opened in September 2021 and has run for a second academic year supporting students aged 16-19 years experiencing common mental health issues. Our team of 3 qualified counsellors offered short-term counselling on site (up to 8 sessions) Monday to Friday. The service is now well established and running smoothly and efficiently. Between September 2022 and June 2023, we received 7 referrals and 66 clients completed counselling. The counsellors offered 130 drop-in sessions for students in crisis or needing emotional support.

The counsellors were also invited to run two workshops for students to help with exam stress during mock exams season. Students found relaxation and breathing exercises helpful as well as the information presented to them about how to manage their stress and anxiety.

Case Study

This student contacted the Safeguarding Team as they experienced stress and anxiety that limited their ability

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

Achievements and performance (continued)

to focus on their schoolwork. They had had support for their anxiety in secondary school. They were finding it hard to cope with college being often overwhelmed and tearful. They attended a drop-in counselling session and were referred for a counselling assessment. They were offered 8 sessions of counselling with a review mid-way through.

The client tended to self-isolate, felt anxious in social situations and preferred to spend time alone rather than connect with peers. They struggled with self-acceptance and the counsellor encouraged them to be more self-compassionate.

The client's anxiety manifested in worry about the future. The counsellor worked creatively with the client using visualization and helping them express wishes for the future aiming for more integration between past, present, and future.

The client and the counsellor experimented with techniques to manage exam stress – sensory calming techniques, imagery work, and affirmations were found to be the best for this client rather than the use of breathing techniques.

After a few sessions, the client felt more in control of their schoolwork and more resilient despite not having done as well as they wished during their mock exams.

The client explored family relationships and missing extended family time in country of origin. They were able to reflect on whether they wanted to go away for university or live at home. Their sleep had improved. The increased acceptance of their anxiety lessened its impact on their daily life.

Their initial CORE10 form at the beginning of counselling showed a score of 23 indicating moderate to severe psychological distress. At their last session, the client scored 12 which showed an improvement to their wellbeing through counselling to mild psychological distress. At the end of their counselling the client felt that they had gained tools to manage stress and felt more confident about the exams and the future.

Woodhouse College Staff Clinical Supervision

Following 2 years of counselling delivery, our provision to Woodhouse College has expanded by introducing staff clinical supervision following several discussions with the college on what support we can offer to their staff for their mental health support and wellbeing at work. Over the last year, we have supported staff working at the college with individual clinical supervision. This provision is supported by a self-employed supervisor, who offers supervision on site monthly to staff. Feedback from staff and the college indicate the sessions are going well, staff feel very much supported by this service and it complements our existing counselling provision to support staff and students' mental health.

b. Empowerment

North London Forensic Service (NLFS)

We are contracted to provide generic advocacy support for inpatients within the NLFS, which includes 12 medium secure units incorporating 2 specialist Learning Disability and 2 Rehabilitation units. The service provides non-statutory advocacy support around care and treatment, ward rounds, care plans, leave, environmental issues, health and safety, and discharge/move on planning, as well as a patients' forum and carers' forum. We have continued to provide high quality advocacy within this setting, via one-to-one work, attendance at ward meetings and engagement with patient forums and carers forum. During 22/23 the Advocate supported over 250 clients with over 700 advocacy issues. They also attended over 150 community meetings, patient forums, and carers forums to provide group advocacy support.

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Achievements and performance (continued)

CAMHS Advocacy

In August 2020, the NLFS contract was extended to include Eating Disorders Inpatient Advocacy in St Ann's (Haringey), and Child and Adolescent Mental Health services (CAMHS) inpatient advocacy in the Beacon Centre (Barnet). For 22/23 the contracts were separated and a new one was negotiated solely for the delivery of CAMHS Advocacy. Negotiations regarding recommencement of eating disorder advocacy for 23/24 are ongoing.

We have continued to deliver face-to-face in the Beacon Centre throughout changes of contract and ward management. The advocate worked closely with young people to implement a patient-led forum, with appropriate links for escalation and influence. Key to this was developing good working relationships with incoming management and ensuring that patients views remained a focus throughout changes. The advocate provides one-to-one support during ward rounds, care plans, and discharge planning. The service has provided one-to-one advocacy support to 55 young people on 142 issues.

Rehabilitation Advocacy

We provide advocacy support to patients on the high dependency rehabilitation ward at Chase Farm Hospital. This moved to face-to-face in July 2021 and has continued throughout. We now have a weekly presence on the ward, which has resulted in higher engagement levels and quicker resolution of issues. We have continued to provide advocacy support around care planning, discharge, placement reviews, benefits, and community engagement. We have supported 50 clients with around 180 advocacy issues during this period.

An extension to this contract started in February 2022 covering Penrose, a 22-bed step down residential unit. Since the launch, the service has been providing weekly drop in / outreach clinics and working closely with staff and Rehabilitation team to identify advocacy needs. The service provided one-to-one advocacy support, including complex safeguarding issues, court of protection engagement, care and treatment, and environmental issues. They have also provided group advocacy support on issues impacting the whole unit, including rent increases and support changes.

We have provided support on over 140 advocacy issues during this period.

Community Advocacy

We continue to deliver community advocacy under the Enfield Advocacy Service, a partnership of organisations with Enfield Disability Action as lead provider. We provide generic advocacy, and specialist housing and benefit support services.

We have continued to operate remotely throughout this period, offering face-to-face where necessary and safe to do so. Due to the restrictions, and subsequent difficulty faced by clients getting a professional referral, we have opened to accept self-referrals as well as GP and professional referrals. This has been very well received by the community and has allowed the service to respond to emerging trends and needs and provide support in a timely manner. This has been particularly important considering the challenges experienced by the community such as homelessness, illness, employment issues. We have provided advocacy support to 160 people throughout this period.

Black and Minority Ethnic (BAME) Advocacy

MiEB have subcontracted a specialist provider in Enfield to provide BAME Advocacy. We have supported them to develop the advocacy offer via training and consultancy, increasing their capacity and workforce skills to meet the needs of the community. We work closely alongside them to ensure that support is in place for them, and to integrate shared learning into their delivery and our wider Advocacy delivery.

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

Achievements and performance (continued)

c. Wellbeing

Sanctuary Barnet

Sanctuary Barnet, our crisis café in Barnet, launched in April 2021 and delivers face-to-face one-to-one and group support. Support offered includes: an out of hours telephone line (4.30-10pm weekdays and 12-6pm weekends) for immediate support and crisis de-escalation; up to 4 follow-up support sessions with a support worker; access to short term (up to 4 sessions) high level emotional/ therapeutic support from a counsellor; peer support groups; a safe environment/ café where people can drop in and attend groups & workshops.

We have established highly effective referral pathways with the Crisis Team & Helpline, Locality MH teams, GPs, and community organisations. The service has had unexpectedly high rates of referrals from IAPT providers who have long waiting lists and a high volume of clients with suicidal ideation. Sanctuary has served a crucial support function for this group.

The service has provided one to one support to 800 clients, as well as groups such as crafts, Men in Mind, and peer support.

Sanctuary Enfield

Sanctuary Enfield was launched in November 2020 as an out of hours telephone service, offering immediate access to emotional and practical support, and signposting, to prevent escalation into crisis by addressing underlying causes and working alongside the client to find routes to resolution. In July 2022 it relaunched as an out of hours face to face service that is fully embedded within Crisis Prevention Clinical Pathways. The service will operate 5-10pm weekdays, 12-5pm weekends and offers a combination of structured support including both booked and drop-in support, group support and social activities. The helpline will continue to be active during shift hours to provide self-referral support, and an advice line to carers, crisis teams, and blue light services. The service offers an initial telephone assessment via the dedicated line, or via referral from professionals, and up to 3 follow-up support sessions which are tailored to the needs of the client. We also have established groups and drop in opportunities including Mindfulness, and Art groups.

We established referral pathways with the Barnet, Enfield, and Haringey Mental Health trust (BEH) Crisis Helpline, Enfield Crisis team, prevention houses, GP surgeries, IAPT, and local Integrated Voluntary and Community Sector (VCS) organisations. Referrals steadily increased throughout the delivery period (partly due to lessons learnt from implementation of Sanctuary Barnet), and the service adapted to emerging demand by offering additional support sessions and longer term/more in-depth support if required. Throughout the period the service supported 360 clients.

Graham Park Community Wellbeing support

Following community consultation and collaborative work with Colindale Communities Trust, Meridian Wellbeing and other key partners we have launched a pilot project within Graham Park Estate in Barnet. The service runs one day a week from the Old Library, with Meridian Wellbeing providing daytime wellbeing support and MiEB providing place-based evening crisis prevention support. This was launched in March 2022.

Courses & Workshops

We have worked in partnership with Barnet and Southgate College to deliver a varied and accessible course programme in Enfield for several years. This has continued throughout lockdown, with all courses being delivered remotely. The programme includes recovery and personal development courses such as mindfulness-based stress reduction, self-esteem, anger management, chair-based yoga, and craft-based activities such as

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Achievements and performance (continued)

art, hand sewing and jewellery making. We have continued to expand the courses on offer, providing additional courses on healthy eating and nutrition, and gardening activities.

In April 2021, we launched the Recovery College in Barnet. This enabled us to open the courses and workshops that have been running in Enfield in partnership with Barnet & Southgate College to Barnet residents. Throughout this period, we have significantly increased the number of people accessing courses and workshops in Barnet and Enfield, engaging around 300 people.

We also lease a garden space within Pymmes Park where MiEB run Therapeutic Gardening workshops, community gardening sessions, and Connecting with Nature workshops. We have secured funding via the National Lottery to support ongoing gardening sessions and workshops face-to-face, and to expand the offer to include access for community groups and schools, and open events to promote awareness and use of the space. Alongside our weekly gardening sessions, we continue to provide access to the space for school groups for outdoor education classes, occupational therapy groups, and social events for the local Mosque and several Enfield based community and faith groups. We have also run a variety of workshops within the space including mosaic making, gardening in small spaces, and garden herbs use in cooking and medicine.

We are continuing to develop additional courses including a gardening offer in Barnet working alongside BEH and our VCS service, taster sessions for inpatients, and joint workshops alongside psychology hubs.

Social Groups

Libra and Electra groups continue to be popular. They now run in a blended approach of remote and face-to-face providing a variety of social activities, reflective supportive space, wellbeing activities. Volunteer opportunities have been developed and they are now co-facilitators supporting delivery.

Integrated Voluntary and Community Sector (VCS) Projects

In August 2021 we were awarded contracts to deliver the Integrated VCS component of NHS Transformation in both Enfield and Barnet. These contracts are focused on integrating key VCS skills and ways of working, crucially psycho-social approaches to wellbeing and peer support, within Community Mental Health Teams to provide holistic support, address social determinants, improve resilience through facilitating community engagement, and provide step down support upon discharge.

Barnet

In Barnet we formed Wellbeing Together CIC, a collaboration of MiEB, Meridian Wellbeing, Community Barnet, and Inclusion Barnet, to deliver the project. We have employed 6.5 FTE Community Engagement Practitioners and Peer Practitioners. They have been embedded within different mental health trust teams across the borough. The team have achieved positive outcomes actively engaging people within the community, facilitating discharge after patients have been engaged with the Mental Health teams for significant periods of time, engaging with 'hard to reach' clients, developing additional support such as peer led walking groups from Barnet General Hospital, and development of gardening sites across the borough hospital locations (which we are also supporting via our activities and workshops offer).

Enfield

In Enfield we are Lead provider, subcontracting to Enfield Saheli, Alphacare and Enfield Voluntary Action (EVA). We have employed 10 FTE Community Engagement Practitioners and Peer Practitioners across the partnership. The staff are embedded within the South Locality Team and Personality Disorder Stream. As in Barnet, they have delivered vital enhanced support to long term clients facilitating discharge, engagement in training and employment, social activities, and engagement with carers and families to address additional support needs. The team have developed innovative ways of working and developed added support opportunities by establishing a crowd funding initiative (with match funding agreement from NHS) to help clients

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

Achievements and performance (continued)

access activities and groups (by covering travel and costs) and have also set up new initiatives. We also launched the Enfield Mental Health VCS Network to provide a forum for collaboration, training, development, and information sharing.

Across VCS delivery partnerships we have supported around 400 clients.

Enfield Wellbeing Network

Enfield Wellbeing Network was launched in December 2021. It is a collaboration with Enfield Voluntary Action (EVA), Enfield Carers Centre and Age UK Enfield. The service is designed to support better management of long-term conditions, improved overall Health and Wellbeing, and increased Health and Wellbeing awareness throughout the community. The service provides access to specialist Health and Wellbeing Workers who give up to 12 weeks of one-to-one support around individual Health and Wellbeing Goals. A network of buddies and befrienders work alongside clients to reach those goals through attending activities, going for walks, supporting GP appointments, and carrying out regular phone calls. The Network also promotes awareness via community events and outreach. Since the hard launch in January 2022 MiEB has supported 160 clients and attended 12 community events.

NHS Charities Together

MiEB is the coordinator of this project working with Wellbeing Connect and Enfield Saheli. The project is designed to support young people in Edmonton with Mental Health support. We provide outreach and training within schools, colleges, youth clubs, and other community locations on Mental Health Awareness and Resilience, alongside one to one support for young people aged 14-25 to help them reach their own identified goals, engage in support and services, engage in training and employment, and improve health outcomes by linking in support early on. We have established links with other youth engagement projects such as London Vanguard to improve access and joint working outcomes. To date the project has worked with 200 young people.

Mind in London Parent Support Programme

MiEB is working alongside the Brandon Centre, and two other local Mind Associations (LMA), to deliver a pan London pilot project providing support to parents whose children are aged 11-16 and who are on the waiting list for treatment with CAMHS Teams. The project will run 4 groups across each delivery area throughout the year, consisting of 8 sessions per group, which includes psycho-educational and peer support elements. The Brandon Centre is leading on psychological input and clinical guidance, and LMAs on local engagement, coordination, and delivery of specialist one-to-one support/signposting for parents who require follow up support. We have worked closely with Clinical Directors from each Integrated Care System (ICS) region to ensure that the program and engagement strategy is responsive to individual regions and needs. We mobilised from February 2022 and launched the project in April 2022.

North Middlesex Care Coordinators

We are funded, along with Mind in Haringey, by North Middlesex Hospital to provide Community Care Coordinators to work alongside the High Intensity Users (HIU) Unit within North Middlesex A&E department. The care coordinators provide support around social determinants, identify reasons for repeat presentation and work alongside community and statutory services to link up with more appropriate support offers to divert away from reliance upon A&E crisis support. The project was launched in January 2022 but, due to mobilisation delays within the HIU team, delivery commenced in April 2022.

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FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance (continued)

Perinatal Community Outreach

In November 2022 we launched a pilot project working alongside the Perinatal MH team to improve rates of engagement for hard-to-reach communities, promote awareness and understanding of Perinatal Mental Health, and provide a community link into services for referrals and step down. Between November and March 2023, the service engaged with around 30 different community services and engaged with 120 women.

d. Fundraising

MiEB grew income by 23% in 2022/23 vs. 2021/22. This growth has been achieved primarily by creating new services and winning tenders supplemented by some grant income. MiEB employed fundraising consultants to develop grant applications and tenders. Expenditure in 2022/23 on fundraising consultants and staff was £30,132, which was 1.6% of income. MiEB has not signed up to any voluntary codes of conduct regarding its fundraising activities. There have been no complaints received in regard to MiEB's fundraising activities. MiEB takes steps to safeguard donors using its existing safeguarding policies.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The reserves policy of the organisation is to hold sufficient unrestricted and designated reserves to cover at least 3 months of operating costs. Mind in Enfield and Barnet holds 4.2 months of operating costs in unrestricted and designated reserves (versus 4.8 months in 21/22). Although the absolute level of these reserves is £26k higher than 21/22 year end, the months of operating costs covered are slightly lower due to the growth of the organisation but still in line with the reserves policy.

At the balance sheet date, MiEB held total reserves of £693,717 (2022: £662,679), of which £26,522 (2022: £32,452) were held in unrestricted funds.

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

c. Financial Review of 2022/23

The Statement of Financial Activities shows the total Incoming Resources for the year to 31st March 2023 of £1,935,754 (£362,113 (23%) higher than previous year). This increase is primarily due to a full year of VCS, Parenting and Care Coordinators contracts plus new Perinatal and Wellbeing contracts. The increase was partly offset by the end of the bereavement service in Barnet in March 2022.

The total expenditure was £1,904,716 (£314,112 (20%) higher than previous year) primarily due to expenditure relating to additional contracts. The expenditure growth of 20% was lower than the income growth of 23% due to tight management of both central and project costs as part of our programme to restore MiEB to financial sustainability, plus lower costs due to reduced consultancy support for the merger, database costs, recruitment, and office repair cost.

The resulting surplus was £31,038 (£48,001 better than the previous year's deficit of £16,963). The improvement is the result of the successful implementation of a strategic decision by trustees to develop and grow the organisation, through investing some existing reserves in prior years in a strong management team.

Structure, governance and management

a. Constitution

Mind in Enfield and Barnet is registered as a charitable company limited by guarantee, incorporated in the UK and registered as a charity. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

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

Structure, governance and management (continued)

b. Governance

The composition of the Board of Trustees reflects the user involvement ethos and devolved structure, which underpins the work of Mind in Enfield and Barnet. New trustees are chosen by advertisement and through recommendations in order to provide a balanced Board with the required skills. Trustees can only serve a limited term as specified by the memorandum and articles. They are given an induction pack and are encouraged to meet senior managers and attend meetings. They receive internal and external training to support them to discharge their duties.

Mind in Enfield and Barnet elects trustees to serve as Chair and Treasurer. The Board also has the power to co-opt other members. The Board meets in full session on at least four occasions during the year. All of the Trustees are members of the company and none of the Trustees has any beneficial interest in the company.

The Board is responsible for safeguarding the assets of Mind in Enfield and Barnet including taking all reasonable steps for the prevention and detection of fraud and other irregularities and to provide reasonable assurance that:

- It is operating efficiently and effectively.
- Its assets are safeguarded against unauthorised use and disposition.
- Proper records are maintained and financial information used internally or for publication is reliable.
- It complies with relevant laws and regulations.

Mind in Enfield and Barnet's systems of internal control are designed to provide reasonable, but not absolute, assurance against material misstatement or loss and include:

- A strategic plan, business plan and an annual budget approved by trustees
- Regular consideration by the trustees of financial results, variance from budgets and nonfinancial KPIs
- Delegation of authority and segregation of duties
- Identification and management of risks

c. Management

MiEB is managed by a Chief Executive Officer, supported by a senior leadership team consisting of Head of Services, Head of Therapy Services, Head of Finance and Head of HR. The leadership team meets weekly and staff meetings are held fortnightly. Managers have regular meetings with all their staff. Employees are consulted on issues of concern to them by means of questionnaires, consultations, and regular staff meetings.

MiEB has detailed policies in relation to all aspects of personnel matters, including an equal opportunities policy, health and safety policies, and grievance and complaints procedures. MiEB has well established fair employment practices for the recruitment, selection, retention and training of staff in accordance with its equal opportunities policy.

MiEB is grateful for the dedication and commitment of Trustees who combine to provide strategic direction, and to staff and volunteers who deliver our counselling, advocacy and community projects.

d. Affiliation

MiEB is one of 133 Local Mind Associations (LMA's) affiliated to National Mind, but are responsible for our own funding and local service delivery.

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

Plans for future periods

MiEB plans to implement the strategy outlined above in the forthcoming years, subject to satisfactory funding arrangements. After several years of deficits, in 2023/24 we ran a surplus. However, maintaining financial stability remains a key priority.

Statement of Trustees' responsibilities

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

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

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and 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.

Disclosure of information to auditors

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

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

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

Auditors

The auditors, Goodman Jones LLP, have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the Trustees.

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


.....

Mr R Hayter
Co-chair

Date: 09-10-23

MIND IN ENFIELD AND BARNET
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET

Opinion

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

In our opinion the financial 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, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and Charities Act 2011.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET
(CONTINUED)

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

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

- the information given in the Trustees' Report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

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

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

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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET
(CONTINUED)

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the charity and sector, we identified that the principal risks of non-compliance with laws and regulations related to sector regulations and unethical and prohibited business practices, and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Charities Act 2011, Charity Commission and sector regulations, and UK Tax Legislation. We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls). Appropriate audit procedures in response to these risks were carried out. These procedures included:

- Discussions with management, including consideration of known or suspected instances of non-compliance with laws and regulation and fraud;
- Reading minutes of meetings of those charged with governance;
- Obtaining and reading correspondence from legal and regulatory bodies including HMRC;
- Identifying and testing journal entries;
- Challenging assumptions and judgements made by management in their significant accounting estimates.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members; and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

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

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET
(CONTINUED)

Use of our report

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

Goodman Jones LLP

Goodman Jones LLP
Chartered Accountants
29/30 Fitzroy Square
London
W1T 6LQ

Date: 24-10-23

Goodman Jones LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

	Note	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	4	25,284	-	25,284	24,170
Charitable activities	5	1,807,013	100,946	1,907,959	1,548,299
Investments	6	2,511	-	2,511	1,172
Total income		1,834,808	100,946	1,935,754	1,573,641
Expenditure on:					
Raising funds		30,132	-	30,132	25,200
Charitable activities	7	1,767,708	106,876	1,874,584	1,565,404
Total expenditure		1,797,840	106,876	1,904,716	1,590,604
Net movement in funds		36,968	(5,930)	31,038	(16,963)
Reconciliation of funds:					
Total funds brought forward		630,227	32,452	662,679	679,642
Net movement in funds		36,968	(5,930)	31,038	(16,963)
Total funds carried forward		667,195	26,522	693,717	662,679

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

The notes on pages 29 to 48 form part of these financial statements.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)
REGISTERED NUMBER: 03151981

BALANCE SHEET
AS AT 31 MARCH 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	11	77,495	95,738
		<u>77,495</u>	<u>95,738</u>
Current assets			
Debtors	12	214,484	442,889
Cash at bank and in hand		652,035	457,649
		<u>866,519</u>	<u>900,538</u>
Creditors: amounts falling due within one year	13	(250,297)	(333,597)
Net current assets		616,222	566,941
Total assets less current liabilities		<u>693,717</u>	<u>662,679</u>
Total net assets		<u><u>693,717</u></u>	<u><u>662,679</u></u>
Charity funds			
Restricted funds	14	26,522	32,452
Unrestricted funds	14	667,195	630,227
Total funds		<u><u>693,717</u></u>	<u><u>662,679</u></u>

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

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

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2023

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


.....

Mr R Hayter

Co-chair

Date: 09-10-23

The notes on pages 29 to 48 form part of these financial statements.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2023

	2023 £	2022 £
Cash flows from operating activities		
Net cash used in operating activities	202,385	(173,087)
Cash flows from investing activities		
Purchase of tangible fixed assets	(7,999)	(80,553)
Net cash used in investing activities	(7,999)	(80,553)
Change in cash and cash equivalents in the year	194,386	(253,640)
Cash and cash equivalents at the beginning of the year	457,649	711,289
Cash and cash equivalents at the end of the year	652,035	457,649

The notes on pages 29 to 48 form part of these financial statements

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

1. General information

Mind In Enfield and Barnet is a charitable company registered in England and Wales, whose objects are set out in the Trustees' Report on page 6. The registered office address is detailed on page 1.

2. Accounting policies

2.1 Basis of preparation of financial statements

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

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

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

2.2 Company status

The Charity is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2.3 Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. The Trustees have considered their future plans and expected future income and it is deemed that the Charity can meet its commitments and liabilities and can continue for the foreseeable future. The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

2.4 Fund accounting

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

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

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

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

2. Accounting policies (continued)

2.5 Income

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

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

2.6 Interest receivable

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

2.7 Expenditure

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

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Long-term leasehold property	-	20% Straight Line
Office equipment	-	20% Straight Line
Computer equipment	-	20% Straight Line

2.9 Debtors

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

2.10 Cash at bank and in hand

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

2.11 Liabilities and provisions

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

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

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.12 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

2. Accounting policies (continued)

2.14 Taxation

Mind in Enfield and Barnet is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

3. Critical accounting estimates and areas of judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

The Charity makes estimates and assumptions concerning the future. The resulting accounting estimates and assumptions will, by definition, seldom equal the related actual results. No estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year have been identified by the Trustees.

4. Income from donations and legacies

	Unrestricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Donations	25,284	25,284	24,170
<i>Total 2022</i>	24,170	24,170	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

5. Income from charitable activities

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Wellbeing	379,448	-	379,448	365,623
Counselling/Bereavement	477,149	57,500	534,649	579,101
Advocacy	162,969	-	162,969	129,568
Community and peer engagement	597,837	-	597,837	386,514
Mind Collaboration	-	-	-	7,000
Parenting	154,215	-	154,215	25,705
Support workers	-	18,120	18,120	25,000
Core	35,395	-	35,395	7,130
Community Garden	-	-	-	9,995
NHS Together	-	25,326	25,326	12,663
	<u>1,807,013</u>	<u>100,946</u>	<u>1,907,959</u>	<u>1,548,299</u>
<i>Total 2022</i>	<u><u>1,461,147</u></u>	<u><u>87,152</u></u>	<u><u>1,548,299</u></u>	

6. Investment income

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Bank interest	2,511	2,511	1,172
<i>Total 2022</i>	<u><u>1,172</u></u>	<u><u>1,172</u></u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

7. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	<i>Total 2022 £</i>
Wellbeing	345,849	18,120	363,969	368,160
Counselling/Bereavement	522,339	60,000	582,339	610,740
Advocacy	170,768	-	170,768	124,165
Community and peer engagement	551,744	-	551,744	375,771
Mind Collaboration	-	-	-	7,000
Parenting	143,417	-	143,417	27,136
Enfield Building redevelopment	-	-	-	31,507
Core	33,591	-	33,591	15,342
Community Garden	-	9,995	9,995	-
NHS Together	-	18,761	18,761	5,583
	<u>1,767,708</u>	<u>106,876</u>	<u>1,874,584</u>	<u>1,565,404</u>
<i>Total 2022</i>	<u><u>1,472,795</u></u>	<u><u>92,609</u></u>	<u><u>1,565,404</u></u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities

	Activities undertaken directly 2023 £	Support costs 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Wellbeing	279,611	84,358	363,969	368,160
Counselling/Bereavement	470,329	112,011	582,340	610,740
Advocacy	129,406	41,362	170,768	124,165
Community and peer engagement	456,675	95,069	551,744	375,771
Mind Collaboration	-	-	-	7,000
Parenting	134,127	9,290	143,417	27,136
Enfield Building redevelopment	-	-	-	31,507
Core	33,918	(328)	33,590	15,342
Community Garden	8,905	1,090	9,995	-
NHS Together	15,947	2,814	18,761	5,583
	<u>1,528,918</u>	<u>345,666</u>	<u>1,874,584</u>	<u>1,565,404</u>
<i>Total 2022</i>	<u>1,204,615</u>	<u>360,789</u>	<u>1,565,404</u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Wellbeing 2023 £	Counselling/ Bereavement 2023 £	Advocacy 2023 £	Community and peer engagement 2023 £	Mind Collaboration 2023 £
Staff costs	249,659	269,416	129,376	300,866	-
Social Support	13,657	517	-	-	-
Counselling Support	-	88,714	-	-	-
Property expenses	-	306	-	-	-
Rent	417	-	-	-	-
Insurance	-	-	-	351	-
IT	-	4,606	-	-	-
Printing, postage and stationery	45	-	-	-	-
Telephone	284	66	-	-	-
Subscriptions	-	319	-	-	-
Legal and professional	13	-	-	-	-
Recruitment	-	39	-	11,200	-
Training	-	2,127	-	-	-
Interpreting Service	-	5,160	-	-	-
Travel	3	231	-	173	-
Advertising, Marketing and Publicity	89	623	30	-	-
Other staff costs	43	5,709	-	-	-
Subcontractors	-	88,761	-	144,085	-
Other direct expenses	-	3,733	-	-	-
Governance costs	15,401	-	-	-	-
	<u>279,611</u>	<u>470,327</u>	<u>129,406</u>	<u>456,675</u>	<u>-</u>
<i>Total 2022</i>	<u>283,388</u>	<u>471,859</u>	<u>95,667</u>	<u>289,522</u>	<u>7,000</u>

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

	Parenting 2023 £	Enfield Building redevelopment 2023 £	Core 2023 £	Community Garden 2023 £
Staff costs	30,233	-	24,695	6,023
Depreciation	-	-	3,703	-
Social Support	-	-	-	2,920
Counselling Support	-	-	-	-
Property expenses	-	-	933	(38)
Rent	-	-	-	-
Insurance	-	-	-	-
IT	-	-	-	-
Printing, postage and stationery	-	-	-	-
Telephone	-	-	-	-
Subscriptions	-	-	-	-
Legal and professional	-	-	26	-
Recruitment	-	-	-	-
Training	-	-	-	-
Interpreting Service	-	-	-	-
Travel	-	-	147	-
Advertising, Marketing and Publicity	-	-	980	-
Other staff costs	-	-	1,433	-
Subcontractors	103,894	-	1,501	-
Clinical supervision	-	-	500	-
Governance costs	-	-	-	-
	<u>134,127</u>	<u>-</u>	<u>33,918</u>	<u>8,905</u>
<i>Total 2022</i>	<u>20,908</u>	<u>31,507</u>	<u>-</u>	<u>-</u>

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

	NHS Together 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Staff costs	15,947	1,026,215	741,552
Depreciation	-	3,703	-
Social Support	-	17,094	21,204
Counselling Support	-	88,714	96,856
Property expenses	-	1,201	31,507
Rent	-	417	-
Insurance	-	351	-
IT	-	4,606	33,635
Printing, postage and stationery	-	45	294
Telephone	-	350	1,437
Subscriptions	-	319	479
Legal and professional	-	39	5,860
Recruitment	-	11,239	49,663
Training	-	2,127	4,592
Interpreting Service	-	5,160	3,860
Travel	-	554	22
Advertising, Marketing and Publicity	-	1,722	2,568
Other staff costs	-	7,185	15,567
Subcontractors	-	338,241	190,736
Exp type 30	-	4,235	4,783
Governance costs	-	15,401	-
	<u>15,947</u>	<u>1,528,916</u>	<u>1,204,615</u>
<i>Total 2022</i>	<u><u>4,764</u></u>	<u><u>1,204,615</u></u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of support costs

	Wellbeing 2023 £	Counselling/ Bereavement 2023 £	Advocacy 2023 £	Community and peer engagement 2023 £	Parenting 2023 £
Staff costs	40,993	56,459	20,058	48,452	4,686
Depreciation	7,656	10,545	3,746	9,049	875
Social Support	-	-	-	-	-
Counselling Support	-	-	-	-	-
Property expenses	1,732	2,415	847	2,047	197
Rent	6,845	8,915	3,349	8,090	743
Insurance	3,987	5,484	1,948	4,706	455
IT	3,596	4,936	1,760	4,251	411
Printing, postage and stationery	1,718	2,367	841	2,030	196
Telephone	4,959	6,904	2,427	5,862	566
Subscriptions	3,397	4,679	1,662	4,015	388
Bank charges	90	124	46	102	10
Legal and professional	3,681	5,069	3,216	2,935	421
Recruitment	612	844	300	724	70
Training	-	-	-	-	-
Travel	573	790	281	678	66
Advertising, Marketing and Publicity	-	-	-	-	-
Other staff costs	-	-	-	-	-
Clinical supervision	1,801	2,480	881	2,128	206
Governance costs	2,718	-	-	-	-
	<u>84,358</u>	<u>112,011</u>	<u>41,362</u>	<u>95,069</u>	<u>9,290</u>
<i>Total 2022</i>	<u><u>84,772</u></u>	<u><u>147,410</u></u>	<u><u>81,802</u></u>	<u><u>18,077</u></u>	<u><u>6,228</u></u>

Included within governance costs is £8,668 (2022: £8,400) in respect of Auditors' fees.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

8. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	Core 2023 £	Community Garden 2023 £	NHS Together 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Staff costs	-	528	1,412	172,588	125,573
Depreciation	-	99	264	32,234	15,121
Social Support	-	-	-	-	490
Counselling Support	-	-	-	-	651
Property expenses	(356)	66	69	7,017	33,322
Rent	-	85	227	28,254	28,000
Insurance	-	51	137	16,768	4,571
IT	28	45	119	15,146	21,262
Printing, postage and stationery	-	22	59	7,233	10,503
Telephone	-	64	171	20,953	23,566
Subscriptions	-	44	116	14,301	8,696
Bank charges	-	4	11	387	355
Legal and professional	-	44	126	15,492	61,040
Recruitment	-	8	21	2,579	14,530
Training	-	-	-	-	1,588
Travel	-	7	20	2,415	4,491
Advertising and Publicity	-	-	-	-	2,382
Other staff costs	-	-	-	-	1,349
Clinical supervision	-	23	62	7,581	2,799
Governance costs	-	-	-	2,718	-
Charitable donations	-	-	-	-	500
	(328)	1,090	2,814	345,666	360,789
<i>Total 2022</i>	15,342	-	839	360,789	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

9. Staff costs

	2023	2022
	£	£
Wages and salaries	1,104,760	786,075
Social security costs	95,060	65,339
Other pension costs	28,811	30,085
	<u>1,228,631</u>	<u>881,499</u>

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

	2023	2022
	No.	No.
Specifically funded projects	<u>52</u>	<u>35</u>

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

	2023	2022
	No.	No.
In the band £60,001 - £70,000	1	1

Total expenditure, including employer's NIC and employer's pension costs, incurred in respect of key management personnel for the year totalled £208,446 (2022: £106,046).

Included within wages and salaries costs above are redundancy costs of £14,821 (2022: £14,685) relating to 2 employees.

10. Trustees' remuneration and expenses

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

During the year ended 31 March 2023, no Trustee expenses have been incurred (2022 - £NIL).

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

11. Tangible fixed assets

	Freehold property £	Long-term leasehold property £	Office equipment £	Computer equipment £	Total £
Cost or valuation					
At 1 April 2022	11,030	62,698	18,953	57,731	150,412
Additions	-	388	1,610	6,001	7,999
At 31 March 2023	11,030	63,086	20,563	63,732	158,411
Depreciation					
At 1 April 2022	11,030	12,800	1,362	29,482	54,674
Charge for the year	-	12,553	3,862	9,827	26,242
At 31 March 2023	11,030	25,353	5,224	39,309	80,916
Net book value					
At 31 March 2023	-	37,733	15,339	24,423	77,495
At 31 March 2022	-	49,898	17,591	28,249	95,738

12. Debtors

	2023 £	2022 £
Due within one year		
Trade debtors	179,727	394,451
Other debtors	380	453
Prepayments and accrued income	34,377	47,985
	214,484	442,889

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

13. Creditors: Amounts falling due within one year

	2023	2022
	£	£
Credit card	-	203
Trade creditors	75,328	70,553
Other taxation and social security	20,218	22,369
Other creditors	5,809	5,609
Accruals and deferred income	148,942	234,863
	<u>250,297</u>	<u>333,597</u>
	<u><u>250,297</u></u>	<u><u>333,597</u></u>
	2023	2022
	£	£
Deferred income at 1 April 2022	75,601	127,934
Resources deferred during the year	30,691	35,466
Amounts released from previous periods	(37,249)	(87,799)
	<u>69,043</u>	<u>75,601</u>
	<u><u>69,043</u></u>	<u><u>75,601</u></u>

Deferred income represents income being received in advance of entitlement to the income in accordance with the grant agreements/contracts.

MIND IN ENFIELD AND BARNET
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2023 £
Unrestricted funds					
Designated funds					
Future projects	321,167	-	-	(85,333)	235,834
General funds					
General Funds - all funds	309,060	1,834,808	(1,797,840)	85,333	431,361
Total Unrestricted funds	630,227	1,834,808	(1,797,840)	-	667,195
Restricted funds					
Wellbeing and Courses	12,899	-	-	-	12,899
Counselling	2,500	57,500	(60,000)	-	-
NHS Together	7,058	25,326	(18,761)	-	13,623
Community Garden	9,995	-	(9,995)	-	-
Support assistants	-	18,120	(18,120)	-	-
	32,452	100,946	(106,876)	-	26,522
Total funds	662,679	1,935,754	(1,904,716)	-	693,717

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Balance at 31 March 2022 £</i>
Unrestricted funds					
Designated funds					
Future projects	406,500	-	-	(85,333)	321,167
General funds					
General Funds - all funds	235,296	1,486,489	(1,498,058)	85,333	309,060
Total Unrestricted funds	641,796	1,486,489	(1,498,058)	-	630,227
Restricted funds					
Enfield Building Redevelopment	6,507	25,000	(31,507)	-	-
Wellbeing and Courses	21,339	-	(8,440)	-	12,899
Counselling	10,000	32,494	(39,994)	-	2,500
Mind Collaboration	-	7,000	(7,000)	-	-
NHS Together	-	12,663	(5,605)	-	7,058
Community Garden	-	9,995	-	-	9,995
	37,846	87,152	(92,546)	-	32,452
Total funds	679,642	1,573,641	(1,590,604)	-	662,679

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

14. Statement of funds (continued)

Restricted funds in the current and prior years relate to the following:

Enfield Building Redevelopment - Repair and improvement of the Enfield office.

Wellbeing and Courses - To deliver a range of social, educational and personal development support programmes and deliver alternative therapy to improve mental wellbeing. Also, a volunteer support and training programme runs alongside the above.

Counselling and Bereavement - Provision of counselling to people who have been recently bereaved.

Mind Collaboration - Development of the organisation's IT and other infrastructure.

NHS Together - Support young people in Edmonton with their mental health.

Community Garden - Development part of Pymmes Park, Enfield into a community garden resource.

Support Workers - Increase the level of support provided by the Sanctuary Crisis Cafes through employing Support Assistants.

Designated Funds in the current and prior years relate to the following:

The Trustees have designated funds in respect of planned future projects (including the creation of volunteer and employment opportunities for people with mental health problems), and development/fundraising activities (including the creation of a business development role).

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Tangible fixed assets	77,495	-	77,495
Current assets	839,997	26,522	866,519
Creditors due within one year	(250,297)	-	(250,297)
Total	667,195	26,522	693,717

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

15. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2022 £</i>	<i>Restricted funds 2022 £</i>	<i>Total funds 2022 £</i>
Tangible fixed assets	95,738	-	95,738
Current assets	868,086	32,452	900,538
Creditors due within one year	(333,597)	-	(333,597)
Total	630,227	32,452	662,679

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

	2023 £	2022 £
Net income/expenditure for the year (as per Statement of Financial Activities)	31,038	(16,963)
Adjustments for:		
Depreciation and amortisation charges	26,241	15,122
Decrease/(increase) in debtors	228,406	(248,739)
Increase/(decrease) in creditors	(83,300)	77,493
Net cash provided by/(used in) operating activities	202,385	(173,087)

17. Analysis of cash and cash equivalents

	2023 £	2022 £
Cash in hand	652,035	457,649
Total cash and cash equivalents	652,035	457,649

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

18. Analysis of changes in net debt

	At 1 April 2022	Cash flows	At 31 March 2023
	£	£	£
Cash at bank and in hand	457,649	194,386	652,035
Bank overdrafts repayable on demand	(203)	203	-
	<u>457,446</u>	<u>194,589</u>	<u>652,035</u>

19. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the group to the fund and amounted to £28,811 (2022: £30,085). Contributions of £5,809 (2022: £5,574) were payable to the fund at the balance sheet date.

20. Operating lease commitments

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

	2023 £	2022 £
Not later than 1 year	29,152	35,281
Later than 1 year and not later than 5 years	31,639	55,817
	<u>60,791</u>	<u>91,098</u>

21. Related party transactions

Other than as disclosed elsewhere in these financial statements, there were no transactions with related parties requiring disclosure in either the current or previous years.

22. Contingent liabilities

Mind in Enfield and Barnet have a pension scheme with TPT and the estimated debt on withdrawal at 30 September 2022 is £8,387. The estimated debt is calculated on the solvency basis by the Scheme Actuary. The debt on withdrawal becoming payable is contingent on the last active member leaving the scheme. There is no intention to leave the scheme and the debt on withdrawal would not become payable while there are active members.

Accounts

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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

Trustees

Mr R Hayter, Co-Chair
Ms J Pearce, Co-Chair (appointed 14 April 2021)
Ms L Till, Vice Chair (resigned 5 July 2022)
Mr M Walsh, Trustee
Ms L Marsh, Treasurer (appointed 5 April 2022)
Ms A Islin, Trustee (appointed 14 April 2021)
Ms C Onifade-Carroll, Trustee
Dr L Kelly, Trustee (appointed 5 July 2022)
Miss M Tam, Trustee (appointed 5 July 2022)
Mrs N Van Houtem, Trustee (appointed 5 July 2022)
Mr M Leveson, Trustee (resigned 5 April 2022)
Mr T Ayaz, Treasurer (resigned 5 April 2022)

Company registered number

03151981

Charity registered number

1054539

Registered office

275 Fore Street
Edmonton
London
N9 0PD

Company secretary

Mr A Tambourides

Chief executive officer

Mr A Tambourides

Auditor

Goodman Jones LLP
Chartered Accountants
29/30 Fitzroy Square
London
W1T 6LQ

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
(CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Bankers

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Unity Trust Bank
9 Brindley Place
Birmingham
B1 2JB

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

CHAIRS' STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

The chairs present their statement for the year.

This financial year saw the first year of operations for the merged entity of Mind in Enfield and Barnet (MiEB). Following a busy and difficult year working up to merger, and with the challenges of maintaining services during lock-down etc, "consolidation" was the buzz-word for 2021-22. Despite this, we are delighted to report that the staff have worked hard to leverage the benefits of merging and we have improved across nearly all metrics. We have implemented new Values to help with joining up the organisation, and most importantly have supported more people across Enfield and Barnet.

MiEB has an ambitious strategy to deliver on and so we have strengthened the organisation's operational management and Board during this year to ensure that we achieve the targets as outlined later in this report. We say a huge thank you to staff and volunteers for their continuing efforts in supporting those with mental health problems.

Rob Hayter and Jayne Pearce
Co-Chairs Mind in Enfield and Barnet

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

CEO'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

The story of Mind in Enfield and Barnet (MiEB) so far and looking to the future

As with the previous year, 2021/22 continued to be a strange, unsettling, and challenging period as the socio-economic impact of the pandemic, as well as its direct impacts, continued to challenge our mental, as well as physical, health. We came into this period as a newly merged organisation, with a huge amount of work to do, both to meet the increasing needs of people with mental health issues, and to manage the technical and cultural challenge of bringing together two hitherto separate organisations. We embarked upon a 4-pillar, 3-year strategy in 2021 and our progress to date is as follows:

- 1) Financial Sustainability** – In order to provide independent and consistent services for people with mental health issues, the organisation itself needs to be financially solid and sustainable. Starting from a position of two organisations with heavy running deficits and low income we have (since 19/20) doubled our income and reduced the deficit from £(236)k to £(17)k.
- 2) Community Leadership** – In addition to delivering services, it is of huge importance to be able to influence, partner with others, and work with relevant stakeholders to better the lives of people with mental health problems. To achieve this, the organisation has taken on the following roles: Co-Chair Mental Health Partnership Board in Enfield, Chair of Mental Health Strategic Partnership in Barnet, Lead Partner of the Integrated Voluntary and Community Sector (VCS) project for Improving Access to Psychological Therapies (IAPT) in Enfield, Lead Partner of an NHS Charities service focusing on young black men with mental health problems, Lead Partner of the VCS Integrated Service (Enfield) and Lead Partner Mind In London Parenting programme. We are also now the North Central London (NCL) local mind Association (LMA) lead, the NCL VCSE lead, an active participant in Mind in London and the Chair of Mind in London's lived experience group.
- 3) Services that Change Lives** – The third pillar of our strategy is based around expanding our capacity, efficacy, and diversity of service provision to meet the mental health needs of our local communities. In 2021/22 we saw an additional 1600 people vs. 2020/21 and the total number of people we support (4000) is over double the number we assisted in 2019/20. We are on track to meet our strategic target of working with at least 5000 people this year. The numbers only tell part of the story... We diversified our services giving people more choice; for instance, our paid longer term counselling service now complements our premium counselling service and our IAPT offer. We continued to provide Bereavement services, responding to the mental health needs of people in both Barnet and Enfield. We diversified our advocacy offer into Child and Adolescent Mental Health services (CAMHS) and Eating Disorder services with Barnet, Enfield and Haringey Mental Health trust (BEH). We expanded our recovery college offer to include courses and training for people in both Barnet and Enfield. We partnered with local organisations in Barnet and Enfield to compete and win the Integrated VCS services tender, and we got funding to launch our much-needed pan London parental support service (targeting parents of teenagers with depression or anxiety). This is only a small snapshot of our total service portfolio and this year it is set to expand further.
- 4) Operational Excellence** – The fourth strategic pillar is about achieving solid internal processes, policy, procedure, governance, and infrastructure. This element is particularly pertinent in the period following a merger. As part of the merger all policies were aligned and updated, we switched to a paperless HR system to provide a more responsive and efficient service to staff and have begun to explore rolling out an organisation-wide database. We defined our own set of values via staff and trustee consultation and are now embedding these into our processes. This year we have gone through the Mind Quality Mark process, which looks at the organisation as a whole and suggests ways to improve standards. Initial feedback has been positive, and we continue to make good progress in this area.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

CEO'S STATEMENT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

We are an organisation driven by lived experience, and led by our values:

- *Integrity, Real Change, Equality, Compassion and Empowerment* (see below for more detail).

The world of 2022/23 is increasingly complex and unpredictable at a local and non-local level. Our clients and staff are affected by the war in Europe, political change, and the cost-of-living crisis. As an organisation we face seismic changes in the NHS commissioning landscape. These issues have direct and indirect impacts both on the mental health of the populace and on our ability to respond to it, but we have never been in a stronger position to do so.

Alex Tambourides, CEO

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report together with the audited financial statements of the Charity for the year 1 April 2021 to 31 March 2022. The Annual Report serves the purposes of both a Trustees' Report and a Directors' Report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document, and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

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

Objectives and activities

a. Our objectives

The objects of the Charity are for the public benefit primarily, but not exclusively, in the London Borough of Enfield and the London Borough of Barnet:

- to promote the preservation of good mental health; and
- to address the needs of people with mental health problems, particularly but not exclusively by enabling and empowering persons experiencing mental health problems to live with, manage and recover from their condition and by working to increase the understanding of mental health and mental health problems.

b. Merger of Mind in Enfield and Mind in Barnet

On 1st April 2021, Mind in Enfield and Mind and Barnet merged to form a new organisation Mind in Enfield and Barnet. The merger was effected by incorporating the assets and liabilities of Mind in Barnet into the Mind in Enfield entity and changing the name of this entity to Mind in Enfield and Barnet (MiEB). This ongoing active entity retains the company number and charity number of Mind in Enfield. To ensure comparability with the 2021/22 result, 2020/21 figures in the financial schedules have been restated to combine Mind in Enfield and Mind in Barnet accounts and income and cost relating to the intercompany business between the two organisations have been netted out. Note 3 to the financial statements provides further information regarding the treatment of the merger.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

c. Our Values

During 2021/22, MiEB developed new values which were implemented after a process of consultation. We are now rolling them out as part of everything we do, including development of our strategy, designing and delivering services, and recruitment, management and appraisal of staff.

Our values are:

Real Change

We believe that change in people's lives and the systems we work within must be person centred, meaningful and, where possible, concretely evidenced. We design and deliver services based on need, pro-actively gather, listen to, and act on feedback, and use an outcomes-based approach to ensure we make a real difference in people's lives.

Empowerment

We believe that everyone deserves agency and autonomy and that for real change and growth to be sustainable - empowerment, respect, and involvement in decision-making must be at the centre of how we treat each other and people we work with.

Integrity

We believe that trust and transparency are crucial in how we relate to each other and people we work with. We will be realistic in our aims and expectations, and consistent in our actions. We will listen, we will act on what we hear, and we will ensure that decisions we make are always based on improving the lives of people with mental health issues.

Compassion

We believe that compassion is the beating heart at the centre of everything we do and everyone we do it with. Our boundaries and professionalism co-exist with warmth, empathy, respect, and meeting people where they are, in order to address their needs.

Equality

We believe that health inequalities of any kind are not natural, tolerable, or inevitable. The quality of your life should not be determined by your ethnicity, wealth, gender, or any other factor relating to your health or societal context. We stand against racism, stigma and all forms of prejudice and want to make real and positive changes that move us nearer to a fairer society.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

d. Our activities

During 2021/22 we delivered the following services:

Counselling

- IAPT counselling services providing Step 3 high-intensity Improving Access to Psychological Therapies (IAPT) services in Enfield and Barnet
- Bereavement services supporting people bereaved due to Covid-19 in Enfield and Barnet
- Dove, a paid counselling service, providing counselling to those who need support
- Counselling and supervision support for Woodhouse School

Empowerment

- Forensic advocacy within the North London Forensic Service
- Advocacy for CAMHS patients in Barnet and Eating Disorder patients in Haringey
- Advocacy support to patients on the high dependency rehabilitation ward at Chase Farm Hospital
- Community advocacy as part of the Enfield Community Advocacy project
- BAME advocacy subcontracted to a specialist provider

Wellbeing

- Sanctuary, a face-to-face and online service, offering immediate access to emotional and practical support to people with Mental Health problems in Barnet and Enfield
- Courses and workshops
- Support groups and befriending support activities
- Integrated Voluntary and Community Sector (VCS) projects in Enfield and Barnet
- The Enfield Wellbeing Network
- NHS Charities Together project to support young people with mental health and resilience
- Mind in London Parent Support programme
- North Middlesex Care Coordination

e. Public benefit

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

The Trustees have considered this definition and concluded that:

- The aims of the organisation continue to be charitable;
- The aims and the work done give identifiable benefits to the charitable sector and both indirectly and directly to individuals in need;
- The benefits are for the public, are not unreasonably restricted in any way and not by ability to pay; and
- There is no detriment or harm arising from the aims or activities.

f. Principle risks and uncertainties

The major risks, to which Mind in Enfield and Barnet is exposed, as identified by the Trustees, are reviewed regularly and systems have been established to mitigate risks. These include: clinical, professional liability, health and safety, financial, personnel, premises, and IT risks. We have developed a risk register which identifies the major risks, details mitigations and the management routinely reports to the board on current issues.

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance

a. Therapy

IAPT Counselling

Enfield

The counselling service is Improving Access to Psychological Therapies (IAPT) compliant and provides Step 3 high-intensity counselling to people aged 16 and above, registered with a GP in the London Borough of Enfield and experiencing common mental health problems such as mild to moderate depression and anxiety. We are commissioned by North Central London Community Commissioning Group (NCL CCG) Enfield to offer free, short term, individual, IAPT compliant counselling (8 sessions) delivered by 24 volunteer counsellors who are qualified or in their 2nd year of training within a BACP Accredited course. The service is accredited by the British Association of Counselling and Psychotherapy (BACP) and abides by their high standards whilst following the Ethical Framework for the Counselling Professions. Due to Covid-19 all counselling sessions were offered via telephone or Zoom, but we have been moving into a new way of working offering blended therapy with face-to-face delivery and online/telephone sessions starting from April 22.

Over the last year we have exceeded our targets on access and recovery as the Lead provider for VCS IAPT in Enfield and independently as an IAPT compliant service. In total, the partnership we lead supported 670 clients, out of which 493 were seen directly by MiEB. Our partnership with Alphacare, Enfield Saheli, Nafsiyat has grown stronger this year with all partners meeting as a group quarterly in addition to our individual monthly meetings with them. We have welcomed a new provider into the partnership, Precious Moments and Health, and also developed an Enfield IAPT Network which MiEB chairs. This is attended by the main IAPT Service (Let's Talk Enfield) and our commissioners.

Our aim is to offer high-quality evidence-based counselling that is accessible, free of charge and contributes to improving access of psychological therapies; to alleviate mental distress and tackle health inequalities. Clients can self-refer via an e-referral on our website or contact the office or be referred by their GP or any professionals. Once a referral is received a comprehensive person-centred assessment will be offered to all clients within 10 days to identify their needs and suitability of the interventions we offer: Generic Counselling and Person-Centred Experiential Counselling for Depression (PCE-CFD).

Barnet

Similarly to the Enfield IAPT Compliant service, our service in Barnet is IAPT Compliant and BACP accredited and provides Step 3 high-intensity counselling to people aged 16 and above, registered with a GP in the London Borough of Barnet, experiencing common mental health problems such as mild to moderate depression and anxiety. The service is commissioned by NCL CCG Barnet to offer free, short term, individual, IAPT compliant counselling (8 sessions) delivered by 6 volunteer counsellors, who are qualified or in their second year of training within a BACP accredited course. In the last year we supported 278 clients (93% of target), but recovery targets were slightly compromised some months due to the small workforce and structure of the service. As a result, we have submitted a proposal to NCL CCG Barnet to increase workforce to meet the IAPT standards on recovery and waiting times.

DOVE - Enfield and Barnet

DOVE is a self-funded service offering private (fee-paying) open ended counselling delivered by experienced qualified counsellors. The service is supported by a newly appointed Therapy Service Manager and an administrator and has since grown to have 5 self-employed counsellors providing service delivery. The service has supported 25 clients over the last year, 3 of which have been in therapy for more than 1 year. Income generated from the DOVE service funds a new service called DOVE community which offers 16 free counselling sessions to individuals experiencing moderate to severe mental health issues. DOVE community was launched in September 21 and is supported by 4 volunteer counsellors. To date 13 clients have received counselling through the community service.

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

During the last 12 months, we continued to be commissioned by Citizens Advice Enfield (CAE) to deliver bereavement counselling to support members of the Enfield community who have been affected by the Covid-19 pandemic. The strength of the project lies in the fact that it provides both psychological and practical support, drawing on both organisations' expertise and experience. Mind offers immediate emotional support (1-4 sessions) and bereavement counselling (8 sessions) delivered by 7 volunteer counsellors, while CAE have provided fast-track access to a dedicated case worker to advise on housing, benefits, and access to financial support.

In Barnet, the bereavement service has been commissioned by NCL CCG Barnet and Public Health England to deliver Bereavement Counselling to individuals affected by Covid-19 until March 22. Counselling was delivered by 12 volunteer counsellors. In the last year, both bereavement services have supported 211 clients, 93 of which completed phase 1 (1-4 immediate emotional support) and 112 completed phase 2 (8 bereavement counselling sessions).

As part of the Barnet bereavement service, we also delivered 12 free training sessions on bereavement awareness to individuals and professionals working in Barnet; providing tips on how to speak to someone who is bereaved and explaining the grieving process whilst exploring the complexities that may come with bereavement during the pandemic. The training project has been extended until end of September 2022 and we aim to continue delivery of training due to the increased demand.

Woodhouse College Counselling Service

Over the last year, we developed a new counselling service at Woodhouse College offering short term counselling (8-12 sessions) to students aged 16-19 years experiencing common mental health issues. The service is supported by 2 qualified experienced counsellors who are based at Woodhouse College and work closely with the college's safeguarding team. Our foremost aim is to deliver a high standard quality counselling service that provides young people with a safe and confidential space to work through any issues that they may be experiencing. Through counselling we aim to facilitate an environment for the young individuals to grow and reach their full potential, whilst empowering them to find their own way of dealing with their thoughts and feelings. From September 21 to March 22 the service received 98 referrals. In addition, 80 drop-in sessions (one off sessions) were offered to students experiencing a mental health crisis.

Client Feedback on Counselling and Bereavement Services:

"I am grateful for the sessions I received. The therapist is highly competent, and she really helped me understand my thoughts and how to collect them (or get rid of them). Her guidance throughout helped me through difficult situations. They were so helpful that her words replaced all the negative thoughts I kept having in my head. Very understanding, patient, and paid careful attention to my troubles. I appreciate all her time, advice, and encouragement. I feel a lot better and although this evening will be our last session together, her guidance will stay with me forever. I genuinely believe I am stronger than ever thanks to Begum. Also, thanks to all at Mind. I cannot imagine how difficult and exhausting your jobs must be but please remember in the end you are making lives a lot better."

"My counsellor was empathetic and kind, they were understanding and reassuring. The overall service was fantastic, from the very start of speaking to administrator at the beginning I felt they listened and understood what I was going through. The matching of counsellor was very good."

"12 weeks of sessions was the right amount that I needed after losing my father. It felt like a tragedy when father was in hospital and not being able to say goodbye to him properly, it was a strange time for me because I felt completely removed not being able to see my father's face even at the funeral as it was closed coffin. Having someone to talk to was good because I was also caring for my mother at the same time."

"Great organisation and would help with any funding in terms of fundraising if needed, I would highly

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

recommend the service."

"I wish I knew about this service sooner. I have had counselling on and off for over 15 years. The service was quick to access and professional. My counsellor was very patient with me and that in itself helped me to open up talking about issues I have been running away from for years."

"I don't like the idea of talking to a stranger but in the end I felt very understood and listened to. I know now I can't make my feelings go away but they feel less intense and the anxiety has definitely gone down."

b. Empowerment

North London Forensic Service (NLFS)

We are contracted to provide generic advocacy support for inpatients within the NLFS, which includes 12 medium secure units incorporating 2 specialist Learning Disability and 2 Rehabilitation units. The service provides non-statutory advocacy support around care and treatment, ward rounds, care plans, leave, environmental issues, Health and Safety, and discharge/move on planning, as well as a patients' forum and carers' forum. A new specialist Forensic Advocate started in 2021, and this has resulted in higher engagement levels. During this period the Advocate supported 90 clients with over 350 advocacy issues. They also attended over 100 community meetings, patient forums, and carers forums to provide group advocacy support.

CAMHS and Eating Disorder services

In August 2020 the NLFS contract was extended to include Eating Disorders inpatient Advocacy in St Ann's (Haringey), and Child and Adolescent Mental Health services (CAMHS) inpatient advocacy in the Beacon Centre (Barnet). This contractual arrangement was continued for 21/22.

We have continued to deliver face-to-face in the Beacon Centre, ensuring that young people have access to appropriate support at ward rounds, care plans, and discharge planning. During this period the Advocate reconfigured the Young Persons Forum to make it patient-led. The Advocate continued to provide communication links to clinical teams, ward staff, Care Quality Commission (CQC) and Patient Experience teams to make sure that recommendations and changes consider the views and wishes of the young people, and that they are fully engaged throughout. The service has provided one to one advocacy support to 40 young people on 120 issues.

Advocacy support at St Ann's continued as remote due to the high vulnerability of the client group. The Advocate has provided online clinics, and referral protocols via ward staff. This has generated a lot of staff and self-referrals, and we have been able to offer advocacy support on care plans, discharge planning, benefits issues etc. We continue to work with the ward team to identify face-to-face working opportunities.

Rehabilitation Advocacy

We provide advocacy support to patients on the high dependency rehabilitation ward at Chase Farm Hospital. This moved to face-to-face in July 2021 and has continued throughout. We now have weekly presence on the ward, which has resulted in higher engagement levels and quicker resolution of issues. We have continued to provide advocacy support around care planning, discharge, placement reviews, benefits, and community engagement. We have supported nearly 50 clients with around 180 advocacy issues during this period.

An extension to this contract started in February 2022 covering Penrose, a 22-bed step down residential unit. Since the launch, the service has been providing weekly drop in/ outreach clinics and working closely with staff and Rehabilitation team to identify advocacy needs. The service provided one to one advocacy support to 14 clients during the period, including complex safeguarding issues, court of protection engagement, care and

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

treatment, and environmental issues. They have also provided group advocacy support on issues impacting the whole unit, including rent increases and support changes.

Community Advocacy

We continue to deliver community advocacy under the Enfield Advocacy Service, a partnership of organisations with Enfield Disability Action as lead providers. We provide generic advocacy, and specialist housing and benefit support services.

We have continued to operate remotely throughout this period, offering face-to-face where necessary and safe to do so. Due to the restrictions, and subsequent difficulty faced by clients getting a professional referral, we have opened to accept self-referrals as well as GP and professional referrals. This has been very well received by the community and has allowed the service to respond to emerging trends and needs, and provide support in a timely manner which has been particularly important considering the challenges being experienced by the community such as homelessness, illness, employment issues. We have provided advocacy support to 130 people throughout this period.

Black and Minority Ethnic (BAME) Advocacy

MiEB have subcontracted a specialist provider in Enfield to provide BAME Advocacy. We have supported them to develop the advocacy offer via training and consultancy, increasing their capacity and workforce skills to meet the needs of the community. We work closely alongside them to ensure that support is in place for them, and to integrate shared learning into their delivery and our wider Advocacy delivery.

c. Wellbeing

Sanctuary Barnet

Sanctuary Barnet, our crisis café in Barnet, launched in April 2021 and delivering face-to-face one to one and group support. Support offered includes an out of hours telephone line (4.30-10pm weekdays and 12-6pm weekends) for immediate support and crisis de-escalation; up to 4 follow-up support sessions with a support worker; access to short term (up to 4 sessions) high level emotional/ therapeutic support from a counsellor; peer support groups; a safe environment/ café where people can drop in and attend groups & workshops.

We have established highly effective referral pathways with Crisis Team & Helpline, Locality MH teams, GP's, and community organisations. The service has had unexpectedly high rates of referrals from IAPT providers who have long waiting lists and a high volume of clients with suicidal ideation. Sanctuary has served a crucial support function for this group. The service has provided one to one support to 660 clients, and has established a Women's support group, Mindful Movement, peer led walking groups, Arts and Craft group, and 5 Ways to Wellbeing Workshops.

We were provided with short term (3 month) funding from CCG to provide winter pressures support to NHS teams within Barnet. We developed a new Sanctuary Barnet Outreach role to engage within the community; employed 2 Wellbeing Empowerment Workers to provide 6-8 sessions of support; and increased the capacity of Sanctuary Barnet via more support worker hours. This allowed us to reduce waiting times within Sanctuary at a time of peak demand; develop new referral pathways; and engage people in longer term support. As a result of the success of this approach a new proposal to expand Sanctuary Barnet funding is currently being considered.

Sanctuary Enfield

Sanctuary Enfield was launched in November 2020 as an out of hours telephone service, offering immediate access to emotional and practical support, and signposting, to prevent escalation into crisis by addressing

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

underlying causes and working alongside the client to find routes to resolution. In April 2021 the hours were expanded to operate from 12-10pm every day.

The service offers an initial telephone assessment via the dedicated line, or via referral from professionals, and up to 3 follow-up support sessions which are tailored to the needs of the client. We also plan to run peer support groups, but this has proved challenging to set up whilst operating remotely.

We established referral pathways with the Barnet, Enfield and Haringey Mental Health trust (BEH) Crisis Helpline, Enfield Crisis team, prevention houses, GP surgeries, IAPT, and local Integrated Voluntary and Community Sector (VCS) organisations. Referrals steadily increased throughout the delivery period (partly due to lessons learnt from implementation of Sanctuary Barnet), and the service adapted to emerging demand by offering additional support sessions and longer term/more in-depth support. The service provided one to one support to 350 clients.

Following extensive review and reconfiguration, in July 2022 the service has relaunched as an out of hours face-to-face service that is fully embedded within Crisis Prevention Clinical Pathways. The service will operate 5-10pm weekdays, 12-5pm weekends and offer a combination of structured support, booked, drop in, group support and social activities. The helpline will continue to be active during shift hours to provide self-referral support, and an advice line to carers, crisis teams, and blue light services.

Courses & Workshops

We have worked in partnership with Barnet and Southgate College to deliver a varied and accessible course programme in Enfield for several years. This has continued throughout lockdown, with all courses being delivered remotely. The programme includes recovery and personal development courses such as MBSR workshops, self-esteem, anger management, chair-based yoga, and craft-based activities such as art, hand sewing and jewellery making. We have continued to expand the courses on offer, providing additional courses on healthy eating and nutrition, and gardening activities.

In April 2021, we launched the Recovery College in Barnet. This enabled us to open the courses and workshops that have been running in Enfield in partnership with Barnet & Southgate College to Barnet residents. Throughout this period, we have significantly increased the number of people accessing courses and workshops in Barnet and Enfield, engaging around 300 people.

We also lease a garden space within Pymmes Park where MiEB run Therapeutic Gardening workshops, community gardening sessions, and Connecting with Nature workshops. We have secured funding via the National Lottery to support ongoing gardening sessions and workshops face-to-face, and to expand the offer to include access for community groups and schools, and open events to promote awareness and use of the space. Alongside our weekly gardening sessions we continue to provide access to the space for school groups for outdoor education classes, occupational therapy groups, and social events for the local Mosque and several Enfield based community and faith groups. We have also run a variety of workshops within the space including mosaic making, gardening in small spaces, and garden herbs use in cooking and medicine.

We are developing a gardening offer in Barnet working alongside BEH and our VCS service. The aim of the programme is to open community gardening spaces at hospital sites across the borough and develop gardens and workshops for inpatient wards.

Social groups

Libra and Electra groups continue to be popular. They now run in a blended approach of remote and face-to-face providing a variety of social activities, reflective supportive space, wellbeing activities. Volunteer opportunities have been developed and they are now co-facilitators supporting delivery.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

Integrated Voluntary and Community Sector (VCS) Projects

In August 2021 we were awarded contracts to deliver the Integrated VCS component of NHS Transformation in both Enfield and Barnet. These contracts are focused on integrating key VCS skills and ways of working, crucially psycho-social approaches to wellbeing and peer support, within Community Mental Health Teams to provide holistic support, address social determinants, improve resilience through facilitating community engagement, and provide step down support upon discharge.

Barnet

In Barnet we formed Wellbeing Together CIC, a collaboration of MiEB, Meridian Wellbeing, Community Barnet, and Inclusion Barnet, to deliver the project. We have employed 6.5 FTE Community Engagement Practitioners and Peer Practitioners. They have been embedded within different mental health trust teams across the borough. The team have achieved positive outcomes actively engaging people within the community, facilitating discharge after patients have been engaged with the Mental Health teams for significant periods of time, engaging with 'hard to reach' clients, developing additional support such as peer led walking groups from Barnet General Hospital, and development of gardening sites across the borough hospital locations (which we are also supporting via our activities and workshops offer).

Enfield

In Enfield we are Lead provider, subcontracting to Enfield Saheli, Alphacare and Enfield Voluntary Action (EVA). We have employed 10 FTE Community Engagement Practitioners and Peer Practitioners across the partnership. The staff are embedded within the South Locality Team and Personality Disorder Stream. As in Barnet, they have delivered vital enhanced support to long term clients facilitating discharge, engagement in training and employment, social activities, and engagement with carers and families to address additional support needs. The team have developed innovative ways of working and developed new support opportunities by establishing a crowd funding initiative (and match funding agreement from NHS) to help clients access activities and groups (travel and costs) and have also set up new initiatives. We also launched the Enfield Mental Health VCS Network to provide a forum for collaboration, training, development, and information sharing.

Across VCS delivery partnerships we have support around 220 people throughout this period.

Enfield Wellbeing Network

Enfield Wellbeing Network was launched in December 2021. It is a collaboration with Enfield Voluntary Action (EVA), Enfield Carers Centre and Age UK Enfield. The service is designed to support better management of long-term conditions, improved overall Health and Wellbeing, and increased Health and Wellbeing awareness throughout the community. The service provides access to specialist Health and Wellbeing Workers who give up to 12 weeks of one to one support around individual Health and Wellbeing Goals. A network of buddies and befrienders work alongside clients to reach those goals through attending activities, going for walks, supporting GP appointments, and carrying out regular phone calls. The Network also promotes awareness via community events and outreach. Since the hard launch in January 2022 the service has supported 30 clients and carried out 4 Community Engagement Events including outreach at Jubilee Celebrations and Healthy Hearts Outreach day.

NHS Charities Together

MiEB is the coordinator of this project working with Wellbeing Connect and Enfield Saheli. The project is designed to support young people in Edmonton with Mental Health support. We provide outreach and training within schools, colleges, youth clubs, and other community locations on Mental Health Awareness and Resilience, alongside one to one support for young people aged 14-25 to help them reach their own identified

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Achievements and performance (continued)

goals, engage in support and services, engage in training and employment, and improve health outcomes by linking in support early on. We have established links with other youth engagement projects such as London Vanguard to improve access and joint working outcomes.

Mind in London Parent Support Programme

MiEB is working alongside the Brandon Centre, and two other local Mind Associations (LMA), to deliver a pan London pilot project providing support to parents whose children are aged 11-16 and who are on the waiting list for treatment with CAMHS Teams. The project will run 4 groups across each delivery area throughout the year, consisting of 8 sessions per group, which includes psycho-educational and peer support elements. The Brandon Centre is leading on psychological input and clinical guidance, and LMAs on local engagement, coordination, and delivery of specialist one to one support/signposting for parents who require follow up support. We have worked closely with Clinical Directors from each Integrated Care System (ICS) region to ensure that the program and engagement strategy is responsive to individual regions and needs.

We mobilised from February 2022 and launched the project in April 2022.

North Middlesex Care Coordinators

We are funded, along with Mind in Haringey, by North Middlesex Hospital to provide Community Care Coordinators to work alongside the High Intensity Users (HIU) Unit within North Middlesex A&E department. The care coordinators provide support around social determinants, identify reasons for repeat presentation and work alongside community and statutory services to link up with more appropriate support offers to divert away from reliance upon A&E crisis support. The project was launched in January 2022 but, due to mobilisation delays within the HIU team, delivery commenced in April 2022.

d. Fundraising

Adjusting for a one-off legacy received in 2020/21 of £257k, MiEB grew income by 64% in 2021/22 vs. 2020/21. This growth has been achieved primarily by creating new services and winning tenders supplemented by some grant income. MiEB employed fundraising consultants to develop grant applications and tenders. Expenditure in 2021/22 on fundraising consultants was £25,200 which was 1.6% of income. There have been no complaints in regard to MiEB's fundraising activities.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

The reserves policy of the organisation is to hold sufficient unrestricted and designated reserves to cover at least 3 months of operating costs. Following the merger with Mind in Barnet, Mind in Enfield and Barnet holds 4.8 months of operating costs in unrestricted and designated reserves. At 31 March 2022, our unrestricted reserves were £630,227 (2021: £641,796).

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

c. Financial Review of 2021/22

The Statement of Financial Activities shows the total Incoming Resources for the year to 31st March 2022 of £1,573,641 (£356,124 (29%) higher than previous year). After adjusting for the impact of a one-off legacy received by Mind in Barnet in 2020/21, the increase was £612,624 (64%). This increase is primarily due to the new VCS and Parenting contracts plus some other smaller contracts. The increase was partly offset by the loss of an advocacy contract in Barnet in March 2021 as a result of a re-tender.

The total expenditure was £1,590,604 (£424,417 (36%) higher than previous year) primarily due to expenditure relating to additional contracts and on the merger. The expenditure growth of 36% was lower than the adjusted income growth of 64% due to tight management of both central and project costs as part of our programme to restore MiEB to financial sustainability, plus lower costs due to merger expenditure in 2020/21 and lower database costs. This was partially offset by agency recruitment costs to mobilise new projects, repair costs on the Enfield building, and IT expenditure to implement the merger.

The resulting deficit was £(16,963) (compared to previous year's surplus of £51,330). However, after adjusting for the impact of a one-off legacy received by Mind in Barnet in 2020/21, the deficit was £188,207 better than the previous year's deficit. The reason for the deficit is a strategic decision by trustees that, in order to thrive, MiEB needs to grow, and this requires investing some existing reserves in a strong management team. The strong income growth and resulting reduction of the deficit shows this strategy is progressing well and we are on track to bring the organisation back to financial sustainability.

The movement in the cash in the year was £(253,640). The main reason for the high adverse movement was that MiEB had an unusually high level of current receivables at the year-end due to the time it took to set up our new VCS and Parenting contracts in the NHS administrative systems.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management

a. Constitution

Mind in Enfield and Barnet is registered as a charitable company limited by guarantee, incorporated in the UK and registered as a charity. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

b. Governance

The composition of the Board of Trustees reflects the user involvement ethos and devolved structure, which underpins the work of Mind in Enfield and Barnet. New trustees are chosen by advertisement and through recommendations in order to provide a balanced Board with the required skills. Trustees can only serve a limited term as specified by the memorandum and articles. They are given an induction pack and are encouraged to meet senior managers and attend meetings. They receive internal and external training to support them to discharge their duties.

Mind in Enfield and Barnet elects trustees to serve as Chair and Treasurer. The Board also has the power to co-opt other members. The Board meets in full session on at least four occasions during the year. All of the Trustees are members of the company and none of the Trustees has any beneficial interest in the company.

The Board is responsible for safeguarding the assets of Mind in Enfield and Barnet including taking all reasonable steps for the prevention and detection of fraud and other irregularities and to provide reasonable assurance that:

- It is operating efficiently and effectively.
- Its assets are safeguarded against unauthorised use and disposition.
- Proper records are maintained and financial information used internally or for publication is reliable.
- It complies with relevant laws and regulations.

Mind in Enfield and Barnet's systems of internal control are designed to provide reasonable, but not absolute, assurance against material misstatement or loss and include:

- A strategic plan, business plan and an annual budget approved by trustees
- Regular consideration by the trustees of financial results, variance from budgets and nonfinancial KPIs
- Delegation of authority and segregation of duties
- Identification and management of risks

Insofar as the Trustees are aware:

- There is no relevant information of which Mind in Enfield and Barnet's auditor is unaware; and
- The trustees have taken all steps that they ought to take to make themselves aware of any relevant information and to establish that the auditor is aware of that information.

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management (continued)

c. Management

MiEB is managed by a Chief Executive Officer, supported by a senior leadership team consisting of Head of Services, Head of Therapy Services, Head of Finance and Head of HR. The leadership team meets weekly and staff meetings are held fortnightly. Managers have regular meetings with all their staff. Employees are consulted on issues of concern to them by means of questionnaires, consultations, and regular staff meetings.

MiEB has detailed policies in relation to all aspects of personnel matters, including an equal opportunities policy, health and safety policies, and grievance and complaints procedures. MiEB has well established fair employment practices for the recruitment, selection, retention and training of staff in accordance with its equal opportunities policy.

MiEB is grateful for the dedication and commitment of Trustees who combine to provide strategic direction, and to staff and volunteers who deliver our counselling, advocacy and community projects.

d. Affiliation

MiEB is one of 133 Local Mind Associations (LMA's) affiliated to National Mind, but are responsible for our own funding and local service delivery.

Plans for future periods

MiEB plans to implement the strategy outlined above in the forthcoming years, subject to satisfactory funding arrangements. Although our reserve position is strong, we continue to run a deficit. While it is manageable in the short term, addressing this will be our priority.

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Statement of Trustees' responsibilities

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

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

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and 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.

Disclosure of information to auditors

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

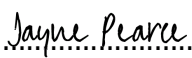
- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditors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

Auditors

The auditors, Goodman Jones LLP, have indicated their willingness to continue in office. The designated Trustees will propose a motion reappointing the auditors at a meeting of the Trustees.

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


.....
Mr R Hayter
Co-chair


.....
Ms J Pearce
Co-chair

Date: 06-10-22

MIND IN ENFIELD AND BARNET
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET

Opinion

We have audited the financial statements of Mind in Enfield and Barnet (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial 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, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006 and Charities Act 2011.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

MIND IN ENFIELD AND BARNET
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET
(CONTINUED)

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

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

- the information given in the Trustees' Report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

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

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

MIND IN ENFIELD AND BARNET
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INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET
(CONTINUED)

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the charity and sector, we identified that the principal risks of non-compliance with laws and regulations related to sector regulations and unethical and prohibited business practices, and we considered the extent to which non-compliance might have a material effect on the financial statements. We also considered those laws and regulations that have a direct impact on the preparation of the financial statements such as the Charities Act 2011, Charity Commission and sector regulations, and UK Tax Legislation. We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls). Appropriate audit procedures in response to these risks were carried out. These procedures included:

- Discussions with management, including consideration of known or suspected instances of non-compliance with laws and regulation and fraud;
- Reading minutes of meetings of those charged with governance;
- Obtaining and reading correspondence from legal and regulatory bodies including HMRC;
- Identifying and testing journal entries;
- Challenging assumptions and judgements made by management in their significant accounting estimates.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members; and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

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

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

Other matters

The comparative information presented in these financial statements was not subject to audit.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MIND IN ENFIELD AND BARNET
(CONTINUED)

Use of our report

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

Goodman Jones LLP

Goodman Jones LLP
Chartered Accountants
29/30 Fitzroy Square
London
W1T 6LQ

Date: 07-10-22

Goodman Jones LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022**

	Note	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	4	24,170	-	24,170	289,815
Charitable activities	5	1,461,147	87,152	1,548,299	924,875
Investments	6	1,172	-	1,172	2,304
Other income	7	-	-	-	523
Total income		1,486,489	87,152	1,573,641	1,217,517
Expenditure on:					
Raising funds		25,200	-	25,200	32,385
Charitable activities	8	1,472,858	92,546	1,565,404	1,133,802
Total expenditure		1,498,058	92,546	1,590,604	1,166,187
Net movement in funds		(11,569)	(5,394)	(16,963)	51,330
Reconciliation of funds:					
Total funds brought forward		641,796	37,846	679,642	628,312
Net movement in funds		(11,569)	(5,394)	(16,963)	51,330
Total funds carried forward		630,227	32,452	662,679	679,642

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

The notes on pages 28 to 45 form part of these financial statements.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)
REGISTERED NUMBER: 03151981

BALANCE SHEET
AS AT 31 MARCH 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	12	95,738	30,307
		<u>95,738</u>	<u>30,307</u>
Current assets			
Debtors	13	442,889	194,151
Cash at bank and in hand		457,649	711,289
		<u>900,538</u>	<u>905,440</u>
Creditors: amounts falling due within one year	14	(333,597)	(256,105)
Net current assets		566,941	649,335
Total assets less current liabilities		<u>662,679</u>	<u>679,642</u>
Total net assets		<u><u>662,679</u></u>	<u><u>679,642</u></u>
Charity funds			
Restricted funds	15	32,452	37,846
Unrestricted funds	15	630,227	641,796
Total funds		<u><u>662,679</u></u>	<u><u>679,642</u></u>

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

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

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2022

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


.....

Mr R Hayter

Co-chair

Date: 06-10-22


.....

Ms J Pearce

Co-chair

The notes on pages 28 to 45 form part of these financial statements.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2022

	2022 £	2021 £
Cash flows from operating activities		
Net cash used in operating activities	(173,087)	109,101
Cash flows from investing activities		
Purchase of tangible fixed assets	(80,553)	(4,774)
Net cash used in investing activities	(80,553)	(4,774)
Change in cash and cash equivalents in the year	(253,640)	104,327
Cash and cash equivalents at the beginning of the year	711,289	606,962
Cash and cash equivalents at the end of the year	457,649	711,289

The notes on pages 28 to 45 form part of these financial statements

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. General information

Mind In Enfield and Barnet is a charitable company registered in England and Wales. The registered office address is detailed on page 1.

2. Accounting policies

2.1 Basis of preparation of financial statements

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

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

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

2.2 Company status

The Charity is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2.3 Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity and the Group have adequate resources to continue in operational existence for the foreseeable future. The Trustees have considered the impacts that the Covid-19 pandemic may have for the Charity and the Group and it is deemed that the Charity and the Group can meet their commitments and liabilities and can continue for the foreseeable future. The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern. Accordingly, they continue to adopt the going concern basis in preparing the financial statements

2.4 Fund accounting

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

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

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

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.5 Income

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

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

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

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

2.6 Interest receivable

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

2.7 Expenditure

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

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Long-term leasehold property	-	20% Straight Line
Office equipment	-	20% Straight Line
Computer equipment	-	20% Straight Line

2.9 Debtors

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

2.10 Cash at bank and in hand

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

2.11 Liabilities and provisions

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

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

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.12 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

2. Accounting policies (continued)

2.13 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

2.14 Taxation

Mind in Enfield and Barnet is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

3. Merger

On 1 April 2021, Mind in Enfield merged with Mind in Barnet. All assets and liabilities from Mind in Barnet were transferred into Mind in Enfield. It is considered that the transaction is a merger of the two entities, and the conditions for a merger of the SORP have been met. Given FRS 102 requirements for merger accounting, a true and fair override is deemed necessary. Therefore merger accounting has been applied.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

4. Income from donations and legacies

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Donations	24,170	24,170	33,315
Legacies	-	-	256,500
	<u>24,170</u>	<u>24,170</u>	<u>289,815</u>
<i>Total 2021</i>	<u>289,815</u>	<u>289,815</u>	

5. Income from charitable activities

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Wellbeing	365,623	-	365,623	163,892
Counselling/Bereavement	546,607	32,494	579,101	504,665
Advocacy	129,568	-	129,568	243,744
Community and peer engagement	386,514	-	386,514	-
Mind Collaboration	-	7,000	7,000	5,000
Parenting	25,705	-	25,705	-
Enfield Building redevelopment	-	25,000	25,000	7,574
Core	7,130	-	7,130	-
Community Garden	-	9,995	9,995	-
NHS Together	-	12,663	12,663	-
	<u>1,461,147</u>	<u>87,152</u>	<u>1,548,299</u>	<u>924,875</u>
<i>Total 2021</i>	<u>443,352</u>	<u>481,523</u>	<u>924,875</u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

6. Investment income

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Bank interest	1,172	1,172	2,304
<i>Total 2021</i>	2,304	2,304	

7. Other incoming resources

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Sundry income	-	-	523
<i>Total 2021</i>	523	523	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

8. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	<i>Total 2021 £</i>
Wellbeing	359,700	8,460	368,160	124,737
Counselling/Bereavement	570,744	39,996	610,740	575,157
Advocacy	124,165	-	124,165	237,047
Community and peer engagement	375,771	-	375,771	125,735
Mind Collaboration	-	7,000	7,000	41,000
Parenting	27,136	-	27,136	-
Enfield Building redevelopment	-	31,507	31,507	1,067
Core	15,342	-	15,342	29,059
NHS Together	-	5,583	5,583	-
	<u>1,472,858</u>	<u>92,546</u>	<u>1,565,404</u>	<u>1,133,802</u>
<i>Total 2021</i>	<u>886,232</u>	<u>218,543</u>	<u>1,104,775</u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

9. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Wellbeing	283,388	84,772	368,160	124,737
Counselling/Bereavement	471,859	138,881	610,740	575,157
Advocacy	95,667	28,498	124,165	259,677
Community and peer engagement	289,522	86,249	375,771	125,735
Mind Collaboration	7,000	-	7,000	41,000
Parenting	20,908	6,228	27,136	-
Enfield Building redevelopment	31,507	-	31,507	1,067
Core	-	15,342	15,342	29,059
NHS Together	4,764	819	5,583	-
	<u>1,204,615</u>	<u>360,789</u>	<u>1,565,404</u>	<u>1,133,802</u>
<i>Total 2021</i>	<u>841,283</u>	<u>292,519</u>	<u>1,133,802</u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

9. Analysis of expenditure by activities (continued)

Analysis of support costs

	Wellbeing 2022 £	Counselling /Bereavement 2022 £	Advocacy 2022 £	Community and peer engagement 2022 £	Mind Collaboration 2022 £
Staff costs	27,400	50,667	10,226	33,725	-
Depreciation	2,615	4,632	976	2,953	-
Social Support	112	199	42	127	-
Counselling Support	149	264	56	168	-
Property expenses	5,171	9,160	1,930	5,840	-
Rent	6,413	11,360	2,393	7,243	-
Insurance	994	1,991	371	1,123	-
IT	4,870	8,626	1,817	5,501	-
Printing, postage and stationery	4,867	8,620	1,815	2,717	-
Telephone	5,398	9,561	2,014	6,096	-
Subscriptions	1,992	3,528	743	2,250	-
Bank charges	-	-	-	-	-
Legal and professional	11,770	22,097	4,393	13,292	-
Consulting	-	-	-	-	-
Recruitment	3,328	5,895	1,242	3,759	-
Training	363	644	136	411	-
Interpreting Service	-	-	-	-	-
Travel	199	340	72	217	-
Other staff costs	90	161	33	103	-
Clinical supervision	641	1,136	239	724	-
Governance costs	8,400	-	-	-	-
	<u>84,772</u>	<u>138,881</u>	<u>28,498</u>	<u>86,249</u>	<u>-</u>
Total 2021	<u><u>27,198</u></u>	<u><u>147,410</u></u>	<u><u>81,802</u></u>	<u><u>18,077</u></u>	<u><u>18,000</u></u>

Included within governance costs is £8,400 (2021: £19,923) in respect of Auditors' (2021: Independent Examiners') fees.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

9. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	Parenting 2022 £	Core 2022 £	NHS Together 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Staff costs	2,235	3,802	297	128,352	94,467
Depreciation	213	3,704	28	15,121	18,441
Social Support	9	-	1	490	-
Counselling Support	12	-	2	651	-
Property expenses	422	-	55	22,578	11,215
Rent	523	-	68	28,000	26,215
Insurance	81	-	11	4,571	10,698
IT	397	-	51	21,262	9,578
Printing, postage and stationery	397	-	52	18,468	5,791
Telephone	440	-	57	23,566	6,003
Subscriptions	162	-	21	8,696	1,260
Bank charges	-	355	-	355	680
Legal and professional	960	-	128	52,640	64,669
Consulting	-	-	-	-	17,000
Recruitment	271	-	35	14,530	-
Training	30	-	4	1,588	-
Interpreting Service	-	-	-	-	2,560
Travel	16	3,645	2	4,491	1,938
Advertising and Publicity	-	2,382	-	2,382	-
Other staff costs	8	954	-	1,349	2,081
Clinical supervision	52	-	7	2,799	-
Governance costs	-	-	-	8,400	19,923
Charitable donations	-	500	-	500	-
	6,228	15,342	819	360,789	292,519
<i>Total 2021</i>	-	32	-	292,519	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

10. Staff costs

	2022 £	<i>2021</i> £
Wages and salaries	786,075	566,417
Social security costs	65,339	35,752
Other pension costs	30,085	9,400
	<u>881,499</u>	<u>611,569</u>

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

	2022 No.	<i>2021</i> No.
Specifically funded projects	35	16

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

	2022 No.	<i>2021</i> No.
In the band £60,001 - £70,000	1	1

Total expenditure incurred in respect of key management personnel totalled £106,046 (2021: £104,693).

Included within wages and salaries costs above are redundancy costs of £14,685 (2021: nil) relating to 2 employees.

11. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 31 March 2022, no Trustee expenses have been incurred (2021 - £NIL).

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

12. Tangible fixed assets

	Freehold property £	Long-term leasehold property £	Office equipment £	Computer equipment £	Total £
Cost or valuation					
At 1 April 2021	11,030	18,574	63,428	40,255	133,287
Additions	-	44,124	18,953	17,476	80,553
Disposals	-	-	(63,428)	-	(63,428)
At 31 March 2022	11,030	62,698	18,953	57,731	150,412
Depreciation					
At 1 April 2021	11,030	6,941	63,428	21,581	102,980
Charge for the year	-	5,859	1,362	7,901	15,122
On disposals	-	-	(63,428)	-	(63,428)
At 31 March 2022	11,030	12,800	1,362	29,482	54,674
Net book value					
At 31 March 2022	-	49,898	17,591	28,249	95,738
At 31 March 2021	-	11,633	-	18,674	30,307

13. Debtors

	2022 £	2021 £
Due within one year		
Trade debtors	394,451	152,778
Other debtors	453	70
Prepayments and accrued income	47,985	41,303
	442,889	194,151

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

14. Creditors: Amounts falling due within one year

	2022	2021
	£	£
Credit card	203	460
Trade creditors	70,553	34,234
Other taxation and social security	22,369	14,341
Other creditors	5,609	1,276
Accruals and deferred income	234,863	205,794
	333,597	256,105
	2022	2021
	£	£
Deferred income at 1 April 2021	127,934	20,336
Resources deferred during the year	35,466	127,934
Amounts released from previous periods	(87,799)	(20,336)
	75,601	127,934

Deferred income represents income being received in advance of entitlement under the grant agreements/ contracts.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

15. Statement of funds

Statement of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2022 £
Unrestricted funds					
Designated funds					
Future projects	406,500	-	-	(85,333)	321,167
General funds					
General Funds - all funds	235,296	1,486,489	(1,498,058)	85,333	309,060
Total Unrestricted funds	641,796	1,486,489	(1,498,058)	-	630,227
Restricted funds					
Enfield Building Redevelopment	6,507	25,000	(31,507)	-	-
Wellbeing and Courses	21,339	-	(8,440)	-	12,899
Counselling	10,000	32,494	(39,994)	-	2,500
Mind Collaboration	-	7,000	(7,000)	-	-
NHS Together	-	12,663	(5,605)	-	7,058
Community Garden	-	9,995	-	-	9,995
	37,846	87,152	(92,546)	-	32,452
Total funds	679,642	1,573,641	(1,590,604)	-	662,679

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

15. Statement of funds (continued)

Restricted funds in the current and prior years relate to the following:

Enfield Building Redevelopment - Repair and improvement of the Enfield office.

Wellbeing and Courses - To deliver a range of social, educational and personal development support programmes and deliver alternative therapy to improve mental wellbeing. Also, a volunteer support and training programme runs alongside the above.

Counselling and Bereavement - Provision of counselling to people who have been recently bereaved.

Mind Collaboration - Development of the organisation's IT and other infrastructure.

NHS Together - Support young people in Edmonton with their mental health.

Community Garden - Development part of Pymmes Park, Enfield into a community garden resource.

Designated Funds:

The Trustees have designated funds in respect of planned future projects (including the creation of volunteer and employment opportunities for people with mental health problems), and development/fundraising activities (including the creation of a business development role).

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

15. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2020</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers in/out</i>	<i>Balance at 31 March 2021</i>
	£	£	£	£	£
Unrestricted funds					
Designated funds					
Future projects	250,000	233,870	-	(100,000)	406,500
General funds					
General Funds	310,249	795,580	(947,903)	100,000	235,296
Total Unrestricted funds	<u>560,249</u>	<u>1,029,450</u>	<u>(947,903)</u>	<u>-</u>	<u>641,796</u>
Restricted funds					
IT server Barnet	2,281	5,000	(7,281)	-	-
Community projects Barnet	16,883	57,521	(73,041)	-	1,363
National Mind Collaboration Barnet	18,000	-	(18,000)	-	-
Transition and Prevention Service	-	48,000	(48,000)	-	-
Enfield Building Redevelopment	18,000	12,574	(24,067)	-	6,507
Social Support	12,899	34,972	(27,895)	-	19,976
Counselling	-	30,000	(20,000)	-	10,000
	<u>68,063</u>	<u>188,067</u>	<u>(218,284)</u>	<u>-</u>	<u>37,846</u>
Total of funds	<u><u>628,312</u></u>	<u><u>1,217,517</u></u>	<u><u>(1,166,187)</u></u>	<u><u>-</u></u>	<u><u>679,642</u></u>

16. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	95,738	-	95,738
Current assets	868,086	32,452	900,538
Creditors due within one year	(333,597)	-	(333,597)
Total	<u><u>630,227</u></u>	<u><u>32,452</u></u>	<u><u>662,679</u></u>

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

16. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	30,307	-	30,307
Current assets	867,594	37,846	905,440
Creditors due within one year	(256,105)	-	(256,105)
Total	641,796	37,846	679,642

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

	2022 £	2021 £
Net income/expenditure for the year (as per Statement of Financial Activities)	(16,963)	51,330
Adjustments for:		
Depreciation charges	15,122	10,765
Increase in debtors	(248,739)	(36,633)
Increase in creditors	77,493	83,639
Net cash provided by/(used in) operating activities	(173,087)	109,101

18. Analysis of cash and cash equivalents

	2022 £	2021 £
Cash in hand	457,649	711,289
Total cash and cash equivalents	457,649	711,289

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

19. Analysis of changes in net debt

	At 1 April 2021	Cash flows	At 31 March 2022
	£	£	£
Cash at bank and in hand	711,289	(253,640)	457,649
Bank overdrafts repayable on demand	(460)	257	(203)
	<u>710,829</u>	<u>(253,383)</u>	<u>457,446</u>

20. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the group to the fund and amounted to £30,085 (2021: £9,400). Contributions of £5,574 (2021: £912) were payable to the fund at the balance sheet date.

21. Operating lease commitments

At 31 March 2022 the Charity had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2022 £	2021 £
Not later than 1 year	35,281	34,657
Later than 1 year and not later than 5 years	55,817	88,323
	<u>91,098</u>	<u>122,980</u>

22. Related party transactions

Other than as disclosed elsewhere in these financial statements, there were no transactions with related parties requiring disclosure in either the current or previous years.

23. Contingent liabilities

Mind in Enfield and Barnet have pension scheme with TPT and the estimated debt on withdrawal at 30 September 2021 is £14,174. The estimated debt is calculated on the solvency basis by the Scheme Actuary. The debt on withdrawal becoming payable is contingent on the last active member leaving the scheme. There is no intention to leave the scheme and the debt on withdrawal would not become payable while there are active members.

Accounts

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

UNAUDITED
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

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MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2021

Trustees

Mr T Ayaz, Treasurer
Mr R Hayter, Co-Chair (appointed 14 April 2021)
Ms A Islin, Trustee (appointed 14 April 2021)
Mr M Leveson, Trustee (appointed 14 April 2021)
Ms C Onifade-Carroll, Trustee
Ms J Pearce, Co-Chair (appointed 14 April 2021)
Ms L Till, Vice-Chair
Mr M Walsh, Trustee
Ms M Bryant, Trustee (resigned 18 August 2020)
Mr E Connolly, Trustee (resigned 31 March 2021)
Ms J Logli, Trustee (resigned 31 March 2021)
Mr M Mehmet, Trustee (resigned 31 March 2021)
Mr I Ratan, Trustee (resigned 27 July 2020)
Ms P Truscott, Trustee (resigned 31 March 2021)

Company registered number

03151981

Charity registered number

1054539

Registered office

275 Fore Street
Edmonton
London
N9 0PD

Company secretary

Mr A Tambourides

Chief executive officer

Mr A Tambourides

Independent examiner

Martin Bailey FCA
Goodman Jones LLP
Chartered Accountants
29/30 Fitzroy Square
London
W1T 6LQ

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY, ITS TRUSTEES AND ADVISERS
(CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Bankers

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

CHAIR'S STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

The chair presents their statement for the year.

April 2021 sees the beginning of a new era where Mind in Enfield joins forces with Mind in Barnet and becomes Mind in Enfield and Barnet. For the last twelve months we have delivered on all the services we offer and seen an upturn in the fortunes of Mind in Enfield. This has been largely due a very successful collaboration with Mind in Barnet. Our CEO, Alex Tambourides, has been able to make significant savings using the economies of scale that two charities provide as well as developing new funders and contracts. It really goes without saying that this has been done with the needs of the service users in both Barnet and Enfield at the forefront of any decision. It has also been achieved during the most challenging of times due to the COVID pandemic when both offices have been closed.

I am really positive about the next chapter in the history of the charity and know, with the guidance from Alex and the passion and work ethic of his team, it will go from strength to strength.

Laurane Till
Chair Mind in Enfield (To March 2021)

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

CEO STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

The story of Mind in Enfield and Barnet (MiEB) so far and looking to the future

The challenges in 2020-21 created by Covid do not need repeating here - suffice to say that it is individuals, organisations and society as a whole that have been affected. MiEB is only one small part of this picture but I am so proud of how we have risen to the challenge. During 2020-21, we transformed our services to remote provision so that the people that needed us got the continuity that was now more important than ever. As we met this challenge we advanced in our internal use of technology, moving towards being an almost paperless organisation.

During this period of huge change we also implemented the merger of Mind in Enfield and Mind in Barnet, which was completed on April 1st 2021. This was no small undertaking, and there were numerous challenges in doing such a task during a global pandemic, but we felt it was important. Why? Because the merger and everything else we do is about preserving and increasing the impact we are making on the lives of those with mental health problems. By merging we have taken the strengths of both organisations and created something new that preserves our sustainability going forwards.

Lastly, not only did we adapt – we innovated, and showed community leadership. We designed and implemented in Enfield and Barnet a Covid bereavement support services, and we also developed a ground-breaking crisis response service (commissioned as a crisis café) in both boroughs. We are heading in the right direction financially, but we need to continue to grow to ensure more comfortable sustainability and solidity, and to meet the growing need in terms of mental health. We are on track with our 3-year strategy and although we can't know the nature of the challenges ahead, I am confident that MiEB will overcome them.

Alex Tambourides, CEO

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2021

The Trustees present their annual report together with the financial statements of the Charity for the year 1 April 2020 to 31 March 2021. The Annual Report serves the purposes of both a Trustees' Report and a Directors' Report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document, and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

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

Objectives and activities

a. Our objectives

The objects of the Charity are for the public benefit primarily, but not exclusively, in the London Borough of Enfield and the London Borough of Barnet:

- to promote the preservation of good mental health; and
- to address the needs of people with mental health problems, particularly but not exclusively by enabling and empowering persons experiencing mental health problems to live with, manage and recover from their condition and by working to increase the understanding of mental health and mental health problems.

b. Merger of Mind in Enfield and Mind in Barnet

On 1st April 2021, Mind in Enfield and Mind and Barnet merged to form a new organisation Mind in Enfield and Barnet. The merger was effected by incorporating the assets and liabilities of Mind in Barnet into the Mind in Enfield entity and changing the name of this entity to Mind in Enfield and Barnet. This ongoing active entity retains the company number and charity number of Mind in Enfield.

As the merger happened subsequent to 2020/21 year end, the financials reported in these accounts relate solely to Mind in Enfield but the financial review below explains the impact of the merger on the reserves position of the new organisation.

As Mind in Barnet's activities and finances have a significant impact on the strategic and financial position of Mind in Enfield and Barnet, these are referred to in the report below.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Objectives and activities (continued)

c. Strategy to achieve activities

In 2020/21, Mind in Enfield and Barnet (MiEB) developed a new strategy. This is an ongoing process and during 2021/22 we are in a process of consultation on this strategy with staff, service users and other stakeholders. The principal strategic objectives are:

1. Achieve Financial sustainability

Service-related income growth with appropriate margins and moving towards full cost recovery is the only way to achieve financial sustainability. To close the central cost gap of £130k, MiEB will grow new services on an annualised basis to the value of £600k, which includes £150k unrestricted income from grants, training and Dove counselling. In addition to this we will improve all financial processes making financial management and reporting as transparent, devolved, empowering and efficient as possible.

2. Build Community Leadership

Community leadership is the ability of the local organisation to shape and influence the lives of residents via its identity and presence. MiEB will stand out amongst the field of voluntary sector and statutory providers by clearly and simply defining its unique values, qualities and local presence. We will influence commissioners, other organisations and all relevant stakeholders by amplifying the voice of users, by harnessing our expertise and experience and using this to drive change in the design and delivery of services.

3. Develop Services That Change Lives

We will build a sustainable and clear platform of provision around 3 pillars: Therapy, Empowerment and Wellbeing that tackles the social and clinical determinants of mental health. At our core will be person centred service design and delivery. Through analysis of evidence and lived experience we will design and evolve services around the needs of the population rather than the whims or trends of the day, and we will use outcomes to measure the difference we are making in an additional 5000 people's lives as our services grow. Where necessary we will innovate, but we will never innovate for the sake of innovation alone. Our services will be outstanding in quality and where relevant we will achieve the relevant benchmarks and go beyond this to be award winning.

4. Achieve Operational Excellence

We will put in place a structure that ensures optimal functioning in each and every role across the organisation, so that we have a highly skilled, qualified and supported workforce. Our internal processes will be safe and efficient, supporting delivery and a culture of support respect, positivity, compassion and hope for our workforce. From this basis we will be able to provide the best to our clients.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Objectives and activities (continued)

d. Our activities

In 2020/21, Mind in Enfield and Barnet's objectives were achieved through the following activities provided by Mind in Enfield:

- A counselling service providing step 3 Improving Access to Psychological Therapies (IAPT) services in Enfield;
- A bereavement service supporting people bereaved due to Covid-19 in Enfield;
- Empowerment services provided in the following areas:
 - o Forensic advocacy within the North London Forensic Service
 - o Advocacy for CAMHS patients in Barnet and Eating Disorder patients in Haringey;
 - o Advocacy support to patients on the high dependency rehabilitation ward at Chase Farm Hospital;
 - o Community advocacy as part of the Enfield Community Advocacy project;
- Wellbeing services including the following:
 - o Sanctuary, an out of hours telephone service offering immediate access to emotional and practical support to people with Mental Health problems in Enfield;
 - o Wellbeing activities funded by Barnet and Southgate College and the Pears foundation.

In addition, subsequent to the merger, Mind in Enfield and Barnet took over the following activities from Mind in Barnet:

- A counselling service providing step 3 Improving Access to Psychological Therapies (IAPT) services in Barnet;
- Dove, a paid counselling service providing counselling to those who need support;
- A bereavement service supporting people bereaved due to Covid-19 in Barnet;
- Sanctuary, an out of hours drop-in service offering immediate access to emotional and practical support to people with Mental Health problems in Barnet;
- Support groups and befriending support activities.

e. Public benefit

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

The Trustees have considered this definition and concluded that:

- The aims of the organisation continue to be charitable;
- The aims and the work done give identifiable benefits to the charitable sector and both indirectly and directly to individuals in need;
- The benefits are for the public, are not unreasonably restricted in any way and not by ability to pay; and
- There is no detriment or harm arising from the aims or activities.

f. Principal risks and uncertainties

The major risks, to which Mind in Enfield and Barnet is exposed, as identified by the Trustees, are reviewed regularly and systems have been established to mitigate risks. These include: clinical, professional liability, health and safety, financial, personnel, premises, and IT risks. We have developed a risk register which identifies the major risks, details mitigations and the management routinely reports to the board on current issues.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Objectives and activities (continued)

g. Covid-19

Prior to lockdown the majority of our services were provided face-to-face so the Covid-19 lockdown raised a significant challenge. However, all services were maintained online during the lockdown period and we did not lose any income as a result.

Covid has altered the way we deliver services and a high proportion of clients have advised us they prefer online services so we will continue to offer these. However, there are some clients who require face-to-face services and we are moving towards meeting these needs. We have revised our procedures to ensure we can operate safely and reorganised our Barnet office which re-opened in June. Our aim is re-open our Enfield office in the autumn.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Achievements and performance

a. Therapy

Counselling - Enfield

Our counselling service in Enfield provides Step 3 High Intensity IAPT compliant counselling to people aged 16 and above, registered with a GP in the London Borough of Enfield and experiencing common mental health problems such as mild to moderate depression and anxiety. Our service is commissioned by North Central London Community Commissioning Group (NCL CCG) Enfield and offers free short term, individual IAPT compliant counselling (8 sessions) provided by 22 volunteer counsellors who are qualified or in their 2nd year of training within a BACP Accredited course. The service is accredited by the British Association of Counselling and Psychotherapy (BACP) and abide by their high standards whilst following the Ethical Framework for the Counselling Professions.

Our aim is to offer high-quality evidence-based counselling that is accessible, free of charge and contributes to improving access of psychological therapies. Clients can self-refer via an e-referral on our website or contact the office. A comprehensive person-centred assessment is offered to all clients within 10 days of their referral to identify the clients needs and suitability of the interventions we offer: Generic counselling and Person-Centred Experiential- Counselling for Depression (PCE-CfD). In the past year, four qualified counsellors successfully completed the Person-Centred Experiential Counselling for Depression (PCE-CfD) course at Metanoia Institute, increasing our PCE-CfD counsellors to eight, who can now offer a NICE approved, evidence based IAPT modality and offer more specialist support to our clients.

As the Lead provider for voluntary and community sector IAPT counselling and Black and Ethnic Minority Population Advocacy, we have worked in partnership with Alpha Care, Enfield Saheli, Nafsiyat and Wellbeing Connect. All services except for Wellbeing Connect, underwent a period of transition to become fully IAPT compliant and contribute towards local and national statistics on NHS digital. We delivered IAPT compliant training, training and access to our database for reporting, and overall support and monitoring of monthly performance. We met with the providers as a network on a quarterly basis and monthly individually. During our first year as Lead provider, we supported 625 clients (92% on target- contracted to support 650 clients).

Counselling - Barnet

Subsequent to the merger, we have taken over responsibility for a counselling service providing Step 3 High Intensity IAPT Compliant counselling to people aged 16 and above, registered with a GP in the London Borough of Barnet and experiencing common mental health problems such as mild to moderate depression and anxiety. The service underwent a period of transition and staff restructure to become fully IAPT compliant and contribute towards local and national statistics on NHS digital; and honour the new contract with NCL-CCG Barnet. This new contract (from April 20) has replaced the part funded long term counselling service and the main counselling offer is free short term individual IAPT compliant counselling (8 sessions). Counselling is delivered by 9 volunteer counsellors, who are qualified or in their second year of training within a BACP accredited course.

The new IAPT compliant counselling service was launched on the 18th of April 2020. Due to Covid-19, all counselling sessions are offered via telephone and Zoom. In the last year we supported 392 clients (82% on target -contracted to support 480 clients) and hit the recovery target of 50%. The service is accredited by the British Association of Counselling and Psychotherapy (BACP) and abide by their high standards whilst following the Ethical Framework for the Counselling Professions. In February 2021, we successfully renewed our accreditation for the next five years. In addition to the IAPT Compliant Counselling service, we offer private (fee-paying) open ended counselling through the DOVE service which is a self-funded service. Counselling is delivered by experienced qualified counsellors who are paid on a self-employment basis. The service has supported 9 clients over the last year, 6 of which have been in therapy for more than 1 year.

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Achievements and performance (continued)

Bereavement support – Barnet and Enfield

Since November 2020, we have also been commissioned by Citizens Advice Enfield (CAE) to deliver bereavement counselling to support members of the Enfield community who have been affected by the Covid-19 pandemic. The strength of the project lies in the fact that it supports Enfield residents psychologically and practically drawing on both organisations' expertise and experience. Mind in Enfield offers immediate emotional support (1-4 sessions) and bereavement counselling (8 sessions). Counselling is delivered by 7 volunteer counsellors. In addition, CAE have supported members of the Enfield community with fast-track access to a dedicated case worker able to advice on housing, benefits and access to financial support. In the first 6 months of the project, we have supported 48 clients and our partnership with CAE has been extended for another 6 months until the end of November 2021.

Since the merger, we have taken over responsibility for Mind in Barnet's bereavement service which has been commissioned by NCL-CCG Barnet and Public Health England to deliver Bereavement Counselling to individuals affected by Covid-19. Counselling is delivered by 12 volunteer counsellors. In the last year, this service has supported 220 clients, 83 of which completed phase 1 (1-4 immediate emotional support) and 52 completed phase 2 (8 bereavement counselling sessions). As part of this contract, we also delivered 12 free training sessions on bereavement awareness to individuals and professionals working in Barnet; providing tips on how to speak to someone who is bereaved and explaining the grieving process whilst exploring the complexities that may come with bereavement during the pandemic. The project has been extended until end of November 2021.

Client feedback on counselling and bereavement services:

I feel that I have definitely benefitted from this service and I have had a very positive experience. The sessions have allowed me to talk about my feelings in a safe space. I felt listened to and understood and I have been able to explore long standing issues which are impacting on me. I had absolute confidence in my therapist and I am sorry that the sessions have ended. I felt well prepared for the ending but do wish we could have continued. I was slightly concerned that conducting the sessions via Zoom would have a detrimental effect on the sessions but am really pleased that this was not at all the case. Thank you.

I managed to explore my relationship issue during counselling which I think helped me a lot and managed to focus me back again in my business. I will highly recommend this service to anyone. I will contact back again in future whenever I need it again.

I am very happy with my Counselling as I have language barrier. I felt I managed to share my feeling and anxiety especially during this time as COVID leaving an impact in our family. I got my counselling in perfect time.

It became a welcome outlet for me to vent my frustrations and express the troubling emotions related to my physical symptoms. It helped me to open my mind to other possibilities that may be of help to me that had perhaps evaded me. I have really appreciated having someone to talk to at a level that I couldn't with anyone else and thus free myself of some of the pent up emotions and deep sadness. Last year has been one of the toughest years in my life and couldn't have gotten through without the help I received from the therapist. Many heartfelt thanks.

My main goal was to be able to better understand myself and be more aware of my patterns of behaviour. I managed to work on that with my therapist and I have noticed a positive change in myself.

I don't like the idea of talking to a stranger but in the end, I felt very understood and listened to. I can recommend to anyone who is struggling with a recent loss or bereavement to reach out and get support.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Achievements and performance (continued)

b. Empowerment

There have been significant changes within the advocacy department during the course of 20/21 due to staff changes, contract gain, and restructuring as a result of the merger. Throughout we have continued to deliver high quality services, expand our reach, and ensure that we continue to have an impact across Barnet and Enfield.

North London Forensic Service (NLFS)

We are contracted to provide generic advocacy support for inpatients within the NLFS, which includes 12 medium secure units incorporating 2 specialist Learning Disability and 2 Rehabilitation units. Delivery has been managed remotely throughout this period, which has meant that certain activity such as attendance at community meetings has not been possible. This has resulted in a slight decrease in new referrals, but ongoing maintenance of advocacy support at CPA's, CTR's, case management meetings etc. The service attended around 140 meetings in this period.

Face to face delivery has now resumed, with a new advocate visiting the units every day and attending community meetings which has increased awareness and engagement.

CAMHS and Eating Disorder services

In August 2020 the NLFS contract was extended to include Eating Disorders inpatient Advocacy in St Ann's (Haringey), and CAMHS inpatient advocacy in the Beacon Centre (Barnet). As both units did not wish to have external visitors at the time we mobilised this remotely, which led to a longer lead in period as it was difficult to publicise and generate staff and client engagement.

We are now delivering face to face in the Beacon Centre, and lead on a new Young Persons Forum, and attend CPA's, placement reviews, and community meetings on a regular basis. We have supported the young people through a difficult CQC inspection, and subsequent changes to staff and clinical practices. We continue to liaise with CQC and Patient Experience team to make sure that recommendations and changes are taking into account the views and wishes of the young people, and that they are fully engaged throughout.

We have successfully established remote clinics at St Ann's, as due to the high vulnerability of the client group face to face is not possible. This has generated a lot of staff and self-referrals, and we have been able to offer advocacy support on CPA's, Discharge planning, Benefits issues etc.

The continuation of NLFS with additional delivery has been extended for 2021/22.

Rehabilitation Advocacy

We provide advocacy support to patients on high dependency rehabilitation ward at Chase Farm Hospital. We have worked remotely throughout this period which, as with other areas of ward based provision, has impacted new referral numbers. We have continued to provide advocacy support around CPA's, care planning, discharge, placement reviews, benefits, and community engagement.

We had an increase of funding approved to cover delivery of 14 hpw, and a further increase has just been approved to increase central cost contribution.

We have been in discussions with commissioners since 2020 to extend this service to cover Penrose, new step down accommodation units in Enfield. Approval and implementation was delayed due to lockdown, but this has now been approved (at 14 hpw) and will be processed as an extension to the current Rehab contract. This is due to commence in July 2021.

MIND IN ENFIELD AND BARNET
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Achievements and performance (continued)

Community Advocacy

We continue to deliver community advocacy under the Enfield Advocacy Service, a partnership of organisations with EDA as lead providers. We provide generic advocacy, and specialist housing and benefit support services.

We have continued to operate remotely throughout this period, offering face to face where necessary and safe to do so. Due to the restrictions and subsequent difficulty faced by clients getting a professional referral we have opened up to accept self-referrals as well as GP and professional referrals. This has been very well received by the community, and has allowed the service to respond to emerging trends and needs, and provide support in a timely manner which has been particularly important considering the challenges being experienced by the community such as homelessness, illness, employment issues etc.

We have provided advocacy support to 130 people throughout this period.

Specialist Advocacy Supervision Service

Following consultation with other VCS organisations in the borough we have established a specialist advocacy supervision and consultancy service to support Advocacy Managers in their delivery, department development, Advocacy Qualification & QPM achievement. We are currently providing this service to a Mental Health charity that operates within Barnet.

Following the loss of the SIAA contract this has allowed us to maintain a strategic advocacy presence within the borough.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Achievements and performance (continued)

c. Wellbeing

Sanctuary Enfield

Sanctuary Enfield was launched in November 2020 as an out of hours telephone service, offering immediate access to emotional and practical support, and signposting, to prevent escalation into crisis by addressing the causes and working alongside the client to find routes to resolution. In April 2021 the hours were expanded to operate from 12-10 every day in recognition of the fact that people require follow up support during the day.

The service offers an initial telephone assessment via the dedicated line, or via referral from professionals, and up to 3 follow up support sessions which are tailored to the needs of the client. We also plan to run peer support groups but this has proved challenging to set up whilst operating remotely.

We have set up referral pathways with the BEH Crisis Helpline, Enfield Crisis team, prevention houses, GP surgeries, and IAPT. Referrals were low to start with, which we attribute to operating remotely and not being able to utilise usual publicity routes and protocols. However, they are now improving (partly due to lessons learnt from implementation of Sanctuary Barnet), and we are seeing a steady increase. To date the service has provided support to around 200 clients.

Sanctuary Barnet

Sanctuary Barnet, our crisis café in Barnet, was launched in April 2021. We used the insight & experience gained from delivering Sanctuary Enfield to enhance the support available to clients.

Support offered includes an out of hours telephone line (4.30-10 weekdays and 12-6 weekends) for immediate support and crisis de-escalation; up to 4 follow up support sessions with a support worker; access to short term (up to 4 sessions) high level emotional/ therapeutic support from a counsellor; peer support groups; a safe environment/ café where people can drop in and attend groups & workshops.

We launched the service face to face in June 2021, following extensive renovation and refurbishment to transform the office making it covid safe and a welcoming environment. We have been seeing clients for one to ones, and have the ability to provide a safe space where this is needed. We are also launching a peer led walking group and support group, as well as social focussed activities which will run alongside the existing social groups.

We have set up very successful referral protocols with BEH crisis helpline, Barnet Crisis team, Elysian House (prevention/ recovery house), Barnet IAPT, and other MH and social care teams.

To date Sanctuary Barnet have supported 120 individuals.

Courses & Workshops

We have worked in partnership with Barnet and Southgate college to deliver a varied and accessible course program in Enfield for several years. This has continued throughout lockdown, with all courses being delivered remotely. The program includes recovery and personal development courses such as MBSR workshops, self-esteem, anger management, chair-based yoga; and craft-based activities such as art, hand sewing, jewellery making. The craft courses have proved particularly popular this year, and we are planning to expand this as well as introduce a health and fitness element for the next term. Assisted by Pears funding channelled through National Mind we were able to extend the number and range of courses we provided and to run a Wellbeing event.

In April 2021, we launched the Recovery College in Barnet. This enabled us to open up the courses and workshops that have been running in Enfield in partnership with Barnet & Southgate College to Barnet residents.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Achievements and performance (continued)

All of these courses have run online and been fully booked. As well as the funding from Community Barnet, Barnet & Southgate College have also agreed to fund additional courses for Barnet residents. This term we are running a Confidence Through Comedy course face to face from the Barnet office, and plan to develop next term's curriculum to include more health focused courses and an expanded Mindfulness offer.

We also lease a garden space within Pymmes Park where Mind in Enfield and Barnet run Therapeutic Gardening workshops, community gardening sessions, and connecting with nature workshops. Due to lockdown we were unable to run courses in this space until April 2021, but we continued to offer gardening and connecting with nature workshops online. We have secured funding through Enfield Society to resume gardening sessions and workshops face to face, and expand the offer to include access for community groups and schools, and open events to promote awareness and use of the space. Alongside our weekly gardening sessions we have provided access to the space for school groups for outdoor education classes; therapy groups; and social events for the local Mosque and several Enfield based community and faith groups.

Befriending and social groups

Prior to the merger, Mind in Barnet engaged in a Befriending pilot project, in partnership with Age UK Barnet. Using our complementary experience and skills the two organisations set up the following:

- a robust volunteer Befriender and organisational engagement and training program;
- referral links and dual case management for clients with complex Mental Health problems and other presenting issues;
- an independent Befriending offer via Mind in Barnet for people with mental health problems;
- engagement in Befriending Links, a best practise and information sharing group established by Age UK.

After the merger, following the success of the project, Mind in Enfield and Barnet has identified an ongoing need and allocated funding from a legacy in order to continue this work. In addition, we have continued to run the social groups, in Barnet, Libra & Electra, remotely throughout the year. Despite the difficulties in engaging remotely we have maintained support for all existing members of the groups and engaged new members.

d. Fundraising

In 2020-21, Mind in Enfield grew income by 93% and, after adjusting for the impact of a one-off legacy received by Mind in Barnet in 2020/21, Mind in Enfield and Barnet (MiEB) 2021/22 income is projected to grow 32% vs. the underlying 2020/21 income of Mind in Barnet and Mind in Enfield combined. This growth has been achieved primarily by creating new services and winning tenders supplemented by some grant income.

MiEB employed fundraising consultants to develop grant applications and tenders. Expenditure on 2020/21 on fundraising consultants was £12240 which was 2% of income.

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

b. Reserves policy

The reserves policy of the organisation is to hold sufficient unrestricted and designated reserves to cover at least 3 months of operating costs. Following the merger with Mind in Barnet, Mind in Enfield and Barnet holds 5.5 months of operating costs in unrestricted and designated reserves. At 31 March 2021, our unrestricted reserves were £89,152 (2020: £177,953).

c. Financial Review of 2020/21

The Statement of Financial Activities shows the total Incoming Resources for the year to 31st March 2021 of £634,244 (£305,080 (93%) higher than previous year) primarily due to the expanded counselling service and the new Sanctuary contract in Wellbeing. The total expenditure was £717,461 (£272,029 (61%) higher than previous year) due to expenditure relating to additional contracts and on the merger. The deficit was £83,217 (£33,051 lower than in previous year). Excluding the exceptional one-off expenditure of £52,478 relating to the merger, the underlying deficit was £30,738.

Mind in Enfield exited 2020/21 with total reserves of £125,635. On 1st April 2021, it merged with Mind in Barnet which held total reserves of £554,008 on this date. The combined entity Mind in Enfield and Barnet therefore holds total reserves of £679,643. Of these reserves, £641,797 are either unrestricted or designated.

The reason for the deficit is a strategic decision by the Trustees that, in order to thrive, Mind in Enfield and Barnet needs to grow and that this requires investing some existing reserves in a strong management team. The income growth of 93% in 2020/21 and resulting reduction of the deficit shows this strategy is progressing well and we anticipate this will continue in 2021/22. After adjusting for the impact of a one-off legacy received by Mind in Barnet in 2020/21, Mind in Enfield and Barnet 2021/22 income is projected to grow 32% vs. the underlying 2020/21 income of Mind in Barnet and Mind in Enfield combined. Key drivers are the Sanctuary crisis service in Barnet and large new contracts for community mental health treatment.

Structure, governance and management

a. Constitution

Mind in Enfield and Barnet is registered as a charitable company limited by guarantee, incorporated in the UK and registered as a charity. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed by its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Structure, governance and management (continued)

b. Governance

The composition of the Board of Trustees reflects the user involvement ethos and devolved structure, which underpins the work of Mind in Enfield and Barnet. New trustees are chosen by advertisement and through recommendations in order to provide a balanced Board with the required skills. Trustees can only serve a limited term as specified by the memorandum and articles. They are given an induction pack and are encouraged to meet senior managers and attend meetings. They receive internal and external training to support them to discharge their duties.

Mind in Enfield and Barnet elects trustees to serve as Chair and Treasurer. The Board also has the power to co-opt other members. The Board meets in full session on at least four occasions during the year. All of the Trustees are members of the company and none of the Trustees has any beneficial interest in the company.

The Board is responsible for safeguarding the assets of Mind in Enfield and Barnet including taking all reasonable steps for the prevention and detection of fraud and other irregularities and to provide reasonable assurance that:

- It is operating efficiently and effectively.
- Its assets are safeguarded against unauthorised use and disposition.
- Proper records are maintained and financial information used internally or for publication is reliable.
- It complies with relevant laws and regulations.

Mind in Enfield and Barnet's systems of internal control are designed to provide reasonable, but not absolute, assurance against material misstatement or loss and include:

- A strategic plan, business plan and an annual budget approved by trustees
- Regular consideration by the trustees of financial results, variance from budgets and nonfinancial KPIs
- Delegation of authority and segregation of duties
- Identification and management of risks

Insofar as the Trustees are aware:

- There is no relevant information of which Mind in Enfield and Barnet's independent examiner is unaware; and
- The trustees have taken all steps that they ought to take to make themselves aware of any relevant information and to establish that the independent examiner is aware of that information.

c. Management

Mind in Enfield and Barnet is managed by a Chief Executive Officer, supported by a senior leadership team consisting of Head of Services, Head of Therapy Services, Head of Finance and HR and Office Manager. The leadership team meets weekly and staff meetings are held fortnightly. Managers have regular meetings with all their staff. Employees are consulted on issues of concern to them by means of questionnaires, consultations and regular staff meetings.

Mind in Enfield and Barnet has a number of detailed policies in relation to all aspects of personnel matters including an equal opportunities policy, health and safety policies, and grievance and complaints procedures. Mind in Enfield and Barnet has well established fair employment practices for the recruitment, selection, retention and training of staff in accordance with its equal opportunities policy.

Mind in Enfield and Barnet is grateful for the dedication and commitment of trustees who combine to provide strategic direction, and to staff and volunteers who deliver our counselling, advocacy and community projects.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2021

Plans for future periods

Mind in Enfield and Barnet plans to implement the strategy outlined above in the forthcoming years subject to satisfactory funding arrangements. Although our reserve position is strong, we continue to run a deficit. While it is manageable in the short term, addressing this will be our first priority.

Statement of Trustees' responsibilities

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

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

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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and 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.

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

Laurane Till
.....
Ms L Till
Vice-Chair

Tahir Ayaz
.....
Mr T Ayaz
Treasurer

Date: 04-11-21

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2021

Independent Examiner's Report to the Trustees of Mind in Enfield and Barnet ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2021.

Responsibilities and Basis of Report

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed: *Martin Bailey*

Dated: 08-11-21

Martin Bailey FCA
Goodman Jones LLP
29/30 Fitzroy Square
London
W1T 6LQ

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021**

	Note	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income from:					
Donations and legacies	3	6,478	-	6,478	25,530
Charitable activities	4	549,637	77,546	627,183	289,925
Investments	5	60	-	60	48
Other income	6	523	-	523	13,661
Total income		556,698	77,546	634,244	329,164
Expenditure on:					
Charitable activities	7	645,499	71,962	717,461	445,432
Total expenditure		645,499	71,962	717,461	445,432
Net movement in funds		(88,801)	5,584	(83,217)	(116,268)
Reconciliation of funds:					
Total funds brought forward		177,953	30,899	208,852	325,120
Net movement in funds		(88,801)	5,584	(83,217)	(116,268)
Total funds carried forward		89,152	36,483	125,635	208,852

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

The notes on pages 22 to 37 form part of these financial statements.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

BALANCE SHEET
AS AT 31 MARCH 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	11	2,963	1,244
		<u>2,963</u>	<u>1,244</u>
Current assets			
Debtors	12	171,238	119,150
Cash at bank and in hand		163,773	184,483
		<u>335,011</u>	<u>303,633</u>
Creditors: amounts falling due within one year	13	(212,340)	(96,025)
Net current assets		<u>122,671</u>	<u>207,608</u>
Total assets less current liabilities		<u>125,634</u>	<u>208,852</u>
Total net assets		<u><u>125,634</u></u>	<u><u>208,852</u></u>
Charity funds			
Restricted funds	14	36,483	30,899
Unrestricted funds	14	89,151	177,953
Total funds		<u><u>125,634</u></u>	<u><u>208,852</u></u>

The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

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

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

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

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

Laurane Till
.....

Ms L Till
Vice-Chair

Date: 04-11-21

The notes on pages 22 to 37 form part of these financial statements.

Tahir Ayaz
.....

Mr T Ayaz
Treasurer

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2021

	2021 £	2020 £
Cash flows from operating activities		
Net cash used in operating activities	(17,529)	(102,142)
Cash flows from investing activities		
Purchase of tangible fixed assets	(3,181)	-
Net cash (used in)/provided by investing activities	(3,181)	-
Cash flows from financing activities		
Net cash provided by financing activities	-	-
Change in cash and cash equivalents in the year	(20,710)	(102,142)
Cash and cash equivalents at the beginning of the year	184,280	286,422
Cash and cash equivalents at the end of the year	163,570	184,280

The notes on pages 22 to 37 form part of these financial statements

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1. General information

Mind In Enfield and Barnet is a charitable company registered in England and Wales. The registered office address is detailed on page 1.

2. Accounting policies

2.1 Basis of preparation of financial statements

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

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

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

2.2 Company status

The Charity is a company limited by guarantee. In the event of the Charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the Charity.

2.3 Going concern

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern. The Trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

In reaching this conclusion, the Trustees have taken the merger with Mind in Barnet as detailed in note 20 into account.

2.4 Fund accounting

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

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

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

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.5 Income

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

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

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

2.6 Interest receivable

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

2.7 Expenditure

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

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

2.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £500 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2. Accounting policies (continued)

2.8 Tangible fixed assets and depreciation (continued)

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Office equipment	-	20% Straight Line
Computer equipment	-	20% Straight Line

2.9 Debtors

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

2.10 Cash at bank and in hand

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

2.11 Liabilities and provisions

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

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

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.12 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.13 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

2.14 Taxation

Mind in Enfield and Barnet is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

3. Income from donations and legacies

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Donations	6,478	-	6,478	25,530
<i>Total 2020</i>	11,345	14,185	25,530	

4. Income from charitable activities

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Wellbeing	74,561	34,972	109,533	69,749
Counselling/Bereavement	330,376	30,000	360,376	1 36,712
Advocacy	106,131	-	106,131	83,464
Mind Collaboration	38,569	5,000	43,569	-
Enfield Building redevelopment	-	7,574	7,574	-
	549,637	77,546	627,183	289,925
<i>Total 2020</i>	289,925	-	289,925	

5. Investment income

	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Bank interest	60	60	48
<i>Total 2020</i>	48	48	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

6. Other incoming resources

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Sundry income	523	-	523	11,765
Cafe takings	-	-	-	1,896
	<u>523</u>	<u>-</u>	<u>523</u>	<u>13,661</u>
<i>Total 2020</i>	<u>1,896</u>	<u>11,765</u>	<u>13,661</u>	

7. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Wellbeing	105,938	27,895	133,833	109,434
Counselling/Bereavement	341,718	20,000	361,718	211,538
Advocacy	148,234	-	148,234	124,460
Consultancy	38,569	-	38,569	-
Mind Collaboration	-	23,000	23,000	-
Fundraising	11,040	-	11,040	-
Enfield Building redevelopment	-	1,067	1,067	-
	<u>645,499</u>	<u>71,962</u>	<u>717,461</u>	<u>445,432</u>
<i>Total 2020</i>	<u>436,910</u>	<u>8,522</u>	<u>445,432</u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

8. Analysis of expenditure by activities

	Activities undertaken directly 2021 £	Support costs 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Wellbeing	97,538	36,295	133,833	109,434
Counselling/Bereavement	270,604	91,114	361,718	211,538
Advocacy	109,181	39,053	148,234	124,460
Consultancy	38,569	-	38,569	-
Mind Collaboration	5,000	18,000	23,000	-
Fundraising	-	11,040	11,040	-
Enfield Building redevelopment	1,067	-	1,067	-
	<u>521,959</u>	<u>195,502</u>	<u>717,461</u>	<u>445,432</u>
<i>Total 2020</i>	<u>337,490</u>	<u>107,942</u>	<u>445,432</u>	

MIND IN ENFIELD AND BARNET
(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

8. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Wellbeing 2021 £	Counselling/ Bereavement 2021 £	Advocacy 2021 £	Consultancy 2021 £	Mind Collaboration 2021 £
Staff costs	79,477	81,741	101,996	38,569	-
Social Support	11,281	719	312	-	-
Counselling Support	-	52,563	-	-	-
Property expenses	-	-	-	-	-
Room Hire	480	-	-	-	-
Cafe costs	-	-	-	-	-
IT	799	1,886	818	-	2,500
Printing, postage and stationery	1,597	3,760	1,631	-	-
Telephone	1,766	19,162	1,805	-	2,500
Subscriptions	499	17,837	511	-	-
Legal and professional	-	-	630	-	-
Recruitment	1,150	2,938	1,177	-	-
Training	296	426	98	-	-
Travel	23	68	52	-	-
Advertising, Marketing and Publicity	114	269	117	-	-
Other staff costs	56	475	34	-	-
Subcontractors	-	88,760	-	-	-
	<u>97,538</u>	<u>270,604</u>	<u>109,181</u>	<u>38,569</u>	<u>5,000</u>
<i>Total 2020</i>	<u><u>79,176</u></u>	<u><u>153,049</u></u>	<u><u>90,048</u></u>	<u><u>-</u></u>	<u><u>-</u></u>

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NOTES TO THE FINANCIAL STATEMENTS
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8. Analysis of expenditure by activities (continued)

Analysis of direct costs (continued)

	IT 2021 £	Total funds 2021 £	Total funds 2020 £
Staff costs	-	301,783	194,633
Social Support	-	12,312	14,105
Counselling Support	-	52,563	41,571
Property expenses	1,067	1,067	7,529
Room Hire	-	480	600
Cafe costs	-	-	1,191
IT	-	6,003	14,953
Printing, postage and stationery	-	6,988	11,972
Telephone	-	25,233	4,289
Subscriptions	-	18,847	23,855
Legal and professional	-	630	12,155
Recruitment	-	5,265	395
Training	-	820	3,553
Travel	-	143	810
Advertising, Marketing and Publicity	-	500	547
Other staff costs	-	565	5,332
Subcontractors	-	88,760	-
	1,067	521,959	337,490
<i>Total 2020</i>	-	337,490	

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NOTES TO THE FINANCIAL STATEMENTS
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8. Analysis of expenditure by activities (continued)

Analysis of support costs

	Wellbeing 2021 £	Counselling/ Bereavement 2021 £	Advocacy 2021 £	Consultancy 2021 £
Staff costs	8,446	22,909	8,636	-
Depreciation	333	787	341	-
Property expenses	1,888	4,450	1,930	-
Insurance	1,594	3,760	1,631	-
Bank charges	32	74	32	-
Legal and professional	7,873	18,556	8,049	18,000
Consulting	12,245	28,862	14,462	-
Interpreting Service	-	2,560	-	-
Other staff costs	61	145	63	-
Governance costs	3,823	9,011	3,909	-
	<u>36,295</u>	<u>91,114</u>	<u>39,053</u>	<u>18,000</u>
<i>Total 2020</i>	<u>30,258</u>	<u>58,489</u>	<u>34,413</u>	<u>-</u>

Included within governance costs is £3,180 (2020: £3,840) in respect of Independent Examiners' (2020: Auditors') fees.

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8. Analysis of expenditure by activities (continued)

Analysis of support costs (continued)

	Mind Collaboration 2021 £	Total funds 2021 £	Total funds 2020 £
Staff costs	-	39,991	30,261
Depreciation	-	1,461	2,274
Property expenses	-	8,268	13,592
Insurance	-	6,985	6,372
Bank charges	-	138	120
Legal and professional	-	52,478	-
Consulting	11,040	66,609	34,080
Interpreting Service	-	2,560	5,130
Other staff costs	-	269	1,460
Governance costs	-	16,743	14,653
	<u>11,040</u>	<u>195,502</u>	<u>107,942</u>
<i>Total 2020</i>	<u>-</u>	<u>107,942</u>	

9. Staff costs

	2021 £	2020 £
Wages and salaries	314,727	207,469
Social security costs	20,345	13,140
Other pension costs	6,702	4,284
	<u>341,774</u>	<u>224,893</u>

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

	2021 No.	2020 No.
Specifically funded projects	<u>16</u>	<u>9</u>

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9. Staff costs (continued)

No employee received remuneration amounting to more than £60,000 in either year.

Total expenditure incurred in respect of key management personnel totalled £34,896 (2020: £14,258) for the year.

10. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2020 - £NIL).

During the year ended 31 March 2021, no Trustee expenses have been incurred (2020 - £NIL).

11. Tangible fixed assets

	Freehold property £	Office equipment £	Computer equipment £	Total £
Cost or valuation				
At 1 April 2020	11,030	63,428	-	74,458
Additions	-	-	3,181	3,181
At 31 March 2021	11,030	63,428	3,181	77,639
Depreciation				
At 1 April 2020	11,030	62,184	-	73,214
Charge for the year	-	1,244	218	1,462
At 31 March 2021	11,030	63,428	218	74,676
Net book value				
At 31 March 2021	-	-	2,963	2,963
At 31 March 2020	-	1,244	-	1,244

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

12. Debtors

	2021 £	2020 £
Due within one year		
Trade debtors	136,936	77,832
Prepayments and accrued income	34,302	41,318
	<u>171,238</u>	<u>119,150</u>

13. Creditors: Amounts falling due within one year

	2021 £	2020 £
Bank overdrafts	203	203
Trade creditors	31,547	26,595
Other taxation and social security	6,892	16,954
Pension fund loan payable	-	1,788
Other creditors	363	435
Accruals and deferred income	173,335	50,050
	<u>212,340</u>	<u>96,025</u>

	2021 £	2020 £
Deferred income at 1 April 2020	20,336	20,336
Resources deferred during the year	121,809	-
Amounts released from previous periods	(20,336)	-
	<u>121,809</u>	<u>20,336</u>

Deferred income represents income being received in advance of entitlement.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

14. Statement of funds

Statement of funds - current year

	Balance at 1 April 2020 £	Income £	Expenditure £	Balance at 31 March 2021 £
Unrestricted funds				
General Funds	177,953	556,697	(645,499)	89,151
Restricted funds				
Core 1	18,000	12,574	(24,067)	6,507
Social Support	12,899	34,972	(27,895)	19,976
Counselling	-	30,000	(20,000)	10,000
	30,899	77,546	(71,962)	36,483
Total funds	208,852	634,243	(717,461)	125,634

Restricted funds in the current and prior years relate to the following:

Core 1 - Management and redevelopment costs to support the organisation's activities.

Social Support - To deliver a range of social, educational and personal development support programmes and deliver alternative therapy to improve mental wellbeing. Also, a volunteer support and training programme runs alongside the above.

Counselling - Provision of low cost counselling and bereavement support services.

Advice (prior year) - Provision of a range of intervention advisory services.

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021**

14. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2019 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2020 £</i>
Unrestricted funds				
General Funds	146,271	281,319	(249,637)	177,953
Restricted funds				
Core 1	57,917	18,000	(57,917)	18,000
Social Support	24,550	28,599	(40,250)	12,899
Counselling	51,088	1,246	(52,334)	-
Advice	45,294	-	(45,294)	-
	178,849	47,845	(195,795)	30,899
Total of funds	325,120	329,164	(445,432)	208,852

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Tangible fixed assets	2,963	-	2,963
Current assets	298,527	36,483	335,010
Creditors due within one year	(212,340)	-	(212,340)
Difference	1	-	(1)
Total	89,151	36,483	125,634

MIND IN ENFIELD AND BARNET
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**NOTES TO THE FINANCIAL STATEMENTS
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15. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2020 £</i>	<i>Restricted funds 2020 £</i>	<i>Total funds 2020 £</i>
Tangible fixed assets	-	1,244	1,244
Current assets	273,978	29,655	303,633
Creditors due within one year	(96,025)	-	(96,025)
Total	<u>177,953</u>	<u>30,899</u>	<u>208,852</u>

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

	2021 £	2020 £
Net expenditure for the year (as per Statement of Financial Activities)	<u>(83,217)</u>	<u>(116,268)</u>
Adjustments for:		
Depreciation charges	1,461	2,275
Increase in debtors	(52,088)	(22,070)
Increase in creditors	116,315	33,921
Net cash used in operating activities	<u>(17,529)</u>	<u>(102,142)</u>

17. Analysis of cash and cash equivalents

	2021 £	2020 £
Cash in hand	<u>163,570</u>	<u>184,280</u>
Total cash and cash equivalents	<u>163,570</u>	<u>184,280</u>

MIND IN ENFIELD AND BARNET
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NOTES TO THE FINANCIAL STATEMENTS
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18. Analysis of changes in net debt

	At 1 April 2020	Cash flows	At 31 March 2021
	£	£	£
Cash at bank and in hand	184,483	(20,710)	163,773
Bank overdrafts repayable on demand	(203)	-	(203)
Debt due within 1 year	(1,788)	1,788	-
	<u>182,492</u>	<u>(18,922)</u>	<u>163,570</u>

19. Related party transactions

Other than as disclosed elsewhere in these financial statements, there were no transactions with related parties requiring disclosure in either the current or previous years.

20. Post balance sheet events

After the balance sheet date, the Charity merged with another charity, Mind In Barnet, a fellow affiliate organisation of the national charity Mind. With effect from 1 April 2021, the activities and operations of the Charity are being carried out through Mind In Enfield, which has been renamed Mind In Enfield and Barnet. Mind In Barnet will be closed down in due course. Further information on the merger can be found in the Trustees' Annual Report.