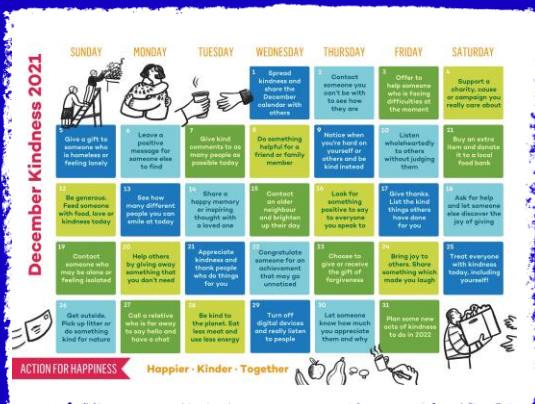


Annual Review and Financial Statements 2021 - 2022



Registered Charity number:
1069373

Registered Company number:
03530898



"The ability to be in the present moment is a major component of mental wellness."

– Abraham Maslow

Serving across North Northamptonshire

Our people

These are the people who strategically and operationally steered Kettering Minds work this year – and inspired others not listed here, to keep pushing for better mental health.

Our People

Trustees

Mr Martin Moloney - Chair
 Mr Richard Elliott – Vice Chair
 Dr Andrew Stephen - Treasurer
 Mr Philip Douglas
 Mrs Jean Carthew (*resigned 28 June 2022*)
 Dr Derek Lee
 Mrs Barbara Moloney
 Ms Keli Watts
 Mr Robert Kew
 Mrs Lesley Thurland (*appointed 14 January 2022*)
 Mr Christopher Davison (*appointed 14 January 2022*)

Company Secretary

Mr Philip Douglas

Senior Management

Jo Pettitt – Chief Executive Officer (CEO)

Kirsty Woods – Financial Manager / Deputy CEO

Registered Office

49 – 51 Russell Street
 Kettering
 Northamptonshire
 NN16 0EN

Registered Company number

03530898

Registered Charity number

1069373

Professional Services

Auditor

Azets Audit Services
 Thorpe House
 93 Headlands, Kettering
 Northamptonshire NN15 6BL

Solicitors

Wilson Browne
 Kettering Parkway South
 Kettering Venture Park, Kettering
 Northamptonshire NN15 6WN

Bankers

Virgin Money
 7 Gold Street
 Northampton NN1 1EN

Investment Management Services

Quilter Cheviot
 One Kingsway
 London,
 WC2B 6AN

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Trustees' Report (including Directors' Report)

The Trustees present their report and financial statements for the year ended 31 March 2022

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

Objectives and Activities

Kettering Mind's objects

To promote the wellbeing and preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.

The Charity's objects and policies adopted in furtherance of these objects are detailed below, and there has been no change in these during the year.

Our Vision:

We won't give up until everyone experiencing a mental health problem gets both support and respect

Our Mission:

We provide advice and support to empower anyone experiencing a mental health problem.

We campaign to improve services, raise awareness and promote understanding and positive living conditions

Trustees' Report (including Directors' Report) (continued)

Our Goals

Staying well:

Support people likely to develop mental health problems, to stay well.

Empowering choice:

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

Improving services and support:

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

Enabling social participation:

Open the doors to people with experience of mental health problems participating fully in society.

Removing inequality of opportunity:

Gain equality of treatment for people who experience both mental health and other forms of discrimination.

Organisational excellence:

Make the most of our assets by building a culture of excellence.

Our Values

Open: We reach out to anyone who needs us

Together. We're stronger in partnerships

Responsive: We listen, we act

Independent: We speak out fearlessly

Unstoppable: We never give up

Trustees' Report (including Directors' Report) (continued)

We are Mind. Open, experienced, unstoppable, together.

We connect minds. We support minds. We change minds.

We're here to fight for mental health.

For support. For respect. For you.

Purpose and aims

Kettering Mind's purposes and aims are to:-

- Benefit the public by promoting mental health and wellbeing;
- Support people who experience mental health difficulties;
- Promote recovery and enhance the quality of people's lives.

All our charitable services focus on prevention, wellbeing and recovery, and a belief that everyone should have equality of opportunity, to actively participate in society. Personalisation shapes how services are planned, co-produced and delivered.

Public benefit

Trustees have had due regard to the Charity Commission's public benefit guidance, and have taken it into account when making decisions to which the guidance is relevant

Public benefit is addressed throughout the trustees' annual report



Trustees' Report (including Directors' Report) (continued)

Activities, Projects and Services

Supported Housing

	No. of tenants	Property owner	Landlords	Support providers
• Avondale Flats	6	bpha	bpha	Kettering Mind
• Clarkson House	4	Kettering Mind	Kettering Mind	Kettering Mind
• Highfield Flats	4	KBC	Kettering Mind	Kettering Mind
• Warkton House	3	KBC	Kettering Mind	Kettering Mind

Supported housing exists to make sure everyone in our communities can live their best life, whatever their circumstances. The table above and below shows the number of tenants each project can accommodate if at full capacity. We continued to provide support throughout the pandemic where staff were assigned to specific project areas as part of infection control measures. The Charity carried voids across the year for Highfield Flats and Clarkson House (Highfield Flats occupancy rate was at 76% and Clarkson House 73%) This was an opportunity to complete repairs, redecoration and refurbishment.

During 2021 - 2022, 16 individuals benefited from living in the supported accommodation

Rehabilitation Project

	No. of tenants	Property owner	Landlords	Support providers
• Pennels Rehabilitation	7	Kettering Mind	Kettering Mind	Kettering Mind

Pennels rehabilitation service was set up to help individuals recover from the difficulties of longer-term mental illnesses / mental health problems. It opened officially in May 2015 after undergoing extensive refurbishment major improvements / additions to the property throughout the previous year to make it ready as a House of Multiple Occupancy (HMO), but most importantly create a 'homely environment'. Support packages up to 18 months, enable intensive rehabilitation plans, co-produced with the tenants to identify, plan for and regain skills to live as independently as possible.

The difficulties with living with a longer-term mental health problem can mean that individuals need support to adjust and recover, while accepting that they may still have serious difficulties which may need continuing help and support, once they feel ready to move on.

Referrals were received from across Northamptonshire

During 2021 - 2022, 10 individuals benefited from living here, and the occupancy rate was at 72%

Trustees' Report (including Directors' Report) (continued)

Community and home Support - across North Northamptonshire

Intermediate Support Service

88 individuals were supported to meet specific outcomes, that they had identified would help them towards living their best life.

The Intermediate Support Service offers time-limited support, to enable individuals who have mental health needs to meet identified outcomes to improve:

- Health and wellbeing
- Levels of independence
- Resilience through self-help / self-care
- Quality of life
- Positive connections within the community
- Choice and control
- Economic well-being / maintaining employment
- And other personal outcomes related to preventing deterioration and focusing on enablement

It is a high impact, high energy prevention service that focuses on small positive steps, and continuous improvement to reach specific desired outcomes.

We supported individuals through:

- Developing tenancy skills including household tasks, shopping, budgeting, and setting up utility services
- Hoarding work and decluttering the home, making the environment safe
- Managing mental health
- Managing physical health and self-care
- Developing confidence to use public transport to reconnect with friends / family

Trustees' Report (including Directors' Report) (continued)

We delivered.....

• Private Support

3 individuals were supported
272 support sessions delivered
 (476 hrs)

• Hospital at Home

NHFT and Kettering Mind are jointly operating an enhanced Hospital at Home service as an alternative to a hospital admission, during a crisis where possible. This started in December 2019 following on from a successful pilot in 2018/2019.

Individuals would have been admitted to hospital if this service had not been in place

26 individuals did not require a hospital admission after receiving hospital at home.

• Individual packages of care

16 individuals were supported
1337 community sessions delivered
 (2238 hrs)

• Breathing Spaces - Orbit

This service is primarily for Orbit housing tenants who are in need of some mental health support. The role of the workers is to:

- Actively listen to what they wanted to do to make positive changes to their wellbeing.
- Help individuals assess whether they were ready to make those changes and support them in planning a pathway identified to achieve their goals.
- Provide information of appropriate support agencies that they may wish to use.
- Motivate and empower individuals to make these changes and maintain them long term.

51 tenants benefitted from this service

Trustees' Report (including Directors' Report) (continued)

Crisis Pathway

• Crisis Cafes

NHFT and Kettering Mind are working in partnership to facilitate the Crisis Cafés in Kettering 3 days a week. The aim is to support people to reduce any immediate crisis and to safety plan; drawing on strengths, resilience, and coping mechanisms to manage their mental health and wellbeing. The NHS signpost direct from the 111 service and the police utilise the crisis support.

COVID safe measures continued to be in place throughout the year.

Opened
158 days

Supported
816 individuals in
crisis

Delivered
1205 crisis
interventions

‘So grateful for a safe place, it's a life saver’

‘Lovely environment, very laid back and good to talk to’

‘Today I have been met with compassion and gentleness by the people there’

‘Felt better just talking to someone that I don't know’

• Mental Health Navigators

The Mental Health Integrated Hub was opened in January 2020 by NHFT in partnership with the local Minds.

Kettering Mind was already working in partnership with Kettering Borough Council (Now North Northants Council – Kettering) to provide mental health intervention to council attendees, so this was to be continued and not absorbed into the hub.

Unfortunately due to the ongoing pandemic, the council office were not open so we were unable to access our meeting room in their building. The Mental Health Navigator Service continued to operate from the Kettering Mind office and calls were responded to as individuals phoned the mental health integrated hub. By the end of March 2022, there had been a gradual opening up of the council offices so we have been able to partially resume our service from that building.

Trustees' Report (including Directors' Report) (continued)

Resource centre

• Resource Centre

This year has not been without its difficulties and challenges as the pandemic continued to impact us all. The difference this year was we had adapted the previous year to delivering services differently, by using various IT platforms to deliver support. We were able to continue 1-1 sessions and courses without any disruption.

Face to face weekly wellbeing sessions continued, albeit apprehensively whilst adhering to Covid restrictions, including social distancing. This was a lifeline for so many people who without this were at risk of loneliness and isolation. Throughout the year we have had a gradual return to building based services whilst still operating the phone and online support systems alongside, to ensure no one had to face a mental health problem alone.

On-line courses continued to run each week; these were the Creative Arts Collective, Hoarding Peer support group, The Student Mental Health and Wellbeing Group and Mindfulness.

Anxiety management, Anger Management and Depression management, has returned to face to face. Understand Yourself Better, Mens Group, Womens group, Cooking and Gardening have been face to face throughout. There was also a trip to Duxford Museum in March, which seemed like a new experience given all the lockdowns and restrictions.

In addition to the usual peer support sessions, looking after yourself physically was a key theme throughout the year, including healthy eating choices, fruit & veg benefits, and visits from Co-op representatives with different products to try.

Because of the PCI/PH grant and COVID Relief grant we were able to offer additional courses and sessions including the new 'Long Covid' support group.

Delivering services face to face has, and continues to be important. The priority this past year has been to embed robust measures to keep the building clean and sanitised, and safe for all.

Trustees' Report (including Directors' Report) (continued)

- Rebranding and promoting Kettering Mind's services

National Mind implemented a brand refresh in light of public consultation. As a local Mind affiliated to National Mind the brand refresh applied to us. We took this opportunity to update and refresh our service information leaflets.



Supported Housing

Supported housing exists to make sure everyone in our communities can live their best life, whatever their circumstances.



Crisis Café

Kettering Mind Mixing Bowl

Drop-in mental health support for any adult in need



Intermediate Support Service

Improving Health and Wellbeing Outcomes (Across North Northamptonshire)



Wellbeing Courses

Anxiety Management
Anger Management
Depression Management
Understand Yourself Better



Breathing Space

Mental Health and Wellbeing Service for Orbit Housing tenants

Trustees' Report (including Directors' Report) (continued)

- Rebranding and promoting Kettering Mind's services - *continued*



Individual Support

Choice and control over the shape of services, that support you



Long Covid Peer Support Group

Prioritising mental health has never been more critical than it is now. New mental health problems have developed as a result of the Coronavirus pandemic.



Student

Mental Health and Wellbeing Service



Community Partnerships with Kettering Mind

Join the fight for mental health.



Hoarding Peer Support Group

Reclaim your space and make positive changes to your life



Mental wellbeing and resilience course for Carers



Trustees' Report (including Directors' Report) (continued)

Achievements and Performance

Outcomes to date

Impact for beneficiaries and wider benefits to society as a whole
(Snapshot of feedback from beneficiaries, taken from feedback forms - end of service):

'Brilliant, so much support given every day, cheered me up when I was upset, made me laugh like true angels'

'I felt people genuinely cared about me like I was the most important thing and whatever they could do to help, they would do their very best to achieve.'

'Polite and respectful and didn't push me into anything'

'Enjoyed gaining confidence in cooking skills, making healthy foods I would never have attempted on my own'

Achievements against objectives set

1. 175 Beatrice Road garage site development
The approval for planning permission for 6 flats came with conditions attached and meant the Charity's ability to meet the eligibility criteria to apply for a Homes England Capital Grant, was impacted. New plans have been drawn up for 5 flats and 5 parking spaces.
2. Registered Housing Provider
The working group has continued to meet regularly with the support from East Midlands Community Led Housing. Becoming a registered provider is a serious undertaking – together with advantages there are obligations that must be met. Action plans are being drawn up at each stage to ensure we are keeping focused to complete the preliminary application form. This will need to be submitted and approved by Homes England before we can proceed to the full Registered Housing Provider application process.
3. Kettering Mind Covid Safe Services – Russell Street
There has been a cautious phased opening of core charitable services that meet the requirements of the general public, and individuals with lifelong enduring mental health problems. At the year-end we were still limiting the building to smaller groups, as the prevalence of COVID infections was still high locally.
4. Mind brand refresh and digital strategy
We have had a brand refresh across all the public facing platforms, this has included new signage, leaflets, website, training resources, event materials T-shirts, lanyards and banners. A digital development group has been established with its terms of reference. We have been utilising social media platforms throughout the year to raise the profile of the Charity

*Trustees' Report (including Directors' Report) (continued)***Contribution made by volunteers**

Volunteers add value, skill, motivation and a friendly welcoming to others and most importantly the time to 'just be' with people. During this past year 'time with people' has mainly been through virtual groups, or bespoke roles utilising their talents to support the charity in other valuable ways.

Last year the total volunteer hours on average was 12 per week. This reflected the limited opportunities to volunteer due to lockdown restrictions.

We delivered Training / awareness sessions

The CEO representing Kettering Mind took part in one of the NHFT workshops that was set up regarding the role and contribution of the third sector and the services that they deliver in the county. This was part of the 3 year transformation of mental health services developing primary care networks (PCN's). Experts by experience have identified that they would benefit from having third sector support workers in each PCN to connect people through to the communities around them, support with social aspects of recovery and wellbeing and support with accessing services locally.

The CEO (representing Kettering Mind and MHNC) along with Teamwork and the Assistant Director of NHFT delivered 2 forums titled 'Building Alliances with the Third Sector', to the East Midlands Mental Health Clinical Network and Derbyshire Healthcare Trust. This was based around the crisis care pathway and the building of partnership working with NHFT and the mental health voluntary sector in Northamptonshire.

We attended the Northamptonshire Carers event at St Andrews Church to offer information and advice, and promote the new Carers mental wellbeing and resilience course.

During the year a bespoke 11 week induction programme of training was developed for new staff and volunteers covering:

- Organisation, Values, Mission
- Active Listening Skills
- Responding skills
- Neurotic and psychotic disorders
- Stigma and discrimination around Mental Illness
- Equality and Diversity - Being an Inclusive organisation
- Personalisation - One Page Profile and other personalisation tools
- Five Ways to Wellbeing - looking after ourselves
- Professional Boundaries - as a Mind worker
- Lone working - keeping safe
- The Mind Brand – why it's important

*Trustees' Report (including Directors' Report) (continued)***We delivered Training / awareness sessions – *continued***

We delivered:

- 2 sessions at Kettering's Health & Wellbeing Festival, 'an Introduction to Mindfulness' and 'The Art of Creative Living'
- Sessions on 'anxiety and returning to work' to Northamptonshire Police.
- Sessions about the Crisis café service in partnership with NHFT to the Police East Midlands Ambulance Service and the Primary Care Networks
- Time to Change Champions training (stigma and discrimination; the role of being a champion; Social contact)
- Mental health awareness sessions to:
 - Millbrook Healthcare
 - Northamptonshire Councils safeguarding team (children's services)
 - Kettering Training Services (students)

Specialised training / webinars we attended

Staff training and development is tailored to their job role this has included:

- Advanced Hoarding Awareness (Hoarding UK)
- Core values, personalisation
- Cyber security
- Race Equality in the NHS
- Fire Safety Awareness Passive Protection
- De-escalation
- Domestic Violence Awareness
- National Centre for Domestic Violence – awareness training
- Northamptonshire Adult Safeguarding Board (raising a safeguarding concern, risk management process and completing a Section 42 enquiry)
- National Mind for the MENTOR project
- The Mind Network Leader's conference in November
- National Mind webinars – branding
- Equality Diversity & inclusion training from Northants Rights & Equality Council
- Leadership & management qualifications through Tresham College
- Core values & Personalisation training (Managers and senior workers)
- Autism awareness training by a Charity called En-fold
- Lone Worker and Personal Safety training
- Health and Safety in the workplace training

The mandatory training for safeguarding, and mental capacity was achieved through staff accessing webinars through Social Care Institute for Excellence (SCIE)

*Trustees' Report (including Directors' Report) (continued)***Campaigning**

Kettering Mind strives to be inclusive, benefit from diversity and appreciate everyone for their individual contribution.



We led on the Northamptonshire Time to Change group for Mental Health Awareness week in May 2021, the hope was to bring awareness in the importance of nature for good mental health. Two events happened this week:

- A Time to Walk challenge, encouraging individuals to go outside and enjoy their local surroundings.
- An open forum for the local Black and Asian communities for a conversation on stigma and discrimination.

The Time to Change (TTC) Campaign has gone well. A Hub meeting was organised with all the other TTC Hubs across the country. This meeting was to see how everyone was managing since the retirement of the national campaign. All Hubs felt the importance of continuing to deliver the campaign in their local areas.

A Black Asian and Minority Ethnic (BAME) Northamptonshire TTC event was organised for World Mental Health day 10 Oct 2021 at WACA (Wellingborough African Caribbean Association).

- Local organisations held stalls,
- Champions shared their experiences surrounding mental health stigma and discrimination.
- Dr Audrey Lang a Psychologist was the keynote speaker and spoke about resilience and mental health in the BAME community.
- The United African Associations drumming group performed at the event,
- Kettering Mind had a Ghanaian performance slot, provided the PA, compere and refreshments. (thanks to the funding from MHNC)
- Partners from the Mental Health Integrated Response Hub attended to talk about mental health support and how to access services.

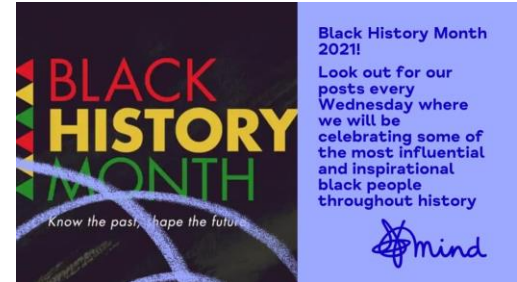
The Mental Health Productivity Pilot project launched the campaign 'Start a Chat' which we engaged with.

Trustees' Report (including Directors' Report) (continued)

Social Media Platforms & Local Community Posters

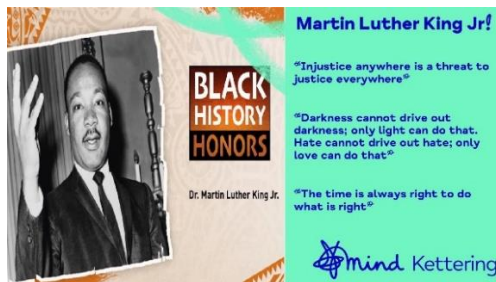
These are some examples of the social media posts throughout the year...

Social media is another way for us to raise awareness and engage with individuals, who can then share the posts across their personal networks. We have engaged with 2539 people we would not have had contact with, (this does not include re-posting or retweets)



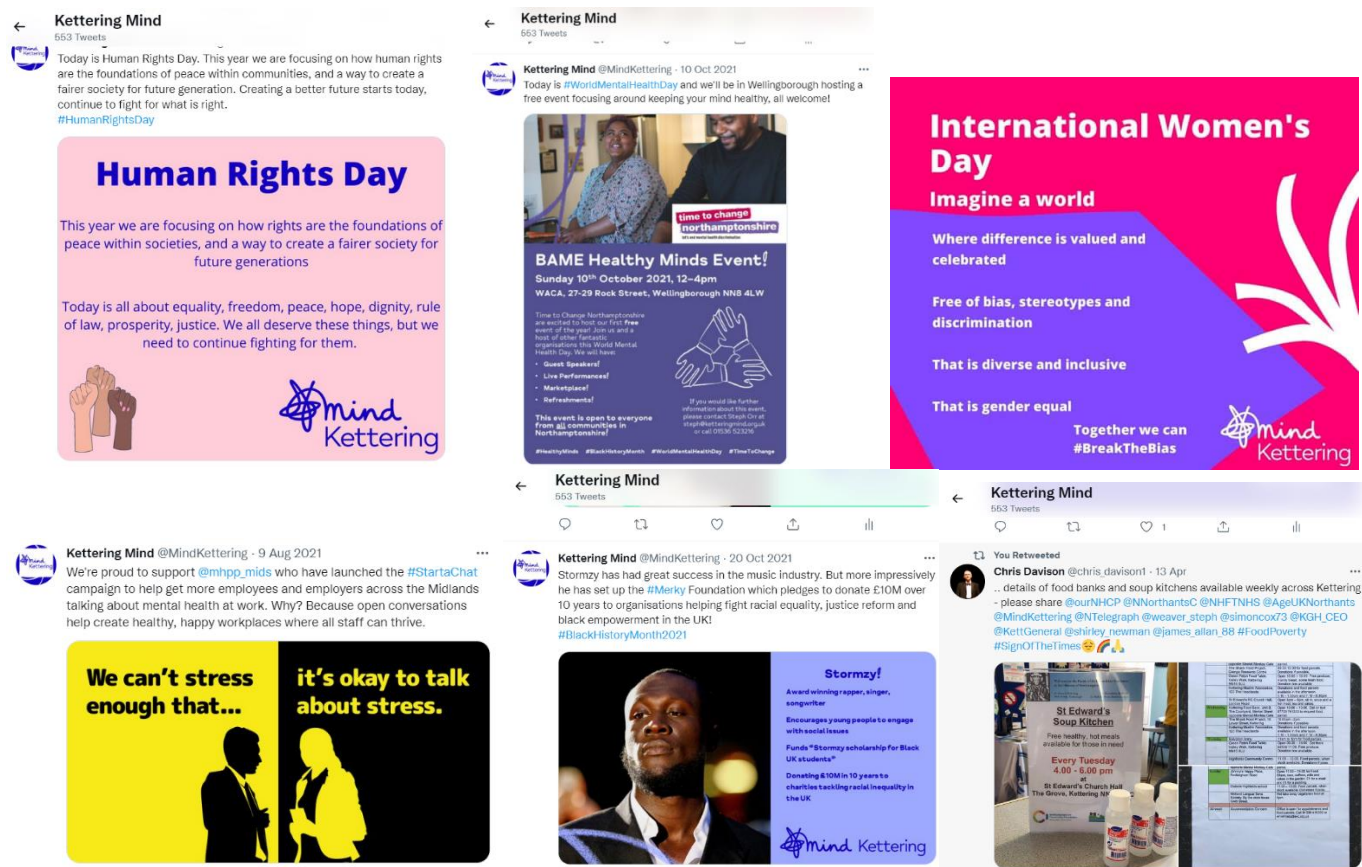
Stress Management

Practical ways to reduce stress levels



Trustees' Report (including Directors' Report) (continued)

Social Media Platforms & Local Community Posters continued...



Tips for coping during Christmas

1. Honesty
Try to be honest with people if you're finding things overwhelming and you're not feeling up to getting involved in everything. Don't be afraid to cancel plans if you're not feeling up to it. Sometimes you need to put yourself first.

2. Press pause
If you're someone who has a tendency to take on too much, the demands of Christmas can make this even worse. Remember you can only do so much, stop if it's becoming too much and just try to relax and look after yourself.

3. Pyjamas!
In between all the social arrangements, make sure you have a day to hang out at home in your pyjamas. Christmas is the season of hanging out in your pyjamas.

4. Plan ahead
Think about what might be difficult about Christmas for you, and if there's anything that might help you cope. Set a 'start' and 'finish' time for what you count as Christmas. Remind yourself that it won't last forever.

5. Manage relationships
If other people's questions are difficult, you could think of some answers in advance so you're not caught off guard. For example, about your plans or how you're doing. Suggest an activity or an easy way to move on, if you want to help end an unwanted conversation.

6. Don't believe the hype
Don't compare yourself and your Christmas with the representations of perfect Christmas moments on social media or on adverts. Remember that everyone is only sharing the good bits and that we don't know what is going on behind the scenes.

It's ok to prioritise what's best for you, even if others don't seem to understand.

Registered Charity no. 1069373 Registered Company no. 03530898

FIVE WAYS TO WELLBEING
AT A TIME OF SOCIAL DISTANCING

Looking after yourself and others during the coronavirus crisis.



Registered Charity no. 1069373 Registered Company no. 03530898

*Trustees' Report (including Directors' Report) (continued)***We welcomed**

- A member of staff from Nottinghamshire Mind to gain some knowledge on the workings of our Crisis café
- The Commissioning manager for mental health physical health and ABI (acquired brain injury) for North Northamptonshire, who was newly in post.
- The Supported Accommodation Commissioner for North Northamptonshire, who came to monitor our services, of which we had excellent feedback

Fundraising Approach

The need for our work continues to increase, even more so in the current context. This year, our approach to fundraising included:

Public fundraising

- Raising funds from members of the public and supporters who make one-off or regular donations.
- Working with people who make donations by participating in events such as marathons and other sponsored activities,
- Working with people who choose to donate, or enlist others to support Mind, in memory of a loved one who has died.

Community Partnership fundraising

We developed the Community partnership with Kettering Mind as more than just a way to fundraise, it is a commitment and desire to:

- Support good mental health and wellbeing in the workplace and in the local community
- Identify the type of local impact we can make together
- Work collaboratively with Kettering Mind to engage in a plan of action, which will work towards good social outcomes that deliver value to both parties

This development was towards the end of the year.

Fundraising and Events

Throughout the year we had many supporters arranging various events through Kettering Mind's Just Giving page which included individuals, groups and companies running their own events and collecting donations online. Fundraising events included a 'post lockdown haircut'; 'Not the Waendal walk' and 'running the school yard'.

One of Kettering Mind's workers kindly made and donated craft items for sale, including quilted Christmas calendars.

Trustees' Report (including Directors' Report) (continued)

Fundraising standards

Kettering Mind is registered with the Fundraising Regulator and we abide by the Code of Fundraising Practice. Fundraising activities comply with all relevant legislation and the Fundraising Regulator's Fundraising Promise.

Kettering Mind will:

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

Fundraising operational policies are in place for handling charity money and we encourage individuals and companies to donate via Kettering Minds Just Giving page or by direct bank transfer, mitigating risk associated with handling cash.

We are satisfied that we meet all current standards and that our operational policies will protect vulnerable people and other members of the public from unreasonable intrusion, persistent approaches and undue pressure.

Our PR action group oversee these fundraising approaches and standards to make sure we offer a high quality service to donors and supporters, and they are monitored by the Trustees.

In both the current and previous years, we received no complaints about our fundraising.

Trustees' Report (including Directors' Report) (continued)

Financial Review

Review of financial position

Total income for the year decreased by £166,940 to £851,841

Income from donations reduced by £128,211, largely due to having received coronavirus-related government grants the previous year (further details are provided in the notes to the accounts) and income from charitable activities decreased by £35,906 to £795,207

Other trading activities income fell during the period. Covid-related restrictions affected the level of income from catering and room hire activities.

Investment income increased by £5,460 as companies chose to increase or restore income payments again following reductions in the previous year due to Covid.

Other income fell by £8,104. Income for 2022 was £3,730.

Total resources expended increased by £98,700 to £822,180.

Trading costs increased by £533 to £1,367. Other expenditure increased by £55,736 to £63,379. Further details are set out in the financial statements.

The cost of charitable activities was £746,155 (2021: £705,750). Further details of resources expended are set out in the notes to the accounts.

Review of financial position (continued)

In late February 2020, uncertainty resulting from the pandemic caused a significant fall in investment values and a net loss of £112,827 was reported in 2020.

Financial markets recovered over the period to 31 March 2022 and an unrealised gain of £76,732 (2021: £266,234) and realised gains of £4,418 (2021: £62,284) have been recognised in the financial statements.

Total funds increased to £3,017,579 at 31 March 2022 (2021: £2,906,768).

*Trustees' Report (including Directors' Report) (continued)***Financial Review (continued)****Reserves Policy**

Total funds at 31 March 2022 were £3,017,579, including restricted funds of £55,177 and unrestricted designated funds of £683,169, further details of which are included in the notes to the financial statements.

The charity's policy is to maintain general reserves to give financial stability to the charity and to its activities.

After allowing for funds of £676,746 represented by tangible assets, free reserves in unrestricted funds at 31 March 2022 were £2,285,656.

In previous periods, unrestricted funds were earmarked for long-term investment, and classified as fixed assets accordingly. The value of these investments, and subsequent additions, is now £1,537,299 and their purpose, in the current climate of local authority cut backs and budgetary pressures, is to provide long-term protection against a decline or interruption of future income. The charity is now operating in an environment of financial uncertainty, characterised by mental health policy changes, more competitive tendering, potential changes in the tendering process and the award of shorter term contracts.

The investment of general reserves is planned as a safeguard to ensure continuity in the provision of the charity's core services. These services are considered by many beneficiaries to be an integral part of their day to day lives and to have to withdraw or cut back services with little or no notice could cause real hardship.

Reserves Policy (continued)

Free reserves excluding the amount invested, and excluding those designated funds of £48,899 not relating to fixed assets, totalled £699,458 (2021: £606,384).

Trustees have developed a policy whereby free reserves, which are those funds not invested in tangible assets, long-term investments and restricted funds, should be approximately two years of the expenditure on core activities, which equates to approximately £585,000 - £625,000 in general funds.

At this level, it is considered that the reserves would be adequate to enable the Trustees to manage the effect of a short-term withdrawal of funding, giving time to look at alternative sources of funding and review activities.

Free reserves are above target level at 31st March 2022. Since 31st March 2022 inflationary pressures are such that the level of expenditure is expected to increase, reducing the current level of free reserves.

*Trustees' Report (including Directors' Report) (continued)***Financial Review (continued)****Principal funding source**

During the year the principal funding source of the charity continued to be by way of grant and contract income from NHS Northamptonshire Clinical Commissioning Group.

Investment policy

The memorandum allows the investment of monies of the charity not immediately required for its purposes in or upon such investments, securities or property as may be thought fit, subject nevertheless to such conditions and such consents as may be imposed or required by law.

Investments will follow National Mind investment guidelines, avoiding investment in companies manufacturing pharmaceuticals.

Also the Trustees will ensure that social, environmental and ethical concerns are considered.

The overall goal of the charity's investment policy is to reduce reliance on external funding and to provide a means of financing special projects to further the charitable activities of Kettering Mind in future.

Therefore the main investment objective for the long- term reserves is capital growth with the aim of ensuring that they are not eroded by inflation.

There is no immediate income requirement from these funds which have been invested in a portfolio under the discretionary management of Quilter Cheviot.

Investment policy (continued)

The market value of the portfolio at 31st March 2022 was £1,537,299 (2021: £1,446,854).

The main objective for reserves held for the shorter term is to preserve capital value with a minimum level of risk and to ensure availability for unexpected funding requirements. These funds are held in the low risk environment of bank and building society accounts.

*Trustees' Report (including Directors' Report) (continued)***Financial Review (continued)****Risk management**

Due to the exceptional current circumstances the Government has taken to contain the pandemic COVID-19 virus, trustees want to reflect on not only the high degree of social disruption that impacts the beneficiaries, but also report on potential implications going forward.

Covid-19 post year end

As the Government restrictions ease we are still faced with the awareness that infection levels locally and nationally are rising. From June 2022 all services are back face to face, with additional infection control measures, which is the new normal.

We have complied with the government guidance on managing the risk of Covid-19 and hold Covid Secure Certification. Risk assessments are regularly reviewed and updated.

Having a healthy workforce to ensure the services continue has been a priority, even though the legal requirements have lifted. Staff and attendees have been encouraged and supported to take up the vaccinations on offer and also the seasonal flu vaccinations.

Fundraising

The ability to fundraise again will be massively disrupted, room hire suspended and events put on hold. We are thankful for the support and fundraising initiatives through the 'Just Giving Page'. This money contributes to core charitable work and maintaining the Russell Street building. Last year over £8,000 was raised through the Just Giving platform.

*Trustees' Report (including Directors' Report) (continued)***Financial Review (continued)****Risks going forward**

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

The coronavirus (Covid-19) pandemic is affecting everyone, we are certain that infection control measures are here to stay and this will shape how we provide the support going forward. Individuals living with mental health problems are facing extra challenges too. The longer term impact on mental health as people struggle to manage with how it's affecting their lives is still unfolding. The risks are not being able to meet the demand

External risks to funding have led to the development of the reserves policy. Internal risks are minimised by the implementation of internal control procedures and a planned programme of training, personalised to role requirements.

Plans for future periods**175a Beatrice Road**

- To submit a new planning application to North Northants Council

Registered Housing Provider

- To continue the process of the Preliminary application to Homes England to be in a position to then follow the full Registered Provider Application process.

Kettering Mind Outreach services

- To have more of a presence in the local community through engaging in local groups and services taking Mind's information, support and campaigns 'on the road'

Digital strategy

- To assess and review the digital needs of the charity, and digital practices that may increase the efficiency and effectiveness of day to day activity.

Trustees' Report (including Directors' Report) (continued)

Structure, Governance and Management

Organisational structure

The directors of the company form the Board of Trustees who meet on a monthly basis.

The day to day running of the organisation is delegated to the CEO who is assisted by a management team, administration staff, the Resource centre team and the community team.

The company is responsible for the preparation of its own budgets to form the basis of funding applications to statutory bodies for the primary grants to provide services set out in the contracts.

The company can undertake other grant-aided services in its own area by application for other funding and can also launch appeals.

Governing document

The charity is a company limited by guarantee (as defined by the Companies Act 2006), not having a share capital. It was incorporated on 19th March 1998 as part of the process of devolution from the North Northamptonshire Association for Mental Health. The company is also a registered charity.

The governing document of the charitable company is the Memorandum and Articles of Association adopted on 8th October 2014. Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of a winding up. The total number of such guarantees at 31st March 2022 was 48 (2021: 47).

Trustees

The Trustees, are also the directors for the purpose of company law, and trustees for the purpose of charity law. Trustees who served during the year and up to the date of signature of the financial statements are listed on page 1.

Indemnity provisions for trustees

Throughout the year third party indemnity insurance was in place to protect the trustees from claims arising from negligent acts, errors or omissions occurring whilst on charitable company business.

Trustees' Report (including Directors' Report) (continued)

Structure, Governance and Management (continued)

Trustee Recruitment and appointment

The number of members of the Committee shall not be less than four nor more than twelve. At the company Annual General Meeting, one third of the Board of Trustees or the nearest whole number to one third, shall retire from office and shall be eligible for re-election.

The Trustees may, from time to time, and at any time, appoint any member of the Association as a member of the Committee. Any Committee member so appointed shall hold office only until the next following Annual General Meeting and shall then be eligible for re-election, but shall not be taken into account in determining the Committee members who are to retire by rotation at the Annual General Meeting.

Individuals with lived experience of mental health problems are encouraged to become trustees and that any appropriate support is in place.

Induction and training

Most trustees are already familiar with the practical work of the charity and get involved with special events throughout the year, and directly support members through activities.

During the year the trustee induction was updated, refreshed and rebranded. Along-side this Trustees have the opportunity to attend training relevant to their duties and also to take part in the in-house bespoke training.

The trustee induction covers:

About Kettering Mind
Our values; Our story
Kettering, Wellingborough, East Northants
Northampton, Corby, Towcester, Daventry
Charity Commission
Charity Governance Code
Managing contracts
Trustee role description and expectations
Person specification
Trustee code of conduct
Conflicts & declarations of interest
Data Protection
Lived experience influence and participation
Trustee expenses policy

Our strategy – Kettering Mind
Governing document
Most recent annual report and accounts
Meet the trustees
Useful governance resources
Law, mission, policies
Protecting the organisation's reputation
In the boardroom (virtual or physical)
Mind Federation, network and affiliation
OpenHub & The Mind Quality Mark
Disclosure in accounts
Sub-committee terms of reference
Mental health information and support

Trustees' Report (including Directors' Report) (continued)

Structure, Governance and Management (continued)

Key management remuneration

All trustees give of their time freely and no trustee received remuneration in the year. Details of trustees' expenses and related party transactions are disclosed in note 12 to the financial statements.

The senior management team comprise the key management personnel of the charity in charge of directing and controlling, running and operating the organisation on a day to day basis.

The pay of the senior staff is reviewed annually and normally increased in accordance with National Joint Committee (NJC) pay scales.

Related Parties

Any connection between a trustee or senior manager of the charity with a supplier of goods or services to the charity must be disclosed to the full Trustee board in the same way as any other contractual relationship with a related party.

In the current year no such related party transactions were reported.

Auditor

In accordance with the company's articles, a resolution proposing that Azets Audit Services be reappointed as auditor of the company, will be put at a General Meeting.

• Affiliation to National Mind

All local Minds are affiliated to National Mind. Each one is unique in the services it delivers and how they deliver them. Being local ensures we recognise and respond to the needs of the local community.

Kettering Mind is an independent charity / company, and is responsible for its own funding and fundraising.

As well as delivering services, affiliation to a nationally recognised mental health organisation enables us to further the mission of National Mind (see page 3-4)

As a local Mind, Kettering Mind will:

- get involved in planning local mental health services
- campaign on local mental health issues and join in with national Mind campaigns
- help to change attitudes towards mental health in Northamptonshire.

Having an easily recognised logo inspires people to support us and to come to us for support by connecting with them through shared beliefs and values.

The use of the Mind brand as an affiliated organisation is so much more than a logo, or a visual identity. What underpins these things is a set of shared beliefs and values.

Trustees' Report (including Directors' Report) (continued)

Structure, Governance and Management (continued)

Equality and diversity

We strive to be inclusive, benefit from diversity, and appreciate everyone for their individual contribution.

We are proud to instil a culture of inclusion, equity and respect, and one of Kettering Mind's strengths is to include others, making sure that people feel comfortable to be themselves, and feel that they belong.

We are privileged to be part of so many students social work journey of learning by hosting them for either 70 days or 100 days placement. Over the years students from Ghana, Nigeria, Zimbabwe, Cameroon, Sweden and Afghanistan have enriched the vibrancy and life within Kettering Mind.

The trustees' report was approved by the board of trustees on: 28 October 2022

Mr Martin Moloney

Trustee

Dated: 28 October 2022

Statement of trustees' responsibilities

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

Company Law requires the Board of 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Board of Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

In so far as the trustees are aware:

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Independent Auditor's Report

To the members of Kettering Association for Mental Health

Opinion

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

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 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 charity 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.

Independent Auditor's Report (continued)

To the members of Kettering Association for Mental Health

Conclusions relating to going concern

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

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

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

Other information

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

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

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

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

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

Independent Auditor's Report (continued)

To the members of Kettering Association for Mental Health

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

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

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

Responsibilities of the Board of Trustees

As explained more fully in the statement of trustees' responsibilities, the Board of Trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Board of 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 Board of Trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Board of Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Independent Auditor's Report (continued)

To the members of Kettering Association for Mental Health

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.

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

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above and on the Financial Reporting Council's website, to detect material misstatements in respect of irregularities, including fraud.

We obtain and update our understanding of the entity, its activities, its control environment, and likely future developments, including in relation to the legal and regulatory framework applicable and how the entity is complying with that framework. Based on this understanding, we identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. This includes consideration of the risk of acts by the entity that were contrary to applicable laws and regulations, including fraud.

Independent Auditor's Report (continued)

To the members of Kettering Association for Mental Health

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

In response to the risk of irregularities and non-compliance with laws and regulations, including fraud, we designed procedures which included:

- Enquiry of management and those charged with governance around actual and potential litigation and claims as well as actual, suspected and alleged fraud;
- Reviewing minutes of meetings of those charged with governance;
- Assessing the extent of compliance with the laws and regulations considered to have a direct material effect on the financial statements or the operations of the entity through enquiry and inspection;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Performing audit work over the risk of management bias and override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for indicators of potential bias.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

Independent Auditor's Report (continued)

To the members of Kettering Association for Mental Health

Use of this report

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

Mr Paul Tyler (Senior Statutory Auditor)
For and on behalf of Azets Audit Services

Date: 7 November 2022

Chartered Accountants
Statutory Auditor

Thorpe House
93 Headlands
Kettering
Northamptonshire
NN15 6BL

Statement of financial activities

(Including income and expenditure account)

Current financial year		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Total 2021 £
	Notes				
Income and endowments from:					
Donations and legacies	3	21,766	6,065	27,831	156,042
Charitable activities	4	736,403	58,804	795,207	831,113
Other trading activities	5	3,990	-	3,990	4,169
Investments	6	21,083	-	21,083	15,623
Other income	7	3,730	-	3,730	11,834
Total income		786,972	64,869	851,841	1,018,781
Expenditure on:					
Raising funds	8	12,646	-	12,646	10,087
Charitable activities	9	675,722	70,433	746,155	705,750
Other expenditure	14	25,315	38,064	63,379	7,643
Total resources expended		713,683	108,497	822,180	723,480
Net gains/(losses) on investments	15	81,150	-	81,150	328,518
Net incoming/(outgoing) resources before transfers		154,439	(43,628)	110,811	623,819
Gross transfers between funds		11,075	(11,075)	-	-
Net movement in funds		165,514	(54,703)	110,811	623,819
Fund balances at 1 April 2021		2,796,888	109,880	2,906,768	2,282,949
Fund balances at 31 March 2022		2,962,402	55,177	3,017,579	2,906,768

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

All income and expenditure derive from continuing activities.

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

Statement of financial activities

(Including income and expenditure account)

Prior financial year		Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes			
Income and endowments from:				
Donations and legacies	3	36,991	119,051	156,042
Charitable activities	4	780,324	50,789	831,113
Other trading activities	5	4,169	-	4,169
Investments	6	15,623	-	15,623
Other income	7	4,191	7,643	11,834
Total income		841,298	177,483	1,018,781
Expenditure on:				
Raising funds	8	10,087	-	10,087
Charitable activities	9	655,344	50,406	705,750
Other expenditure	14	-	7,643	7,643
Total resources expended		665,431	58,049	723,480
Net gains/(losses) on investments	15	328,518	-	328,518
Net (outgoing)/incoming resources before transfers		504,385	119,434	623,819
Gross transfers between funds		11,472	(11,472)	-
Net movement in funds		515,857	107,962	623,819
Fund balances at 1 April 2020		2,281,031	1,918	2,282,949
Fund balances at 31 March 2021		2,796,888	109,880	2,906,768

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

All income and expenditure derive from continuing activities.

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

Balance sheet

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Tangible assets	16		676,746		694,712
Investments	17		1,537,299		1,446,854
			<u>2,214,045</u>		<u>2,141,566</u>
Current assets					
Debtors	19	31,172		69,854	
Cash at bank and in hand		<u>847,660</u>		<u>730,392</u>	
		<u>878,832</u>		<u>800,246</u>	
Creditors: amounts falling due within one year	20	<u>(75,298)</u>		<u>(35,044)</u>	
Net current assets			<u>803,534</u>		<u>765,202</u>
Total Assets less current liabilities			<u>3,017,579</u>		<u>2,906,768</u>
Net assets			<u>3,017,579</u>		<u>2,906,768</u>
Income funds					
Restricted funds	21		55,177		109,880
Unrestricted Funds:					
Designated funds	22	683,169		630,225	
General unrestricted funds		<u>2,279,233</u>		<u>2,166,663</u>	
			<u>2,962,402</u>		<u>2,796,888</u>
Total funds			<u>3,017,579</u>		<u>2,906,768</u>

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

The financial statements were approved by the Board of Trustees on:

Dr A Stephen 28 October 2022
Trustee

Mr M Moloney 28 October 2022
Trustee

Company Registration No. 03530898

Statement of cash flows

Notes	2022 £	2022 £	2021 £	2021 £
Cash flows from operating activities				
Cash generated from operations 26		112,235		375,364
Investing activities				
Purchase of tangible fixed assets	(6,803)		(6,862)	
Purchase of investments	(136,150)		(419,989)	
Proceeds on disposal of investments	126,855		313,928	
Interest and dividends received	21,131		15,765	
Net cash (used in)/generated from investing activities		5,033		(97,158)
Net cash used in financing activities		-		-
Net increase in cash and cash equivalents		117,268		278,206
Cash and cash equivalents at beginning of year		730,392		452,186
Cash and cash equivalents at end of year		847,660		730,392

Notes to the financial statements

1. Accounting policies

Charity information

Kettering Association for Mental Health is a private company limited by guarantee incorporated in England and Wales.

The registered office is 49 - 51 Russell Street, Kettering, Northamptonshire, NN16 0EN.

1.1 Accounting convention

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with the charity's memorandum and articles of association, 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £. The company's accounts present information about it as an individual undertaking.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

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

1.3 Charitable funds

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

Designated funds are unrestricted funds of the charity which the Trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Notes to the financial statements (continued)

1. Accounting policies - continued

1.4 Incoming resources

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

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

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

Income from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance. Grants which represent contributions to projects not yet started at the balance sheet date are treated as deferred income. Contributions received from beneficiaries are taken as income upon receipt.

Detailed records of associated expenses and any unspent cash balances are maintained. Income recognised from the sale of services under contract is classified as unrestricted funds when the contract does not require the return of any unspent income.

Investment income is included when receivable and the amount can be measured reliably by the charity.

1.5 Resources expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis. All expenses, including support costs and governance costs, are allocated or apportioned to the applicable expenditure headings in the Statement of Financial Activities.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

Allocation of governance and other support costs

Support costs have been differentiated between governance and support costs and other support costs. Governance costs comprise all costs involving the public accountability of the charity and

Notes to the financial statements (continued)

1. Accounting policies - continued

1.5 Resources expended (cont.)

its compliance with regulation and good practice. These costs include costs related to audit together with an apportionment of staff, overhead and support costs relating to Trustee meetings. The allocation of support and governance costs is analysed in the notes to the accounts.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses. The cost of minor additions or those costing below £250 are not capitalised. The charity has legal ownership of the properties it occupies but were previously held by the North Northamptonshire Association for Mental Health. These were as follows:

49 - 51 Russell Street, Kettering
98 Kingsley Avenue, Kettering

The properties have been included in the accounts at the net book values attributed to them in the accounts for the Kettering Branch of the North Northamptonshire Association. These were derived principally from directors' valuations at 31 March 1996.

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

Freehold land and buildings

2% of acquisition value per annum

Equipment, furniture and fittings

20% of cost

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

Depreciation is not provided on assets in the course of construction / not in use until they are brought into use by the charity.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at fair value at each reporting date.

Changes in fair value are recognised in net income/(expenditure) for the year. Transaction costs are expensed as incurred.

Notes to the financial statements (continued)

1. Accounting policies - continued

1.8 Impairment of fixed assets

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

1.9 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

1.10 Financial Instruments

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

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

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

1.10 Financial Instruments (cont.)

Basic financial assets

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

Basic financial liabilities

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

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

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities.

Notes to the financial statements (continued)

1. Accounting policies - continued

1.10 Financial Instruments (cont.)

Basic financial liabilities (cont.)

Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

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

1.11 Employee benefits

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

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

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.13 Government Grants

Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

A grant that specifies performance conditions is recognised in income when the performance conditions are met. Where a grant does not specify performance conditions it is recognised in income when the proceeds are received or receivable. A grant received before the recognition criteria are satisfied is recognised as a liability.

2. Critical accounting estimates and judgements

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

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

Notes to the financial statements (continued)

3. Donations and legacies

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Donations and gifts	21,766	6,065	27,831	36,991	119,051	156,042

Donations and gifts include coronavirus-related government grants, details of which are set out below:

Unrestricted Funds

Coronavirus Job Retention Scheme £Nil (2021: £7,243)

Coronavirus Statutory Sick Pay rebate Scheme £1,053 (2021: £805)

Small Business Grant Fund £Nil (2021: £10,000)

Restricted Funds

Adult Social Care Infection Control Fund £6,065 (2021: £119,051)

The above grant is intended to tackle the risks of Covid-19 infections and must only be used for Covid-19 infection control measures.

Notes to the financial statements (continued)

4. Charitable activities

	Community, home & Other Support 2022 £	Supported Accommodation 2022 £	Resource Centre Activities 2022 £	Total 2022 £	Community, home & Other Support 2021 £	Supported Accommodation 2021 £	Resource Centre Activities 2021 £	Total 2021 £
Services provided under contract	228,337	284,498	168,364	681,199	217,146	324,657	165,618	707,421
Contributions from beneficiaries	-	90,228	23,780	114,008	-	107,927	15,765	123,692
	<u>228,337</u>	<u>374,726</u>	<u>192,144</u>	<u>795,207</u>	<u>217,146</u>	<u>432,584</u>	<u>181,383</u>	<u>831,113</u>
Analysis by fund								
Unrestricted funds	228,337	374,726	133,340	736,403	217,146	432,584	130,594	780,324
Restricted funds	-	-	58,804	58,804	-	-	50,789	50,789
	<u>228,337</u>	<u>374,726</u>	<u>192,144</u>	<u>795,207</u>	<u>217,146</u>	<u>432,584</u>	<u>181,383</u>	<u>831,113</u>

Notes to the financial statements (continued)

5. Other trading activities

	Unrestricted Funds 2022 £	Unrestricted Funds 2021 £
Fundraising	-	52
Letting and licensing arrangements	3,990	4,117
Other trading activities	<u>3,990</u>	<u>4,169</u>

Fundraising income includes catering income of £Nil (2021: £52).

6. Investments

	Unrestricted Funds 2022 £	Unrestricted Funds 2021 £
Income from listed investments	20,573	15,314
Interest receivable	510	309
	<u>21,083</u>	<u>15,623</u>

Notes to the financial statements (continued)

7. Other income

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Other income	3,730	-	3,730	4,191	7,643	11,834

Other restricted fund income of £Nil (2021: £7,643) relates to funding receivable under the Community Housing Fund Programme towards the Pennels Project.

8. Raising funds

	Unrestricted Funds 2022 £	Unrestricted Funds 2021 £
<u>Trading costs</u>		
Cost of goods sold and other costs	1,367	834
<u>Investment management</u>	11,279	9,253
	12,646	10,087

Notes to the financial statements (continued)

9. Charitable activities

	Community, home & Other Support 2022 £	Supported Accommodation 2022 £	Resource Centre Activities 2022 £	Total 2022 £	Community, home & Other Support 2021 £	Supported Accommodation 2021 £	Resource Centre Activities 2021 £	Total 2021 £
Staff costs	111,297	202,915	131,846	446,058	101,809	192,179	116,173	410,161
Depreciation and impairment	-	13,294	8,032	21,326	-	12,948	8,684	21,632
Other direct costs	6,809	48,968	40,683	96,460	4,902	45,602	37,464	87,968
	118,106	265,177	180,561	563,844	106,711	250,729	162,321	519,761
Share of support costs*	27,826	51,113	50,209	129,148	28,512	54,196	48,901	131,609
Share of governance costs*	12,431	24,295	16,437	53,163	12,589	25,487	16,304	54,380
	158,363	340,585	247,207	746,155	147,812	330,412	227,526	705,750
Analysis by fund								
Unrestricted funds	158,363	340,585	182,371	681,319	147,812	330,412	177,120	655,344
Restricted funds	-	-	64,836	64,836	-	-	50,406	50,406
	158,363	340,585	247,207	746,155	147,812	330,412	227,526	705,750

*see note 10

Notes to the financial statements (continued)

10. Support costs

	Support costs 2022 £	Governance costs 2022 £	2022 £	Support costs 2021 £	Governance costs 2021 £	2021 £	Basis of allocation
Staff costs	108,335	36,122	144,457	110,528	37,450	147,978	Staff time
Depreciation	3,442	-	3,442	3,722	-	3,722	Usage
Payroll costs	5,032	-	5,032	4,908	-	4,908	Usage
Travel and other	4,176	-	4,176	4,091	-	4,091	Usage
Light and heat	2,072	-	2,072	1,620	-	1,620	Usage
Telephone	971	-	971	1,743	-	1,743	Usage
Rent and rates	463	-	463	516	-	516	Usage
Repairs	402	-	402	1,871	-	1,871	Usage
Sundries	221	-	221	110	-	110	Usage
Cleaning	2,708	-	2,708	1,424	-	1,424	Usage
Stationery and postage	1,326	-	1,326	1,076	-	1,076	Usage
Audit fees	-	9,500	9,500	-	8,928	8,928	Governance
Accountancy	-	6,570	6,570	-	4,531	4,531	Governance
Legal and professional	-	-	-	-	1,890	1,890	Governance
Sundries	-	971	971	-	1,581	1,581	Governance
	129,148	53,163	182,311	131,609	54,380	185,989	
Analysed between Charitable activities	129,148	53,163	182,311	131,609	54,380	185,989	

Governance costs attributable to charitable activities are apportioned pro rata to the total of direct costs and other support costs incurred in delivering each activity.

Notes to the financial statements (continued)

11. Auditor's remuneration

The analysis of auditor's remuneration is as follows:		
Fees payable to the charity's auditors and associates:	2022	2021
	£	£
Audit of the charity's annual accounts	<u>9,500</u>	<u>8,928</u>
Non-audit services		
All other non-audit services	<u>6,570</u>	<u>4,506</u>

12. Trustees

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

Expenses in respect of staff gifts and resource centre materials totalling £144 were reimbursed to one member of the Board of Trustees (2021: No expenses were reimbursed to trustees).

Notes to the financial statements (continued)

13. Employees

Number of employees:	2022 Number	2021 Number
The average number of employees during the year was:		
Chief Executive Officer	1	1
Management and administration	6	7
Resource Centre based services	8	6
Community, home / supported accommodation	18	17
Wellbeing Navigator	1	1
	<u>34</u>	<u>32</u>
Employment costs:	2022 £	2021 £
Wages and salaries	539,610	510,193
Social security costs	34,511	32,243
Other pension costs	16,394	15,703
	<u>590,515</u>	<u>558,139</u>

The above analysis is based on each employee's primary function within the charity; however many of the employees do spend time on more than one activity.

There were no employees whose annual remuneration was £60,000 or more.

Notes to the financial statements (continued)

14. Other expenditure

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Restricted funds 2021 £
Other expenditure	25,315	38,064	63,379	7,643
	<u>25,315</u>	<u>38,064</u>	<u>63,379</u>	<u>7,643</u>

Other unrestricted fund expenditure of £25,315 relates to costs associated with the Pennels 2 project, which in 2022 were fully funded by the charity. In 2021 these costs were restricted fund expenditure, partly funded by income from the Homes England - Community Housing Fund Programme (See Other Income note above)

Other restricted fund expenditure of £38,064 relates to amounts received in the form of a grant which, under the terms of the grant agreement, became repayable at 31 March 2022.

15. Net gains/(losses) on investments

	Unrestricted Funds 2022 £	Unrestricted Funds 2021 £
Revaluation of investments	76,732	266,234
Gain/(loss) on sale of investments	4,418	62,284
	<u>81,150</u>	<u>328,518</u>

Notes to the financial statements (continued)

16. Tangible fixed assets

	Freehold land and buildings £	Equipment, furniture and fittings £	Total £
<u>Cost</u>			
As at 1 April 2021	930,120	126,836	1,056,956
Additions	-	6,803	6,803
As at 31 March 2022	930,120	133,639	1,063,759
<u>Depreciation and impairment</u>			
At 1 April 2021	246,685	115,559	362,244
Depreciation charged in the year	18,829	5,940	24,769
As at 31 March 2022	265,514	121,499	387,013
<u>Carrying amount</u>			
At 31 March 2022	664,606	12,140	676,746
At 31 March 2021	683,435	11,277	694,712
	2022 £	2021 £	
The carrying value of land included in land and buildings comprises:			
Freehold	664,606	683,435	

The significant part of tangible fixed assets is used for direct charitable purposes

Notes to the financial statements (continued)

17. Fixed asset investments

	Listed Investments £	Cash in portfolio £	Total £
<u>Cost or valuation</u>			
As at 1 April 2021	1,415,382	31,472	1,446,854
Additions	136,150	-	136,150
Valuation changes	76,732	-	76,732
Disposals	(121,895)	(542)	(122,437)
As at 31 March 2022	<u>1,506,369</u>	<u>30,930</u>	<u>1,537,299</u>
<u>Carrying amount</u>			
At 31 March 2022	<u>1,506,369</u>	<u>30,930</u>	<u>1,537,299</u>
At 31 March 2021	<u>1,415,382</u>	<u>31,472</u>	<u>1,446,854</u>
	2022 £	2021 £	
Investments at fair value comprise:			
UK equities	138,336	118,078	
UK unit trust and other investment funds	552,317	572,195	
Overseas equities	443,308	306,945	
Overseas unit trusts and other investment funds	372,408	418,164	
Cash held within investment portfolio	30,930	31,472	
	<u>1,537,299</u>	<u>1,446,854</u>	

The significance of financial instruments to the ongoing financial sustainability of the charity is considered in the financial review and investment policy and performance sections of the Trustees' Report.

The main risk to the charity from financial instruments lies in the uncertain investment markets. The charity has an investment policy aimed at providing long term growth in the value of its listed investment portfolio rather than immediate income requirements therefore the volatility of yields is of lower importance.

The listed investment portfolio comprises both UK and overseas equities and other investment funds, therefore there is a performance risk from overseas markets and their exchange rates.

The charity manages these investment risks by retaining expert advisors and operating an investment policy that provides for a high degree of diversification of holdings within investment asset classes that are quoted on recognised stock exchanges.

Notes to the financial statements (continued)

17. Fixed asset investments (continued)

Fixed asset investments revalued

All investments are carried at their market value. Investments in equities and unit trust and other investment funds are all traded in quoted public markets, primarily the London Stock Exchange. The historical cost of investments listed on a recognised stock exchange at 31 March 2022 was £1,065,688 (2021: £1,035,285).

18. Financial Instruments: Carrying amount of financial assets

	2022 £	2021 £
Instruments measured at fair value through profit or loss	<u>1,506,369</u>	<u>1,415,382</u>

19. Debtors: Amounts falling due within one year

	2022 £	2021 £
Trade debtors	27,166	56,726
Other debtors	4,006	13,128
	<u>31,172</u>	<u>69,854</u>

20. Creditors: Amounts falling due within one year

	2022 £	2021 £
Other creditors	55,652	2,646
Accruals and deferred income	19,646	32,398
	<u>75,298</u>	<u>35,044</u>

Notes to the financial statements (continued)

21. Restricted funds

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

	Movement in funds				Movement in funds				
	Balance at 1 April 2020 £	Incoming Resources £	Resources expended £	Transfers £	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Mental Health Navigator	-	35,024	(28,613)	(6,411)	-	35,024	(22,831)	(12,193)	-
Beneficiary activities	1,549	265	(265)	-	1,549	74	(246)	-	1,377
Fundraising / donations	369	-	-	95	464	475	(575)	-	364
Pennels 2 project	-	7,643	(7,643)	-	-	-	-	-	-
IT	-	5,500	(718)	(4,551)	231	2,200	-	(2,431)	-
Student Mental Health and Wellbeing	-	10,000	(9,395)	(605)	-	-	-	-	-
Adult Social Care Infection Control	-	119,051	(11,415)	-	107,636	6,061	(59,277)	(984)	53,436
Mental Health Productivity Pilot	-	-	-	-	-	21,035	(25,568)	4,533	-
	<u>1,918</u>	<u>177,483</u>	<u>(58,049)</u>	<u>(11,472)</u>	<u>109,880</u>	<u>64,869</u>	<u>(108,497)</u>	<u>(11,075)</u>	<u>55,177</u>

Mental Health Navigator

As part of the Mental Health Northants Collaboration (MHNC) the mental health navigation team provides support in the community to help people improve their general wellbeing. The service is designed for people experiencing difficulties with their emotional wellbeing, living conditions and physical health. At 31 March 2022 the charity had fulfilled its obligations under the terms of this funding, and the balance on the fund has therefore been transferred to unrestricted general funds.

Notes to the financial statements (continued)

21. Restricted funds (continued)

Beneficiary activities

Monies are collected from beneficiaries to partly fund day excursions, activity holidays and similar activities.

Fundraising / donations

From time to time funds are raised from events or appeals for a specific purpose.

IT

During the year the charity received funding of £2,200 from Mental Health Northants Collaboration (MHNC) towards specific IT projects. This fund was fully expended in the year on the purchase of fixed assets.

Student Mental Health and Wellbeing

A grant of £10,000 was received from the Pears Foundation during the previous year to promote student mental health and wellbeing. This grant was fully spent during the previous year.

Adult Social Care Infection Control

As part of a government funded initiative local authorities were provided with funds to distribute to local adult social care providers to reduce the rate of coronavirus transmission within and between care settings, in particular by helping to reduce the need for staff movements between sites. Northamptonshire County Council initially awarded the charity £119,051 in the previous year, and a further £6,061 which was only received by the charity during the current year from West Northamptonshire Council. During the year £21,213 was spent from these funds on revenue expenditure and a tangible fixed asset purchased at a cost of £984. Expenditure also includes a further £38,064 in respect of amounts that became repayable at the year-end under the terms of the grant.

Mental Health Productivity Pilot

During the year the charity received a grant of £21,035 from National Mind to pilot a project supporting employees' mental health in the workplace. This grant was fully spent in the year.

Notes to the financial statements (continued)

22. Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2020 £	Resources expended £	Transfers £	Balance at 1 April 2021 £	Resources expended £	Transfers £	Balance at 31 March 2022 £
Building appeal fund	208,222	(7,031)	-	201,191	(7,031)	-	194,160
Legacy fund	20,541	-	-	20,541	-	-	20,541
Promotional PR fund	9,532	-	-	9,532	-	-	9,532
Revaluation Reserve fund	112,865	-	267,231	380,096	-	60,014	440,110
MakeALeg fund	18,865	-	-	18,865	(39)	-	18,826
	<u>370,025</u>	<u>(7,031)</u>	<u>267,231</u>	<u>630,225</u>	<u>(7,070)</u>	<u>60,014</u>	<u>683,169</u>

Building Appeal fund

The fund has been created to reflect the book value of freehold property used by the charity to provide resource centre activity provision, and for work and administration. The fund will be reduced over the useful economic life of the property in line with its depreciation.

Legacy fund

The fund was created for the legacy to which the charity became entitled in 2004. At the outset this was designated to be used or invested to provide for the improvement of services to beneficiaries, ideally by the acquisition of a further property. During the year there was no movement on this fund.

Notes to the financial statements (continued)

22. Designated funds (continued)

Promotional PR fund

The fund was created due to the uncertainty of future grant funding at current levels. Funds have been designated to meet the costs of raising the charity's profile and to promote fundraising activities.

Revaluation reserve fund

The fund is required by the Companies Act 2006 and represents the amount by which unrestricted investments exceed their historical cost. £60,014 has been transferred from general funds during the year.

MakeALeg fund

This fund was created by a designation of £20,000 from general funds in 2018. Its purpose is to support creativity, innovation and ideas on one-off projects, that will further the aims and mission of Kettering Mind. (The project might involve mental health action, training or education, artistic activity, sport and physical wellbeing, social activity etc.) During the year there was expenditure of £39 from this fund.

Notes to the financial statements (continued)

23. Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 March 2022 are represented by:						
Tangible assets	676,746	-	676,746	694,712	-	694,712
Investments	1,537,299	-	1,537,299	1,446,854	-	1,446,854
Current assets / (liabilities)	748,357	55,177	803,534	655,322	109,880	765,202
	<u>2,962,402</u>	<u>55,177</u>	<u>3,017,579</u>	<u>2,796,888</u>	<u>109,880</u>	<u>2,906,768</u>

24. Pension commitments

During the year the charity operated defined contribution pension schemes on behalf of employees. The assets of the scheme are held separately from those of the charity in independently administered funds.

The pension cost for the year was £16,394 (2021: £15,703).

The charity has no liability beyond making its contributions and paying across the deductions for employees' contributions. Contributions amounting to £28 had been overpaid to the scheme at 31 March 2022 and are included within debtors (2021: £ 59 were payable to the scheme at 31 March 2021 and were included within creditors).

Notes to the financial statements (continued)

25. Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel, including employer's national insurance contributions, is as follows:

	2022 £	2021 £
Aggregate compensation	83,594	81,992

The key management personnel of the charity comprise the Board of Trustees, the Chief Executive Officer (CEO) and the Financial Manager / Deputy CEO.

Transactions with related parties

During the year the charity entered into the following transactions with related parties: Donations received without conditions from trustees and other related parties totalled £9 (2021: £Nil)

26. Cash generated from operations

	2022 £	2021 £
Surplus for the year	110,811	623,819
Adjustments for:		
Investment income recognised in statement of financial activities	(21,083)	(15,623)
Gain on disposal of investments	(4,418)	(62,284)
Fair value gains and losses on investments	(76,732)	(266,234)
Depreciation and impairment of tangible fixed assets	24,768	25,354
Movements in working capital:		
(Increase)/decrease in debtors	38,634	66,897
Increase/(decrease) in creditors	40,255	3,435
Cash generated from operations	112,235	375,364

27. Analysis of changes in net funds

The charity had no debt during the year

Acknowledgements

So many people helped to make the progress outlined in this report possible – from the individuals and organisations listed here to everyone who has donated time and money to Kettering Mind’s core charitable activities. Your support made it possible for us to reach more people in more ways - and we can only do what we do because of you. We can’t thank you enough.

Thank you to:

Katie Peasnell
Suzanne Barnard
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Maria Coleby
Gary Peasnell
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Tony Atwell-Jeffery
Ann Knighton
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Tommy & Sammy
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AC Putnam
Sharon Stirling
Lola Kent
Jo Burbidge

Broadway Cottages Trust
Michael Guest Charitable Foundation
Timson Benevolent Trust
EA Timson Family Trust
Howden Joinery Ltd
Loddington Parochial Church Council
Mental Health Northants Collaboration
Dr Stuart Walmsley – Hoarding Interventions
Dr Derek Lee – Understand Yourself Better
Martin Moloney – Creative Arts Collective
OB Running and Sports Club
Barton Seagrave Short Mat bowls
PDI (EMEA) Ltd
J Sainsburys – Kettering
Unison Northamptonshire Health workers Branch
Gary’s not the Waendal walk
Jason Sanday – Post Lockdown Haircut
Successful run of 19 laps of the school yard
Millbrook Healthcare
Co-op

And for family and friends raising money in memory of their loved ones:

In memory of Ted Coleby
In memory of Stephen Granger
In memory of Heather Page
In memory of Sheila Merry
In memory of Sue Scott-Hunter

And thanks to all those who wish to remain anonymous

Kettering Mind is registered with the Fundraising Regulator and we abide by the Code of Fundraising Practice... Fundraising activities comply with all relevant legislation and the Fundraising Regulator’s Fundraising Promise: • We will commit to high standards • We will be clear, honest and open • We will be respectful • We will be fair and reasonable • We will be accountable and responsible

