

MIND BLMK

Registered Company No. 03511342 (England and Wales)

Registered Charity No. 1068724

Annual Report & Audited Accounts Year Ended 31st March 2022

MIND BLMK
ACCOUNTS
For the year Ended 31st March 2022

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MIND BLMK
REPORT OF THE TRUSTEES
For the year Ended 31st March 2022

The Trustees, who are also Directors of the charity for the purposes of Company Law, present their annual report together with the independently verified accounts for the year ended 31st March 2022. This report is a Director's Report as required by s417 of the Companies Act 2006.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)

OBJECTIVES AND ACTIVITIES

Objects of the Charity

The object of the charity as stated in the constitution is to promote and protect people with mental health problems and assist in the development of people with mental ill health by provision of support, advice and other services.

Summary of Main Activities

To achieve the object, the charity offers the following mental health and wellbeing services, as stand alone and in partnership with other service providers, in Bedfordshire, Luton and Milton Keynes: The variety of services provided are primarily those commissioned, or specifically funded, to ensure members of the public with mental health issues have access to appropriate help and support.

During the year the charity set up a number of services across the area with funding from local commissioners and as a result of the NHS Mental Health Implementation Plan which included an expansion of our Crisis Cafes, Suicide Prevention Services and Community Connectors.

Community Based Support

- Community recovery groups for those with severe and enduring mental health problems
- Wellbeing programmes
- Wellbeing Centres across Bedfordshire and Luton.
- Therapeutic groups
- Crisis Cafes funded by the East London Foundation Trust (ELFT), Central and North West London Foundation Trust (CNWL) and Milton Keynes (BLMK) CCG have provided crisis services for individuals in need of mental health support in the evenings 7 days a week.
- The Milton Keynes Crisis Recovery Service funded by NHS BLMK CCG enables an individual in mental health crisis to work on a one-to-one basis with a Crisis Recovery Support Worker to identify how to make positive change and find solutions to manage their longer term wellbeing and increase their resilience.
- MK NHS Commissioners funded a service to promote Improving Access to Psychological Therapies and Mind services across the MK area with a view to improving access to mental health services in the area.

Training

- Therapeutic, mental health awareness and suicide prevention training provided to members of the public, mental health professionals, public sector bodies, partners and companies. Due to the fact that the training is provided in a broad base of organisations it also acts to market the organisation which does lead to additional income such as fundraising events.

Public Benefit

Through these services the Company meets its public benefit obligations in accordance with the Charity Commission guidance.

Volunteers

The charity is grateful for the unstinting efforts of its volunteers. 53 volunteers donated 1,150 hours during the year. This reflects a 17% increase from the prior year, and is driven by the gradual return in delivery of services to face to face from remote due to the relaxation in restrictions that were in place during the COVID 19 pandemic. If this is conservatively valued at £9.50 (the current minimum wage) per hour the volunteer effort amounts to £10,925. This amount is not included in the accounts.

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REPORT OF THE TRUSTEES
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ACHIEVEMENTS AND PERFORMANCE

Our main activity is in Community Based Support, where we work to achieve our overall objective by applying for grants or tendering for contracts from those organisations and commissioners who have funding available to help those in society with mental health problems. Some examples of performance are detailed below.

Community Based Support

Offering Wellbeing and mental health options to the community enables individuals and their families to stay healthy. During the period 2,582 people accessed services and were supported in over 8,617 hours of support. Some examples of performance are detailed below.

Community based services enable people to get the right support in the right place and enable people to be part of their communities which increases well being and resilience. The services operate in communities they serve however during some periods of lockdown, due to the pandemic some community-based services moved to telephone and virtual support. Due to lessons learned during the pandemic some online and telephone services have continued to be delivered after the period of lockdowns so that people who may struggle to access face to face services could still access our services. However, the majority of our services have now returned back to face to face delivery in localities across the area. 1,339 group sessions and 4,262 one to one sessions were delivered across the area.

1,637 instances of support from the crisis cafes resulted in 91% of people feeling their crisis was de-escalated, 83% felt they resumed normal life, 90% felt less isolate, 76% felt less suicidal or likely to self-harm.

Counselling

The counselling service in Milton Keynes was closed at the end of the financial year due to changes in priorities for funding by the local commissioners. During the year while it was open the counselling services supported 70 individuals who received 501 sessions of counselling in the period covered by the accounts.

Training

Training for the community is delivered as it raises awareness and skills people to understand and support wellbeing and mental health needs. This enables people to support each other in families, neighbourhoods and workplaces. In FY 21/22 1,217 individuals attending training to increase their knowledge. 102 individuals became qualified Mental Health First aiders enabling them to feel confident in supporting those struggling with their mental health. 232 individuals increased their knowledge in reducing suicides by attending the See the Signs training and understanding how to identify those at risk and how to support them. During the previous period webinars were developed as an accessible way for people to understand how to stay well during the pandemic. This method of delivery continued in FY 21/22 which made it more accessible with some 83% of courses being delivered and 7% face to face.

Service User Involvement

A member of staff is now responsible for influence and participation and is in the process of recruiting volunteers to our Central Advisory Group which will help to identify improvements in policies, service design and our business plan in conjunction with staff members. In addition they have been seconded to work with NHS BLMK CCG in their co-production work with service users. Service users were consulted during the preparation of the new strategy to ensure that Mind BLMK services and direction reflect the needs of the local community.

Increase partnership working in mental health and associated areas

This is an ongoing activity. The charity continues to develop its range of partnerships and pursue new opportunities. The Business Development and Finance committee has this as a specific focus. Because of the influencing work carried out with commissioners Mind BLMK is viewed as a key contributor to the Mental Health Transformation work that the NHS are implementing and more funding has been gained in the year for example the Community Connectors across the area. The charity is also involved in Voluntary, Community and Social Enterprise Mental Health Alliances in Milton Keynes which were set up to ensure that local community needs were being heard and addressed by funders and policy makers.

MIND BLMK
REPORT OF THE TRUSTEES
For the year Ended 31st March 2022

ACHIEVEMENTS AND PERFORMANCE CONTINUED

Implement a workforce strategy and allied training to ensure resilience and capacity.

During the year the charity took the decision that training as a whole needed to be upgraded given the growth in staff numbers, the increase in the different types of services we offer and the way that staff working practices had changed during the pandemic. As part of this process the charity took the decision to commission another local mind who had an established training programme to deliver training for part of the induction and ongoing annual training on core areas that require regular training such as safeguarding, GDPR and confidentiality. This is in line with the existing workforce strategy and workforce development and retention is a key part of the Business Strategy that is currently under review.

Attract sustainable new sources of funding for current and new services

We ensure that the organisation is aware of regional and national opportunities and prepare for anticipated opportunities. We continue to build a range of partners to allow us to participate in collaborative bids for the delivery of new services. In addition, we have structured both operational capability and committee decision-making so that we can respond in a timely and agile manner to unforeseen opportunities.

Key Performance Indicators / Operational Reporting

The primary monitor and reporting of objectives, remains that of meeting the commissioners reporting obligations and targets under each contract undertaken. In this way the Company considers it is best placed to expand and thrive in delivering its charitable activities in the future. In addition to operational use, the Governance, Quality and Performance sub-committee performs regular oversight and challenge of metrics, in addition to the main Board.

The Mind BLMK Crisis Cafes opened in February 2020 in Bedford and Luton, were expanded to Milton Keynes in late 20 and subsequently expanded to cover Central Bedfordshire in mid 2021. They were set up initially to provide face to face support for people in these areas who were in crisis. The Crisis cafes were adapted in response to the COVID 19 pandemic and the restrictions that were introduced as a result of this by providing phone support. All the crisis cafes are now providing services face to face again. The support provided by the crisis cafe meant that a high proportion of people who would otherwise have had to engage with the NHS or visit A & E were able to have their crisis de-escalated and felt better able to cope with future crises.

FINANCIAL REVIEW

Financial Position

The Company achieved a surplus of £374,486K in the year under review, increasing its unrestricted reserves to £1,071,656K. The surplus for the year reflects staff recruitment difficulties, some changes to delivery of the Crisis Cafes contracts owing to the Covid19 restrictions for part of the year, the continuing strong performance of the fundraising activities and action taken to curtail expenditure as appropriate to the changing circumstances.

Details of the Company's financial performance are given in the Statement of Financial activities, Balance Sheet on pages 12 and 13 and supporting notes on pages 15-20, forming part of this annual Report.

The Trustees are satisfied that the assets of the charity are available and adequate to fulfil the obligations of the charity on a fund-by-fund basis: details of various specific funds are given in the notes to the accounts. They are also satisfied that the accounts comply with current statutory requirements.

MIND BLMK
REPORT OF THE TRUSTEES
For the year Ended 31st March 2022

FINANCIAL REVIEW CONT.

Policy on Reserves

It is the policy of Mind BLMK to maintain a level of unrestricted reserves equal to not less than three months' costs, plus wind-down costs and closure expenditure. The calculation of these costs is subject to the timing relative to property leases and other contractual obligations.

The Business Development and Finance Committee monitors these reserve levels. As these are approximately 50% more than the policy level, ways are being sought to use the excess to further enhance services and the benefit to the public.

At 31 March 2021 the total reserves amounted to £1,114K of which £42k are restricted i.e. have to be used for specific purposes and the balance are unrestricted

With the level of reserves available to the Charity, it is appropriate to prepare the accounts on a going concern basis.

Principal Funding Sources

Core funding for the charity's activities is provided by Luton Borough Council, East London NHS Foundation Trust, Bedford Borough Council, NHS BLMK CCG, Central Bedfordshire Council, Central and North West London NHS Foundation Trust, Milton and Keynes Council. Luton.

During the year the work of the Fundraising Manager who was appointed in 2018 to develop and grow this area of income has resulted in an increase in fundraising income from £92K to £192K since their appointment. The level of income has increased by £38K after the £49K dip in 20/21 due to the impact of COVID. The Fundraising Manager left in early 2022 and was replaced not long after. It is not expected that the change in the manager will result in a dip in the income for FY 22/23.

Investment Powers and Policy

Under the Memorandum and Articles of Association, the charity has the power to invest in any way the Trustees wish. In light of the current low interest rate environment a review of potential higher reward options was considered.

The Trustees determined that it has no appetite for riskier investments, but given the levels of cash have taken the decision to spread cash resources in line with the Financial Services Compensation Scheme guarantee of £85,000 per account.. The charity holds no investments other than bank deposits.

Expenditure on Future Income Raising Capability

The organisation continues to operate in a challenging environment particularly given the impact of the Covid 19 pandemic, and continues to consider methods to diversify our income stream, and limit the impact of fluctuations to that income stream. As discussed above a Fund Raising Manager was appointed in FY 18/19 and continues to grow the income, our reach to potential donors across the region and broaden our reach in terms of grant applications. Mind BLMK are developing a new 3 year strategic plan which will given direction on diversifying and stabilising our income stream. This will involve some expenditure to strengthen the fundraising and grant writing department to continue to grow our income and reach potential donors across the area and broaden our reach in terms of grant applications.

INDEMNITY INSURANCE

Mind BLMK purchases Indemnity Insurance on behalf of the Trustees.

PENSIONS LIABILITY

Mind BLMK operates a defined contribution pension scheme to which employee and employer contribute. There is no defined benefit pension scheme and no pension liability.

PLANS FOR FUTURE PERIODS

Mind BLMK are currently setting a new strategic plan to cover the next 3 years. Led by the Board of trustees the plan has been created by the workforce, service users and stakeholders to ensure that the charity supports the needs of our communities by really understanding the challenges they face after the COVID restrictions which increased feelings of isolation, loneliness, stress and anxiety. These will continue to impact on people as we continue in these uncertain times. The plan will also support the wellbeing and retention of our workforce and to support the delivery of services.

MIND BLMK
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For the year Ended 31st March 2022

PLANS FOR FUTURE PERIODS CONT.

The Charity monitors its potential sources of income for four years ahead. As its main income is from contracts of limited duration, from one year upwards, the greatest risks to its future activities are:

- Failure to win the renewal of a contract in a competitive market.
- A decision by commissioners to discontinue a service, sometimes through their own financial pressures.
- The pricing of the contract offered make it difficult for the Company to cover all its costs.

This last point is mitigated to a large extent by the Company's fundraising activities.

The Charity is encouraged by the government's continued investment in the transformation of mental health services in future years, and the general opportunity for third sector organisations to be a major part of this.

NHS England and NHS Improvement aim to deliver a transformation in adult and older adult mental health services by 2023/24, building on the progress made to date towards achieving the recommendations set out in the 5 year forward Plan and aiming to rebalance the provision of care and ensure that people can access the care they need closer to home.

The NHS Mental Health implementation plan 2019/20-2023/24 sets out priorities for improving adult and older adult mental health care over the next two years supported by major new investment. NHS England and NHS Improvement are investing to improve care across a range of services and settings, including mental health crisis care, acute mental health care, and community-based mental health care.

Locally the BLMK area started working on transformation bids in 2020 and the implementation started in April 2020. The transformation has to include the Voluntary sector which will see more mental health offers delivered by the voluntary sector. This has created new opportunities for Mind BLMK with new services being delivered including the crisis cafes and community connectors. The initial 3 year transformation has seen further opportunities for the voluntary sector including Mind BLMK as well as the continuation of the new services started last year.

Mind BLMK are part of the Transformation Boards and working groups.

Our funders have continued to support our services in FY 21/22 with only one service needing to have its funding cut by 3% due to a reduction in income for the council from the local airport due to the restrictions put in place for the pandemic. Our training and fundraising income have continued to recover and grow in FY 21/22 as delivery of training has been adapted to be done remotely and face to face and income has continued to be generated and fundraisers have continued to adapt to different ways of raising funds due to the restrictions that were in place for part of FY 21/22 but are also returning to doing face to face events with the removal of restrictions part way through 2022.

The financial impact of the pandemic on the organisation was monitored closely by the trustees and appropriate action was taken as necessary. With the easing of restrictions in 2021 all our services have now returned to being delivered face to face. However, due to lessons learned during the pandemic a mixed model of delivery is now in place for the majority of services with face to face and online groups and one to ones and wellbeing calls which has enabled more people to access the services provided than would be possible with just face to face access.

Our volunteers continue to be an important part of our service provision but this was impacted at the early stage of lockdown. As services have adapted to being delivered safely and remotely, volunteers have once again started to be used providing for example our peer support mentoring service, counselling and attending remote groups with service users.

The Executive and the dedicated Business Development and Finance Committee scans for developments and opportunities in mental healthcare, and the wider healthcare marketplace.

A strategic review to consider the changing healthcare landscape was undertaken during the 2nd half of 2015. This resulted in a new 5 year Strategic Plan being published in January 2016. The plan is being reviewed in the first half of FY 22/23 due to changes in funding streams and the needs of the community.

MIND BLMK
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For the year Ended 31st March 2022

PLANS FOR FUTURE PERIODS CONTINUED

A key focus for FY 21/22 was and continues to be continuing to develop our partnership working with the East London NHS Foundation Trust (ELFT). As part of the Operational Management team, Mind BLMK is helping to design and implement a new Recovery Service in Bedfordshire. Mind have now been sub-contracted to provide the peer support function up to and including 2022/23, and are working closely with ELFT to explore how Mind can contribute further to the evolving Recovery Service past this date. Mind BLMK has also been closely consulted about other new services across the area including the crisis cafes and the re-imagining work that has been going on in Luton around the voluntary sector for example.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The charity was incorporated on 16th February 1998 under the name "The Befrienders for Mental Health and Learning Disabilities" as a company limited by guarantee and is also a registered charity. The charity changed its name to Bedfordshire and Luton Mind on 30th October 2006.

The charity is governed by its Memorandum and Articles of Association which were updated on 2 April 2013 due to the acquisition of Milton Keynes Mind, and the change of name to Mind BLMK.

Mind BLMK is an independent charity affiliated to National Mind. It is an incorporated charity that is limited by guarantee. The liability of members in the event of the charity being wound up is limited to a sum not exceeding £10. There are currently 137 members.

Appointment of Trustees

A Board of Trustees administers the charity in accordance with the purposes of the charity, as set out in its governing document and with regard to the Charity Commission's guidance on public benefit. Trustees are recruited to provide specific skill sets to enhance charitable achievements and public benefit. The Trustees are appointed by the members in general meetings.

Additional Governance Issues

The Board of Trustees is supported by:

- The new groups set up for service user involvement as a result of the review undertaken in the year
- Executive Team overseeing operational issues
- Sub-committees covering workforce, business development and finance, health and safety, and governance, quality and performance. Each sub-committee is led by a trustee and made up of at least 1 executive officer and 2 or more trustees.
- Our external audit service provider was changed to Myers Clark during 2016/17.
- Rotation of our Board of Trustees is also important to support the ongoing quality of governance, and at the time of writing (October 2022), we are in the process of recruiting one new trustee.

Board and Committee Attendances

Trustees attendance at the Board and subcommittees is given in the table below.

Meeting Attendances	Board		Business Development		Governance, Quality and		Workforce/Health and Safety	
	Actual	Possible	Actual	Possible	Actual	Possible	Actual	Possible
S. Clarke	4	4	3	4	4	4	-	-
S Horner	2	4	4	4	-	-	-	-
J Culling	4	4	4	4	-	-	-	-
L Broughton	4	4	-	-	-	-	4	4
H Donovan	3	4	-	-	4	4	-	-
D. Gibson	4	4	-	-	-	-	4	4
S Jenkins	3	3	-	-	1	2	2	2
H Parrish	2	3	2	2	2	2	-	-
A De Araujo	3	4	-	-	2	4	2	4

MIND BLMK
REPORT OF THE TRUSTEES
For the year Ended 31st March 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT CONT.

Decision Making

The Executive team is responsible for the day to day operations of the organisation. Trustees perform a governance and oversight role. The Board of Trustees and each sub-committee meet at least 4 times per year. Key decisions which require their approval are; setting of strategy; setting of annual budgets and forecasts; specific approval of major expenditure in line with prescribed delegated authorities; review of the Charity's policies and procedures, entering into key contracts and partnerships, and selection and appointment of auditors.

The Business Development and Finance sub-committee operates a streamlined approval mechanism to facilitate an agile response to emerging mental healthcare initiatives, partnership, and funding opportunities. This avoids the need to delay decisions to the next quarterly meeting cycle.

Organisation Policies

Ownership of each policy is assigned to a relevant sub-committee of the Board of Trustees. Additionally the senior management team own many of the operational policies. Policies are reviewed and updated on a staggered annual schedule. Key operational risks are mapped to policies to ensure completeness of policy coverage. An extensive review of organisational policies has been ongoing during the current year, with action to standardise the quality and content of policies, rationalise the number of policies, and assess the effectiveness of policies across the organisation.

Induction and Training of Trustees

On election, Trustees attend an induction with key personnel and are provided with a Trustee Handbook containing organisation and governance information, guidance on their duties and responsibilities, codes of conduct and declaration of interests.

In order to take advantage of particular expertise or experience, each Trustee is a member of one or more Board sub-committees.

Organisation

The names of the Trustees who served during the year are set out on page 9.

A Chief Executive is appointed by the Trustees to manage the day to day operation of the charity.

The CEO remuneration is set in line with the ACEVO (Association of Chief Executives of Voluntary Organisations) Pay Survey, based on geographical location and charity size. An organisational Job Evaluation with 4 criteria (Knowledge; People and Relationships Management; Analysis, Planning and Thinking; Decision Making and Accountability) sets and benchmarks organisational pay

The Executive Team comprises the Chief Executive, Caroline Lewis, the Finance and Resource Manager, Katy Preen, and Operational Manager Richard Hurst.

Mind BLMK is affiliated to Mind, the national mental health charity and during the previous year signed a new federation agreement dealing with how the various Mind organisations interact and work together. The organisation operates autonomously as regards policies and procedures.

Mind BLMK works with high professional standards in its service delivery and organisation performance through its programmes of staff and volunteer training, financial management, quality control and information systems. It holds: Mindful Employer; Disability Confident Employer; and the Mind Quality Mark (MQM).

The MQM is a robust quality assurance framework created by Mind, the mental health charity. MQM sets out the baseline of best practice and legal compliance in all areas of a local Mind's governance and activities. To achieve the MQM, a local Mind must meet or exceed all 24 key standards. Local Minds undergo a rigorous assessment which includes a thorough appraisal of organisational policies and procedures as well as a visit and interviews with trustees, staff, volunteers and people who use services.

MQM is awarded when all standards are fully met. The MQM provides assurance that local Minds across England and Wales are well-run organisations who meet Mind's expectations of good practice, and in many cases excel beyond those expectations. It provides assurance that they are healthy, ambitious and strong in providing the highest quality support to people experiencing or at risk of developing mental health problems.

Partners

The charity works closely with, East London NHS Foundation Trust, Central and North West London NHS Foundation Trust, NHS BLMK CCG, GPs and other statutory agencies. Voluntary partners include MK and Bedfordshire and Luton Community Foundations, Age UK MK, Talkback, Headway, Social Business Alliance CIC, Relate Bedfordshire, Relate MK, Bedford Creative Arts, Carers in Bedfordshire, Bucks Carers, Bedfordshire Rural Communities Charity, the Disability Resource Centre, MK Centre for Integrated Living, Citizens' Advice, Hertfordshire Minds and Mind in Cambridgeshire. Support for our core services comes from East London NHS Foundation Trust, NHS BLMK CCG, Luton Borough Council, Central Bedfordshire Council, Bedford Borough, Central and North West London NHS Foundation Trust and Milton Keynes Council with whom we work together to provide a relevant service within the resource constraints of all parties.

MIND BLMK
REPORT OF THE TRUSTEES
For the year Ended 31st March 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT (CONTINUED)

Grants

The charity works in partnership to deliver mental health initiatives with grant funding when suitable opportunities are identified and we hold sufficient funds to deliver to a high standard. The charity does not have a policy of making grants to other parties.

Risk Management

The Board of Trustees has conducted its own review of the major risks to which the charity is exposed. The risk matrix which has responsibilities split between the trustees and the executive reflects the impact of any risk and the likelihood of its occurrence, has been reviewed by the Trustees and systems have been put in place to mitigate those risks, including a designated property fund. A perceived significant external risk to funding is the removal of the requirement for transformation monies to involve the voluntary sector from 2024 that has led to the development of a strategic plan that will allow for the diversification of funding and activities. Failure to recruit staff for existing and new projects is perceived to be a risk due to the nationwide difficulties in recruiting suitable staff. This issue could impact on our reputation, funding and contract performance. To mitigate this risk a review has been carried out on how we recruit, induct and retain staff and our overall reward package. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the charity. These procedures are periodically reviewed to ensure that they still meet the needs of the charity.

Significant Risks

Confidence in the Charity Sector: Charities have continued to be in the public eye again in the last 12 months. We are unable to influence these external factors, however the organisation remains focused on continuing to apply good governance practice. We have a dedicated sub-committee to focus on evolving our governance and minimising risks within Mind BLMK. We continue to seek to differentiate ourselves through robust governance and a focus on delivering the best possible quality services and measuring, monitoring and acting upon the outcomes, both internally and through external accreditations. Mind BLMK has been awarded the Mind Quality Mark (MQM) after an assessment in 2018 and this is due to be renewed by way of an audit in early 2023.

We maintain and review appropriate policies with regard to fundraising, combined with volunteer support.

East London NHS Foundation Trust: This partnership has continued to positively evolve and strengthen and has now been extended to March 2023.

Brexit: At the time of writing this year's report, seven years on from the referendum, the uncertainties which we faced in 2016 remain. The UK has left the EU and the future UK relationship with the European Union have been agreed although the British Government is looking to amend part of the agreement. The EU Settlement Scheme has made things clearer for EU citizens wishing to continue living and working in the UK after Brexit. Currently Mind BLMK has not suffered noticeably from the labour and reduction in funding impacts of Brexit.

MIND BLMK
REPORT OF THE TRUSTEES
For the year Ended 31st March 2022

REFERENCE AND ADMINISTRATIVE INFORMATION

Registered Company No. 03511342

Registered Charity No. 1068724

Trustees

Simon Clarke	Appointed 3rd June 2019 Chair from 3rd June 2019
Steven Horner	Appointed 10 December 2014 Deceased 26th September 2022
James Culling	Appointed 1 October 2016
Lesley Broughton	Appointed 19 October 2018
Dr Helen Donovan	Appointed 19 October 2018
Drew Gibson	Appointed 2 September 2019
Sara Jenkins	Appointed 6 September 2021
Hannah Parrish	Appointed 6 September 2021
Alex De Araujo	Appointed 7 April 2021

Company Secretary

Caroline Lewis

Chief Executive

Caroline Lewis

Principal and Registered Office

The Rufus Centre
 Steppingley Road
 Flitwick
 Beds
 MK45 1AH

Auditors

Myers Clark - Chartered Accountants
 Statutory Auditor
 Egale 1
 80 St Albans Road
 Watford
 WD17 1DL

Bankers

Barclays Bank Plc
 111 High Street
 Bedford
 Beds
 MK40 1NJ

Website

www.mind-blmk.org.uk

MIND BLMK
REPORT OF THE TRUSTEES
For the year Ended 31st March 2022

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees who served during the year are listed on page 9, though post balance sheet changes have been noted. None of the Trustees has any beneficial interest in the charity.

The Trustees (who are also directors of the charity for the purposes of company law) are responsible for preparing the Trustees' Annual 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 accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the results of the charity for that period. In preparing those accounts, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards and statement of recommended practice have been followed, subject to any material departures disclosed and explained in the accounts; and
- prepare the accounts on a "going concern" basis unless it is inappropriate to assume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts 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.

In accordance with company law, as the charity's Trustees, we certify that:

- so far as we are aware, there is no relevant audit information of which the charity's auditors are unaware; and
- as the Trustees of the charity we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

The report of the Trustees has been prepared in accordance with the special provision for small companies in the Companies Act 2006.

Signed on behalf of the Board of Trustees



.....
Simon Clarke
Trustee

The Rufus Centre
Steppingley Road
Flitwick
Bedfordshire
MK45 1AH

**INDEPENDENT AUDITORS' REPORT TO THE TRUSTEES OF
MIND BLMK
For the year Ended 31st March 2022**

Opinion

We have audited the financial statements of MIND BLMK ('the charitable company') for the year ended 31st March 2022 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31st March 2022 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for Opinion

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

Conclusions relating to going concern

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

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least 12 months from when the financial statements are authorised for issue.

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

Other Information

The other information comprises the information included in the annual report, including the trustees' report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

**INDEPENDENT AUDITORS' REPORT TO THE TRUSTEES OF
MIND BLMK
For the year Ended 31st March 2022**

Opinions on other matters prescribed by the Companies Act 2006

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

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 10, 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 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 company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

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

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

This description forms part of our auditor's report.

Use of our report

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



Paul Windmill (Senior Statutory Auditor)

Dated 14 November 2022

For and on behalf of Myers Clark Statutory Auditor
Egale1, 80 St Albans Road
Watford
Hertfordshire
WD 17 1DL

MIND BLMK
STATEMENT OF FINANCIAL ACTIVITIES INCLUDING
INCOME AND EXPENDITURE ACCOUNT
For the year Ended 31st March 2022

	Note	Unrestricted Funds	Restricted Funds	2022 Total Funds	Unrestricted Funds	Restricted Funds	2021 Total Funds
		£	£	£	£	£	£
INCOME AND ENDOWMENTS							
Donations and Legacies	3	192,199	-	192,199	153,980		153,980
Charitable Activities							
Community Based Support		1,569,318	13,466	1,582,784	977,503	46,004	1,023,507
Training		72,371	-	72,371	49,254		49,254
Counselling		24,342	-	24,342	16,529		16,529
Other Trading Activities		-	-	-	-		-
Investments		1,668	-	1,668	2,908		2,908
TOTAL INCOME AND ENDOWMENTS		1,859,899	13,466	1,873,365	1,200,174	46,004	1,246,178
EXPENDITURE							
Business Development and Fundraising Costs		68,974	-	68,974	84,158		84,158
Charitable Activities	4(a)						
Community Based Support		1,317,164	17,472	1,334,636	797,555	50,126	847,681
Training		62,808	-	62,808	96,759		96,759
Counselling		21,461	-	21,461	18,346		18,346
Other		11,000	-	11,000	10,770		10,770
TOTAL EXPENDITURE		1,481,407	17,472	1,498,879	1,007,588	50,126	1,057,714
NET INCOME/EXPENDITURE		378,492	(4,006)	374,486	192,586	(4,122)	188,464
TRANSFERS BETWEEN FUNDS	5	-	-	-	-	-	-
NET MOVEMENT OF FUNDS	6	378,492	(4,006)	374,486	192,586	(4,122)	188,464
RECONCILIATION OF FUNDS							
TOTAL FUNDS BROUGHT FORWARD		693,163	46,340	739,503	500,577	50,462	551,039
TOTAL FUNDS CARRIED FORWARD		1,071,655	42,334	1,113,989	693,163	46,340	739,503

The notes on pages 16 to 26 form part of these accounts.

The Statement of Financial Activities also complies with the requirements for an Income and Expenditure Account under the Companies Act 2006.

MIND BLMK
BALANCE SHEET
For the year Ended 31st March 2022

	Note	2022	2021
		£	£
FIXED ASSETS			
Tangible Assets	9	24,835	22,432
CURRENT ASSETS			
Debtors	10	1,048,245	262,745
Cash at Bank and in Hand	22	782,919	805,915
		<u>1,831,164</u>	<u>1,068,661</u>
LESS: CURRENT LIABILITIES			
Creditors: amounts falling due within one year	11	<u>742,010</u>	<u>351,590</u>
NET CURRENT ASSETS		<u>1,089,154</u>	<u>717,070</u>
NET ASSETS		<u><u>1,113,989</u></u>	<u><u>739,503</u></u>
TOTAL CHARITY FUNDS			
Unrestricted	13	1,071,656	693,164
Restricted	14	42,333	46,339
	15	<u><u>1,113,989</u></u>	<u><u>739,503</u></u>

Under the Companies Act 2006, s454, on a voluntary basis the trustees can amend the financial statements if they subsequently prove to be defective.

The financial statements were approved by the trustees on 03 November 2022



.....
 Simon Clarke
Trustee

Registered Company Number: 03511342
Registered Charity Number: 1068724

The notes on pages 16 to 26 form part of these accounts.

MIND BLMK
Statement of Cash Flows
Year Ended 31st March 2022

	Note	2022 Funds £	2021 Funds £
Cash flows From Operating Activities:			
Net Cash Used in Operating Activities	21	<u>(24,664)</u>	<u>387,495</u>
Cash Flows From Investing Activities			
Interest Income		1,668	2,908
Purchase of Equipment		-	-
Cash Provided by Investing Activities		<u>1,668</u>	<u>2,908</u>
Increase/(Decrease) in Cash and Cash Equivalents in the Year		(22,996)	390,403
Cash and Cash Equivalents at the Beginning of the Year		805,915	415,512
Total Cash and Cash Equivalents at the End of the Year	22	<u><u>782,919</u></u>	<u><u>805,915</u></u>

MIND BLMK
NOTES TO THE ACCOUNTS
For the year Ended 31st March 2022

1 ACCOUNTING POLICIES - BASIS OF PREPARATION

Mind BLMK meets the definition of a public benefit entity under FRS 102. The Financial Statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and the Republic of Ireland (FRS102) issued 1 January 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Companies Act 2006 and the Charities Act 2011, in so far as it applies, and UK generally accepted Practice as it applies from 1 January 2019.

The preparation of financial statements in compliance with SORP 2019 requires the use of certain critical accounting estimates. It also requires management to exercise judgement in applying the accounting policies (see note 2).

(a) Going Concern

The accounts have been prepared on the going concern basis and the trustees are not aware of material uncertainties regarding going concern.

(b) Funds

Unrestricted funds are donations and other incoming resources receivable or generated for the objective of the charity without further specified purpose and are available as general funds. The Trustees may allocate certain unrestricted funds as designated funds where appropriate.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of management and support costs.

Details of the funds of the charity, how they have arisen and their use are given in notes 13 and 14.

(c) Income recognition

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

All income is gross without deduction for related expenditure.

Voluntary income is received by way of donations and gifts and is included in full in the Statement of Financial Activities when it is probable that it will be received and the amount can be ascertained. The value of services provided by volunteers has not been included.

Grants that are non-exchange transactions are recognised in the period in which they are receivable. Grants received which relate to future periods are treated as deferred income.

Grants that are subject to performance related criteria are recognised as performance is met.

Income that is subject to contractual terms is recognised when those terms have been met.

Income from investments is included in the Statement of Financial Activities in the year in which it is receivable.

Restricted income is recorded in the SOFA when receivable.

MIND BLMK
NOTES TO THE ACCOUNTS
For the year Ended 31st March 2022

1 ACCOUNTING POLICIES - BASIS OF PREPARATION CONT.

(d) Expenditure recognition

Liabilities for expenditure are recognised in accordance with the accruals concept.

Resources expended are recognised in the period in which they are incurred and include attributable VAT, which cannot be recovered.

Costs of raising funds comprise the direct costs of raising funds and an apportionment of support and governance costs.

Expenditure on charitable activities comprise the direct costs attributable to each activity and an apportionment of support and governance costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the other activities of the charity. The basis on which support costs are allocated are set out in note 4.

(e) Tangible Fixed Assets

Fixed assets are capitalised in the balance sheet as tangible fixed assets and they are stated at historical cost less accumulated depreciation. A gift of an asset or a grant to purchase is recognised in full and any restrictions on the asset's use is recognised by allocating the asset to a restricted fund. The charity's capitalisation limit is £3,000 therefore all fixed assets above this value are capitalised. This includes assets where the total cost of assets purchased in one batch is more than £3,000 but the value of each individual asset purchased in the batch is less than £3,000.

Depreciation is provided on all tangible fixed assets, to write off the cost, less estimated residual value, of each asset over its expected useful life at the following rates:

Leasehold improvements	- over period of lease of 25 years
Fixtures, fittings and equipment	- 25% to 33.33% on cost
Computer Software	- 33.33% on cost

(d) Debtors

Short term debtors are measured at transaction price, less any impairment losses. Any losses resulting from impairment are recognised in expenditure.

(e) Creditors

Short term creditors are measured at transaction price.

(f) Cash and Cash Equivalents

Cash and cash equivalents comprise cash at bank and in hand and demand deposits with banks.

(g) Financial Instruments

The Charity only enters into basic financial instruments transactions that result in the recognition of financial assets and liabilities such as debtors and creditors.

Financial instruments are initially measured at transaction value. They are assessed at the end of each reporting period for objective evidence of impairment. If objective evidence of impairment is found, an impairment loss is recognised in the SOFA.

(h) Holiday Pay Accrual

A liability is recognised to the extent of any unused pay entitlement that is accrued at the Balance Sheet date and carried forward to future periods. This is measured at the undiscounted salary cost of the future holiday entitlement accrued at the Balance Sheet date.

MIND BLMK
NOTES TO THE ACCOUNTS
For the year Ended 31st March 2022

1 ACCOUNTING POLICIES - BASIS OF PREPARATION CONT.

(i) Operating Leases

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

(j) Pension Contributions

Pension contributions represent payments to individual personal pension schemes and are charged to the income and expenditure account in the period to which they relate.

2 JUDGEMENTS IN APPLYING ACCOUNTING POLICIES AND KEY SOURCES OF ESTIMATION UNCERTAINTY

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the amounts reported for revenues and expenses during the year. The nature of the estimation means that the actual outcomes could differ from those estimates. There are no material key sources of estimation uncertainty that could have an impact on the financial statements.

3 INCOME

Current Year

Donations and Legacies

	Unrestricted Funds	Restricted Funds	2022 Total
			£
Donations	82,766	-	82,766
Fundraising	90,433	-	90,433
Legacies	20,000	-	20,000
	193,199	-	193,199

Prior year

Donations and Legacies

	Unrestricted Funds	Restricted Funds	2021 Total
			£
Donations	82,845	-	82,845
Fundraising	71,135	-	71,135
Legacies	-	-	0
	153,980	-	153,980

MIND BLMK
NOTES TO THE ACCOUNTS
For the year Ended 31st March 2022

4 Expenditure

(a) Charitable Activities Costs

Current Year	Unrestricted Funds			Restricted Funds			Total Funds 2022 Total
	Activities Undertaken Directly	Support Costs	Total	Activities Undertaken Directly	Support Costs	Total	
Community Based Support	£ 1,119,589	£ 197,575	£ 1,317,164	£ 14,851	£ 2,621	£ 17,472	£ 1,334,636
Training	53,387	9,421	62,808	-	-	-	62,808
Counselling	18,242	3,219	21,461	-	-	-	21,461
Total Charitable Activity Cost	1,191,218	210,215	1,401,433	14,851	2,621	17,472	1,418,905
Prior Year	Unrestricted Funds			Restricted Funds			Total Funds 2021 Total
	Activities Undertaken Directly	Support Costs	Total	Activities Undertaken Directly	Support Costs	Total	
Community Based Support	£ 677,922	£ 119,633	£ 797,555	£ 42,607	£ 7,519	£ 50,126	£ 847,681
Training	82,245	14,514	96,759	-	-	-	96,759
Counselling	15,594	2,752	18,346	-	-	-	18,346
Total Charitable Activity Cost	775,761	136,899	912,660	42,607	7,519	50,126	962,786

(b) Charitable Activities - Analysis of Support Costs

Current Year	Unrestricted Funds			Restricted Funds			Basis of allocation
	Community Based Support	Training	Counselling	Total	Community Based Support	Total	
Governance	£ 11,460	£ 546	£ 186	£ 12,192	£ 152	£ 152	Headcount
Finance	29,637	1,413	483	31,533	393	393	Headcount
Audit	3,764	179	61	3,994	50	50	Headcount
Information Technology	34,773	1,658	567	36,998	461	461	Headcount
Human Resources	52,357	2,497	853	55,707	695	695	Headcount
Administration	36,946	1,762	602	39,310	490	490	Headcount
Marketing	28,648	1,366	467	30,481	380	380	Headcount
Total Support Cost	197,575	9,421	3,219	210,215	2,621	2,621	
Prior Year	Unrestricted Funds			Restricted Funds			Basis of allocation
	Community Based Support	Training	Counselling	Total	Community Based Support	Total	
Governance	£ 5,716	£ 694	£ 131	£ 6,541	£ 359	£ 359	Headcount
Finance	18,610	2,258	428	21,295	1,170	1,170	Headcount
Audit	2,826	306	58	2,890	159	159	Headcount
Information Technology	21,401	2,596	492	24,490	1,345	1,345	Headcount
Human Resources	32,567	3,951	749	37,267	2,047	2,047	Headcount
Administration	11,565	1,403	266	13,234	727	727	Headcount
Marketing	27,250	3,306	627	31,183	1,713	1,713	Headcount
Total Support Cost	119,633	14,514	2,752	136,898	7,520	7,520	
							144,418

MIND BLMK
NOTES TO THE ACCOUNTS
For the year Ended 31st March 2022

5 TRANSFERS

No transfers between reserves were made in the year.

6 NET INCOME/(EXPENDITURE)

This is stated after charging:

	2022	2021
	£	£
Depreciation	12,549	10,958
Bad Debt Write Off	4,250	1,809
Auditor's Remuneration	11,000	10,770
Operating Lease Rentals	6,082	3,415
Operating Lease Rentals - Property	54,258	62,604

7 STAFF COSTS

Wages and Salaries	1,068,812	748,091
Social Security costs	56,392	53,765
Pension Costs	30,508	21,562
Health Plan	3,966	2,701
	<u>1,159,678</u>	<u>826,119</u>

The average monthly number of staff based on headcount was

Charitable Activities	66	54
Support and Governance	9	9
	<u>75</u>	<u>63</u>

The average monthly full time equivalent was

Charitable Activities	37	24
Support and Governance	8	6
	<u>45</u>	<u>30</u>

1 employee earned in excess of £60,000 during the year (2021 - 1)

CEO Remuneration	63,217	61,799
Other Key Management Personnel	164,931	169,231
Aggregate amount of Key Management Personnel (Executive team and Senior Managers) benefits to include salary, employers national insurance and pension and health cover.	<u>228,147</u>	<u>231,031</u>

None of the volunteer trustees received any remuneration from the charity during the year in their capacity as trustees.

Trustees Expenses. One trustee received expenses for travel	<u>23</u>	<u>62</u>
No. of Volunteers	<u>53</u>	<u>110</u>
No. of Volunteer Hours	<u>1,150</u>	<u>981</u>

MIND BLMK
NOTES TO THE ACCOUNTS
For the year Ended 31st March 2022

8 TAXATION

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

9 TANGIBLE FIXED ASSETS

	Leasehold Improvements	Fixtures, Fittings and Equipment	Total
Cost	£	£	£
At 1st April 2021	36,488	166,067	202,555
Additions		14,952	14,952
At 31st March 2022	36,488	181,019	217,507
Accumulated Depreciation			
At 1st April 2021	31,571	148,775	180,347
Charge for Year	902	11,424	12,326
At 31st March 2022	32,473	160,199	192,673
Net Book Value as 31st March 2022	4,015	20,820	24,834
At 31st March 2021	4,917	17,516	22,432

10 DEBTORS

	2022 £	2021 £
Prepayments and Accrued income	55,874	184,255
Other Debtors	992,372	78,483
	1,048,245	262,738

As at the end of September 2022 the balance of other debtors as at 31 March 2022 has been paid in its entirety

11 CREDITORS

	2022	2021
Amounts Falling Due Within One Year		
Accruals and Deferred Income	672,170	301,591
Other Creditors	69,840	50,000
	742,010	351,590

12 FINANCIAL INSTRUMENTS

	2020 £	2019 £
Financial Assets		
Financial Assets That are Debt Instruments Measured at Amortised Cost	992,338	78,457
Financial Liabilities		
Financial Liabilities Measured at Amortised Cost	33,992	21,631

MIND BLMK
NOTES TO THE ACCOUNTS
For the year Ended 31st March 2022

13 UNRESTRICTED FUNDS		Balance	Net		Balance
Current Year		1st April	Outgoing	Transfer	31st March
		2021	Resources	of funds	2022
		£	£	£	£
Designated					
Property		75,061	-	(22,297)	52,765
		75,061	-	(22,297)	52,765
Undesignated		618,101	378,491	22,297	1,018,889
		693,163	378,491	-	1,071,655
Prior Year		Balance	Net		Balance
		1st April	Outgoing	Transfer	31st March
		2020	Resources	of funds	2021
		£	£	£	£
Designated					
Property		75,061	-	-	75,061
		75,061	-	-	75,061
Undesignated		425,515	192,586	-	618,101
		500,577	192,586	-	693,163

DESIGNATED FUNDS

Property

This fund has been set aside for lease refurbishment commitments and capital requirements for service delivery venues.

14 RESTRICTED FUNDS		Balance	Incoming	Outgoing	Transfer	Balance
Current Year		1st April	Resources	Resources	of funds	31st March
		2021	£	£	£	2022
		£				£
Designated						
Luton Services		36,672		842		35,830
		36,672	-	842	-	35,830
Undesignated						
Other Capital Projects		2,260			-	2,260
Arabic & Asian Women		554			-	554
Wellbeing in Later Life - Comic Relief		2,589			-	2,589
Luton NHS SOS bus		1,101			-	1,101
Mind DBT Luton		-	2,436	2,436		-
Panacea Hoarding and Peer Support		3,164	14,633	17,797		-
		46,339	17,069	21,075	-	42,333
Prior Year		Balance	Incoming	Outgoing	Transfer	Balance
		1st April	Resources	Resources	of funds	31st March
		2020	£	£	£	2021
		£				£
Designated						
Luton Services		41,594		4,922	-	36,672
		41,594	-	4,922	-	36,672
Undesignated						
Computers		708	-	708	-	-
Other Capital Projects		2,260	-	-	-	2,260
Arabic & Asian Women		554	-	-	-	554
Wellbeing in Later Life - Comic Relief		2,589	-	-	-	2,589
Panacea Trust Youth Peer Support		709	-	709	-	-
Luton NHS SOS bus		1,101	-	-	-	1,101
Mind DBT Luton		145	1,667	1,812	-	-
Lottery Hoarding project		802	5,598	6,400	-	-
Panacea Hoarding and Peer Support		-	4,878	1,714	-	3,164
		50,462	12,143	16,265	-	46,339

MIND BLMK
NOTES TO THE ACCOUNTS
For the year Ended 31st March 2022

14 RESTRICTED FUNDS CONT.

Luton Services Reserve

As the organisation is no longer contracted to provide an IAPT and Wellbeing service in Luton, a designated Luton Restricted Fund was set up in FY 16/17 using funds from the Luton IAPT and Wellbeing Restricted Fund to enable these funds to be used on other services provided in Luton. The commissioner of this service approved this transfer.

Other Capital Projects

Grants received from Bedfordshire NHS to provide capital equipment for BLM throughout Bedfordshire.

Arabic & Asian Women Cultural Project

Funding by Bedfordshire County Council to raise awareness of Mental Health issues and increase access to therapies amongst Asian and Arabic women in Bedford.

Wellbeing in Later Life - Comic Relief

Funding from Comic Relief to develop mentoring services for older people in Central Bedfordshire to increase personal wellbeing and support networks.

Luton NHS SOS Bus

The Luton SOS bus project aims to reach out to people who may be in need of support, but do not know where to go. Mind BLMK planned to work with partner organisations in Luton to run a weekly outreach event to engage with the public to raise awareness of support available, and offer information and advice using the SOS bus as a base. Discussions on how these services will be delivered are ongoing.

Mind DBT Luton

A peer support project for people in Luton who have a personality disorder and have had training in Dialectical Behaviour Therapy (DBT) to help them manage their condition.

Panacea Trust Hoarding and Peer Support

A project to provide a Peer Support Group for men in Bedford who are experiencing mental health issues and in addition to provide support for anyone in Bedford who is experiencing Hoarding Disorder.

MIND BLMK
NOTES TO THE ACCOUNTS
For the year Ended 31st March 2022

15 ANALYSIS OF NET ASSETS BETWEEN FUNDS	Tangible Fixed Assets £	Net Current Assets £	Total £
Restricted Funds	902	41,431	42,333
Designated funds		52,764	52,764
Unrestricted Funds	23,933	994,959	1,018,892
	<u>24,835</u>	<u>1,089,154</u>	<u>1,113,989</u>

16 COMPANY STRUCTURE

The charity is limited by guarantee and does not have a share capital. Every member of the charity undertakes to contribute such amount as may be required, not exceeding £10, to the charity's assets if it should be wound up while he or she is a member or within one year after he or she ceases to be a member, for payment of the charity's debts and liabilities contracted before he or she ceased to be a member, and of the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves.

17 LEASING COMMITMENTS

	2022 £	2021 £
Future Minimum Lease Payments under non-cancellable operating leases for periods not later than one year		
Property	13,466	3,339
Other Assets	2,074	3,347
later than one year and not later than five years		
Property	30,605	0
Other Assets	<u>0</u>	<u>6,137</u>

18 DEFERRED INCOME

	2022 £	2021 £
Balance Deferred Income as at 31st March 2021	278,467	43,540
Previous Year Income Recognised	(231,417)	(27,798)
Current Year Income Deferred	583,911	262,725
Balance as at 31st March 2022	<u>630,960</u>	<u>278,467</u>

Income is deferred to acknowledge that some income is received in advance of matched expenditure. The large increase from last year was due to monies being received in March 22 that related to FY 22/23 from commissioners.

MIND BLMK
NOTES TO THE ACCOUNTS
For the year Ended 31st March 2022

19 PENSIONS

During the year, contributions continued to be paid into the Charity's Stakeholder Pension Scheme. There were 73 members in the year, each of whom contribute 5% of salary. The Charity pays a sum representing 6% of the employee's scheme. Total costs to the Charity were £6,439.40 (2020-2021, £6,305.06) and are included in wages and salaries. The scheme was closed to new entrants on 31st March 2012. Members of staff not in the Stakeholder scheme are in a NEST scheme after a qualifying period. Each member contributes 5% of salary and the Charity also pays 3%. There were 73 members in the year, the total cost to the Charity being £24,068.63 (2020-21 £15,257.12).

20 RELATED PARTY TRANSACTIONS

There were no related party transactions during the year. A donation of £50 was received from one trustee who donated their time.

**21 RECONCILIATION OF NET INCOME/(EXPENDITURE)
TO NET CASH FLOW FROM OPERATING ACTIVITIES**

	2022	2021
	£	£
Net Income/(Expenditure) for the Reporting Period	374,486	188,464
Adjustments for :		
Depreciation Charge	12,549	10,958
Income Shown in Investment Income	(1,668)	(2,908)
(Increase)/Decrease in Assets	(14,952)	(4,224)
(Increase)/Decrease in Debtors	(785,499)	(62,409)
Increase/(Decrease) in Creditors	390,420	257,614
Net Cash Provided Used in Operating Activities	(24,664)	387,495

22 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2022	2021
	£	£
Cash in Hand	202	176
Notice Deposits (Less Than 3 Months)	782,717	805,739
Total Cash and Cash Equivalents	782,919	805,915

23 GOVERNMENT GRANTS

	2022	2021
	£	£
Grants	24,082	72,111
Contracts	1,242,329	764,456
Ad hoc Training	35,204	33,779
Total	1,301,615	870,346

Government grants include monies from central government departments, local government and NHS commissioning groups, local police forces and academies. The monies have been provided in the main to fund our local mental health services, specific projects and training courses.

There are no unfulfilled conditions or contingencies attached to these monies.