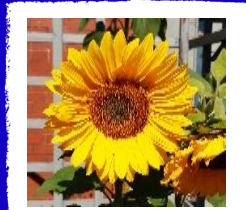


Annual Review and Financial Statements 2022 - 2023

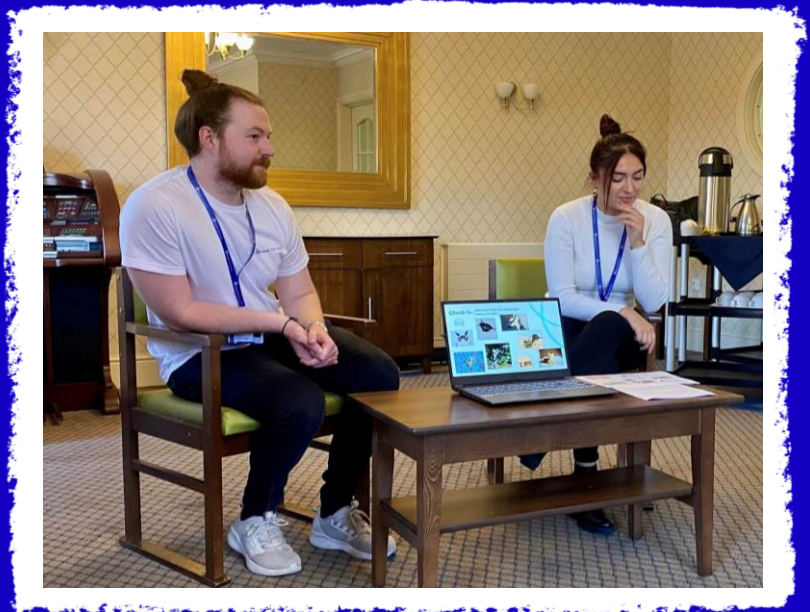


Registered Charity number:
1069373

Registered Company number:
03530898

"Mental health...is not a
destination, but a process. It's
about how you drive, not where
you're going."

Noam Shpancer, PhD



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
 Dr Derek Lee
 Mrs Barbara Moloney
 Ms Keli Watts
 Mr Robert Kew
 Mrs Lesley Thurland
 Mr Christopher Davison
 Mr Jonathon Smith (appointed 9 November 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

Bankers

Virgin Money
 7 Gold Street
 Northampton NN1 1EN

Solicitors

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

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 2023

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;
- Promote the right to good safe accommodation;
- Promote the right to timely and appropriate support.

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.

We work to ensure that:

- Robust policies and procedures are in place, underpinning safe services for all
- Safeguarding is a core priority when we deliver services
- Cyber security and record keeping protects individuals details in line with the General Data Protection Regulation (GDPR)

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. Infection control measures were in place throughout the year and staff were assigned to specific project areas as and when needed. The Charity carried voids across the year for Highfield Flats and Clarkson House (Highfield Flats occupancy rate was at 83% (2021-2022 76%) and Clarkson House 75%) (2021-2022 73%)

During 2022 - 2023, 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 2022 - 2023, 10 individuals benefited from living here, and the occupancy rate was at 64% (2021 - 2022, 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. (2021-2023 also 88)

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

4 individuals were supported 260 support sessions delivering 496 hrs)
(2021 – 2022 3 individuals, 272 support sessions, 476 hrs)

• Individual packages of care

16 individuals were supported
1796 community support sessions delivered 2958 hrs

(2021-2022 16 individuals, 1337 community support sessions, 2238 hrs)

• Hospital at Home

NHFT and Kettering Mind are jointly delivering the Hospital at Home service as an alternative to a mental health hospital admission, 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

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

(2021 – 2022 26 individuals)

• 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.

42 tenants benefitted from this service

(2021 – 2022 51 tenants)

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.

Opened
156 days

*(2021 – 2022
158 days)*

Supported
936 individuals
in crisis

*(2021 – 2022
816 individuals)*

Delivered
1351 crisis
interventions

*(2021 – 2022
1205 crisis interventions)*

‘Very helpful and nice to be able to just talk with someone and feel listen to’

‘Very helpful as been in a bad couple of weeks but coming here as pulled me out the hole I was trapped in’

‘I found it helpful to receive some emotional support and also to be given access to support of NHS’

‘A lot to take in but another start into finding what will make me want to keep living’

• Mental Health Navigators

The Mental Health Integrated Hub was opened in January 2020 by NHFT in partnership with the local Minds. The Kettering Mind Navigators remained in our local community and continued not to be absorbed into the hub. The main outcome is to provide 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.

We work within the local mental health team, Kettering Mind, the council offices, libraries, gyms, health and wellbeing events and groups in the community to engage with individuals at point of need. (e.g. take the support to the individuals)

The model of support has evolved over the last few years to being more community and outreach focused, on a par to how it first started in August 2014

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

Resource centre

• Resource Centre

Building based services have returned, for those that prefer face to face support. Infection control measures are embedded into the way we operate, to keep the building clean sanitised and safe for all.

The Hoarding Peer support group continues via zoom, and some Student Mental Health sessions have been online.

All other groups are back face to face and over the year we have delivered:

- Anxiety Management,
- Anger Management,
- Depression management,
- Mindfulness,
- Understand Yourself Better,
- Mens Group,
- Women's group,
- Student Mental Health,
- Cooking,
- Gardening
- Long Covid Support group.

New editions in the year included:

Connect and Be Active group

This group focused on socially coming together incorporating wellbeing and light physical activity, the varied programme has included:

- Indoor bowls and Quoits
- Short walks
- Armchair Exercise
- Pool / snooker / Table tennis / Darts / Badminton
- Advice, support and discussions around managing key physical wellbeing needs (this included smoking cessation, cooking for healthier options, and other specific physical health related sessions).

Pottery Group

At the latter part of the year a pottery group was set up, again social group with a creative purpose, positive feedback and demand has meant another group will run.

Wednesday Peer Support

This is a new group and is more of a 'drop in' and unstructured. It is where informal support can be sought alongside board games, pool and discussions.

A Christmas party/disco was organised for the afternoon of the 20th December, all who attended had a wonderful time.

*Trustees' Report (including Directors' Report) (continued)***Resource centre continued****• Outreach – Mind 'on the road' (connect, campaign and train)**

Trustees designated reserves to increase the public profile of Kettering Mind. This happened through the delivery of a programme of engagement activities, campaigning, training and outreach work within the local community. The purpose was to connect and build strong partnerships with other local organisations, community groups and underrepresented or marginalised communities. To breakdown stigma and discrimination surrounding mental health by promoting positive attitudes, awareness and understanding.

Since August 2022 lots of great work has been happening in the local community

- Drop-ins held at Kettering Job Centre, individuals were supported and signposted to relevant services.
- Presentation given to Work-pays about mental health/wellbeing in the work place, and the impact it can have.
- Presentation given to Kettering Footballs School on mental health and wellbeing
- Stall held at Desborough Co-Op, customers informed about the Desborough and Rothwell Library's monthly drop-ins.
- Attended the Kettering COPD support group, spoke about mental health and wellbeing and Kettering Minds services.
- Attended Latimer Arts College and spoke to six form students regarding looking after their wellbeing/ mental health. The school posted on their social media thanking Kettering Mind for sharing some simple and practical Mindfulness techniques.
- Millbrook Junior School / Infant School parents coffee morning.
- Kingsley Primary School, spoke to staff on the importance of self-care and stress management.
- Support continues with the Kettering Skateboard community.
- Presentation at Hispec – local company. They had requested some information and knowledge for their employees on mental wellbeing and the different services that we deliver to the community.
- A member of staff gave a presentation to Teamwork Trust staff and service users, regarding the different services that Kettering Mind deliver.
- The Resource Centre/ outreach worker and Mental Health navigator attended the Tresham College fresher's fayre. The College asked if we could deliver a wellbeing workshop and provide a drop in for students 18+.
- The Princes Trust requested if Kettering Mind could attend one of their Wellbeing workshops.
- We attended workshops that were held for the communities of the Grange and Avondale estates. The workshops were for local communities and organisations to work together to improve health and well-being.

*Trustees' Report (including Directors' Report) (continued)***Resource centre continued****• Outreach *continued..***

- The Grange Primary School contacted Kettering Mind to attend a meeting regarding setting up a community hub at the school. The purpose of the hub was to provide a drop in/support service for parents.
- We visited St Peters and Pauls Church soup kitchen and provided support to some of the attendees.
- After a visit to the Kino Lounge, the manager has offered a space to hold any appointments that are booked in the local community.
- A visit to Kettering Library, who have requested support for their visitors once all renovation works to the building are completed.
- 10th October was World Mental Health day, in the morning we held a stall at Tesco and in the afternoon held a stall at the Newlands shopping Centre.
- We visited Elmbank Care Home and gave a small presentation to staff regarding managing mental health and wellbeing.
- We attended the Macular society event at St Andrews Church and then attended an Orbit housing event held at Tresham College.
- Monthly drop-ins at Burton Latimer Library, Desborough Library and Rothwell Library to provide, emotional support and sign post to services.
- We attended the Rothwell Truck Stop Wellbeing event for National Lorry week. The worker supported a number of people, and networked with North Northants Council, D4Drivers and the BBC. D4Driver spoke about setting up a mental health lorry and driving it around the country.
- Kettering Mind held a stand at the Grange estate Christmas fayre and at the 24hr Tesco, where a number of conversations were had with the public regarding mental health and wellbeing.
- We visited Kingsley School, staff members were given support and advice.
- Kettering Town Football Club Gave presentation to students regarding Mental Health
- Latimer Arts College - Mindfulness Presentation
- Weetabix - Wellness Event, many people spoken with and information shared

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

Resource centre continued

• Russell Street Refurbishment

To improve infection control measures, carpets throughout the building, have been replaced with hardwearing flooring (excluding office areas). The ground floor toilets have undergone a full refurbishment. We now have an upgraded accessible toilet/ baby changing facility, women, gents and gender-neutral toilets.

Office chairs, meeting tables, chairs for the Studio and furniture for the counselling rooms have been purchased to meet antibacterial standards. Hand sanitizer stations are throughout the building. The measures in place underpins Kettering Mind commitment to mitigating infection control risks, and with the new and improved washroom facilities, our commitment to being open and accessible to all.

Forums

Resource Centre Forums

Before the pandemic hit we had a very active member's voice group in the Resource Centre, and annual stakeholder afternoons. These were key to ensuring that Kettering Mind services and policies were led, and shaped by the people best placed to know what works.

September 2022 saw the launch of the Resource Centre Forum, and was an opportunity to involve and inform attendees of what was currently happening at Kettering Mind (organisational news), and for individuals to tell us what was working well, or not so well, (over a cup of tea or coffee) and share ideas about what they think we should be doing. Three Resource Centre forums have taken place during the year and it was a chance to discuss topics such as:

- Staffing
- Volunteers
- Mind Quality Mark
- Governance
- Greening up – environmental issues
- Lived experience and participation
- Resource Centre – pandemic, before, current and where are we now?
- Gaps in services
- Co-designing new pilot services

The forums have enabled everyone to be involved in service design and reflection on the new services.

An area for development from these forums was a desire for more volunteers, to enhance the opportunities people can take part in, including art and creative opportunities

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

- Forums *continued..*

Staff Forum

After a challenging few years, this was a great opportunity to reflect as a team, plan for the future, spend time together talking openly and honestly and celebrate our successes.

It was a chance to revisit Our Vision, Mission, Goals and Values, reflect on the past few years and look at where we are now. The Chair of our Board of Trustees joined us to provide an update on the Organisational Strategy (where we are going) and an overview of the Mind Quality Mark process. There was service updates and feedback from Service Managers and a Q&A session with the Leadership team. It was also where the launch of the new 'Staff Pulse Survey' happened.

Tenants Forum

Tenant involvement has always played a big role in how we shape, monitor and deliver the housing support services at Kettering Mind, primarily through individual reviews and house meetings. The first tenants forum took place in July 2022 and was a really important addition to bring everyone together, a chance to discuss how tenant involvement is now, and how it might look going forward.

It's about getting involved in the development and monitoring of housing services, and ensuring standards are raised that underpin Kettering Minds commitment to tenants, in particular enhancing the satisfaction and enjoyment of living in their own homes.

Topics covered in addition to the ones covered in the Resource Centre included tenancy specific ones e.g. who do you report repairs to? What do I do if I'm struggling to pay my rent? Sharing tenancy experiences, and discuss topics of mutual interest etc.

An area for development identified from these forums was the desire for a tenants social club

Strategy Day

The strategy day included Trustees, staff and service users. It was a chance to reflect on the past year and look forward to the new year, visualizing what we want to accomplish in the next 12 months and beyond.

The purpose of strategic planning is to review the overall goals for Kettering Mind, see if we are on track, and to develop a plan to achieve them. It involved stepping back from day-to-day operations and asking where Kettering Mind is headed and what its priorities should be. The strategic plan was then taken to all the forums to be discussed.

*Trustees' Report (including Directors' Report) (continued)***Mind Quality Mark (MQM)**

The Mind Quality framework provides assurance that the Mind federation is made up of well run, sustainable organisations delivering life changing support for people with, or at risk of developing mental health problems.

The framework ensures that the core values of Mind, where the voices of people with lived experience of mental health problems underpin and inform everything we do, are lived out every day.

The MQM is both a framework of good practice and a quality assurance tool. Local Minds are expected to meet or be working towards the MQM standards at all times to ensure that Mind's reputation is safeguarded and that support for people with mental health problems is safe and effective. Every organisation is reviewed every three years.

Kettering Mind's review happened this year, these were the themes we were assessed against.

The Themes of MQM

MQM has four themes; Leadership and Governance, Finance and Policies, Services and People and Influence and Engagement. Within these themes are standards and indicators which provide the architecture for all in the Mind Federation to be well-governed, sustainable and able to thrive in our local communities.



Staff, service users, trustees, volunteers and tenants contributed to the process and were proud to celebrate Kettering Minds excellence across these areas. We received official confirmation that we had passed in May 2023 (post year end)

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):

'They were very helpful, the most important was they got me out of the house on my own, which is something I don't do often. It gave me a chance to speak about my problems and thoughts. I enjoyed the relaxed feel and a cup of coffee'

'It has allowed me to open up more about the difficulties I am facing, to someone outside of the situation and family, but also analyse my own reactions and how I can change / adapt myself to allow my mental health to improve'

'The worker made me feel comfortable and was a good listener'

'Course was delivered very well and I will try to implement positive changes in my life'

'Helped me get a plan together and some stability, and getting things off my chest I would otherwise have bottled up'

Achievements against objectives set

1. 175a Beatrice Road garage site development
New plans were submitted to NNC for 5 flats and 5 parking spaces in July 2022. The decision was due September 2022. The Charity is still waiting (July 2023)
2. Registered Housing Provider
This has been ongoing with the working group meeting regularly and evidence gathered in anticipation of the application submission. East Midlands Community Led Housing has continued to support the Charity with the action plan tasks. Becoming a registered provider is a serious undertaking – together with advantages there are obligations that must be met. The preliminary application form 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 outreach service
We successfully recruited in August 2022. From September 2022 – March 2023 we have had much 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'.
4. Digital Strategy
The Digital Development group has met regularly 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. The year has included setting up an additional data task group specifically looking into different Customer Relationship Management (CRM) systems that could meet the Charities requirements.

*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 27 per week.

Training / awareness sessions

During the year a bespoke induction programme of training was delivered to new staff and volunteers covering:

- Organisation, Values, Mission, The Mind brand (and support, supervision and wellbeing)
- Active Listening Skills
- Responding skills
- Neurotic and psychotic disorders and amotivational syndrome
- Stigma and discrimination around Mental Illness
- Equality and Diversity - Being an Inclusive organisation
- Personalisation - One Page Profile and other personalisation tools
- Professionalism, ethics and Standards (including Information Governance)

The mandatory training for safeguarding, and mental capacity was achieved through staff accessing Social Care Institute for Excellence (SCIE) Other training throughout the year included:

- | | | |
|-----------------------|--------------------------------------|-------------------------------------|
| • Assessing needs | • Induction Awareness | • Safeguarding of vulnerable adults |
| • Confidentiality | • Information Governance | • Self-harm |
| • CoSHH | • Managing behaviours with challenge | • Supervision and appraisal |
| • Cyber security | • Personality Disorders | • Train the Trainer |
| • Fire Training | • Risk Assessment | |
| • First Aid awareness | Safeguarding of Children | |
| • Health & Safety | | |

Training and development is an integral value of Kettering Mind, ensuring we maintain high standards and a skilled workforce. This enables us to provide a personalised professional service with care and support.

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

Social Media Platforms

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 reached 24,040 people we would not have had contact with between 1 April 2022 – 31 March 2023

We established connections with over 100 local organisations in Kettering and the surrounding areas

Little tips for helping someone open up when something's up

When someone is carrying around worries and difficult feelings, it can feel very lonely. Having someone there to listen can help them work through what's going on and feel better able to cope. You don't have to be an expert to help someone open up when something's up. The fact that you care is what matters. Here are some tips to help you spot when something might be up, open up a conversation and be a good listener.

- 1 How to spot when something might be up**
These are some of the signs that someone may not be okay:
• Not wanting to do things they usually enjoy.
• Finding everyday things overwhelming.
• Not replying to messages or being distant.
• Avoiding people or seeming quiet.
• Appearing restless or agitated.
• Easily tearful.
• Drinking or using drugs to cope with feelings.
- 2 How to open up a conversation**
Don't be shy to ask how someone's feelings:
• Choose a good time, and somewhere without distractions.
• Use open questions that need more than a yes/no answer.
• 'How are things?' I've noticed you don't seem quite yourself.'
• Listen well. 'How's that making you feel?'
• Avoid giving your view of what's wrong, or what they should do.
- 3 How to be a good listener**
Showing you care builds trust to open up:
• Make eye contact and put away your phone.
• Focus completely on the other person.
• Praise one free, try not to jump in to fill a silence.
• Say back what you think it is they are wanting you to hear.
• Resist putting your own interpretation on it.
• Don't give up. Sometimes it can take a few tries!
- 4 How to help someone get more help**
If it feels like the person is really struggling to cope:
• 'Would you like to get some help?'
• 'Have you tried your GP?'
• 'Would you like me to come with you?'
• 'Did you know you don't have to be feeling suicidal to call Samaritans?'
• 'Sometimes it's fine, 24 hours a day if you're feeling low or worried too.'
• 'If it helps, you can talk to me any time.'

Supporting someone in distress can be distressing. Call free day or night on **116 123**. Samaritans is here for anyone who needs someone to talk to. Email: info@samaritans.org

SAMARITANS

Kettering Sight Loss Open Day

Wednesday 26 October 2022
10am – 2pm
St Andrew's Church Rooms, Lindsay Street, Kettering NN16 8RG

- Learn about age-related macular degeneration, the Macular Society and local support groups
- Learn more about local support, services and technology
- RNIB, Serve, Vision Aid, Deaf Blind UK, Northamptonshire Acute, Northamptonshire community police fraud team, and many more will be there!

For more details, contact:
Paul 07769 494 087

0300 3030 111
help@macularsociety.org
macularsociety.org

Macular Society
Beating Macular Disease



SUPPORTING MALE VICTIMS OF DOMESTIC ABUSE DAY 2022

#MenYouAreNotAlone

Eating disorders awareness week

February 27 - 5 March 2023

Kettering Mind

Proud to Support!

#ChildrensMentalHealthWeek

Place2Be's CHILDREN'S MENTAL HEALTH WEEK
6-12 FEBRUARY 2023

LGBT+ History Month
Founded by SCHOOLS OUT
2023 Behind the Lens
Russell T. Davies
#educateOUTprejudice

Active April 2022

ACTION FOR HAPPINESS
Hoppier - Kinder - Together

LGBT+ History Month
Founded by SCHOOLS OUT
2023 Behind the Lens
Angela Morley
#educateOUTprejudice

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

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

- We welcomed Elmbank Care home to Kettering Mind for International Friendship day.
- National Mind Mind Quality Team to review our organisation under the standards required of affiliation
- Local community in to celebrate 'time to talk day'
- The High Sheriff Of Northamptonshire Crispin Holborrow to see the work we undertake along with the Mayor of Kettering Town, Keli Watts and David Walsh Rector at St Peter & St Paul



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

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

The Community partnership with Kettering Mind is 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

Towards the end of the year, the outreach worker had generated interest with organisations wanting to sign up as partners.

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 Andy's Charity Skydive - 2nd September 2022!, Harniss Welsh 3000s Challenge, Feel Good's Feel Good Fest 2022 Live, Lee's 10 Week Litter Challenge, Lee's 5k everyday in September, Becci's John O'Groats to Lands End virtual walk - 874 miles, Harniss' fundraiser for Kettering Mind, and a fun St. Patricks 'House of Games' night.



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 increased by £136,197 to £988,038

Income from donations reduced by £14,620, and income from charitable activities increased by £102,917 to £898,124

Other trading activities income increased by £89 during the period to £4,079. So far we have not returned to pre-covid room hire activities or catering activities.

The improved bank interest rates during the year and the additional £100,000 invested in the listed investment portfolio in the year, together have contributed to the increase in investment income from £18,601 to £39,684.

Other income increased by £29,210. Income for 2023 was £32,940. Further details are set out in the notes to the accounts.

Total resources expended increased by £128,443 to £950,623

Trading costs increased by £822 to £2,189. Other expenditure decreased by £53,757 to £9,622. Further details are set out in the financial statements.

The cost of charitable activities was £927,418 (2022: £746,155). 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.

Although financial markets recovered over the period to 31 March 2022 by 31 March 2023 the markets took another hit with the unstable political situation across the world, particularly in Ukraine, impacting cost of living fuel costs and the housing market.

An unrealised loss of £95,359 (2022: unrealised gain of £76,732) and loss on the sale of investments of £7,664 (2022: Realised gains of £4,418) have been recognised in the financial statements.

Total funds decreased to £2,951,971 at 31 March 2023 (2022: £3,017,579).

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

Total funds at 31 March 2023 were £2,951,971 including restricted funds of £1,064 and unrestricted designated funds of £567,419, 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 £659,117 represented by tangible assets, free reserves in unrestricted funds at 31 March 2023 were £2,291,790

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 £1,550,057 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 £692,834 (2022: £699,458).

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 £600,000 - £650,000 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 2023. Since 31st March 2023 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 Integrated Care Board and NNC Adult Social Care

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 2023 was £1,550,057 (2022: £1,537,299).

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**

By managing risk effectively, trustees can ensure that significant risks are identified and monitored, enabling informed decisions and appropriate action. 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.

We are certain that infection control measures are here to stay and this is now shaping how we provide the support. The longer term impact on mental health as people struggle to manage with how it's still affecting their lives is still unfolding. The risks are not being able to meet the demand. We, in common with most organisations, are having to change significantly to continue to both support beneficiaries and be effective in a rapidly changing world. Remaining responsive to meet the needs of beneficiaries is the priority.

The reserves policy is in place to mitigate any external risks to funding. Internal risks are minimised by the implementation of internal control procedures and a planned programme of training, personalised to role requirements.

Kettering Mind reviews risks on an ongoing basis through our board of trustees, sub committees and management team. These groups manage ongoing risks and identify new risks, consider the impact and likelihood of every risk. The organisational risk register is monitored, reviewed and updated as an action within the annual operational plan.

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

- To continue with the planning application process 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 2023 was 48 (2022: 48).

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 benchmarked against other similar charitable organisations.

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.

With the outreach work, making connections within the community will strengthen our resolve to be inclusive and accessible to all

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

Mr Martin Moloney

Trustee

Dated: 27th October 2023

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; and
- 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 2023 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 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the 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 for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law 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: 13 November 2023

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 2023 £ | Restricted funds 2023 £ | Total 2023 £ | Total 2022 £ |
|---|-------|------------------------------------|----------------------------------|--------------------|--------------------|
| | Notes | | | | |
| Income and endowments from: | | | | | |
| Donations and legacies | 3 | 10,360 | 2,851 | 13,211 | 27,831 |
| Charitable activities | 4 | 837,083 | 61,041 | 898,124 | 795,207 |
| Other trading activities | 5 | 4,079 | - | 4,079 | 3,990 |
| Investments | 6 | 39,684 | - | 39,684 | 21,083 |
| Other income | 7 | 1,147 | 31,793 | 32,940 | 3,730 |
| Total income | | 892,353 | 95,685 | 988,038 | 851,841 |
| Expenditure on: | | | | | |
| Raising funds | 8 | 13,583 | - | 13,583 | 12,646 |
| Charitable activities | 9 | 826,341 | 101,077 | 927,418 | 746,155 |
| Other expenditure | 14 | 9,622 | - | 9,622 | 63,379 |
| Total resources expended | | 849,546 | 101,077 | 950,623 | 822,180 |
| Net gains/(losses) on investments | 15 | (103,023) | - | (103,023) | 81,150 |
| Net (outgoing)/incoming resources before transfers | | (60,216) | (5,392) | (65,608) | 110,811 |
| Gross transfers between funds | | 48,721 | (48,721) | - | - |
| Net movement in funds | | (11,495) | (54,113) | (65,608) | 110,811 |
| Fund balances at 1 April 2022 | | 2,962,402 | 55,177 | 3,017,579 | 2,906,768 |
| Fund balances at 31 March 2023 | | 2,950,907 | 1,064 | 2,951,971 | 3,017,579 |

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

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 | 2023 £ | 2023 £ | 2022 £ | 2022 £ |
|---|-------|-----------|-----------|-----------|-----------|
| Fixed assets | | | | | |
| Tangible assets | 17 | | 659,117 | | 676,746 |
| Investments | 18 | | 1,550,057 | | 1,537,299 |
| | | | 2,209,174 | | 2,214,045 |
| Current assets | | | | | |
| Debtors | 19 | 54,997 | | 31,172 | |
| Cash at bank and in hand | | 734,862 | | 847,660 | |
| | | 789,859 | | 878,832 | |
| Creditors: amounts falling due within one year | 20 | (47,062) | | (75,298) | |
| Net current assets | | | 742,797 | | 803,534 |
| Total Assets less current liabilities | | | 2,951,971 | | 3,017,579 |
| Income funds | | | | | |
| Restricted funds | 21 | | 1,064 | | 55,177 |
| <u>Unrestricted Funds:</u> | | | | | |
| Designated funds | 22 | 567,419 | | 683,169 | |
| General unrestricted funds | | 2,383,488 | | 2,279,233 | |
| | | | 2,950,907 | | 2,962,402 |
| Total funds | | | 2,951,971 | | 3,017,579 |

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
Trustee 27th October 2023

Mr M Moloney
Trustee 27th October 2023

Company Registration No. 03530898

Statement of cash flows

| | Notes | 2023 £ | 2023 £ | 2022 £ | 2022 £ |
|---|-------|-----------|-----------|-----------|-----------|
| Cash flows from operating activities | | | | | |
| Cash (absorbed by)/generated from operations | 26 | | (29,961) | | 112,235 |
| Investing activities | | | | | |
| Purchase of tangible fixed assets | | (6,867) | | (6,803) | |
| Purchase of investments | | (250,804) | | (136,150) | |
| Proceeds on disposal of investments | | 135,023 | | 126,855 | |
| Interest and dividends received | | 39,811 | | 21,131 | |
| Net cash (used in)/generated from investing activities | | | (82,837) | | 5,033 |
| Net (decrease)/increase in cash and cash equivalents | | | (112,798) | | 117,268 |
| Cash and cash equivalents at beginning of year | | | 847,660 | | 730,392 |
| Cash and cash equivalents at end of year | | | 734,862 | | 847,660 |

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, United Kingdom

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 Board of Trustees in furtherance of their charitable objectives

Designated funds are unrestricted funds of the charity which the Board of 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 the statement of financial activities.

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 2023 £ | Restricted funds 2023 £ | Total 2023 £ | Unrestricted funds 2022 £ | Restricted funds 2022 £ | Total 2022 £ |
|---------------------|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| Donations and gifts | 10,360 | 2,851 | 13,211 | 21,766 | 6,065 | 27,831 |

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

Unrestricted Funds

Coronavirus Statutory Sick Pay rebate Scheme £Nil(2022: £1,053)

Restricted Funds

Adult Social Care Infection Control Fund £2,851 (2022: £6,065)

The above grant is intended to tackle the risks of Covid-19 infections.

Notes to the financial statements (continued)

4. Charitable activities

| | Community, home & Other Support 2023 £ | Supported Accommodation 2023 £ | Resource Centre Activities 2023 £ | Total 2023 £ | Community, home & Other Support 2022 £ | Supported Accommodation 2022 £ | Resource Centre Activities 2022 £ | Total 2022 £ |
|----------------------------------|---|---|---|--------------------|---|---|---|--------------------|
| Services provided under contract | 259,254 | 346,637 | 186,357 | 792,248 | 228,337 | 284,498 | 168,364 | 681,199 |
| Contributions from beneficiaries | - | 94,431 | 11,445 | 105,876 | - | 90,228 | 23,780 | 114,008 |
| | <u>259,254</u> | <u>441,068</u> | <u>197,802</u> | <u>898,124</u> | <u>228,337</u> | <u>374,726</u> | <u>192,144</u> | <u>795,207</u> |
| Analysis by fund | | | | | | | | |
| Unrestricted funds | 259,254 | 441,068 | 136,761 | 837,083 | 228,337 | 374,726 | 133,340 | 736,403 |
| Restricted funds | - | - | 61,041 | 61,041 | - | - | 58,804 | 58,804 |
| | <u>259,254</u> | <u>441,068</u> | <u>197,802</u> | <u>898,124</u> | <u>228,337</u> | <u>374,726</u> | <u>192,144</u> | <u>795,207</u> |

Notes to the financial statements (continued)

5. Other trading activities

| | Unrestricted Funds 2023 £ | Unrestricted Funds 2022 £ |
|------------------------------------|------------------------------------|------------------------------------|
| Fundraising | 299 | - |
| Letting and licensing arrangements | 3,780 | 3,990 |
| Other trading activities | <u>4,079</u> | <u>3,990</u> |

6. Investments

| | Unrestricted Funds 2023 £ | Unrestricted Funds 2022 £ |
|--------------------------------|------------------------------------|------------------------------------|
| Income from listed investments | 27,174 | 20,573 |
| Interest receivable | 12,510 | 510 |
| | <u>39,684</u> | <u>21,083</u> |

Notes to the financial statements (continued)

7. Other income

| | Unrestricted funds 2023 £ | Restricted funds 2023 £ | Total 2023 £ | Unrestricted funds 2022 £ | Restricted funds 2022 £ | Total 2022 £ |
|--------------|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| Other income | 1,147 | 31,793 | 32,940 | 3,730 | - | 3,730 |

Other income of £31,793 (2022: £Nil) relates to the revision of a liability to repay grant income. The liability was first recognised as other expenditure in the financial statements for the year ended 31 March 2022 and the change in estimate in the current year results from new information received from the donor and its agents after the 2022 financial statements were approved

8. Raising funds

| | Unrestricted Funds 2023 £ | Unrestricted Funds 2022 £ |
|------------------------------------|------------------------------------|------------------------------------|
| <u>Trading costs</u> | | |
| Cost of goods sold and other costs | 2,189 | 1,367 |
| <u>Investment management</u> | 11,394 | 11,279 |
| | 13,583 | 12,646 |

Notes to the financial statements (continued)

9. Charitable activities

| | Community, home & Other Support 2023 £ | Supported Accommodation 2023 £ | Resource Centre Activities 2023 £ | Total 2023 £ | Community, home & Other Support 2022 £ | Supported Accommodation 2022 £ | Resource Centre Activities 2022 £ | Total 2022 £ |
|--------------------------------|--|---|---|--------------------|--|---|---|--------------------|
| Staff costs | 155,115 | 202,881 | 139,295 | 497,291 | 111,297 | 202,915 | 131,846 | 446,058 |
| Depreciation and impairment | - | 12,504 | 11,992 | 24,496 | - | 13,294 | 8,032 | 21,326 |
| Other direct costs | 7,027 | 90,001 | 78,785 | 175,813 | 6,809 | 48,968 | 40,683 | 96,460 |
| | 162,142 | 305,386 | 230,072 | 697,600 | 118,106 | 265,177 | 180,561 | 563,844 |
| Share of support costs* | 42,791 | 55,666 | 67,123 | 165,580 | 27,826 | 51,113 | 50,209 | 129,148 |
| Share of governance costs* | 18,392 | 26,642 | 19,204 | 64,238 | 12,431 | 24,295 | 16,437 | 53,163 |
| | 223,325 | 387,694 | 316,399 | 927,418 | 158,363 | 340,585 | 247,207 | 746,155 |
| Analysis by fund | | | | | | | | |
| Unrestricted funds | 223,325 | 387,694 | 215,322 | 826,341 | 158,363 | 340,585 | 176,774 | 675,722 |
| Restricted funds | - | - | 101,077 | 101,077 | - | - | 70,433 | 70,433 |
| | 223,325 | 387,694 | 316,399 | 927,418 | 158,363 | 340,585 | 247,207 | 746,155 |

*see note 10

Notes to the financial statements (continued)

10. Support costs

| | Support costs 2023 £ | Governance costs 2023 £ | 2023 £ | Support costs 2022 £ | Governance costs 2022 £ | 2022 £ | Basis of allocation |
|--|-------------------------------|----------------------------------|-----------|-------------------------------|----------------------------------|-----------|------------------------|
| Staff costs | 132,584 | 44,195 | 176,779 | 108,335 | 36,122 | 144,457 | Staff time |
| Depreciation | - | - | - | 3,442 | - | 3,442 | Usage |
| Payroll costs | 5,106 | - | 5,106 | 5,032 | - | 5,032 | Usage |
| Travel and other | 2,571 | - | 2,571 | 4,176 | - | 4,176 | Usage |
| Light and heat | 1,769 | - | 1,769 | 2,072 | - | 2,072 | Usage |
| Telephone | 894 | - | 894 | 971 | - | 971 | Usage |
| Rent and rates | 788 | - | 788 | 463 | - | 463 | Usage |
| Repairs | 11,192 | - | 11,192 | 402 | - | 402 | Usage |
| Sundries | 348 | - | 348 | 221 | - | 221 | Usage |
| Cleaning | 9,088 | - | 9,088 | 2,708 | - | 2,708 | Usage |
| Stationery and postage | 1,240 | - | 1,240 | 1,326 | - | 1,326 | Usage |
| Audit fees | - | 10,450 | 10,450 | - | 9,500 | 9,500 | Governance |
| Accountancy | - | 6,259 | 6,259 | - | 6,570 | 6,570 | Governance |
| Sundries | - | 3,334 | 3,334 | - | 971 | 971 | Governance |
| | 165,580 | 64,238 | 229,818 | 129,148 | 53,163 | 182,311 | |
| Analysed between Charitable activities | 165,580 | 64,238 | 229,818 | 129,148 | 53,163 | 182,311 | |

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:

| | 2023 £ | 2022 £ |
|--|---------------|--------------|
| Audit of the charity's annual accounts | <u>10,450</u> | <u>9,500</u> |
| Non-audit services | | |
| All other non-audit services | <u>6,260</u> | <u>6,570</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 resource centre materials totalling £261 were reimbursed to two members of the Board of Trustees (2022: Expenses in respect of staff gifts and resource centre materials totalling £144 were reimbursed to one member of the Board of Trustees).

Notes to the financial statements (continued)

13. Employees

| Number of employees: | 2023 Number | 2022 Number |
|--|----------------|----------------|
| The average number of employees during the year was: | | |
| Chief Executive Officer | 1 | 1 |
| Resource Centre based services | 9 | 8 |
| Community, home / supported accommodation | 17 | 18 |
| Management and administration | 7 | 6 |
| Wellbeing Navigator | 2 | 1 |
| | <u>36</u> | <u>34</u> |
| Employment costs: | 2023 £ | 2022 £ |
| Wages and salaries | 609,612 | 539,610 |
| Social security costs | 44,459 | 34,511 |
| Other pension costs | 19,999 | 16,394 |
| | <u>674,070</u> | <u>590,515</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 2023 £ | Unrestricted funds 2022 £ | Restricted funds 2022 £ | Total 2022 £ |
|-------------------|------------------------------------|------------------------------------|----------------------------------|--------------------|
| Other expenditure | 9,622 | 25,315 | 38,064 | 63,379 |
| | <u>9,622</u> | <u>25,315</u> | <u>38,064</u> | <u>63,379</u> |
| | | | | |

Other unrestricted fund expenditure of £9,622 (2022: £25,315) relates to costs associated with the Pennels Project, which were fully funded by the charity.

Other restricted fund expenditure of £Nil (2022: £38,064) related to amounts received in the form of a grant which, under the terms of the grant agreement, became repayable after 31 March 2022

15. Net gains/(losses) on investments

| | Unrestricted Funds 2023 £ | Unrestricted Funds 2022 £ |
|------------------------------------|---------------------------------|---------------------------------|
| Revaluation of investments | (95,359) | 76,732 |
| Gain/(loss) on sale of investments | (7,664) | 4,418 |
| | <u>(103,023)</u> | <u>81,150</u> |

16. Taxation

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

Notes to the financial statements (continued)

17. Tangible fixed assets

| | Freehold land and buildings £ | Equipment, furniture and fittings £ | Total £ |
|--|--|---|------------|
| <u>Cost</u> | | | |
| As at 1 April 2022 | 930,120 | 133,639 | 1,063,759 |
| Additions | - | 6,867 | 6,867 |
| As at 31 March 2023 | 930,120 | 140,506 | 1,070,626 |
| <u>Depreciation and impairment</u> | | | |
| At 1 April 2022 | 265,514 | 121,499 | 387,013 |
| Depreciation charged in the year | 18,828 | 5,668 | 24,496 |
| As at 31 March 2023 | 284,342 | 127,167 | 411,509 |
| <u>Carrying amount</u> | | | |
| At 31 March 2023 | 645,778 | 13,339 | 659,117 |
| At 31 March 2022 | 664,606 | 12,140 | 676,746 |
| | | 2023 £ | 2022 £ |
| The carrying value of land included in land and buildings comprises: | | | |
| Freehold | 645,778 | 664,606 | |

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

Notes to the financial statements (continued)

18. Fixed asset investments

| | Listed Investments £ | Cash in portfolio £ | Total £ |
|---------------------------------|----------------------------|---------------------------|------------|
| <u>Cost or valuation</u> | | | |
| As at 1 April 2022 | 1,506,369 | 30,930 | 1,537,299 |
| Additions | 250,804 | 6,230 | 257,034 |
| Valuation changes | (95,359) | - | (95,359) |
| Disposals | (148,917) | - | (148,917) |
| As at 31 March 2023 | 1,512,897 | 37,160 | 1,550,057 |
| <u>Carrying amount</u> | | | |
| At 31 March 2023 | 1,512,897 | 37,160 | 1,550,057 |
| At 31 March 2022 | 1,506,369 | 30,930 | 1,537,299 |

| | 2023 £ | 2022 £ |
|---|-----------|-----------|
| Investments at fair value comprise: | | |
| UK equities | 159,314 | 138,336 |
| UK unit trust and other investment funds | 597,520 | 552,317 |
| Overseas equities | 424,121 | 443,308 |
| Overseas unit trusts and other investment funds | 331,942 | 372,408 |
| Cash held within investment portfolio | 37,160 | 30,930 |
| | 1,550,057 | 1,537,299 |

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)

18. 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 2023 was £1,181,505 (2022: £1,065,688).

19. Debtors: Amounts falling due within one year

| | 2023 £ | 2022 £ |
|---------------|---------------|---------------|
| Trade debtors | 45,802 | 27,166 |
| Other debtors | 9,195 | 4,006 |
| | <u>54,997</u> | <u>31,172</u> |

20. Creditors: Amounts falling due within one year

| | 2023 £ | 2022 £ |
|------------------------------|---------------|---------------|
| Other creditors | 23,902 | 55,652 |
| Accruals and deferred income | 23,160 | 19,646 |
| | <u>47,062</u> | <u>75,298</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 31 March 2023 £ |
|--|---------------------------------|----------------------------|----------------------------|-----------------|---------------------------------|----------------------------|----------------------------|-----------------|----------------------------------|
| | Balance at 1 April 2021 £ | Incoming Resources £ | Resources expended £ | Transfers £ | Balance at 1 April 2022 £ | Incoming resources £ | Resources expended £ | Transfers £ | |
| Mental Health Navigator | - | 35,024 | (22,831) | (12,193) | - | 49,617 | (42,896) | (6,721) | - |
| Beneficiary activities | 1,549 | 74 | (246) | - | 1,377 | - | (366) | (149) | 862 |
| Fundraising / donations | 464 | 475 | (575) | - | 364 | 130 | (51) | (241) | 202 |
| IT | 231 | 2,200 | - | (2,431) | - | - | - | - | - |
| Adult Social Care Infection Control | 107,636 | 6,061 | (59,277) | (984) | 53,436 | 34,644 | (55,083) | (32,997) | - |
| Mental Health Productivity Pilot | - | 21,035 | (25,568) | 4,533 | - | 11,294 | (2,681) | (8,613) | - |
| | <u>109,880</u> | <u>64,869</u> | <u>(108,497)</u> | <u>(11,075)</u> | <u>55,177</u> | <u>95,685</u> | <u>(101,077)</u> | <u>(48,721)</u> | <u>1,064</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 2023 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 previous 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.

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 2021, and a further £2,851 (2022: £6,061) was received by the charity during the current year from West Northamptonshire Council. During the year £55,083 was spent from these funds on revenue expenditure. Other income also includes a further £31,793 in respect of a reduction in the expected unspent amounts that were repaid after the year end under the terms of the grant.

At 31 March 2023 the charity had made full provision for the known amounts repayable under the terms of the grant and therefore the cash balance on the fund of £32,997 was transferred to unrestricted funds.

Mental Health Productivity Pilot

During the year the charity received a grant of £11,295 (2022: £21,035) from National Mind to pilot a project supporting employees' mental health in the workplace.

At 31 March 2023 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)

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 2021 £ | Resources expended £ | Transfers £ | Balance at 1 April 2022 £ | Resources expended £ | Transfers £ | Balance at 31 March 2023 £ |
|--------------------------|---------------------------------|----------------------------|----------------|---------------------------------|----------------------------|------------------|----------------------------------|
| Building appeal fund | 201,191 | (7,031) | - | 194,160 | (7,032) | - | 187,128 |
| Legacy fund | 20,541 | - | - | 20,541 | - | - | 20,541 |
| Promotional PR fund | 9,532 | - | - | 9,532 | - | - | 9,532 |
| Revaluation Reserve fund | 380,096 | - | 60,014 | 440,110 | - | (108,718) | 331,392 |
| MakeALeg fund | 18,865 | (39) | - | 18,826 | - | - | 18,826 |
| | <u>630,225</u> | <u>(7,070)</u> | <u>60,014</u> | <u>683,169</u> | <u>(7,032)</u> | <u>(108,718)</u> | <u>567,419</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. During the year there was no movement on this fund.

Revaluation reserve fund

The fund is required by the Companies Act 2006 and represents the amount by which unrestricted investments exceed their historical cost. £108,718 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 no movement on this fund.

Notes to the financial statements (continued)

23. Analysis of net assets between funds

| | Unrestricted funds 2023 £ | Restricted funds 2023 £ | Total 2023 £ | Unrestricted funds 2022 £ | Restricted funds 2022 £ | Total 2022 £ |
|---|------------------------------------|----------------------------------|--------------------|------------------------------------|----------------------------------|--------------------|
| Fund balances at 31 March 2023 are represented by: | | | | | | |
| Tangible assets | 659,117 | - | 659,117 | 676,746 | - | 676,746 |
| Investments | 1,550,057 | - | 1,550,057 | 1,537,299 | - | 1,537,299 |
| Current assets / (liabilities) | 741,733 | 1,064 | 742,797 | 748,357 | 55,177 | 803,534 |
| | <u>2,950,907</u> | <u>1,064</u> | <u>2,951,971</u> | <u>2,962,402</u> | <u>55,177</u> | <u>3,017,579</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 £19,999 (2022: £16,394).

The charity has no liability beyond making its contributions and paying across the deductions for employees' contributions. Contributions totalling £44 were payable to the scheme at 31 March 2023 and are included within creditors (2022: Contributions amounting to £28 had been overpaid to the scheme at 31 March 2022 and are included within debtors).

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:

| | 2023 £ | 2022 £ |
|------------------------|-----------|-----------|
| Aggregate compensation | 93,784 | 83,594 |

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 £Nil (2022: £9)

26. Cash generated from operations

| | 2023 £ | 2022 £ |
|---|-----------------|----------------|
| (Deficit)/Surplus for the year | (65,608) | 110,811 |
| Adjustments for: | | |
| Investment income recognised in statement of financial activities | (39,684) | (21,083) |
| Loss/(gain) on disposal of investments | 7,664 | (4,418) |
| Fair value gains and losses on investments | 95,359 | (76,732) |
| Depreciation and impairment of tangible fixed assets | 24,496 | 24,768 |
| Movements in working capital: | | |
| (Increase)/decrease in debtors | (23,952) | 38,634 |
| (Decrease)/increase in creditors | (28,236) | 40,255 |
| Cash (absorbed by)/generated from operations | (29,961) | 112,235 |

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:

Becci Bilby
 Tony Atwell-Jeffery
 Amazon Smile
 Peter Brown
 Nationwide bank
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 Lloyds banking group
 NCS fundraising
 St Patricks Night games players
 Tesco Kettering
 Virgin money cashback
 Michelle Stewart

Michael Guest Charitable Foundation
 Timson Benevolent Trust
 EA Timson Family Trust
 Mental Health Northants Collaboration
 Dr Stuart Walmsley – Hoarding Interventions
 Dr Derek Lee – Understand Yourself Better
 Unison Northamptonshire Health workers Branch
 Harniss Building Services
 Andy Earl
 Feel Good Fest
 Faslee Khan
 NAHL Group PLC

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

In memory of Billy McKinnon

In memory of Alan McBlane

In memory of Jean Carthew

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

