

# BRISTOL MIND

England & Wales · Charity number 1085171

## Details

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Status	Registered
Legal form	Charitable company
Company number	<a href="#">04124744</a>
Registered	2001-02-22
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	48 Fairfax Street Bristol BS1 3BL
Phone	01179800370
Email	<a href="mailto:finance@bristolmind.org.uk">finance@bristolmind.org.uk</a>
Website	<a href="http://www.bristolmind.org.uk">www.bristolmind.org.uk</a>

## Activities

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**Objects:** (1) To promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.(2) To relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

**Activities:** The company provides a range of high quality services which are reflective and relevant to the needs of the mental health service user community, combats stigma and promotes a positive image of mental health and works in partnership with service users and other agencies to secure the widest range of services are available that best matches the needs of the service user community.

## Classification

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- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities

## Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE CITY OF BRISTOL, NORTH SOMERSET AND SOUTH GLOUCESTERSHIRE
- Bristol City
- North Somerset
- South Gloucestershire

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£570,540	£552,151	£263,072	17
2024-03-31	£502,965	£616,792	£244,683	19
2023-03-31	£536,264	£513,577	£358,510	15
2022-03-31	£855,351	£903,200	£335,823	26
2021-03-31	£869,420	£951,941	£383,672	25

## Trustees

Name	Role	Appointed
Ana Miguel Lazaro		2024-08-02
Debra Caroline Longsdale		2026-01-28
Dr Hayley Richards		2022-06-14
Jeremy William Pannell		2026-01-16
Joanne Diamond		2022-06-14
Mo Morgan		2024-08-08
Sally Jane Mason		2022-05-31
Victoria Davis		2024-08-05
Yan Yi Shania Cheung		2026-01-14

**BRISTOL MIND**

England & Wales - Charity number 1085171

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# Accounts

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# Bristol Mind

## Trustees Report and Financial Statements for the Year Ended 31 March 2025

A charitable company founded in 2001

Registered in England and Wales

Company Number: 04124744

Charity Number: 1085171



<b>CONTENTS</b>	<b>Page</b>
<b>Trustees Report</b>	<b>1-18</b>
› Reference and Administrative Information	1
› Chair's Review	2
› Objectives and Services	3
› Report on charitable activities in 2024/25	4-14
› Plans for 2025/26	14
› Financial review and acknowledgements to donors and partners	15
› Reserves policy and position	16
› Structure, governance and management	17
› Statement of Trustees responsibilities	18
<b>Independent Examiner's Report</b>	<b>19</b>
<b>Statement of Financial Activities</b>	<b>20</b>
<b>Balance Sheet</b>	<b>21</b>
<b>Cash Flow Statement</b>	<b>22</b>
<b>Notes to the Cash Flow Statement</b>	<b>23</b>
<b>Notes to the Financial Statements</b>	<b>24-32</b>

## TRUSTEES REPORT

The Board of Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, presents its annual report together with the financial statements of the charity for the period 1 April 2024 to 31 March 2025. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The financial statements also comply with the Charities Act 2011 and the Companies Act 2006.

### REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name: Bristol Mind  
Charity Registration Number: 1085171  
Company Registration Number: 04124744  
Registered Office: To September 2024: St Brandon's House, 29 Great George Street, Bristol, BS1 5QT.  
From October 2024: 48 Fairfax Street, Bristol, BS1 3BL.  
Bank: Co-operative Bank, PO Box 250, Delf House, Southway, Skelmersdale, WN8 6WT  
Independent examiners: Francis Clark LLP, 90 Victoria Street, Bristol, BS1 6DP

### Trustees

The Trustees and officers serving during the year were as follows:

Dr Hayley Richards (Chair)  
Joanne Diamond (Vice Chair)  
Tony Whitlock (Treasurer)  
Victoria Davis (appointed 5 August 2024)  
Ana Miguel Lazaro (appointed 2 August 2024)  
Sally Mason  
Mo Morgan (appointed 8 August 2024)  
Alexander Alcock (resigned 3 July 2024)  
Grace Smith (appointed 23 July 2024, resigned 24 March 2025)  
Joanna Sunderland (resigned 31 July 2025)  
Thomas Wilson (resigned 11 August 2025)

### Chief Executive Officer

Emma Brech

## CHAIR'S REVIEW

I am pleased to present this year's report on behalf of the Board of Trustees. In the year April 2024-March 2025 Bristol Mind provided mental health and wellbeing services to over 2,600 people of all ages and backgrounds in and around Bristol.

Affiliated to National Mind, we are an independent charity working at the heart of our community. We deliver inclusive and responsive services including Mindline, Meeting Minds Counselling and Community Wellbeing projects.

Last year represented a key time for Bristol Mind as we recognised the social and economic pressures on our community, with a resultant increase in reported feelings of stress, anxiety, and depression.

Our Mindline and Infoline services -which underpin our other services as a 'first port of call' - received over 3,800 calls, voicemails, and e-mails, a 31% increase in engagement from the public compared to the previous year. With many clients citing challenges in accessing statutory counselling - where waiting times are at an all-time high - and the unaffordability of private counselling, we saw a 17% increase in referrals to our Meeting Minds service.

In response to community need, we made the decision to co-locate with Citizen's Advice Bristol and launched several pilots within our Community Wellbeing Service. These aim to reach people experiencing a range of challenges including low-income, debt, fuel poverty, and unemployment. At the same time, we intensified our support for minoritised groups, with targeted emotional support conversations and new £5 counselling places for people on low incomes, and those experiencing isolation, discrimination or hate crime.

The outcomes for our clients attest to the commitment and dedication within our teams: evaluation scores for improved mental health and wellbeing consistently showed over 80% across all of our services.

Navigating this increase in demand against a 22% decrease in our annual budget necessitated careful planning. I am proud of the work completed by staff and volunteers in achieving more with less: working together to increase our overall client numbers whilst cutting our cloth ever more finely.

Our year-end financial position in March 2025 shows a significant improvement on the previous year and sets a solid baseline from which to sustain and develop our organisation.

Whilst we remain moderate in size, two new systems-change projects last year, detailed in the Report on Charitable Activities in 2024/25 on page 13, proved that we have the leadership and voice to advance collaboration and compassion within our sector. These qualities remain key if we are to influence the provision of properly equitable and inclusive mental health services.

We are very grateful to our existing and new funders and donors who made this possible and who continue to support us in our mission to reach more people in need.

We are also indebted to our community partners, and to the many volunteers who join us each year on Mindline and as counsellors within Meeting Minds; without their lived experience, passion, and expertise, we simply would not be able to deliver our high-quality services.

Our plans for 2025/26 continue to build on our Community Wellbeing and Counselling offers, with increased partnership work and outreach services to more deprived Bristol wards and surrounding areas.

I am particularly excited about our upcoming focus on lived experience and how we might create better pathways from service-user to volunteering, training and paid work within the sector. It is this potential to connect, collaborate, turn into difficulty, and turn lives around which makes Bristol Mind a special place.



**Dr Hayley Richards**  
Chair of Trustees

## OBJECTIVES AND SERVICES

### Public benefit

In setting objectives and planning for activities, the Trustees have given due consideration to the general guidance published by the Charity Commission relating to public benefit.

Our Memorandum of Association sets out the organisation's principal organisational objectives which are for the public benefit and are compatible with section 17 of the Charities Act 2011. These are:

- 1) To promote the preservation of good mental health by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.
- 2) To relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

Bristol Mind's charitable activities focus on the provision of inclusive and accessible mental health services for people in and around Bristol. Our activities are of public benefit insofar as they promote individual and community resilience, helping people not only to find the right support for themselves, but to actively engage in volunteering opportunities which contribute to a mentally healthy, inclusive society.

### Vision, Mission and Values

Our *Vision* is to support everyone in and around Bristol in achieving the best mental health possible.

Our *Mission* uses the power of our local community to create inclusive activities based on lived experience: most of our volunteers have lived experience, alongside many of our Trustees and staff.

Our *Values* are:

- > **Compassion** – responding to each other with empathy and consideration.
- > **Equity** - recognising different circumstances and tailoring opportunities for success.
- > **Respect** – upholding the dignity of others, observing humility, advancing collaboration; and,
- > **Integrity** – modelling transparency and accountability in everything we do.

Our Services are designed to support people wherever they are on their journey to better mental health.

- > Our '**Infoline**' - open four mornings a week - helps people take the first steps to finding the right support, whether from our own services or those of other local organisations.
- > **Mindline**- our free confidential telephone service gives emotional listening support from volunteers with lived experience five evenings a week. We answer up to 2,000 calls annually, most people call more than once.
- > **Meeting Minds** - our 1:1 counselling service offers at least four months of weekly sessions with qualified and / or trainee counsellors (trainees are supervised). Clients pay £5 - £35 per session, dependent on their income.
- > **Community Wellbeing** services for minoritised and low-income communities:
  - o 1:1 emotional support and advocacy for victims of discrimination & hate crime
  - o 1:1 / group psychoeducation for people living in poverty, debt and / or long-term sickness absence.
  - o Counselling, emotional support, signposting, walks, cooking and gardening for asylum seekers
- > **Workplace Wellbeing**: training / consultancy for local companies including mental health first aid.

## REPORT ON CHARITABLE ACTIVITIES IN 2024-25

### The mental health context in and around Bristol

Over the last year our community continued to experience remote and isolated lifestyles, increased levels of personal and social anxiety, and high levels of stress caused by the ongoing cost-of-living crisis.

Last year, over half of calls to Mindline were from regular callers who used Mindline several times a week or month as an integral part of their well-being strategy for the social connection and emotional support we provide. Many of these callers are known to have a mental health diagnosis and/or history of trauma including sexual abuse, self-harm and suicidal ideation.

The most common issue discussed on Mindline calls was anxiety and stress (40%), then isolation (35%), depression (23%) and suicide or self-harm (21%). 16% of callers mentioned accommodation or housing issues, 15% cited physical health concerns or chronic pain and 7% mentioned abuse or hate crime. 52 safeguarding incidents/concerns were recorded; these were successfully managed or de-escalated with only 16 of these requiring an onward referral to crisis teams or emergency services.

In our 'Meeting Minds' counselling service last year, we received over 400 referrals, a 17% increase on last year (342 YE24), due to increased demand and with a spike in January after the launch of our new website. 38% of clients accepted for counselling showed 'severe' score ratings for depression and anxiety in their first assessment (compared to 33% in YE24). This coincided with more people citing refusal by statutory (primary care/ CBT) services as their reason from approaching our service. Issues that they presented with ranged from anxiety and loneliness through to grief associated with suicide, trauma and abuse.

We have seen more people requesting extensions beyond our 16 weeks offer, and more people revealing trauma/ more complex needs once in therapy. We have also noticed an increase in mental health challenges in young adults aged 18-25, a generation deeply affected by COVID-19. These clients cited loss of confidence and identity confusion, greater isolation, and over-reliance on online lifestyles; coupled with increased stress and anxiety from the overwhelming social, economic and environmental problems facing them as they enter adult life.

### Achievement and performance

In the year ending March 2025, Bristol Mind supported 2,620 unique beneficiaries across all services, a 23% increase on our prior year (YE24 -2,123 beneficiaries).

Our services help people to find the right support at the right time, free from stigma or discrimination. Central to our offer is the principle that good mental health and wellbeing is a community endeavour, enabling people to feel safe in expressing about how they feel, what they need and want in terms of support, and what they can offer as unique and valuable individuals.

- > Our 'Infoline' helped 1,438 people find support, of whom a fifth were referred into our own services. 25% of calls were signposted to other charities, 16% were referred to statutory services such as the NHS.
- > Our Mindline volunteers offered emotional support to 726 people on 1,861 calls (61% called more than once). 21% of calls involved suicidal ideation or self-harm; the majority were successfully de-escalated.
- > In our 'Meeting Minds' counselling service, we supported 336 clients. Based on a 15% sample of pre and post results; 90% of clients reported a reduction in feelings of depression and hopelessness, and 86% reported a reduction in anxiety by the end of their sessions.
- > In our Community Wellbeing services, we supported 1,469 people (798 YE24) via:
- > Wellbeing Support & Signposting to asylum seekers in Initial Accommodation Hotels: 1,206 people were supported via drop-in sessions delivered in partnership with Borderlands; a huge increase on 2024 due to an additional commission being awarded in October to support asylum seekers at a third Hotel. Within this, 37 newly arrived residents participated in our pilot delivery of six 1:1 emotional support sessions with dedicated staff. Early findings

indicate a reduction in feelings of being overwhelmed, isolated and distressed.

- > Greenspace: 111 asylum seekers engaged in cooking, gardening and walking groups, and based on a 26% sample, 100% reported improved happiness and decreased isolation.
- > 1:1 counselling for female asylum seekers: 73 women were supported and 83% reported that they had improved coping skills resulting in being able to get through the day.
- > Hate crime & discrimination victim support: 19 people benefited from our one-to-one service, of whom 85% reported being better equipped to cope, more confident to report and safer within their community because of our support. A further 120 people were reached via Bristol Hate Crime and Discrimination Service workshops and events.

134 skilled and dedicated volunteers were crucial in the delivery of these outcomes for our clients, representing over 10,500 hours of volunteering time. We simply could not deliver our services without the support of our volunteers and thank them for their dedication and commitment. Most of our volunteers and staff have lived experience of mental health issues, and we are working towards a Lived Experience Pathway, offering a route from volunteer to counselling trainee.

#### **Feedback from volunteers and trainee counsellors with lived experience**

*"A large part of wanting to volunteer on MindLine was having lived experience of mental illness and knowing how isolating that can be. I wanted to help provide others with the support, empathy and understanding that is so vital when going through challenging times. On a more personal level, I also felt that volunteering for MindLine could help me reframe very difficult times in my own life by using the knowledge gained to help callers. Bristol Mind's emphasis on volunteer wellbeing and the comprehensive support/supervision systems in place were also a factor in applying to volunteer."*

*"I loved my time on Mindline, and it was instrumental in both my personal recovery from mental health issues, and in my decision to retrain as a counsellor. I'm now finding the Meeting Minds placement very rewarding, and extremely useful in terms of learning and development as I move into private practice."*

*"My journey to becoming a trainee counsellor for Meeting Minds was informed by lived experience. I had a post-natal mental health crisis 26 years ago during which I was sectioned and spent two weeks in the mother and Baby Unit. Although I recovered quickly from post-natal psychosis and was discharged from mental health services within a few months, this experience was life changing. Becoming a parent, separated from my daughter's father inspired me to look differently at myself and my life choices and to take my mental health seriously. Counselling and psychotherapy and career changes left me keen to take up training and volunteer to listen. I felt that being heard (and listening to myself!) was the most important part of improving and maintaining good mental health."*

#### **Staffing and management**

Emma Brech - Chief Executive Officer - is a qualified counsellor and Clore 2016 Fellow. Bristol Mind's senior team includes two other roles: Head of Finance and Central Services -Andrew Joyce, qualified accountant and member of CIMA with 30 years' experience in a variety of finance roles; and Head of Clinical Services – Liz Sorapure- a qualified counsellor with 20 years' experience as a clinical services manager / supervisor.

The senior team manage our culturally diverse staff and volunteer teams, who have a wide range of complementary skills and qualifications. This includes Microsoft 365 expert Sam Conybeer (Office & IT) and commercial/ project manager Caitlin Scott (clinical administration). Last year we appointed three new Service Managers (Meeting Minds, Mindline and Community Wellbeing), each qualified and experienced counsellors or psychotherapists bringing clinical and trauma informed expertise to support our teams.

During the year they managed eight Coordinators, two Clinical Administrators and three Lived Experience Advocates (Refugees). Our team of 20 staff worked closely together from delivery, through to administration and management,

ensuring the smooth and efficient running of all our services with a focus on high quality, trauma-informed support for our beneficiaries.

Our Counselling team consisted of 35 counsellors offering online and face to face counselling. The majority of these are trainees, supervised by qualified practitioners and supervisors. Trainees complete placements with us whilst on accredited courses. We include specific lived-experience counsellors for LGBTQIA+ and Neurodivergent clients. Counsellors are well supported via clinical supervision in line with the British Association of Counselling and Psychotherapy's ethical framework and guidelines, as well as regular staff meetings and routes through to employment opportunities as they arise in-house. We partner with reputable training providers including Bath Centre for Psychotherapy and Counselling; UWE – the Doctorate in Counselling Psychology; UWE – Masters in Counselling; University of South Wales; Metanoia; and Heartwood College. All staff and volunteers are subject to Safer Recruitment procedures and enhanced DBS checks in line with government guidance.

### Infoline

Infoline is our information and signposting service, open three mornings per week. Last year we supported 871 callers requesting information and signposting. The main reason for calls were enquiries about talking therapies (33%) and advocacy and legal advice (9%), with cited reasons including depression (7%), housing or homelessness (5%) and anxiety (5%).

### Meeting Minds

Our affordable one-to-one counselling service is designed to reach a diverse range of people in Bristol and South Gloucestershire with a bespoke, personalised service. We offer clients up to four months of weekly sessions (50 minutes a time) at our office (and online as suits the person), with the option to extend if appropriate. Beneficiaries pay for counselling sessions, but at a vastly reduced rate of between £5 and £35, dependent on the person's income.

Our team responded well to the disruption caused by moving premises last year, delivering 3,674 sessions of talking therapies to 336 clients. We adopt a trauma-informed approach to our work, which includes supporting all counsellors with clinical supervision, practice-based learning meetings, database training and ongoing safeguarding training/ support. Our service model includes a mix of trainee and qualified associate and paid counsellors. This means that whilst we primarily support clients with 'mild-moderate' needs, we can also support clients with 'moderate/severe' needs.

Our clients included 179 female, 138 male and 19 trans or non-binary people. We respond to enquiries using a person-centred approach, thinking carefully about presenting needs, identity and modality to match clients with the right counsellor. 37 clients identified as LGBTQIA+ and 50% of these identified as neurodivergent; where possible, these clients were matched with lived experience counsellors. Ages ranges included 15% under 25; 56% aged 25-34; 13% aged 35-44; 6 aged 45-54; 8% aged 55-64 and 2% were aged 65 or over.

#### *Counselling outcomes*

From a sample of our 50 counselling clients, we tracked PHQ9 (depression) and GAD7 (anxiety) scores from the beginning and end of therapy, usually 16 sessions in total.

**PHQ9:** The data showed that 70% of clients started sessions with scores indicating moderate depression or higher, and 38% started sessions with scores indicating more severe depression symptoms.

> By the end of sessions, 90% of clients reported an improvement in feelings of depression and hopelessness; 58% reported over a 20% improvement. 28% of clients moved from severe to moderate or mild scores.

**GAD7:** The data showed that 62% of clients started sessions with scores indicating moderate anxiety or higher and 28% started sessions with scores indicating more severe anxiety symptoms.

> By the end of sessions, 86% of clients reported an improvement in feelings of anxiety; 38% reported more than a 20% improvement and 32% of clients moved from moderate-severe to moderate or mild scores.

### Counselling case study

This case study shows how a fairly short intervention of 12 sessions can help a young adult to increase insight and resilience at a key transitional stage in their life. It shows how with empathy and acceptance from their counsellor, Ellie learns to trust in her own feelings and insights, let go of past experiences/ limiting beliefs, and find a way of being in the world which better aligns with her identity and values.

*'Ellie', aged 20, started counselling with us at a transitional stage – in the lead up to starting her first job and the next stage in her life. During her assessment, Ellie described an OCD 'rabbit hole' of thinking, leaving her feeling insecure and unable to participate in activities she enjoyed. In the past she had self-harmed and had no prior experience of counselling.*

*A previous relationship had caused her to feel guilty and lose trust in herself. We discussed the differences between 'healthy' and 'unhealthy' guilt and shame and explored personal boundaries and 'people pleasing' behaviour.*

*Across 12 sessions Ellie engaged well. We progressed to exploring childhood experiences which had caused her to internalise guilt for many years: Ellie told us she felt "a weight taken off her shoulders", as part of her story was witnessed and validated. A recurring theme was self-doubt and self-deprecation, a core belief in 'I am not right'. As she moved into deeper work Ellie felt able to explore these feelings further - insecurity, guilt and shame - gaining new insights and perspectives.*

*Ellie used the sessions to reflect on her identity, gaining confidence in making decisions which aligned with her values and future plans.*

*By the end of the sessions her depression score had reduced by 78% and her anxiety score had reduced by 50%. Ellie was able to notice the positive scores and changes, such as feeling more compassionate and accepting of herself.*

### New developments in counselling

- › In response to increased referrals for clients with higher needs, i.e., more clients presenting with 'Moderate/ Severe' needs we introduced a pre-initial assessment triage. This ensured that people needing more specialist support were referred on quickly; the numbers referred on doubled from 11 to 22 per quarter by the end of March 2025.
- › In response to the cost-of-living crisis we piloted a new approach to reach people living in financial crisis including debt by offering a £5 per session fee for up to 12 sessions. Between January and March 2025, three clients were seen, and we aim to support 32 clients in total across 2025.
- › We supported ten young clients (aged 18-25) with free counselling for up to 12 sessions, working in partnership with other young people's services such as Off the Record.

### Meeting Minds client feedback

*"My counsellor listened well and challenged my thinking- particularly around my self-image to help develop a more positive self-image. They allowed me the space to feel my emotions and was very positive and encouraging."*

*"Genuinely changed my life and helped me think about things in an entirely different, healthier way."*

*"[My counsellor] helped me to see things that I hadn't noticed before in myself and helped me to see that I needed to prioritise myself more. It has been empowering!"*

### *Developing the next generation of counsellors*

Trainee counsellors end their placement with a reflection on their experience and learning with Bristol Mind. For many, the experience of meeting and supporting a diverse range of people within a safe and affordable counselling service presents a profound opportunity for reflection and greater social connection/ awareness. Last year's feedback included the following comments:

#### **Meeting Minds trainee feedback**

*"I have gained confidence and skills in providing therapy for a range of clients (particularly younger people - late teens / early twenties), and how to make the most of learning from supervision and putting theory into practice".*

*"My time here gave me a window into the counselling/psychotherapy world. A great deal of learning about the processes involved to make the experience professional, productive and safe for clients. Lots of personal and professional support from all the team at Bristol Mind."*

*"Seeing clients grow in confidence and 'come alive' through the course of therapy was truly valuable. Also seeing clients come to some significant new ways of understanding and feeling about themselves and their worlds was a privilege to be alongside."*

### **Mindline**

Our free confidential telephone service offers emotional support from volunteers with lived experience. It operates five evenings every week and last year we recorded 1,861 callers with a 61% repeat call rate. Most people call more than once, and many have been calling regularly over many years. Mindline volunteers receive 6 weeks of specialist training, safeguarding training and weekly supervision. Our volunteers supported 1,762 callers last year with a 63% repeat call rate. On average 62% of callers were female, 22% male, 16% Trans/non-binary/unknown. Where the callers age was known, 19% were aged 18-24, 34% were aged 25-40, 28% were aged 41-60 and 19% were aged 60+.

#### **Mindline caller feedback**

*"Thank you so much for talking to me, you've got me through tonight. I can really hear how much you care...I'm so used to just feeling judged and alone."*

*"Thank you for your listening ear, talking is my medicine."*

*"Thanks for listening. I don't feel I can talk to anybody else about this and say how I'm really feeling."*

*"I'd be lost without Mind."*

#### **Mindline volunteer feedback**

*"Someone told me last night that Mindline has saved their life on several occasions."*

*"Hearing a caller move from extreme distress to a calmer place in that half hour call is a really positive experience. Also listening to other volunteers do their thing and the mutual support on shift I find really inspiring."*

*"A positive experience that was very memorable was when a regular autistic caller with bipolar disorder told me that we (Mindline) had made such a difference to them when they were struggling with a bipolar episode. They said they found it hard to talk rationally and that most people couldn't understand what they said during episodes. They said they appreciated that we never turned them away, that we helped them to get better and they saw us as a useful tool to help them stay well."*

*"I feel privileged that people put their trust in myself and the wider team and proud that we can support so many people in the community. Every shift is different. Many calls are challenging. But to be able to support in that moment is so very rewarding and humbling."*

## Community Wellbeing Services

These services have developed over the past five years in response to increased poverty, isolation and stress within our communities, particularly for those facing exclusion, discrimination or stigma, or living with protected characteristics.

We offer specialist support via a range of services to minoritised communities including asylum seekers, refugees and people from LGBTQ+ backgrounds who often fall victim to hate crime.

Last year, we supported 1,429 service-users across our wellbeing services and increased the number of activities, recording a total of 2,099 attendances. This was driven by an almost doubling of asylum seekers supported compared to YE24. We work closely with Borderlands to deliver drop-in support to residents of 'initial accommodation' hotels – where the government accommodates asylum seekers whilst their claim is being considered. We were commissioned to deliver drop-ins at a third hotel from October 2024.

The Community Wellbeing team use a community development approach, using outreach to find people in need and helping them to identify and advocate for their wellbeing and mental health needs. The team use formulations including 'Cope Comprehend Connect' (CCC) strengths-based support, as well as awareness raising and topical psychoeducational workshops.

Our team are practised in collaborative methods which engage people on their own terms and encourage ownership and co-design of their own journey towards better mental health. For many people, our community wellbeing projects represent a vital first step in recognising need and trusting further or regular support from our Mindline and Meeting Minds counselling services.

Last year we continued with key flagship activities and began piloting new work from January 2025.

### Support to asylum seekers and refugees

This range of projects continued to thrive in response to the need for trauma-informed wellbeing interventions, leading to stabilisation, social connectedness and more timely referrals into NHS mental health services. During the year we worked closely with a range of specialist refugee community organisations and mental health services, including Bristol Refugee Rights, Borderlands, Refugee Women of Bristol, Bridges for Communities and The NHS Hope Trauma Service for Asylum-seekers and Refugees.

#### */ Drop in and signposting support*

Last year we collaborated with Borderlands to deliver drop-in and signposting support to 1,206 residents of three 'initial accommodation' hotels including:

- › Basic needs like SIM cards, clothing, bicycles and pushchairs.
- › Wellbeing activities such as swimming, yoga, football, drama, cookery and volunteering.
- › Medical appointments, counselling and more intensive trauma counselling via The Haven, Vita Minds and NHS Hope Asylum-seekers and Refugee Trauma Service.

#### */ CCC Emotional Support Conversations*

During the year we piloted a 6-session model of emotional support conversations using the NHS-approved 'CCC' formulation to help stabilise newly arrived residents who are feeling overwhelmed, experiencing distress and isolation. When people are feeling like this, it can be difficult for them to take the steps needed to seek and engage with formal mental health services.

37 service users accessed this support between January and March 2025. Early findings indicate that the conversations helped people to feel calmer and regulate their emotions, which will help them to engage better with specialist mental health services.

*/ Parent and Child after School Club*

Between March and July, two weekly family clubs (for parents with children aged 0-6 and 6-12) were delivered at the Mercure Brigstow benefiting 132 parents and children with the focus on positive relationships through creativity and play. Due to a lack of funding, this activity finished in July.

*/ Football for asylum seekers*

Between October and March, 57 service users (95% male, 5% female) benefited from weekly football sessions at St. Pauls Community Sport Centre. Due to a lack of funding, this activity finished in March.

St Paul's Community sport centre was chosen as it is central to two of the hotels. The objective was to reduce service user's isolation and loneliness, foster healthy mental wellbeing, and encourage physical fitness, confidence and leadership skills through participation in sports.

Service user feedback, supported by happiness-isolation data from a sample of 12% of service users, highlighted significant improvements in mood, social interaction, and overall mental health. Our team observed enhanced social interaction between participants, improved physical health/ fitness and a stronger sense of belonging/ community between participants from different nationalities/ ethnicities.

*/ Counselling for female asylum seekers (Women without Borders)*

73 clients were supported to attend what we call 'Brief Solution Focused Counselling', which we deliver in partnership with Refugee Women of Bristol. Due to a lack of funding, this activity finished in March.

We offered six sessions of one-to-one counselling in 6-week cycles with our Counsellors working on outreach where women are. We choose places to support women which help women to feel at ease. As well as seeing women within the Hotels where they are accommodated by the government, we supported them by meeting them at Bristol Old Vic.

Over 60% of clients also accessed wellbeing support via a fortnightly group session. Our team facilitated discussions on stress and anxiety, depression, sleeplessness and coping strategies for staying well.

Clinical outcomes were measured using the Short Warwick Edinburgh Mental Wellbeing Scale. Outcomes from the sample gathered were:

- › 83% felt they had improved coping skills, resulting in being able to get through the day.
- › 68% felt they managed their mood better.
- › 65% felt more confident asking for help and support.
- › 56% felt an improved connection to others.
- › 52% experienced improvement in sleep.

***Asylum seeking women counselling feedback***

*"I feel a bit more confident about my thinking and decision making; things are clearer in my mind."*

*"Counselling has made me more relaxed and to think about other things that I can do."*

*"Talking to someone has helped me to feel stronger, I have hope to carry on day by day. Many people like me applying for asylum need this service in the hotel."*

*"When I see counsellor, I am good, I feel to come to UK is good for me, I have hope for future and not so sad in my head."*

/ Greenspace

Greenspace aims to reduce social isolation for people seeking asylum by inviting them out of hotel accommodation and into nature spaces where they can connect, find support and learn new skills which support wellbeing and resilience.

111 service users were supported over 36 sessions of cooking and orientation walks for wellbeing, delivered at St Werburghs City Farm. Almost three quarters of these service-users went on Wellbeing walks in Bristol and South Gloucestershire, facilitated by our partnership with Bridges for Communities.

**Greenspace service user feedback**

*"I sincerely appreciate the amazing opportunity you've given us to come together, share our cultures, enjoy delicious food, and take part in fun activities."*

*"It's been a refreshing experience – breathing fresh air, tasting fresh food, and connecting with wonderful people."*

*"I want to thank the chefs for the delicious Syrian dishes – we truly enjoyed every bite."*

*"Thank you so much for letting me share this amazing experience with you. It was a beautiful day, and I am so glad we got to share it together. Everything, from the planting, watering to the food- was just perfect. Grateful to everyone who made it special."*

**Greenspace case study**

*V. is a woman from Nigeria who arrived in the UK seeking asylum with her husband and 3 young children. Placed in initial accommodation, she faced a range of challenges which affected her physical and mental wellbeing. She found it difficult to engage with her new environment and could not digest the food provided in IA Hotel. This culture shock left her feeling unwell and isolated, with frequent stomach-aches and an intense longing for home. Her anxiety grew to the point where she was unable to leave the IA Hotel.*

*V. was signposted to Bristol Mind for talking therapies and within her assessment it was identified she would be well supported by Greenspace, where she could cook her own food and gradually reconnect with a sense of safety and community. V was initially hesitant, finding the idea of a group overwhelming. The Coordinator met with her 121 and encouraged her to co-shop and cook a special dish from home. This activity proved a turning point as V connected with a familiar experience and was celebrated by others for her cooking: she described a feeling of familiarity and joy in being able to share this with others. By the second session, V's mood had improved as she began to smile and open up to others in the group. By the 6<sup>th</sup> session, V was a regular member of the group and felt confident to be signposted to Refugee Women of Bristol, where she has since attended further health & wellbeing workshops and volunteered in the kitchen.*

*Today, V feels more confident, connected and hopeful. She continues to attend wider community events and is planning to visit St Werburghs City Farm with her children.*

*/ Support for victims of Hate Crime & Discrimination*

We offer victims of hate crime and discrimination mental health casework and practical and emotional support including one-to-one advocacy, acting as a companion for difficult meetings or court proceedings. We also facilitate group workshops and events.

The service is for people with mental health as a disability, or people with protected characteristics whose mental health is affected by their experience of hate or discrimination. We work in partnership with five other agencies in Bristol and South Gloucestershire within the Bristol Hate Crime and Discrimination Service.

> 1:1 casework

Last year we supported 19 people with specialist 1:1 casework during the period April 2024 and March 2025.

Demographic data gathered showed the following: Gender: 9 female, 10 male, 0 identified as Trans or non-binary.

Ethnicity: Asian – Pakistan 2, Black/Black British – 2, Middle Eastern – 4, Mixed/Multiple Ethnic Group – 2, White British -9. The majority of service users were from the 50-64 age group.

**Case study**

*'GP' is a White British man, aged 64 years. GP was referred to Bristol Mind in December 2024 for mental health support due to incidents of homophobia and verbal abuse received from a neighbour. The situation was very triggering for GP, as he had experienced this same treatment in the previous address he was residing. His housing association relocated him to his current address after those incidents. GP had severe anxiety, and he did not feel safe going outside his flat.*

*In collaboration with St. Mungo's, the initial referrer, we liaised with GP to set an action plan and advocate with and for him. This included reporting latest incidents, following up on investigations carried out by the housing association, and referring GP to Talking Therapies in order to receive psychological support.*

*This continued to February 2025, when GP reported not having received any verbal abuse or incidents from the neighbour, saying "it had been quiet lately". Additionally, his referral to Talking Therapy came through following a lengthy wait.*

*GP has confirmed feeling safe and able to reach out to the partnership in case of further hate crime. He has stated feeling relieved after his concerns about the neighbour were taken seriously by the housing association.*

> Workshops and events- we facilitated four workshops/ events:

- Mental Health and Wellbeing, a joint event in collaboration with Off the Record (OTR) discussed the definition of hate crime, and provided referral details and mental health resources to help people cope with incidents. The workshop was attended by 15 staff and volunteers of OTR.
- Voices of Victims of Hate and Discrimination Biannual. This event was hosted by Stand Against Racism and Inequality and attended by over 95 people. We hosted a table, supported attendees with wellbeing and promoted the long-term underlying emotional and psychological impact of discrimination and hate crime on anyone who experiences it as being a central concern.
- We co-delivered two workshops with Brandón Trust
  - One to the Retired Royal Veteran Army Alms Community attended by 10 veterans
  - The second to the Independent Living Community to raise awareness of Mental Health, Hate and Mate Crime, which was attended by 8 people with varying degrees of learning disability.

## Workplace Wellbeing

In January 2025 we recommenced our Workplace Wellbeing offer, delivering training for local companies and VCSEs in Mental Health First Aid (MHFA), ASIST suicide presentation, and Lunch & Learn sessions on stress and resilience. Between January and March 2025 we delivered 2 training sessions and received 8 enquires for further training in 2025/26.

## Systems Change Projects

At Bristol Mind, we know that the social determinants of poor mental health have deep roots which are hard to untangle. As a local charity, what inspires us is the potential influence we have, based on the relationships we build and the learning we share in questioning, even uprooting, limiting assumptions about what positive mental health means and how we can all benefit from working together to improve our community.

Last year, we were proud to initiate two systems-change projects with several key partners.

### */ Bristol, North Somerset and South Gloucestershire (BNSSG) Psychological Therapies Review Project*

This project explored the gaps in provision for people seeking psychological therapies across BNSSG. With the focus on complex trauma and equity-needs, it brought together key mental health professionals and Lived Experience leaders across VCSE and Statutory services to design a new Integrated Care Model.

Led by ourselves – alongside Womankind and the Avon & Wiltshire Mental Health Partnership - a multi-agency steering group explored differences in VCSE and statutory delivery of Psychological Therapies, including examining assumptions and highlighting synergies. An evidence-based approach was adopted to understand different models of psychological therapies, and how they cater to different trauma and/ or equity needs across VCSE and statutory provision.

Analysis took place of referrals which ‘fall through the gaps’ – typically between primary and secondary mental health care; in relation to undiagnosed trauma or complex needs; or for people living outside of central Bristol.

We consulted with Lived Experience leaders from the Independent Mental Health Network to understand the impact of disjointed or excluding service provision, and how this can be changed.

We then co-designed a new Integrated Model of Care, designed to promote the collaborative advantage of the VCSE sector in offering psychological therapies. Finally, we developed a research-based Theory of Change and laid the ground for a new Test & Learn pilot to take place in South Bristol during 2025.

### */ Equitable Wellbeing in Asylum Accommodation Project*

This two-year project began in April 2024, seeking to influence positive wellbeing changes for people living in hotel asylum accommodation. Led by ourselves - along with Stand Against Racism and Inequality and the NHS Hope Service – we worked closely with the Bristol Asylum Seeker and Refugee Partnership and other key partners. We explored how influencing can work from grassroots upwards, prioritising the voices and leadership of people with lived experience.

What we achieved included:

- › Setting in motion our Lived Experience Advocate pathway – from a 6-week consultation group to the recruitment of three paid leadership roles.
- › Creating a multi-agency Steering Group with an Influencing Plan based on the changes residents wanted to see within three asylum hotels. Connections were made with the South West Migration Partnership, Bristol City Council, Clear Springs/ Ready Homes and local MPs to galvanise change.

- › Designing a programme of Lived Experience Influencing trainings on LGBTQIA+, Listening Skills and Hate/Discrimination, which were tested on eight VCSE partners, ready for roll out to decision-makers and hotel residents.
- › Co-designing our first pop up Photo Voice Exhibition with artist Aida Silvestri, telling the stories of hotel residents and bringing awareness to the challenges they face.
- › Starting to grow our Lived Experience Volunteer Group, ready for structured community organising mentoring and training in 2025.

### **Plans for 2025/26**

Last year marked the start of a period of intense development for Bristol Mind. Looking ahead, we will continue to develop our vision for broad-based community mental health and wellbeing support.

In line with our Strategic Plan, we will focus on:

- › Consolidating and diversifying our income generation activities, including rolling out a new Workplace Wellbeing training offer and continuing to develop relationships with local and national grant funders.
- › Finalising the refurbishments necessary from our co-location with Citizens Advice Bristol, ensuring that our staff, volunteers and service-users have an accessible, comfortable and safe environment.
- › Collaborating with one another to respond creatively to our community, using lived experience as our guide. New developments in this area will include developing our services to offer a better 'route through' from volunteering to paid work in mental health.
- › Developing our services and external partnerships to the benefit of people from lower-income and minoritised communities. This will include expanding our low-cost, inclusive counselling and outreach work in key areas relating to mental health, poverty and employability.
- › Developing our reach; continuing to improve our website and digital / online presence as a means of influencing best practice in mental health and wellbeing across Bristol and surrounding areas.

## FINANCIAL REVIEW

### Financial position at year end

The Trustees agreed a budget for the year covering our service areas.

Income in the year was £570,540 (a 13% increase on 2023/24 - £502,965). Expenditure was £552,151 (a decrease of 10% on 2023/24 - £616,792). This left a surplus of £18,389 (an improvement on the 2023/24 deficit of £113,827).

Total net assets at year-end were £263,072 (2023/24 - £244,683), including £31,941 restricted funds carried forward for spend in 2025/26 (2023/24: £nil). Full analysis of funds can be found in note 12 to the financial statements.

### Expenditure

89% of our charitable activities expenditure was on the costs of delivering our services, and 11% on overhead costs like rent and accountancy. 73% of total expenditure was on salaries for our expert team of staff, 10% was spent on service running costs, 2% was spent on supporting our volunteers and 4% was spent on projects such as Greenspace. We use external support in our service provision for clinical supervision of our counselling staff, and for support with audit, payroll, and finance. Service running costs include advertising, marketing, postage, printing, stationery and telephone.

Fundraising costs represented 7% of total expenditure and 13% of voluntary income raised.

### Income generation

Our performance improved on last year, with a refocus on areas that were likely to generate the highest rates of income return on the expenditure incurred in raising it.

We improved the diversity of our fundraising portfolio with 51% of our income generated via voluntary sources, 47% generated while delivering our charitable activities and 2% generated via investment income.

Breaking that down further, we received 33% of our income via grants from Charitable Trusts, NHS, National MIND and the National Lottery Community Fund. 18% was generated via individual donations and community and corporate fundraising. Local individuals give to us, fundraise for us and attend events like our Blue Monday Comedy Night. Local companies supported us via making us their Charity of the Year. 25% of our income was via public sector contracts and grants from local authorities and the NHS. 22% was generated via counselling fees and training (our renewed offer to companies for paid mental health first aid training).

### Acknowledgements

We recognise the tough economic climate affecting our donors and we thank everyone who gave to us over the last year. We especially wish to thank the following donors: Avon Keep Fit Association, Garfield Weston Foundation, Grace Trust, Hanham Athletic FC, Henry Smith Charity, Home Leisure Direct, La Retraite CIO, Linnet Trust, Lloyds Bank Foundation, National Lottery Community Fund, NFU Mutual, Quartet Community Foundation, Screwfix Foundation, The Steel Charitable Trust, Trent Drains and Woodspring Masonic Lodge.

We would also like to thank all our partners for their much-valued collaboration: A Disorder for Everyone, Avon & Wiltshire Mental Health Partnership, Bath Centre for Psychotherapy and Counselling, Borderlands, Brandon Trust, Bridges for Communities, Bristol Refugee & Asylum Seeker Partnership, Bristol Refugee Rights, Chrysalis, Citizens Advice Bristol, the Haven, Heartwood College, Metanoia, Mothers for Mothers, NHS Hope Asylum-seekers and Refugee Trauma Service, Off the Record, Refugee Women of Bristol, Stand Against Racism & Inequality, St Werburghs City Farm, SOS Property Southwest Trauma Foundation, University of South Wales, UWE, Vita Minds, Womankind and YES Bristol.

### Reserves policy and position

The Trustees policy is that unrestricted reserves should enable the charity to continue operating and dealing with any unexpected contingencies for three to nine months following an unforeseen drop in income.

This policy is reviewed annually by Trustees. As we support the most vulnerable of our clients for up to 28 weeks (just over 6 months) through our counselling service, we have no flexibility to use unrestricted reserves against shortfalls.

Our unrestricted reserves position as at 31<sup>st</sup> March 2025 was £231k (2023/24 £245k). This is sufficient to continue operating for five months against the 2025/26 budget of £548,904. The contingency fund of £48k previously set up for property repairs was allocated back into the unrestricted general fund during 2024/25.

Our general fund is held to cover the costs of maintaining our charity's operations for three to nine months in case of any unexpected changes in the financial environment. If difficulties were to arise, then it has been calculated that a minimum level of £137,226 would be required to continue for at least three months. Restricted funds are only available for expenditure as directed by the donor. Trustees remain committed to maintaining the reserves at least at the minimum target level while ensuring that surplus funds are utilised to support charitable objectives.

The Board has reached its policy decision after considering the following:

- > Diverse sources of income
- > Working capital requirements
- > Key risks, their potential impact on reserves and the timeframe in which mitigating actions could be put into action and the impact they would have
- > The changing financial environment and increased level of uncertainty in charity fundraising

### Going concern

The accounts have been prepared on the assumption that the charity is able to continue as a going concern. All charity income sources are affected by current economic challenges; including the ongoing cost-of-living crisis and changing financial environment which continues to have a profound impact on the global economy. The Board continues to keep a strong focus on risk and cost controls.

The Trustees have considered the impact of this issue on the charity's current and future financial position. The Trustees consider that the charity has sufficient reserves and cashflow to continue as a going concern for a period of at least 12 months from the date on which these financial statements are approved.

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

The organisation is a charitable company limited by guarantee, incorporated on 13 December 2000 and re-registered as a charity on 22 February 2001. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

### **Recruitment and appointment of new Trustees**

Under the requirements of the Articles of Association there are a minimum of three and no maximum number of Trustees. The Board commit to recruit several members who have lived experience of mental health services.

### **Organisational structure**

The Board of Trustees administers the charity. The Board normally meets four times per year. The Chief Executive Officer ("CEO") is appointed by the Trustees to manage the day-to-day operations of the charity. To facilitate effective operations the CEO has delegated authority, within prescribed limits, for operational matters including finance, employment, and service delivery.

### **Induction and training of new Trustees**

All Trustees are fully inducted into Bristol Mind's governance. Trustees are drawn from a variety of business, HR, legal and finance professional backgrounds and a skills analysis is kept, and annual evaluation undertaken, ensuring Trustees can contribute in full.

### **Key management remuneration**

The Trustees consider the charity's CEO, and the senior management team comprise the key management personnel of the charity in charge of directing and controlling, running, and operating Bristol Mind on a day-to-day basis. All Trustees give of their time freely and no Trustee received remuneration in the year.

### **Risk management**

The Trustees have a risk management strategy which comprises:

- > A quarterly review of the principal risks and uncertainties that the charity faces.
- > The establishment of policies, systems, and procedures to mitigate those risks identified in the quarterly review.
- > The implementation of procedures designed to minimise, or manage any potential impact on the charity should those risks materialise.

## STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Trustees are responsible for preparing the Trustees' annual report and 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, which give a true and fair view of the state of affairs of the charitable company and the surplus deficit of the charitable company for that period. In preparing those financial statements, the Board is required to:

- › Select suitable accounting policies and apply them consistently
- › Make judgements and estimates that are reasonable and prudent
- › State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- › Prepare the financial statements on the going concern basis unless it's inappropriate to presume that the company will continue its operations

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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.

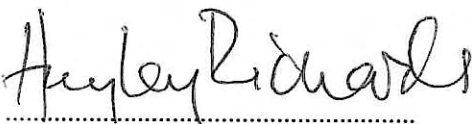
In so far as the Trustees are aware:

- › there is no relevant information of which the charitable company's independent examiners are unaware; and
- › the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiners are aware of that information.

The Board of Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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.

So far as each Trustee is aware, there is no relevant information of which the charity's independent examiners are unaware. Each Trustee has taken all steps necessary to make both themselves and the independent examiners aware of any relevant information.

Report of the Trustees, incorporating a strategic report, approved by order of the Board of Trustees, as the Company Directors, on 30 October 2025 and signed on the Board's behalf by:



**Dr H Richards – Chair**

## Independent Examiner's Report to the Trustees of Bristol Mind

I report to the trustees on my examination of the accounts of Bristol Mind for the year ended 31 March 2025, which are set out from pages 20 below.

### Responsibilities and basis of report

As the Trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

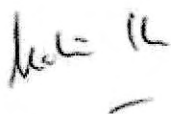
### Independent examiner's statement

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- 4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report to enable a proper understanding of the accounts to be reached.



Martin Hobbs BSc ACA

Francis Clark LLP

90 Victoria Street, Bristol BS1 6DP

Date: 4 December 2025

**Statement of Financial Activities for the Year Ended 31 March 2025**

(incorporating an Income and Expenditure Account)

		Unrestricted funds	Restricted funds	2025 Total funds	2024 Restated Total funds
	Notes	£	£	£	£
<b>INCOME FROM:</b>					
Donations and legacies	2	152,201	137,587	<b>289,788</b>	235,837
Charitable activities	3	127,916	141,486	<b>269,402</b>	255,586
Investment income	4	11,350	-	<b>11,350</b>	11,542
<b>TOTAL INCOME</b>		<b>291,467</b>	<b>279,073</b>	<b>570,540</b>	502,965
<b>EXPENDITURE ON:</b>					
Raising funds	5	39,076	-	<b>39,076</b>	53,126
Charitable activities	6	265,943	247,132	<b>513,075</b>	563,666
<b>TOTAL EXPENDITURE</b>		<b>305,019</b>	<b>247,132</b>	<b>552,151</b>	616,792
<b>NET INCOME / (EXPENDITURE)</b>		<b>(13,552)</b>	<b>31,941</b>	<b>18,389</b>	(113,827)
<b>RECONCILIATION OF FUNDS:</b>					
Total funds brought forward		244,683	-	<b>244,683</b>	358,510
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>231,131</b>	<b>31,941</b>	<b>263,072</b>	244,683

The notes form part of these financial statements

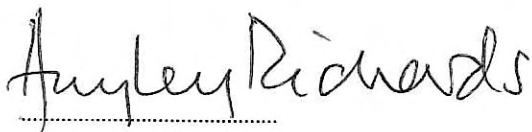
**Balance Sheet as at 31 March 2025**

	Notes	2025 £	2024 £
<b>FIXED ASSETS</b>			
Tangible assets	8	3,234	4,067
<b>CURRENT ASSETS</b>			
Debtors	9	15,624	54,665
Cash at bank and in hand		284,485	277,900
		<b>300,109</b>	<b>332,565</b>
<b>CREDITORS</b>			
Amounts falling due within one year	10	(40,271)	(91,949)
<b>NET CURRENT ASSETS</b>			
		<b>259,838</b>	<b>240,616</b>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			
		<b>263,072</b>	<b>244,683</b>
<b>NET ASSETS</b>			
		<b>263,072</b>	<b>244,683</b>
<b>FUNDS</b>			
	12		
Unrestricted funds		231,131	244,683
Restricted funds		31,941	-
<b>TOTAL FUNDS</b>			
		<b>263,072</b>	<b>244,683</b>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025. The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements. The trustees acknowledge their responsibilities for

- (a) Ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006, and
- (b) Preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company

The Board of Trustees approved and authorised for issue these financial statements on 30 October 2025; signed on its behalf by:



**Dr H Richards - Chair**

The notes form part of these financial statements

**Cash Flow Statement for the year ended 31 March 2025**

	Notes	2025 £	2024 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	(4,066)	(109,577)
Net cash used in operating activities		(4,066)	(109,577)
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		(699)	(5,424)
Interest received		11,350	11,542
Net cash provided by investing activities		10,651	6,118
<b>Changes in cash and cash equivalents in the reporting period</b>		6,585	(103,459)
<b>Cash &amp; cash equivalents at the beginning of the reporting period</b>		277,900	381,359
<b>Cash and cash equivalents at the end of the reporting period</b>		<b>284,485</b>	<b>277,900</b>

The notes form part of these financial statements

Notes to the Cash Flow Statement for year ended 31 March 2025

1. RECONCILIATION OF NET INCOME / (EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025	2024
	£	£
Net income / (expenditure) for the reporting period (as per the Statement of Financial Activities)	18,389	(113,827)
Adjustments for:		
Depreciation charge	1,532	1,357
Interest received	(11,350)	(11,542)
Decrease / (increase) in debtors	39,041	(10,110)
(Decrease) / increase in creditors	(51,678)	24,545
<b>Net cash provided by operations</b>	<b>(4,066)</b>	<b>(109,577)</b>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 01.04.2024	Cash flow	At 31.03.2025
	£	£	£
<b>Net cash</b>			
Cash at bank and in hand	277,900	6,585	284,485
<b>Total</b>	<b>277,900</b>	<b>6,585</b>	<b>284,485</b>

## Notes to the Financial Statements

### 1. ACCOUNTING POLICIES

#### Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

#### Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

#### Expenditure

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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

#### Tangible fixed assets

Tangible fixed assets are stated at cost, net of depreciation and provision for impairment. Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 25% on straight line basis
IT equipment	- 25% on straight line basis

#### Taxation

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

#### Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in note 12 within the financial statements.

#### Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Notes to the Financial Statements - continued

2. DONATIONS AND LEGACIES

	2025	2024 Restated
	£	£
<b>Donations - restricted</b>	8,941	500
<b>Donations - unrestricted</b>	91,201	120,105
 <b>Grants received - Restricted</b>		
BNSSG ICB Psychological Therapies Review	24,445	-
Gamechanger grant	-	10,000
Linnet Trust	10,000	-
Lloyds Bank Foundation	50,594	-
Mind - LGBTQIA+ grant	1,743	-
Mind - Mental Health Debt Pilot	2,142	-
Mind - Organisational Development fund	-	28,575
Mind - Refugees & Asylum Seekers Mental Health Fund	-	24,533
Mind - Women Without Borders grant	-	20,000
National Lottery Community Fund	14,530	-
Quartet Community Foundation	5,000	-
Screwfix Foundation	5,000	-
The Steel Charitable Trust	10,000	-
Wesport - Greenspace / After School Club	5,192	8,920
Wesport - Better Together	-	2,324
Wesport - Sports Equipment grant	-	850
	<b>128,646</b>	<b>95,202</b>
 <b>Grants received - Unrestricted</b>		
Garfield Weston Foundation	30,000	-
Grace Trust	1,000	-
Henry Smith Charity	30,000	-
Mind - Cost of Living grant	-	20,000
Mind - LGBTQIA+ grant	-	30
	<b>61,000</b>	<b>20,030</b>
 <b>Total donations and legacies</b>	 <b>289,788</b>	 <b>235,837</b>

This page does not form part of the statutory financial statements

Notes to the Financial Statements - continued

3. INCOME FROM CHARITABLE ACTIVITIES

	2025	2024 Restated
	£	£
<b>Public sector contracts and grants</b>		
NHS Mindline	80,407	77,389
Bristol City Council - Hate Crime & Discrimination Service	26,929	25,704
Bristol City Council - Initial Accommodation support	34,150	16,850
South Gloucestershire Council - Initial Accommodation support	-	20,000
<b>Total public sector contracts and grants</b>	<b>141,486</b>	<b>139,943</b>
<b>Income from fees and trading</b>		
Counselling fees	122,395	114,515
Training	1,150	-
<b>Total fees and trading</b>	<b>123,545</b>	<b>114,515</b>
<b>Other income</b>		
Miscellaneous income	4,371	1,128
<b>Total other income</b>	<b>4,371</b>	<b>1,128</b>
<b>Total Charitable Activities Income</b>	<b>269,402</b>	<b>255,586</b>

4. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	<b>11,350</b>	<b>11,542</b>

5. RAISING FUNDS

	2025	2024 Restated
	£	£
Staff costs	28,496	36,347
Freelance fundraiser	5,486	7,686
Other direct costs	5,094	9,093
	<b>39,076</b>	<b>53,126</b>

All expenditure on raising funds in the current and prior year was out of unrestricted funds.

Notes to the Financial Statements - continued

6. DIRECT EXPENDITURE ON CHARITABLE ACTIVITIES

	2025	2024 Restated
	£	£
Staff costs	373,541	399,126
Staff related expenses	12,804	9,600
Training	5,000	2,663
Freelance workers	8,617	17,583
Volunteer costs	12,684	12,770
Rent and building costs	39,900	59,977
Insurance	6,786	6,200
IT costs	15,580	25,017
Depreciation	1,532	1,357
Office costs	7,703	10,153
Project costs	9,708	12,489
Independent examiners fee	1,710	1,620
Legal and professional	7,588	5,111
SARI Lloyds Bank project payment	9,922	-
<b>Total expenditure</b>	<b>513,075</b>	<b>563,666</b>

7. STAFF COSTS, TRUSTEES REMUNERATION AND EXPENSES

	2025	2024
	£	£
Wages and salaries	359,591	391,565
Social security costs	24,021	24,063
Other pension costs	18,425	19,845
	<b>402,037</b>	<b>435,473</b>

The average monthly number of employees during the year was as follows:

	2025	2024
Employees	<b>17</b>	<b>19</b>

No employees had emoluments in excess of £60,000.

Key management personnel comprise the CEO, the Head of Clinical Services and the Head of Finance and Central Services whose combined employee benefits totalled £148,393 (2024: £143,348) including pension contributions.

**Trustees**

There were no trustees' remuneration for the year ended 31 March 2025 nor for the year ended 31 March 2024.

During the year the charity reimbursed trustees' expenses totalling £nil (2024: £nil).

Notes to the Financial Statements - continued

8. TANGIBLE FIXED ASSETS

	IT Equipment	TOTAL
	£	£
<b>COST</b>		
At 1 April 2024	5,424	5,424
Additions	699	699
<b>At 31 March 2025</b>	<b>6,123</b>	<b>6,123</b>
<b>DEPRECIATION</b>		
At 1 April 2024	1,357	1,357
Charge for year	1,532	1,532
<b>At 31 March 2025</b>	<b>2,889</b>	<b>2,889</b>
<b>NET BOOK VALUE</b>		
At 31 March 2025	<b>3,234</b>	<b>3,234</b>
At 31 March 2024	4,067	4,067

9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade debtors	10,525	31,250
Prepayments	2,807	8,283
Accrued income	2,292	7,832
Other debtors	-	7,300
	<b>15,624</b>	<b>54,665</b>

10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	2,146	3,114
Tax and social security	7,220	6,195
Pension liability	2,228	2,332
Deferred grants	22,999	73,293
Accrued expenses	3,753	5,090
Other creditors	1,925	1,925
	<b>40,271</b>	<b>91,949</b>

This page does not form part of the statutory financial statements

Notes to the Financial Statements - continued

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds	Restricted Funds	2025 Total	2024 Total
	£	£	£	£
Fixed Assets	3,234	-	3,234	4,067
Net Current Assets	227,897	31,941	259,838	240,616
	<b>231,131</b>	<b>31,941</b>	<b>263,072</b>	<b>244,683</b>

12. FUNDS

	At 01.04.2024	Net movement in funds	At 31.03.2025
	£	£	£
<b>Unrestricted funds</b>			
General fund	196,683	34,448	231,131
Contingency Fund	48,000	(48,000)	-
	244,683	(13,552)	231,131
<b>Restricted funds</b>			
Donations - Big Give	-	6,811	6,811
Linnet Trust	-	8,962	8,962
Lloyds Bank Foundation	-	12,933	12,933
Mind - Mental Health Debt Pilot	-	90	90
Screwfix Foundation	-	3,145	3,145
	-	31,941	31,941
<b>TOTAL FUNDS</b>	244,683	18,389	263,072

The contingency fund of £48,000 was previously set up to cover potential building repair works. This separate fund is no longer required and has been reappropriated back into the unrestricted general fund.

## Notes to the Financial Statements - continued

## 12. FUNDS (continued)

## NET MOVEMENT IN FUNDS

	<u>Incoming resources</u>	<u>Resources expended</u>	<u>Movement in funds</u>
	£	£	£
<b>Unrestricted funds</b>			
General fund	291,467	(305,019)	(13,552)
<b>Restricted funds</b>			
BNSSG ICB- Psychological Therapies Review	24,445	(24,445)	-
Bristol City Council - Hate Crime & Discrimination	26,929	(26,929)	-
Bristol City Council - Initial Accommodation support	34,150	(34,150)	-
Donations - Big Give	8,941	(2,130)	6,811
Linnet Trust	10,000	(1,038)	8,962
Lloyds Bank Foundation	50,594	(37,661)	12,933
Mind - LGBTQIA+ grant	1,743	(1,743)	-
Mind - Mental Health Debt Pilot	2,142	(2,052)	90
National Lottery Community Fund	14,530	(14,530)	-
NHS Mindline	80,407	(80,407)	-
Quartet Community Foundation	5,000	(5,000)	-
Screwfix Foundation	5,000	(1,855)	3,145
The Steel Charitable Trust	10,000	(10,000)	-
Wesport - Greenspace / After School Club	5,192	(5,192)	-
	<u>279,073</u>	<u>(247,132)</u>	<u>31,941</u>
<b>TOTAL FUNDS</b>	<u>570,540</u>	<u>(552,151)</u>	<u>18,389</u>

The purpose and use of material restricted funds are as follows:

BNSSG ICB Psychological Therapies Review - to review and devise new models of Psychological Therapies provision across VCSE and Statutory agencies.

Bristol City Council - Hate Crime & Discrimination Service - for Mental Health Caseworker / Wellbeing Coordinator.

Bristol City Council - Initial Accommodation support - to support mental health and wellbeing for sanctuary seekers housed in Bristol hotels.

Donations - Big Give - made to support free counselling for 18-25 year olds.

Linnet Trust - to support income deprived clients who are charged £5 per counselling session.

Lloyds Bank Foundation - for Equitable Wellbeing systems-change project for sanctuary seekers living in Initial Accommodation hotels.

Mind - LGBTQIA+ grant - to provide subsidised counselling for LGBTQIA+ clients with a counsellor of shared lived experience.

Mind - Mental Health Debt Pilot - to support people with poor mental health in financial hardship & debt.

National Lottery Community Fund - towards our Community Wellbeing Services for Bristol sanctuary seekers.

NHS Mindline - for our confidential telephone emotional support service, delivered by volunteers.

Quartet Community Foundation - to run an After School Club for sanctuary seeking parents and children in Initial Accommodation Hotels.

Screwfix Foundation - towards building works at our Fairfax Street office.

The Steel Charitable Trust - towards our Community Wellbeing Services supporting sanctuary seekers in Bristol.

Wesport - Greenspace / After School Club - funding for Greenspace Project connecting sanctuary seekers to nature to improve mental health and social connection.

This page does not form part of the statutory financial statements

## Notes to the Financial Statements - continued

## 12. FUNDS (continued)

## COMPARATIVES FOR MOVEMENT IN FUNDS

	At 01.04.2023	Net movement in funds	At 31.03.2024
	£	£	£
<b>Unrestricted funds</b>			
General fund	301,285	(104,602)	196,683
Contingency Fund	48,000	-	48,000
	349,285	(104,602)	244,683
<b>Restricted funds</b>			
Mind - Women Without Borders grant	7,507	(7,507)	-
Wesport - Better Together	1,718	(1,718)	-
	9,225	(9,225)	-
<b>TOTAL FUNDS</b>	<b>358,510</b>	<b>(113,827)</b>	<b>244,683</b>

## NET MOVEMENT IN FUNDS

	<u>Incoming resources</u>	<u>Resources expended</u>	<u>Movement in funds</u>
	£	£	£
<b>Unrestricted funds</b>			
General fund	267,320	(371,922)	(104,602)
<b>Restricted funds</b>			
Bristol City Council - Hate Crime	25,704	(25,704)	-
Bristol City Council - Initial Accommodation support	16,850	(16,850)	-
Donations - restricted for counselling	500	(500)	-
Gamechanger grant	10,000	(10,000)	-
Mind - Organisational Development fund	28,575	(28,575)	-
Mind - Refugees and Asylum Seekers Mental Health Support Fund	24,533	(24,533)	-
Mind - Women Without Borders grant	20,000	(27,507)	(7,507)
NHS Mindline	77,389	(77,389)	-
South Gloucestershire Council - Initial Accommodation support	20,000	(20,000)	-
Wesport - Greenspace / After School Club	8,920	(8,920)	-
Wesport - Better Together	2,324	(4,042)	(1,718)
Wesport - Sports Equipment grant	850	(850)	-
	235,645	(244,870)	(9,225)
<b>TOTAL FUNDS</b>	<b>502,965</b>	<b>(616,792)</b>	<b>(113,827)</b>

This page does not form part of the statutory financial statements

Notes to the Financial Statements - continued

13. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025 or the year ended 31 March 2024.

14. PRIOR YEAR ADJUSTMENT

Income and expenditure have been restated to better reflect the underlying nature of the transactions in line with the charity's objectives. The impact of these changes is shown below and has not resulted in any change to the previously reported deficit in 2024 of £113,827.

	Original	Restated	Difference
	£	£	£
<b>Income</b>			
Donations and legacies	120,605	235,837	115,232
Charitable activities	256,303	255,586	(717)
Other trading activities	114,515	-	(114,515)
<b>Expenditure</b>			
Raising funds	-	53,126	53,126
Charitable activities	616,792	563,666	(53,126)

**BRISTOL MIND**

England & Wales - Charity number 1085171

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# Accounts

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REGISTERED COMPANY NUMBER: 04124744 (England and Wales)  
REGISTERED CHARITY NUMBER: 1085171

**Report of the Trustees and**  
**Financial Statements**  
**for the Year Ended 31 March 2024**  
**for**  
**Bristol Mind**

**Bristol Mind**

**Contents of the Financial Statements**  
**for the Year Ended 31 March 2024**

	<b>Page</b>
<b>Report of the Trustees</b>	1 to 8
<b>Independent Examiner's Report</b>	9
<b>Statement of Financial Activities</b>	10
<b>Balance Sheet</b>	11
<b>Cash Flow Statement</b>	12
<b>Notes to the Cash Flow Statement</b>	13
<b>Notes to the Financial Statements</b>	14 to 20
<b>Detailed Statement of Financial Activities</b>	21

## **Bristol Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

The Board of Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, presents its annual report together with the financial statements of the charity for the period 1 April 2023 to 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The financial statements also comply with the Charities Act 2011 and the Companies Act 2006.

#### **OBJECTIVES AND ACTIVITIES**

##### **Public benefit**

In setting objectives and planning for activities, the Trustees have given due consideration to the general guidance published by the Charity Commission relating to public benefit.

Our Memorandum of Association sets out the organisation's principle organisational objectives which are for the public benefit and are compatible with section 17 of the Charities Act 2011. These are:

- (1) To promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.
- (2) To relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

Bristol Mind's charitable activities focus on the provision of inclusive and accessible mental health & wellbeing information, counselling, training and awareness-raising for people resident in Bristol and the surrounding areas. Our activities are of public benefit insofar as they promote individual and community resilience, helping people not only to find the right support for themselves, but to actively engage in volunteering opportunities which contribute to a mentally healthy, inclusive society.

#### **VISION, MISSION AND VALUES**

Our Vision is to support everyone in and around Bristol in achieving the best mental health possible.

Our Mission uses the power of our local community to create inclusive activities based on lived experience:

- Our Mindline and Infoline services are volunteer-led and provide the first steps to finding the right support.
- Our Community Wellbeing services focus on minoritised groups and prioritise co-production and leadership.
- Our Meeting Minds Counselling service targets low-income individuals and includes tailored LGBTQIA+, Neurodivergent and 18-25 provision.

Our Values are:

- **Compassion** – responding to each other with empathy and consideration
- **Equity** – recognising different circumstances and tailoring opportunities for success
- **Respect** – upholding the dignity of others, observing humility, advancing collaboration
- **Integrity** – modelling transparency and accountability in everything we do

## **Bristol Mind**

### **Report of the Trustees** **for the Year Ended 31 March 2024**

#### **STRATEGIC REPORT**

##### **Our work in 2023-4**

##### **Services**

Bristol Mind is a community-based charity offering a range of accessible services which help people to find the right support at the right time, free from stigma or discrimination. Central to our offer is the principle that good mental health & wellbeing is a community endeavour, enabling people to feel safe in expressing about how they feel, what they need and want in terms of support, and what they can offer as unique and valuable individuals.

In the year ending March 2024, Bristol Mind held true to this principle as we continued to address the longer-term impacts of Covid-19. Observing how our community experienced ongoing remote and isolated lifestyles, increased levels of personal and social anxiety, and high levels of stress caused by cost-of-living rises, Bristol Mind focused on strengthening our leadership and infrastructure so that our 14 staff and 111 volunteers felt well supported and could continue to offer high quality, targeted services. In August 2023, we recruited a permanent new CEO with a background in inclusive mental health provision. We then revisited our Strategic Plan with trustees, staff and volunteers to focus on:

- Consolidating our resources so that we can sustain our services over the next three years;
- Collaborating with one another to respond creatively to our community, using lived experience as our guide;
- Developing our services and external partnerships to the benefit of people from lower-income and minoritised communities.

By the end of March 2024, our Meeting Minds Counselling service was set to expand to meet increased demand across the region, with plans to incorporate more targeted £5 or free sessions. Our Mindline telephone service was also set to restructure in response to higher acuity calls, higher volunteer support needs and the need for cross-sector safeguarding. Our Refugee Services, which have seen an expansion in response to increased numbers over the last 4 years, were redesigned to allow for a more strategic support function to this sector. Moving forward, plans were agreed to broaden our approach to service delivery, bringing together our Refugee and Hate Crime activities under the banner of Community Wellbeing Services.

##### **Fundraising**

Bristol Mind would like to thank all our friends, funders, and corporate donors for their generous support throughout the year. As a local charity, independent from National Mind, we rely on local individuals to fundraise for us, and on businesses to support us through corporate sponsorship or making us their Charity of the Year ("COTY"). In the year ending March 2024, we benefited from a number of positive corporate partnerships with Baltimore Consulting, Avon Centre of Caravan and Motorhome Club, Hartnell Taylor Cook, Home Leisure Direct, New Look, Hays Travel, Dunkley's Accountants and Saint Gobain.

Overall, fundraising for Bristol Mind has been a challenge during the year 2023-4, with a 30% reduction in income reflecting a general trend across the charity sector. In November 2023, we relaunched our trusts and foundations grants fundraising and were successful with applications to Lloyds Bank Foundation, Quartet Express and National Lottery Awards for All. In December 2023, we held our first National Mind-endorsed Mental Elf Fun Run and in January 2024, we held our second Comedy Night at the newly opened Bristol Beacon. These community events were sold-out and succeeded in boosting morale within our charity and local community. By the end of March 2024, a plan for corporate engagement and training was agreed and will be further explored over the coming year.

##### **Achievement and performance**

Bristol Mind is proud of the commitment and dedication of all our staff and volunteers; to date, we offer our services with a small number of paid staff and 111 skilled and trained volunteers a year. We simply could not deliver our Mindline or Meeting Minds services without this community support.

In the year ending March 2024, Bristol Mind supported a total of 2,123 unique beneficiaries across all of our services. We also worked with 111 volunteers via our Mindline, Meeting Minds and Refugee services. Volunteers for Mindline received 6 weeks of specialist training, safeguarding training and weekly supervision. Volunteers for our Meeting Minds counselling services are all counselling trainees on accredited training courses including BCPC; UWE – the Doctorate in Counselling Psychology; UWE – Masters in Counselling; University of South Wales; Metanoia; and Chrysalis.

##### **1. Meeting Minds:**

Our counselling service delivered 3,671 sessions last year to 308 clients in the year 2023/4. 57 clients (18.5%) identified as being from LGBTQIA+ communities.

From a sample of our counselling cohort, we tracked PHQ9 (depression) and GAD7 (anxiety) scores from the beginning and end of therapy, usually 16 sessions in total.

## **Bristol Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

#### **PHQ9**

The data showed that 90% of clients reported an improvement in feelings of depression and hopelessness. 52% reported more than a 20% improvement. 36% of clients moved from moderate-severe to mild scores.

#### **GAD7**

The data showed that 82% of clients reported an improvement in anxiety and stress. 56% reported more than a 20% improvement. 28% of clients moved from moderate-severe to mild scores.

## **2. Mindline and Infoline:**

Mindline is our emotional support telephone service, open 5 evenings per week. Infoline is our information and signposting service, open 5 mornings per week. Together, our telephone support services received a total of 2,633 anonymous calls in the year 2023/4. For Mindline, 1,762 callers with a 63% repeat call rate. Infoline recorded 871 callers requesting information and signposting.

#### **Demographics**

Mindline: Average 66% female, 27% male, 7% Trans / unknown. Where the callers age was known, 20% were under 25; 31% were aged 25-34; 7% were 35-44; 9% were 45-54; 21% were 55-64 and 10% were aged 65% or over.

Infoline: Not collected.

#### **Presenting issues**

Mindline: The most common issue discussed on calls was isolation (42%), followed by anxiety (35%) and stress (35%), and depression (20%). 31% of calls cited physical health concerns or chronic pain, and 7% mentioned abuse or hate crime. 26% involved suicidal ideation or self-harm; the vast majority of these were successfully managed or de-escalated with only 6% requiring a referral to crisis teams or emergency services.

Infoline: Main reason for calls was enquiries about talking therapies (33%) and advocacy and legal advice (9%), with cited reasons including depression (7%), housing or homelessness (5%) and anxiety (5%). In terms of signposting, 45% of calls were signposted to other voluntary or organisations, 39% were referred into Bristol Mind and 16% referred to statutory or public services.

## **3. Community Services: Refugee Projects and Hate Crime**

Refugee Projects have developed at Bristol Mind in response to the need for trauma-informed wellbeing interventions, leading to stabilisation, social connectedness and more timely referrals into NHS mental health services. Bristol Mind has worked closely with a range of specialist refugee community organisations and mental health services, including Bristol Refugee Rights, Borderlands and The NHS Hope Asylum-seekers and Refugee Trauma Service. In the year 2023/4, we increased the number of funded wellbeing activities, recording a total of 1,140 attendances, which equates to 798 service-users based on 30% repeat attendance.

#### **Greenspace**

81 service users were supported in 2023/4 over 60 sessions of cooking and orientation walks for wellbeing, delivered at St Werburghs City Farm. Greenspace aims to reduce social isolation for people seeking asylum by inviting them out of hotel accommodation and into nature spaces where they can connect, find support and learn new skills which support wellbeing and resilience. A further 76 service-users accessed Wellbeing Walks in South Gloucestershire, facilitated by our partnership with Bridges for Communities.

#### **Testimonials:**

"It is good to stay in a place in the city with lots of plants and flowers and to see goats is wonderful, it reminds me of my country".

"In green space, I cook my food from home, my country, people love it. I feel proud and happy to share the farm is beautiful place and I love to pick the vegetable".

"I feel relax in green space. We cook together, everyone try each other's food, and I don't feel like outside anymore".

"Before, I walk alone and feel sad. Walking together and talk, my head feel better, more clear outside rather than in hotel room".

## Bristol Mind

### Report of the Trustees for the Year Ended 31 March 2024

#### Women without Borders

154 women service-users were supported to attend Brief Solution Focused Counselling during the period April 2023 to March 2024. Counselling was offered in 6-week cycles as outreach within Initial Accommodation, Bristol Old Vic and in partnership with Refugee Women of Bristol, focusing on social and normalising environments which helped women to feel at ease. A further 45 women accessed wellbeing support within a fortnightly group setting, discussing stress & anxiety, depression, sleeplessness and coping strategies for staying well.

Clinical outcomes were measured using the Short Warwick Edinburgh Mental Wellbeing Scale – of the sample gathered:

- 70% felt they managed their mood better.
- 61% felt an improved connection to others.
- 72% felt improved coping skills, resulting in being able to get through the day.
- 52% experienced improvement in sleep.
- 55% felt more confident to ask for help and support.

#### Testimonials:

"It was good to know having someone who I will be talking to about my problem, they help me to answer my own questions, and this help me to trust myself".

"I feel so grateful, someone give me a chance to be upset about many bad things in my life, and help me to feel better about myself, It's a good thing, counselling".

"Talking about my problem, help me not to see doctor for sleeping tablets. For this, I am happy".

#### Initial Accommodation Hotels

Bristol Mind works closely with Borderlands to deliver drop-in support to residents of IA hotels, with a focus on basic needs and wellbeing support / mental health signposting. In the year 2023/4, we delivered in two Bristol hotels and one South Gloucestershire hotel, developing further wellbeing activities according to grant funding secured:

- **Signposting in 3 IA Hotels**  
420 service-users were signposted to basic needs including SIM cards, clothing, bicycles, pushchairs; wellbeing activities such as swimming, yoga, football, drama, cookery and volunteering; and to medical appointments and more intensive trauma counselling via The Haven, Vita Minds and The Hope NHS Service.
- **Parent-Child/ Arts & Crafts Clubs at Mercure Bristol**  
Two weekly clubs (ages 0-6 and 6-12) were delivered for a total of 262 parents and children with the focus on positive relationships through creativity and play.
- **Football at Filton Hotel**  
55 service-users took part in a weekly football club based at the UWE campus. The group focused on team building and confidence/ leadership in 5-a-side football – sadly the group closed in September 2023 due to restrictions regarding the pitch use.
- **Drumming for Wellbeing at Filton Hotel**  
A weekly drumming group for men, delivered in partnership with Afidance in Filton IA Hotel, followed on from football reached 47 service-users across 20 weeks. Feedback from the facilitators indicated that some participants attended regularly, became active musicians within his wider group and have joined his company in public performances.

#### Testimonials

"Before, I was alone with my children in the room, no friends. Now we laugh, talk, not alone anymore".

"Before Mind group, I don't know nobody, now I have people to talk, we share food, my children play with toys, very happy".

"It is good to share how we feel, it help to know I am not the only person that feels down".

Facilitator feedback: "The drumming workshops have proved to be a tremendous success, creating bonds which have increased confidence and morale".

#### **4. Hate Crime Project: Mental Health Casework**

Bristol Mind works in partnership with 5 other agencies in Bristol and South Gloucestershire within the Bristol Hate Crime and Discrimination Service. Bristol Mind offers mental health casework and support as part of a wider partnership project funded by Bristol City Council. A total of 14 people were supported by specialist casework during the period April 2023 and March 2024.

#### **Demographics casework clients, based on the equalities forms they completed:**

9 men, 5 women, 0 Trans or not known.

50% identified as White British; 7% as Middle Eastern - Iranian; 35.7% as mixed background (White/ Black); 7% as any other background. The majority of service users were from the 50-64 age group.

## **Bristol Mind**

### **Report of the Trustees** **for the Year Ended 31 March 2024**

#### **Workshops**

- "A Force to be Reckoned With" (13<sup>th</sup> September 2023), was a network meeting organised by Bristol Mind in partnership with SARI, with the aim of bringing veteran-support agencies and organizations to discuss ways to tackle discrimination and inequality among veterans and service staff of the armed forces.
- A total of 39 people from different organisations attended this event.

#### **Case study**

- Case A is a 64-year-old woman, White British with a diagnosis of bipolar disorder and post-traumatic symptoms who engaged with the Hate Crime service from June to November 2023. She was referred to us due to intimidation, a malicious local authority complaint and provocation by some of her neighbours. A was experiencing emotional distress and social isolation and was supported with 1:1 telephone sessions, signposting to Mindline and filling out a police report. By the end of the support provided by Bristol Mind, A reported being able to cope better with hate crime, feeling safer and feeling more confident to name and report hate incidents. A also accessed Mindline which helped her to feel less isolated in the evenings.

#### **Financial review**

##### **Financial position**

2023/24 was a disappointing year for Bristol Mind as the charity posted a deficit of £114k. There was investment in the staff team, which was planned, but the tough economic climate meant that income did not match the level of that investment. In the preceding year, Bristol Mind posted a surplus of £23k as the level of donations reached and surpassed pre-pandemic levels.

Overall gross income was £503k compared with £536k in 2022/23. Donations were considerably lower at £121k compared to £233k in 2022/23. We recognise the tough economic climate affecting corporate and community donors and we wish to thank all donors for their very generous support during the year.

Overall gross expenditure was higher during 2023/24 at £617k compared with £514k in 2022/23. This was principally due to the planned investment in the staff team during the year.

The unrestricted reserves of the charity are £245k (2023: £349k) which helps us to weather cashflow variations in funder payments.

##### **Reserves policy**

Bristol Mind has unrestricted general, designated, and restricted reserves. The Board has reviewed the general reserves considering the following:

- Diverse sources of income
- Working capital requirements
- Key risks, their potential impact on reserves and the timeframe in which mitigating actions could be put into action and the impact they would have
- Increased level of uncertainty in charity fundraising
- After effects of the Covid-19 pandemic

Trustees have therefore agreed to continue to maintain general reserves at a minimum of three months running costs. This will help the charity to withstand a sustained fall in income while providing the capability for Trustees and the CEO to then make sure expenditure could be reduced in a managed fashion, avoiding the need to halt important work abruptly and allow service years to move on in a supported and managed fashion.

If difficulties were to arise, then it has been calculated that reserves of £126k would be needed to continue running current services for at least three months. This figure is based on income and would cover the operating costs of a significant reduction in income. The reserves policy was reviewed during 2022/23.

Unrestricted reserves on 31 March 2024 were £245k, £104k lower than the previous year, but still more than the minimum reserves level specified in our reserves policy. The on-going financial effects of the cost of living increases, particularly on charity donations remain unknown, however Trustees are committed to investing in the new strategy and are likely to approve some prudent use of reserves in the coming financial year. Trustees remain committed to maintaining the reserves at least at the target level in the changing financial environment while ensuring that surplus funds are utilised to support charitable objectives.

## **Bristol Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

Unrestricted reserves consist of a contingency fund, as well as a general reserve set aside to meet any unexpected changes in the financial environment.

Restricted funds are only available for expenditure as directed by the donor. At 31 March 2024 restricted funds totalled £nil. Full analysis of funds can be found in note 13 to the financial statements (2022/23: £9k).

#### **Going concern**

The accounts have been prepared on the assumption that the charity is able to continue as a going concern. However, the impact of cost of living increases continue to have a profound impact on the global economy, following the COVID pandemic and may in turn affect the charity. The Board continues to keep a strong focus on risk and cost controls.

The Trustees have considered the impact of this issue on the charity's current and future financial position. Fundraising and donations now account for a significant proportion of the charity's income. This is likely to be affected by current economic challenges. As at the balance sheet date, the charity holds unrestricted, general reserves of £245k including a cash balance of £278k. The Trustees consider that the charity has sufficient reserves and cashflow to continue as a going concern for a period of at least 12 months from the date on which these financial statements are approved.

#### **Future Plans and Developments**

The period April 2023-March 2024 marked the start of a period of intense development for Bristol Mind. Looking ahead, we will continue to develop our vision for broad-based community mental health and wellbeing support:

- By moving premises to a more accessible, community-focused venue;
- By expanding our low-cost, inclusive counselling via grants from trust and foundations;
- By developing our services to offer a better 'route through' from volunteering to paid work in mental health;
- By designing a new training offer promotes and shares the learning from our Mindline and Meeting Minds services;
- By reaching out to local corporates to develop mutual support and investment opportunities which benefit the whole community;
- By improving our website and digital / online presence as a means of influencing best practice in mental health and wellbeing across Bristol and surrounding areas.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The organisation is a charitable company limited by guarantee, incorporated on 13 December 2000 and re-registered as a charity on 22 February 2001. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

## **Bristol Mind**

### **Report of the Trustees** **for the Year Ended 31 March 2024**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Recruitment and appointment of new trustees**

The directors of the company are also charity Trustees for the purposes of charity law and under the company's Articles are known as members of the Board of Trustees. Under the requirements of the Articles of Association there are a minimum of three and no maximum number of Trustees. The Board commit to recruit a number of members who have lived experience of mental health services.

##### **Organisational structure**

The Board of Trustees administers the charity. The Board normally meets six times per year. A Chief Executive Officer ("CEO") is appointed by the Trustees to manage the day-to-day operations of the charity. To facilitate effective operations the CEO has delegated authority, within prescribed limits, for operational matters including finance, employment, and service delivery.

##### **Induction and training of new trustees**

All Trustees are fully inducted into Bristol Mind's governance. Trustees are drawn from a variety of business, HR, legal and finance professional backgrounds and a skills analysis is kept, and annual evaluation undertaken, ensuring Trustees can contribute in full.

##### **Key management remuneration**

The Trustees consider the charity's CEO, and the senior management team comprise the key management personnel of the charity in charge of directing and controlling, running, and operating Bristol Mind on a day-to-day basis. All Trustees give of their time freely and no Trustee received remuneration in the year.

##### **Risk management**

The Trustees have a risk management strategy which comprises:

- A quarterly review of the principal risks and uncertainties that the charity faces.
- The establishment of policies, systems, and procedures to mitigate those risks identified in the quarterly review.
- The implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

Charity Name: Bristol Mind Charity Registration Number: 1085171

Company Registration Number: 04124744

Registered Office: St Brandon's House, 48 Fairfax Street, Bristol, BS1 3BL

CEO: Emma Brech

Bankers: Co-operative Bank, PO Box 250, Delf House, Southway, Skelmersdale, WN8 6WT

Independent examiners: Francis Clark LLP, 90 Victoria Street, Bristol, BS1 6DP

#### **Directors and Trustees**

The directors of the charitable company (the charity) are its Trustees for the purpose of charity law. The Trustees and officers serving during the year are as follows:

Dr Hayley Richards (Chair)  
Joanne Diamond (Vice Chair)  
Tony Whitlock (Treasurer)  
Victoria Davis (appointed 5 August 2024)  
Ana Miguel Lazaro (appointed 2 August 2024)  
Sally Mason  
Thomas Morgan (appointed 8 August 2024)  
Grace Smith (appointed 23 July 2024)  
Joanna Sunderland  
Tom Wilson  
Alexander Alcock (resigned 3 July 2024)  
Siobhan McKeating (resigned 19 April 2023)  
Lauren Owen (resigned 8 July 2023)

**Bristol Mind**

**Report of the Trustees**  
**for the Year Ended 31 March 2024**

**STATEMENT OF TRUSTEES' RESPONSIBILITIES**

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

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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 information of which the charitable company's independent examiners are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiners are aware of that information.

The Charity Trustees (who are also the Directors of Bristol Mind for the purposes of Company Law) are responsible for preparing the Trustees' annual report and 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, which give a true and fair view of the state of affairs of the charitable company and the surplus deficit of the charitable company for that period. In preparing those financial statements, the Board of Trustees is required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it's inappropriate to presume that the company will continue its operations

The Board of Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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.

So far as each Trustee is aware, there is no relevant information of which the charity's independent examiners are unaware. Each Trustee has taken all steps necessary to make both themselves and the independent examiners aware of any relevant information.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 28 November 2024 and signed on the board's behalf by:



.....  
Dr H Richards - Chair

**Independent Examiner's Report to the Trustees of  
Bristol Mind**

I report to the trustees on my examination of the accounts of Bristol Mind for the year ended 31 March 2024, which are set out on pages 10 to 21.

**Responsibilities and basis of report**

As the trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

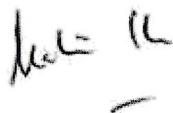
**Independent examiner's statement**

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Martin Hobbs BSc ACA  
Francis Clark LLP  
90 Victoria Street  
Bristol  
BS1 6DP

Date: 28 November 2024

**Bristol Mind**

**Statement of Financial Activities**  
**for the Year Ended 31 March 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	120,105	500	120,605	233,156
Charitable activities	3	21,158	235,145	256,303	190,819
Other trading activities	4	114,515	-	114,515	107,430
Investment income	5	<u>11,542</u>	<u>-</u>	<u>11,542</u>	<u>4,859</u>
<b>Total</b>		267,320	235,645	502,965	536,264
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	6				
Charitable activities		371,922	244,870	616,792	513,577
<b>NET INCOME/(EXPENDITURE)</b>		(104,602)	(9,225)	(113,827)	22,687
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		349,285	9,225	358,510	335,823
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>244,683</u>	<u>-</u>	<u>244,683</u>	<u>358,510</u>

The notes form part of these financial statements

**Bristol Mind**

**Balance Sheet**  
**31 March 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	10	4,067	-	4,067	-
<b>CURRENT ASSETS</b>					
Debtors	11	54,665	-	54,665	44,555
Cash at bank and in hand		<u>277,900</u>	<u>-</u>	<u>277,900</u>	<u>381,359</u>
		332,565	-	332,565	425,914
<b>CREDITORS</b>					
Amounts falling due within one year	12	(91,949)	-	(91,949)	(67,404)
		<u>240,616</u>	<u>-</u>	<u>240,616</u>	<u>358,510</u>
<b>NET CURRENT ASSETS</b>					
		<u>240,616</u>	<u>-</u>	<u>240,616</u>	<u>358,510</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>244,683</u>	<u>-</u>	<u>244,683</u>	<u>358,510</u>
<b>NET ASSETS</b>		<u>244,683</u>	<u>-</u>	<u>244,683</u>	<u>358,510</u>
<b>FUNDS</b>	13				
Unrestricted funds				244,683	349,285
Restricted funds				<u>-</u>	<u>9,225</u>
<b>TOTAL FUNDS</b>				<u>244,683</u>	<u>358,510</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 28 November 2024 and were signed on its behalf by:



.....  
Dr H Richards - Chair

The notes form part of these financial statements

**Bristol Mind**

**Cash Flow Statement  
for the Year Ended 31 March 2024**

	Notes	2024 £	2023 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>(109,577)</u>	<u>588</u>
Net cash (used in) / provided by / operating activities		<u>(109,577)</u>	<u>588</u>
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		(5,424)	-
Interest received		<u>11,542</u>	<u>4,859</u>
Net cash provided by investing activities		<u>6,118</u>	<u>4,859</u>
Change in cash and cash equivalents in the reporting period		(103,459)	5,447
Cash and cash equivalents at the beginning of the reporting period		<u>381,359</u>	<u>375,912</u>
Cash and cash equivalents at the end of the reporting period		<u>277,900</u>	<u>381,359</u>

The notes form part of these financial statements

**Bristol Mind**

**Notes to the Cash Flow Statement**  
**for the Year Ended 31 March 2024**

<b>1. RECONCILIATION OF NET INCOME / (EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES</b>			
	2024	2023	
	£	£	
<b>Net income / (expenditure) for the reporting period (as per the Statement of Financial Activities)</b>	(113,827)	22,687	
<b>Adjustments for:</b>			
Depreciation charge	1,357	-	
Interest received	(11,542)	(4,859)	
Increase in debtors	(10,110)	(21,627)	
Increase in creditors	<u>24,545</u>	<u>4,387</u>	
<b>Net cash provided by / (used in) operations</b>	<u>(109,577)</u>	<u>588</u>	
<b>2. ANALYSIS OF CHANGES IN NET FUNDS</b>			
	At 1.4.23	Cash flow	At 31.3.24
	£	£	£
<b>Net cash</b>			
Cash at bank and in hand	<u>381,359</u>	<u>(103,459)</u>	<u>277,900</u>
	<u>381,359</u>	<u>(103,459)</u>	<u>277,900</u>
<b>Total</b>	<u>381,359</u>	<u>(103,459)</u>	<u>277,900</u>

The notes form part of these financial statements

**Bristol Mind**

**Notes to the Financial Statements**  
**for the Year Ended 31 March 2024**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

**Expenditure**

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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Tangible fixed assets are stated at cost, net of depreciation and provision for impairment. Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 25% on straight line basis
IT equipment	- 25% on straight line basis

**Taxation**

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

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**2. DONATIONS AND LEGACIES**

	2024	2023
	£	£
Donations	<u>120,605</u>	<u>233,156</u>
	<u>120,605</u>	<u>233,156</u>

Donations included £500 for restricted purposes relating to counselling sessions (2022: £1,264 relating to the Xmas Appeal 2022).

**3. INCOME FROM CHARITABLE ACTIVITIES**

	2024	2023
	£	£
Grants	255,175	185,871
Other income	<u>1,128</u>	<u>4,948</u>
	<u>256,303</u>	<u>190,819</u>

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Other grants	<u>255,175</u>	<u>185,871</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024**

<b>4.</b>	<b>OTHER TRADING ACTIVITIES</b>	2024	2023
		£	£
	Fees & training	<u>114,515</u>	<u>107,430</u>
		<u>114,515</u>	<u>107,430</u>

<b>5.</b>	<b>INVESTMENT INCOME</b>	2024	2023
		£	£
	Deposit account interest	<u>11,542</u>	<u>4,859</u>

<b>6.</b>	<b>CHARITABLE ACTIVITIES COSTS</b>		Direct Costs £
	Charitable activities		<u>616,792</u>

The fee for the independent examination of the accounts was £1,620 (2023: £1,500).

**7. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**Trustees' expenses**

During the year the charity reimbursed trustee expenses totalling £nil (2023: £18) in relation to business travel.

**8. STAFF COSTS**

		2024	2023
		£	£
	Wages and salaries	391,565	311,026
	Social security costs	24,063	16,335
	Other pension costs	<u>19,845</u>	<u>13,442</u>
		<u>435,473</u>	<u>340,803</u>

The average monthly number of employees during the year was as follows:

		2024	2023
	Employees	<u>19</u>	<u>15</u>

No employees received emoluments in excess of £60,000.

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	231,892	1,264	233,156
Income from charitable activities	3,121	187,698	190,819
Other trading activities	107,430	-	107,430
Investment income	<u>4,859</u>	-	<u>4,859</u>
<b>Total</b>	347,302	188,962	536,264
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable activities	<u>324,384</u>	<u>189,193</u>	<u>513,577</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024**

<b>9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued</b>			
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
<b>NET INCOME</b>	22,918	(231)	22,687
 <b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	326,367	9,456	335,823
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>349,285</u>	<u>9,225</u>	<u>358,510</u>
 <b>10. TANGIBLE FIXED ASSETS</b>			
		IT Equipment	Total
		£	£
<b>COST</b>			
At 1 April 2023		-	-
Additions		5,424	5,424
		<hr/>	<hr/>
At 31 March 2024		5,424	5,424
 <b>DEPRECIATION</b>			
At 1 April 2023		-	-
Charge for year		1,357	1,357
		<hr/>	<hr/>
At 31 March 2024		1,357	1,357
 <b>NET BOOK VALUE</b>			
At 31 March 2024		<u>4,067</u>	<u>4,067</u>
At 31 March 2023		<hr/> <hr/>	<hr/> <hr/>
 <b>11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
		2024	2023
		£	£
Other debtors		<u>54,665</u>	<u>44,555</u>
 <b>12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
		2024	2023
		£	£
Trade creditors		3,114	9,640
Other creditors		15,542	13,695
Deferred grants		<u>73,293</u>	<u>44,069</u>
		<hr/>	<hr/>
		<u>91,949</u>	<u>67,404</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024**

**13. MOVEMENT IN FUNDS**

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
<b>Unrestricted funds</b>			
General fund	301,285	(104,602)	196,683
Contingency Fund	<u>48,000</u>	<u>-</u>	<u>48,000</u>
	349,285	(104,602)	244,683
<b>Restricted funds</b>			
Better Together	1,718	(1,718)	-
Women without Borders Flex grant	<u>7,507</u>	<u>(7,507)</u>	<u>-</u>
	<u>9,225</u>	<u>(9,225)</u>	<u>-</u>
<b>TOTAL FUNDS</b>	<u>358,510</u>	<u>(113,827)</u>	<u>244,683</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	267,320	(371,922)	(104,602)
<b>Restricted funds</b>			
After School Club	8,616	(8,616)	-
Better Together	2,324	(4,042)	(1,718)
Counselling	500	(500)	-
Greenspace	24,837	(24,837)	-
Hate Crime	25,704	(25,704)	-
Mindline	77,389	(77,389)	-
Organisational Development Fund	28,575	(28,575)	-
Refugee Services – Bristol City Council	16,850	(16,850)	-
Refugee Services – South Glos Council	20,000	(20,000)	-
Refugee Services - Other	10,850	(10,850)	-
Women without Borders Flex Grant	<u>20,000</u>	<u>(27,507)</u>	<u>(7,507)</u>
	<u>235,645</u>	<u>(244,870)</u>	<u>(9,225)</u>
<b>TOTAL FUNDS</b>	<u>502,965</u>	<u>(616,792)</u>	<u>(113,827)</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024**

**13. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
<b>Unrestricted funds</b>			
General fund	278,367	22,918	301,285
Contingency Fund	<u>48,000</u>	<u>-</u>	<u>48,000</u>
	326,367	22,918	349,285
<b>Restricted funds</b>			
Better Together	-	1,718	1,718
Tackling Inequalities Funding	844	(844)	-
Women Refugee Counselling	8,612	(8,612)	-
Women without Borders Flex grant	<u>-</u>	<u>7,507</u>	<u>7,507</u>
	<u>9,456</u>	<u>(231)</u>	<u>9,225</u>
<b>TOTAL FUNDS</b>	<u><u>335,823</u></u>	<u><u>22,687</u></u>	<u><u>358,510</u></u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	347,302	(324,384)	22,918
<b>Restricted funds</b>			
Better Together	12,463	(10,745)	1,718
Football for Refugees	694	(694)	-
Greenspace	11,720	(11,720)	-
Hate Crime	22,150	(22,150)	-
Mindline	71,722	(71,722)	-
Organisational Development Fund	11,199	(11,199)	-
Refugee Services – South Glos Council	1,511	(1,511)	-
Tackling Inequalities Funding	-	(844)	(844)
Ukrainian Refugee Funding	5,000	(5,000)	-
Women Refugee Counselling	10,423	(19,035)	(8,612)
Women without Borders Flex grant	40,316	(32,809)	7,507
Xmas Appeal 2022	<u>1,764</u>	<u>(1,764)</u>	<u>-</u>
	<u>188,962</u>	<u>(189,193)</u>	<u>(231)</u>
<b>TOTAL FUNDS</b>	<u><u>536,264</u></u>	<u><u>(513,577)</u></u>	<u><u>22,687</u></u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024**

**13. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
<b>Unrestricted funds</b>			
General fund	278,367	(81,684)	196,683
Contingency Fund	<u>48,000</u>	<u>-</u>	<u>48,000</u>
	326,367	(81,684)	244,683
<b>Restricted funds</b>			
Tackling Inequalities Funding	844	(844)	-
Women Refugee Counselling	<u>8,612</u>	<u>(8,612)</u>	<u>-</u>
	<u>9,456</u>	<u>(9,456)</u>	<u>-</u>
<b>TOTAL FUNDS</b>	<u>335,823</u>	<u>(91,140)</u>	<u>244,683</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	614,622	(696,306)	(81,684)
<b>Restricted funds</b>			
After School Club	8,616	(8,616)	-
Better Together	14,787	(14,787)	-
Counselling	500	(500)	-
Football for Refugees	694	(694)	-
Greenspace	36,557	(36,557)	-
Hate Crime	47,854	(47,854)	-
Mindline	149,111	(149,111)	-
Organisational Development Fund	39,774	(39,774)	-
Refugee Counselling – Bristol City Council	16,850	(16,850)	-
Refugee Services – South Glos Council	21,511	(21,511)	-
Refugee Services - Other	10,850	(10,850)	-
Tackling Inequalities Funding	-	(844)	(844)
Ukrainian Refugee Funding	5,000	(5,000)	-
Women Refugee Counselling	10,423	(19,035)	(8,612)
Women without Borders Flex grant	60,316	(60,316)	-
Xmas Appeal 2022	<u>1,764</u>	<u>(1,764)</u>	<u>-</u>
	<u>424,607</u>	<u>(434,063)</u>	<u>(9,456)</u>
<b>TOTAL FUNDS</b>	<u>1,039,229</u>	<u>(1,130,369)</u>	<u>(91,140)</u>

**Bristol Mind**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 March 2024**

**14. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2024.

**Bristol Mind**

**Detailed Statement of Financial Activities**  
**for the Year Ended 31 March 2024**

	2024	2023
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	<u>120,605</u>	<u>233,156</u>
	120,605	233,156
<b>Income from charitable activities</b>		
Grants	255,175	185,871
Other income	<u>1,128</u>	<u>4,948</u>
	256,303	190,819
<b>Other trading activities</b>		
Fees & training	114,515	107,430
Room hire	<u>-</u>	<u>-</u>
	114,515	107,430
<b>Investment income</b>		
Deposit account interest	<u>11,542</u>	<u>4,859</u>
<b>Total incoming resources</b>	502,965	536,264
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	391,565	311,026
Social security	24,063	16,335
Pensions	19,845	13,442
Rent & rates	59,977	53,972
Insurance	6,200	4,627
Light and heat	-	1,060
Telephone	5,728	9,312
Postage and stationery	294	573
Advertising	1,535	662
Sundries	923	2,571
Travel & staff expenses	3,419	3,853
Room hire	8,339	8,134
Office repairs and equipment	220	2,445
Cleaning	-	1,668
Subscriptions	3,177	3,037
Supervision	9,463	17,605
Training	2,663	9,048
Independent examination / audit	1,620	450
Volunteer expenses	3,307	2,481
Fundraising costs	6,326	3,111
Software & IT	25,017	14,512
Depreciation	1,357	-
Recruitment	6,542	11,474
AGM	-	757
Hospitality	3,091	3,804
Fees	-	815
Sports and other equipment	1,204	-
Bank charges	2,413	2,378
Freelance work	25,789	11,575
Bookkeeping	2,715	2,966
Consultancy	<u>-</u>	<u>(116)</u>
	<u>616,792</u>	<u>513,577</u>
<b>Total resources expended</b>	<u>616,792</u>	<u>513,577</u>
<b>Net (expenditure)/income</b>	<u>(113,827)</u>	<u>22,687</u>

This page does not form part of the statutory financial statements

**BRISTOL MIND**

England & Wales - Charity number 1085171

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# Accounts

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REGISTERED COMPANY NUMBER: 04124744 (England and Wales)  
REGISTERED CHARITY NUMBER: 1085171

**Report of the Trustees and**  
**Financial Statements**  
**for the Year Ended 31 March 2023**  
**for**  
**Bristol Mind**

**Bristol Mind**

**Contents of the Financial Statements**  
**for the Year Ended 31 March 2023**

	<b>Page</b>
<b>Report of the Trustees</b>	1 to 7
<b>Independent Examiner's Report</b>	8
<b>Statement of Financial Activities</b>	9
<b>Balance Sheet</b>	10
<b>Cash Flow Statement</b>	11
<b>Notes to the Cash Flow Statement</b>	12
<b>Notes to the Financial Statements</b>	13 to 19
<b>Detailed Statement of Financial Activities</b>	20

## Bristol Mind

### Report of the Trustees for the Year Ended 31 March 2023

The Board of Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, presents its annual report together with the financial statements of the charity for the period 1 April 2022 to 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The financial statements also comply with the Charities Act 2011 and the Companies Act 2006.

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

Bristol Mind has worked with internal and external stakeholders to refresh its vision, mission and values and develop an exciting 3 year strategy.

Our Vision is to:

To support everyone in and around Bristol in achieving the best mental health possible.

Our Mission is to:

To provide advice and support to anyone experiencing a mental health problem in our area, wherever they are in their journey to good mental health. We are the positive voice of mental health and wellbeing.

Our Values are:

- o **Compassionate** – At our core we think positively about our clients and our staff and actively listen without judgement.
- o **Creating Change** – We create positive change, and we have fun doing so!
- o **Integrity** – Informs all our actions.
- o **Equality** – We use creativity and innovation to ensure everyone has equal opportunity and is included.
- o **Respect** – We treat everyone with respect, making sure we communicate effectively.

Our Memorandum of Association sets out the organisation's principle organisational objectives which are for the public benefit and are compatible with the Charities Act 2006. These are:

- (1) To promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.
- (2) To relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

Our organisational aims are:

- To be a resource for all people in Bristol and South Gloucestershire who identify themselves as having mental health or emotional support needs, and those who support them.
- To promote emotional and mental wellbeing through delivering high quality services in partnership with others where we can.
- To raise awareness of, and promote positive views about, mental health issues.

##### **Public benefit**

All Bristol Mind's charitable activities focus on the provision of accessible and effective mental health support, education, and campaigning for people resident in Bristol and the surrounding areas. Such a programme of activity is invariably of public benefit insofar as it contributes to healthy, active citizens, family, and community cohesion, and increased social inclusion and mobility. Public benefit is also derived from the prevention of escalating levels of mental ill-health among Bristol Mind's service users because of their accessing the organisation. That Bristol Mind offers an effective and timely service for vulnerable people is of public benefit in terms of cost-effectiveness in both the short and long term.

The strategies employed to achieve the charity's aims and objectives are to:

- Promote mental wellbeing and social inclusion and assist recovery.
- Support people at times of crisis.
- Provide training and consultancy that improves the effectiveness of agencies, communities, and individuals to support recovery and sustain wellbeing.
- Create opportunities for people recovering from mental health problems to use skills, gain experience, and achieve life goals through volunteering.

## Bristol Mind

### Report of the Trustees for the Year Ended 31 March 2023

#### **STRATEGIC REPORT**

In the year ending March 2023, Bristol Mind has continued to adopt a hybrid approach to both our services and our staff working arrangements. Staff continued to work effectively from their homes, coming into the offices or into community settings as required.

Remote services were delivered throughout the year through social media, video calling or through telephone support. Our counselling service Meeting Minds, and our telephone support services Mindline and Infoline all continued to see significant demand: referrals from statutory services such as the NHS IAPT team have increased noticeably during this period. Likewise, our Community Services Hate Crime service, and refugee services saw an increase in demand and were all able to provide continued, effective support throughout the year to a growing number of hotels across Bristol and South Gloucestershire.

#### **Achievement and performance**

In the year ending March 2023, Bristol Mind supported a total of 2,123 unique beneficiaries across all of our services.

##### **1. Meeting Minds:**

Our counselling service delivered 3,377 sessions to 278 clients in the year 2022/23.

From a sample of our counselling cohort, we tracked PHQ9 (depression) and GAD7 (anxiety) scores from the beginning and end of therapy, usually 16 sessions in total.

##### **PHQ9**

The data showed that 85% of clients reported an improvement in feelings of depression and hopelessness. 60% reported more than a 20% improvement. 45% of clients moved from high severe to moderate or moderate-severe scores.

##### **GAD7**

The data showed that 90% of clients reported an improvement in anxiety and stress. 50% reported more than a 20% improvement. 55% of clients moved from high severe to moderate or moderate-severe scores.

##### **2. Mindline and Infoline:**

Mindline is our emotional support telephone service, open 5 evenings per week. Infoline is our information and signposting service, open 5 mornings per week. Together, our telephone support services received a total of 1,721 anonymous calls in the year 2022/23. For Mindline, 1,251 callers with a 66% repeat call rate amounts to circa 838 unique service-users. Infoline recorded 470 callers requesting information and signposting.

#### **Demographics**

Mindline: Average 59% female, 28% male, 13% Trans / unknown.

Infoline: Not collected.

#### **Presenting issues**

Mindline: Main reason for calls was isolation (46%), followed by anxiety (32%), depression (28%) and stress (20%). However, up to 54% of calls in any quarter have involved suicidal ideation or self-harm and 21% cite abuse or hate crime.

Infoline: Main reason for calls was for talking therapies (60%), with cited reasons including anxiety & depression (27%), self-harm or suicidal ideation (9%), autism or ADHD (7%), abuse (6%), loneliness (5%) and LGBTQIA+ (3%). In terms of signposting, 27% of calls were signposted to other voluntary or organisations, 20% were referred into Bristol Mind and 14% referred to statutory or public services.

##### **3. Community Services: Refugee Projects and Hate Crime**

Refugee Projects have developed at Bristol Mind in response to a gap for trauma-informed wellbeing work, leading to stabilization, social connectedness, and more timely referrals into NHS mental health services. Bristol Mind has worked closely with a range of specialist refugee community organisations and mental health services to deliver services, including Bristol Refugee Rights, Borderlands and The Hope Asylum-seekers and Refugee Trauma Service. Overall, we supported 556 service-users in the year 2022/23, assuming a 30% crossover or repeat in attendance, this amounts to 397 unique beneficiaries.

Alongside our meeting / signposting drop-in service within IA Hotels, 4 community projects were delivered within this service with a focus on wellbeing for refugees and asylum-seekers in Initial Accommodation Hotels across Bristol and South Gloucestershire. Qualitative outcomes were co-designed with participants to be as simple and accessible as possible:

##### Greenspace

122 service users were supported in 2022/23 over 60 sessions of cooking and orientation walks for wellbeing, delivered at St Werburgh's City Farm. For those completing a cycle of 6 sessions, happiness scores increased from 6.2 to 9.7 out of 10.

## Bristol Mind

### Report of the Trustees for the Year Ended 31 March 2023

#### Testimonials:

*"I loved coming here with my son and being able to cook for everyone, would have liked to stay longer or come again one day"*

*"Is good to stay in a place in the city with a lot of plants and flowers and to see the goats is wonderful"*

*"Is nice coming to stay with other people together, everyone is very friendly and food good to eat"*

#### Women without Borders

38 women service-users were supported in 2022/23. Counselling was offered as outreach within Initial Accommodation, Bristol Old Vic and in partnership with Refugee Women of Bristol. Women were mainly from the ages of 21-40 and from 21 different nationalities. The largest demographic identified as Eritrean, followed by Sudanese, Turkish and Albanian.

Evaluation questionnaires revealed that as a result of their counselling:

- 61% felt they managed their mood better.
- 58% felt an improved connection to others.
- 63% felt improved coping skills, resulting in being able to get through the day.

Football was delivered via a multi-agency partnership, funded by Better Together. 53 people were supported in 2022/3 via our football sessions at the UWE campus.

Isolation / Happiness scores indicated:

- Isolation scores reduced from 5.9 to 2.3 out of 10.
- Happiness scores increased from 4.18 to 7.6 out of 10.

#### Parent-Child Hotel Clubs

This project started at the Mercure Hotel developed from an Arts & Crafts Group during the School summer holiday period in 2022, with residents requesting regular sessions in support of family isolation and boredom. The pilot started in February 2022 with 12 children and their parents attending weekly sessions out of a total cohort of 90 resident children aged 4-14. Full demographics and outcomes will be detailed in the 2023/24 annual report.

#### **4. Hate Crime Project: Mental Health Casework**

Bristol Mind works in partnership with 5 other agencies in Bristol and South Gloucestershire within the Bristol Hate Crime and Discrimination Service. Bristol Mind offers mental health casework and support as part of a wider partnership project funded by Bristol City Council. A total of 101 people were supported by specialist casework in 2022/23.

#### **Demographics**

38 men, 59 women, 3 Trans or not known.

Of those who completed equalities forms, 66% identified as White British; 11% as Indian; 10% as Black African; 8% as mixed background (White/ Black); 5% as any other background.

The majority of service-users were from the 25-49 age group.

#### **Outcomes**

BHCDS questionnaires are given to service-users at the beginning and end of casework. Feedback indicated that by the end of their support:

- 100% people felt more confident to report incidents of hate crime and deal with agencies.
- 75% people reported feeling safer.
- 90% reported feeling better equipped to cope with what had happened.
- 65% reported improved wellbeing.

#### **5. Fundraising**

Bristol Mind relies heavily on local businesses to support us through Corporate sponsorship and by making us their Charity of the Year ("COTY"). This continues to be an invaluable source of income, with a number of locally based organisations making significant contributions to our services.

These donations added to our amazing individual fundraiser totals have ensured that fundraising income has exceeded pre-COVID levels in the year and ensured that we could continue services which are not currently funded in other ways (such as Infoline or subsidising counselling sessions for those who cannot afford to pay).

Bristol Mind would like to thank all our friends, funders, and corporate donors for their generous support throughout the year.

## Bristol Mind

### Report of the Trustees for the Year Ended 31 March 2023

#### **6. Leadership**

Bristol Mind undertook a complete review of leadership and governance in the year and together with the Interim CEO made several changes on the board and at senior management level during the year. This included development of a new 3 year strategy which sets out plans for the future and the start of the recruitment process for a new, permanent CEO.

#### **Financial review**

##### **Financial position**

2022/23 saw some stability return to Bristol Mind, with the interim CEO being in place for the full 12 months, a more established staff team and the addition of new Board members with a wider range of experiences. This resulted in a net surplus of £23k, a considerable improvement from the 2021/22 result of a £48k deficit.

The results for 2022/23 are not directly comparable with those in 2021/22 as Bristol Mind did not retender for grants relating to an advocacy service, and therefore that funding ended during 2021/22. Overall gross income was £536k compared with £855k in 2021/22. Donations were strong and returned to pre-pandemic levels at £233k compared to £128k in 2021/22. We continue to thank all our donors for their very generous support during the year.

Overall gross expenditure was lower during 2022/23 at £513k compared with £903k in 2021/22. Again, this related to the cessation of the advocacy service, and was principally noticed through lower staff costs.

The unrestricted reserves of the charity are £349k (2022: £326k) which helps us to weather cashflow variations in funder payments.

## Bristol Mind

### Report of the Trustees for the Year Ended 31 March 2023

#### **STRATEGIC REPORT**

##### **Financial review**

##### **Reserves policy**

Bristol Mind has unrestricted general, designated, and restricted reserves. The Board has reviewed the general reserves considering the following:

- Diverse sources of income
- Working capital requirements
- Key risks, their potential impact on reserves and the timeframe in which mitigating actions could be put into action and the impact they would have
- Increased level of uncertainty in charity fundraising
- After effects of the Covid-19 pandemic

Trustees have therefore agreed to continue to maintain general reserves at a minimum of three months running costs. This will help the charity to withstand a sustained fall in income while providing the capability for Trustees and the CEO to then make sure expenditure could be reduced in a managed fashion, avoiding the need to halt important work abruptly and allow service years to move on in a supported and managed fashion.

If difficulties were to arise, then it has been calculated that reserves of £134k would be needed to continue running current services for at least three months. This figure is based on income and would cover the operating costs of a significant reduction in income. The reserves policy was reviewed during 2022/23.

Unrestricted reserves on 31 March 2023 were £349k, £23k higher than the previous year, and still more than the minimum reserves level specified in our reserves policy. The on-going financial effects of the cost of living increases, particularly on charity donations remain unknown, however Trustees are committed to investing in the new strategy and are likely to approve some prudent use of reserves in the coming financial year. Trustees remain committed to maintaining the reserves at least at the target level in the changing financial environment while ensuring that surplus funds are utilised to support charitable objectives.

Unrestricted reserves consist of a contingency fund, as well as a general reserve set aside to meet any unexpected changes in the financial environment.

Restricted funds are only available for expenditure as directed by the donor. At 31 March 2023 restricted funds totalled £9k, a breakdown of which can be found in note 12 to the financial statements (2021/22: £9k).

##### **Going concern**

The accounts have been prepared on the assumption that the charity is able to continue as a going concern. However, the impact of cost of living increases continue to have a profound impact on the global economy, following the COVID pandemic and may in turn affect the charity. The Board continues to keep a strong focus on risk and cost controls.

The Trustees have considered the impact of this issue on the charity's current and future financial position. Fundraising and donations now account for a significant proportion of the charity's income. This is likely to be affected by current economic challenges. As at the balance sheet date, the charity holds unrestricted, general reserves of £349k including a cash balance of £372k. The Trustees consider that the charity has sufficient reserves and cashflow to continue as a going concern for a period of at least 12 months from the date on which these financial statements are approved.

##### **Future plans**

Our key goals for the coming year at Bristol Mind are:

- To continue to support the development of the organisation, its staff, and volunteers.
- To invest in our infrastructure and systems to enable the growth aspirations in our strategy.
- To continue to diversify our income to ensure we are financially robust, and we reduce our reliance on short term contracts and grants.
- Recruitment of a permanent CEO to lead the organisation into the future.
- Procure and implement CRM and case management systems that will reduce data duplication, streamline processes, and provide enhanced reporting.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The organisation is a charitable company limited by guarantee, incorporated on 13 December 2000 and re-registered as a charity on 22 February 2001. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

## **Bristol Mind**

### **Report of the Trustees for the Year Ended 31 March 2023**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Recruitment and appointment of new trustees**

The directors of the company are also charity Trustees for the purposes of charity law and under the company's Articles are known as members of the Board of Trustees. Under the requirements of the Articles of Association there are a minimum of three and no maximum number of Trustees. The Board commit to recruit a number of members who have lived experience of mental health services.

##### **Organisational structure**

The Board of Trustees administers the charity. The Board normally meets six times per year. A Chief Executive Officer ("CEO") is appointed by the Trustees to manage the day-to-day operations of the charity. To facilitate effective operations the CEO has delegated authority, within prescribed limits, for operational matters including finance, employment, and service delivery.

##### **Induction and training of new trustees**

All Trustees are fully inducted into Bristol Mind's governance. Trustees are drawn from a variety of business, HR, legal and finance professional backgrounds and a skills analysis is kept, and annual evaluation undertaken, ensuring Trustees can contribute in full.

##### **Key management remuneration**

The Trustees consider the charity's CEO and the senior management team comprise the key management personnel of the charity in charge of directing and controlling, running, and operating Bristol Mind on a day-to-day basis. All Trustees give of their time freely and no Trustee received remuneration in the year.

The pay of senior staff is reviewed annually. Pay levels are regularly benchmarked against similar roles in appropriate voluntary sector organisations.

##### **Risk management**

The Trustees have a risk management strategy which comprises:

- A quarterly review of the principal risks and uncertainties that the charity faces.
- The establishment of policies, systems, and procedures to mitigate those risks identified in the quarterly review.
- The implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

Charity Name: Bristol Mind Charity Registration Number: 1085171

Company Registration Number: 04124744

Registered Office: St Brandon's House, 29 Great George Street, Bristol, BS1 5QT

Bankers: Co-operative Bank, PO Box 250, Delf House, Southway, Skelmersdale, WN8 6WT

Independent examiners: Francis Clark LLP, 90 Victoria Street, Bristol, BS1 6DP

#### **Directors and Trustees**

The directors of the charitable company (the charity) are its Trustees for the purpose of charity law. The Trustees and officers serving during the year are as follows:

Dr Hayley Richards (appointed 14 June 2022, appointed Chair 8 February 2023)

Joanne Diamond (appointed 14 June 2022, appointed Vice Chair 8 February 2023)

Tony Whitlock (Interim Chair until 8 February 2023 / Treasurer throughout year)

Alexander Alcock (appointed 6 July 2022)

Sally Mason (appointed 31 May 2022)

Joanna Sunderland (appointed 8 February 2023)

Tom Wilson (appointed 8 February 2023)

Siobhan McKeating (appointed 8 February 2023, resigned 19 April 2023)

Dr Christopher Norris (appointed 31 May 2022, resigned 8 February 2023)

Michael Pilcher (appointed 14 June 2022, resigned 16 January 2023)

Malcolm McDonald (retired 14 June 2022)

Sarah Oliver (resigned 14 June 2022)

Lauren Owen (resigned 8 July 2023)

**Bristol Mind**

**Report of the Trustees  
for the Year Ended 31 March 2023**

**STATEMENT OF TRUSTEES' RESPONSIBILITIES**

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

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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 information of which the charitable company's independent examiners are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiners are aware of that information.

The Charity Trustees (who are also the Directors of Bristol Mind for the purposes of Company Law) are responsible for preparing the Trustees' annual report and 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, which give a true and fair view of the state of affairs of the charitable company and the surplus deficit of the charitable company for that period. In preparing those financial statements, the Board of Trustees is required to:

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it's inappropriate to presume that the company will continue its operations

The Board of Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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.

So far as each Trustee is aware, there is no relevant information of which the charity's independent examiners are unaware. Each Trustee has taken all steps necessary to make both themselves and the independent examiners aware of any relevant information.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 30 November 2023 and signed on the board's behalf by:



Dr H Richards - Chair

**Independent Examiner's Report to the Trustees of  
Bristol Mind**

I report to the trustees on my examination of the accounts of Bristol Mind for the year ended 31 March 2023, which are set out on pages 9 to 20.

**Responsibilities and basis of report**

As the trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

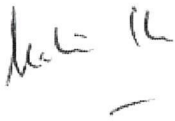
**Independent examiner's statement**

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Martin Hobbs BSc ACA  
Francis Clark LLP  
90 Victoria Street  
Bristol  
BS1 6DP

18 December 2023

**Bristol Mind**

**Statement of Financial Activities**  
**for the Year Ended 31 March 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	231,892	1,264	233,156	128,168
Charitable activities	3	3,121	187,698	190,819	585,185
Other trading activities	4	107,430	-	107,430	141,813
Investment income	5	<u>4,859</u>	<u>-</u>	<u>4,859</u>	<u>185</u>
<b>Total</b>		347,302	188,962	536,264	855,351
 <b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	6				
Charitable activities		<u>324,384</u>	<u>189,193</u>	<u>513,577</u>	<u>903,200</u>
<b>NET INCOME/(EXPENDITURE)</b>		22,918	(231)	22,687	(47,849)
 <b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<u>326,367</u>	<u>9,456</u>	<u>335,823</u>	<u>383,672</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>349,285</u></u>	<u><u>9,225</u></u>	<u><u>358,510</u></u>	<u><u>335,823</u></u>

The notes form part of these financial statements

**Bristol Mind**

**Balance Sheet**  
**31 March 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	10	44,555	-	44,555	22,928
Cash at bank and in hand		<u>372,134</u>	<u>9,225</u>	<u>381,359</u>	<u>375,912</u>
		416,689	9,225	425,914	398,840
<b>CREDITORS</b>					
Amounts falling due within one year	11	(67,404)	-	(67,404)	(63,017)
		<u>349,285</u>	<u>9,225</u>	<u>358,510</u>	<u>335,823</u>
<b>NET CURRENT ASSETS</b>					
		<u>349,285</u>	<u>9,225</u>	<u>358,510</u>	<u>335,823</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>349,285</u>	<u>9,225</u>	<u>358,510</u>	<u>335,823</u>
<b>NET ASSETS</b>		<u>349,285</u>	<u>9,225</u>	<u>358,510</u>	<u>335,823</u>
<b>FUNDS</b>	12				
Unrestricted funds				349,285	326,367
Restricted funds				<u>9,225</u>	<u>9,456</u>
<b>TOTAL FUNDS</b>				<u>358,510</u>	<u>335,823</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 30 November 2023 and were signed on its behalf by:



Dr H Richards - Chair

The notes form part of these financial statements

**Bristol Mind**

**Cash Flow Statement**  
**for the Year Ended 31 March 2023**

	Notes	2023 £	2022 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>588</u>	<u>(77,048)</u>
Net cash provided by / (used in) operating activities		<u>588</u>	<u>(77,048)</u>
<b>Cash flows from investing activities</b>			
Interest received		<u>4,859</u>	<u>185</u>
Net cash provided by investing activities		<u>4,859</u>	<u>185</u>
<b>Change in cash and cash equivalents in the reporting period</b>		5,447	(76,863)
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>375,912</u>	<u>452,775</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<u>381,359</u>	<u>375,912</u>

The notes form part of these financial statements

**Bristol Mind**

**Notes to the Cash Flow Statement  
for the Year Ended 31 March 2023**

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

	2023 £	2022 £
<b>Net income / (expenditure) for the reporting period (as per the Statement of Financial Activities)</b>	22,687	(47,849)
<b>Adjustments for:</b>		
Interest received	(4,859)	(185)
(Increase) / decrease in debtors	(21,627)	5,199
Increase / (decrease) in creditors	<u>4,387</u>	<u>(34,213)</u>
<b>Net cash provided by / (used in) operations</b>	<u>588</u>	<u>(77,048)</u>

**2. ANALYSIS OF CHANGES IN NET FUNDS**

	At 1.4.22 £	Cash flow £	At 31.3.23 £
<b>Net cash</b>			
Cash at bank and in hand	<u>375,912</u>	<u>5,447</u>	<u>381,359</u>
	<u>375,912</u>	<u>5,447</u>	<u>381,359</u>
<b>Total</b>	<u>375,912</u>	<u>5,447</u>	<u>381,359</u>

The notes form part of these financial statements

## **Bristol Mind**

### **Notes to the Financial Statements** **for the Year Ended 31 March 2022**

#### **1. ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

##### **Expenditure**

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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 25% on straight line basis
IT equipment	- 25% on straight line basis

##### **Taxation**

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

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### **2. DONATIONS AND LEGACIES**

	2023	2022
	£	£
Donations	<u>233,156</u>	<u>128,168</u>
	<u>233,156</u>	<u>128,168</u>

Donations included £1,264 for restricted purposes relating to the Xmas Appeal 2022 (2022: £nil).

#### **3. INCOME FROM CHARITABLE ACTIVITIES**

	2023	2022
	£	£
Grants	185,871	574,785
Other income	<u>4,948</u>	<u>10,400</u>
	<u>190,819</u>	<u>585,185</u>

Grants received, included in the above, are as follows:

	2022	2022
	£	£
Other grants	<u>185,871</u>	<u>574,785</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023**

<b>4. OTHER TRADING ACTIVITIES</b>		
	2023	2022
	£	£
Fees & training	<u>107,430</u>	<u>141,813</u>
	<u>107,430</u>	<u>141,813</u>

<b>5. INVESTMENT INCOME</b>		
	2023	2022
	£	£
Deposit account interest	<u>4,859</u>	<u>185</u>

<b>6. CHARITABLE ACTIVITIES COSTS</b>		
		Direct Costs
		£
Charitable activities		<u>513,577</u>

**7. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

**Trustees' expenses**

During the year the charity reimbursed trustee expenses totalling £18 (2022: £nil) in relation to business travel.

<b>8. STAFF COSTS</b>		
	2023	2022
	£	£
Wages and salaries	311,026	557,404
Social security costs	16,335	39,373
Other pension costs	<u>13,442</u>	<u>33,866</u>
	<u>340,803</u>	<u>630,643</u>

The average monthly number of employees during the year was as follows:

	2023	2022
Employees	<u>15</u>	<u>26</u>

No employees received emoluments in excess of £60,000.

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	128,168	-	128,168
Income from other charitable activities	15,394	569,791	585,185
Other trading activities	141,813	-	141,813
Investment income	<u>185</u>	<u>-</u>	<u>185</u>
<b>Total</b>	285,560	569,791	855,351
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable activities	<u>318,247</u>	<u>584,953</u>	<u>903,200</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023**

<b>9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued</b>			
	Unrestricted funds £	Restricted funds £	Total funds £
<b>NET INCOME</b>	(32,687)	(15,162)	(47,849)
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	359,054	24,618	383,672
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>326,367</u>	<u>9,456</u>	<u>335,823</u>
<b>10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
		2023	2022
		£	£
Other debtors		<u>44,555</u>	<u>22,928</u>
<b>11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
		2023	2022
		£	£
Trade creditors		9,640	11,914
Other creditors		13,695	13,346
Deferred grants		<u>44,069</u>	<u>37,757</u>
		<u>67,404</u>	<u>63,017</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023**

**12. MOVEMENT IN FUNDS**

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
<b>Unrestricted funds</b>			
General fund	278,367	22,918	301,285
Contingency Fund	<u>48,000</u>	<u>-</u>	<u>48,000</u>
	326,367	22,918	349,285
<b>Restricted funds</b>			
Better Together	-	1,718	1,718
Tackling Inequalities Funding	844	(844)	-
Women Refugee Counselling	8,612	(8,612)	-
Women without Borders Flex grant	<u>-</u>	<u>7,507</u>	<u>7,507</u>
	<u>9,456</u>	<u>(231)</u>	<u>9,225</u>
<b>TOTAL FUNDS</b>	<u>335,823</u>	<u>22,687</u>	<u>358,510</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	347,302	(324,384)	22,918
<b>Restricted funds</b>			
Better Together	12,463	(10,745)	1,718
Football for Refugees	694	(694)	-
Greenspace	11,720	(11,720)	-
Hate Crime	22,150	(22,150)	-
Mindline	71,722	(71,722)	-
Organisational Development Fund	11,199	(11,199)	-
Refugee Services – South Glos Council	1,511	(1,511)	-
Tackling Inequalities Funding	-	(844)	(844)
Ukrainian Refugee Funding	5,000	(5,000)	-
Women Refugee Counselling	10,423	(19,035)	(8,612)
Women without Borders Flex grant	40,316	(32,809)	7,507
Xmas Appeal 2022	<u>1,764</u>	<u>(1,764)</u>	<u>-</u>
	<u>188,962</u>	<u>(189,193)</u>	<u>(231)</u>
<b>TOTAL FUNDS</b>	<u>536,264</u>	<u>(513,577)</u>	<u>22,687</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023**

**12. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
<b>Unrestricted funds</b>			
General fund	311,054	(32,687)	278,367
Contingency Fund	<u>48,000</u>	<u>-</u>	<u>48,000</u>
	359,054	(32,687)	326,367
<b>Restricted funds</b>			
Advocacy in Action	1,931	(1,931)	-
Mindline	16,825	(16,825)	-
Refugee Counselling – Barrow Cadbury Trust	5,862	(5,862)	-
Tackling Inequalities Funding	-	844	844
Women Refugee Counselling	<u>-</u>	<u>8,612</u>	<u>8,612</u>
	<u>24,618</u>	<u>(15,162)</u>	<u>9,456</u>
<b>TOTAL FUNDS</b>	<u><u>383,672</u></u>	<u><u>(47,849)</u></u>	<u><u>335,823</u></u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	285,560	(318,247)	(32,687)
<b>Restricted funds</b>			
Advocacy in Action	145,409	(147,340)	(1,931)
Advocacy Outreach	41,765	(41,765)	-
BME Advocacy	53,883	(53,883)	-
Greenspace	3,468	(3,468)	-
Hate Crime	22,742	(22,742)	-
IMCA	144,863	(144,863)	-
Mindline	77,155	(93,980)	(16,825)
MHUP	15,094	(15,094)	-
Refugee Counselling – Barrow Cadbury Trust	150	(6,012)	(5,862)
Refugee Counselling - other	22,095	(22,095)	-
Shielding Service	3,000	(3,000)	-
Tackling Inequalities Funding	3,688	(2,844)	844
Women Refugee Counselling	<u>36,479</u>	<u>(27,867)</u>	<u>8,612</u>
	<u>569,791</u>	<u>(584,953)</u>	<u>(15,162)</u>
<b>TOTAL FUNDS</b>	<u><u>855,351</u></u>	<u><u>(903,200)</u></u>	<u><u>(47,849)</u></u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023**

**12. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	At 31.3.23 £
<b>Unrestricted funds</b>			
General fund	311,054	(9,769)	301,285
Contingency Fund	<u>48,000</u>	<u>-</u>	<u>48,000</u>
	359,054	(9,769)	349,285
<b>Restricted funds</b>			
Advocacy in Action	1,931	(1,931)	-
Better Together	-	1,718	1,718
Mindline	16,825	(16,825)	-
Refugee Counselling – Barrow Cadbury Trust	5,862	(5,862)	-
Women without Borders Flex grant	<u>-</u>	<u>7,507</u>	<u>7,507</u>
	<u>24,618</u>	<u>(15,393)</u>	<u>9,225</u>
<b>TOTAL FUNDS</b>	<u><u>383,672</u></u>	<u><u>(25,162)</u></u>	<u><u>358,510</u></u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	632,862	(642,631)	(9,769)
<b>Restricted funds</b>			
Advocacy in Action	145,409	(147,340)	(1,931)
Advocacy Outreach	41,765	(41,765)	-
Better Together	12,463	(10,745)	1,718
BME Advocacy	53,883	(53,883)	-
Football for Refugees	694	(694)	-
Greenspace	15,188	(15,188)	-
Hate Crime	44,892	(44,892)	-
IMCA	144,863	(144,863)	-
Mindline	148,877	(165,702)	(16,825)
MHUP	15,094	(15,094)	-
Organisational Development Fund	11,199	(11,199)	-
Refugee Counselling – Barrow Cadbury Trust	150	(6,012)	(5,862)
Refugee Counselling – other	22,095	(22,095)	-
Refugee Services – South Glos Council	1,511	(1,511)	-
Shielding Service	3,000	(3,000)	-
Tackling Inequalities Funding	3,688	(3,688)	-
Ukrainian Refugee Funding	5,000	(5,000)	-
Women Refugee Counselling	46,902	(46,902)	-
Women without Borders Flex grant	40,316	(32,809)	7,507
Xmas Appeal 2022	<u>1,764</u>	<u>(1,764)</u>	<u>-</u>
	<u>758,753</u>	<u>(774,146)</u>	<u>(15,393)</u>
<b>TOTAL FUNDS</b>	<u><u>1,391,615</u></u>	<u><u>(1,416,777)</u></u>	<u><u>(25,162)</u></u>

**Bristol Mind**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 March 2023**

**13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2023.

**Bristol Mind**

**Detailed Statement of Financial Activities**  
**for the Year Ended 31 March 2023**

	2023	2022
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	<u>233,156</u>	<u>128,168</u>
	233,156	128,168
<b>Income from charitable activities</b>		
Grants	185,871	574,785
Other income	<u>4,948</u>	<u>10,400</u>
	190,819	585,185
<b>Other trading activities</b>		
Fees & training	107,430	141,813
Room hire	<u>-</u>	<u>-</u>
	107,430	141,813
<b>Investment income</b>		
Deposit account interest	<u>4,859</u>	<u>185</u>
<b>Total incoming resources</b>	536,264	855,351
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	311,026	557,404
Social security	16,335	39,373
Pensions	13,442	33,866
Rent & rates	53,972	31,872
Insurance	4,627	2,866
Light and heat	1,060	5,502
Telephone	9,312	14,789
Postage and stationery	573	3,298
Advertising	662	1,002
Sundries	2,571	844
Travel & staff expenses	3,853	23,364
Room hire	8,134	2,420
Office repairs and equipment	2,445	13,364
Cleaning	1,668	4,914
Subscriptions	3,037	2,737
Supervision	17,605	16,923
Training	9,048	33,409
Independent examination / audit	450	2,622
Volunteer expenses	2,481	2,195
Fundraising costs	3,111	3,284
Software & IT	14,512	17,925
Recruitment	11,474	3,806
AGM	757	-
Hospitality	3,804	468
Fees	815	2,296
Bank charges	2,378	1,966
Freelance work	11,575	54,298
Bookkeeping	2,966	3,485
Consultancy	<u>(116)</u>	<u>22,908</u>
	<u>513,577</u>	<u>903,200</u>
<b>Total resources expended</b>	<u>513,577</u>	<u>903,200</u>
<b>Net (expenditure)/income</b>	<u>22,687</u>	<u>(47,849)</u>

This page does not form part of the statutory financial statements

**BRISTOL MIND**

England & Wales - Charity number 1085171

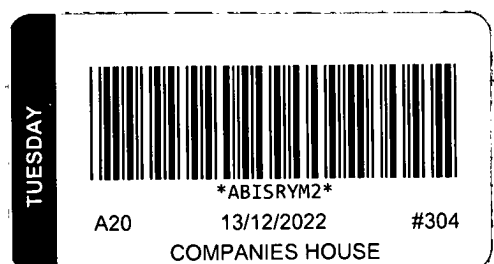
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# Accounts

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REGISTERED COMPANY NUMBER: 04124744 (England and Wales)  
REGISTERED CHARITY NUMBER: 1085171

**Report of the Trustees and**  
**Financial Statements**  
**for the Year Ended 31 March 2022**  
**for**  
**Bristol Mind**



**Bristol Mind**

**Contents of the Financial Statements**  
**for the Year Ended 31 March 2022**

	<b>Page</b>
<b>Report of the Trustees</b>	<b>1 to 5</b>
<b>Independent Examiner's Report</b>	<b>6</b>
<b>Statement of Financial Activities</b>	<b>7</b>
<b>Balance Sheet</b>	<b>8</b>
<b>Cash Flow Statement</b>	<b>9</b>
<b>Notes to the Cash Flow Statement</b>	<b>10</b>
<b>Notes to the Financial Statements</b>	<b>11 to 17</b>
<b>Detailed Statement of Financial Activities</b>	<b>18</b>

## **Bristol Mind**

### **Report of the Trustees for the Year Ended 31 March 2022**

The Board of Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, presents its annual report together with the financial statements of the charity for the period 1 April 2021 to 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). The financial statements also comply with the Charities Act 2011 and the Companies Act 2006.

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

Bristol Mind's Memorandum of Association sets out the organisation's principle organisational objectives which are for the public benefit and are compatible with the Charities Act 2006. These are:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorders or conditions of emotional distress requiring advice and treatment, in association with Mind in accordance with the aims and objectives of Mind. (Please note the language used is historic, current terms used are 'experiencing emotional or mental distress')

Our organisational aims are:

- Prevent: Improve the mental wellbeing of our community - to help prevent the development of emotional and mental health issues.
- Support: Improve (individual) emotional and mental wellbeing by providing support to people who need it.
- Campaign: Reduce the stigma and discrimination associated with mental health issues so there's equality of access to support for all our communities.

##### **Public benefit**

All Bristol Mind's charitable activities focus on the provision of accessible and effective mental health support, education, and campaigning for people resident in Bristol and the surrounding areas. Such a programme of activity is invariably of public benefit insofar as it contributes to healthy, active citizens, family and community cohesion, and increased social inclusion and mobility. Public benefit is also derived from the prevention of escalating levels of mental ill-health among Bristol Mind's service users because of their accessing the organisation. That Bristol Mind offers an effective and timely service for vulnerable people is of public benefit in terms of cost-effectiveness in both the short and long term.

The strategies employed to achieve the charity's aims and objectives are to:

- Promote mental wellbeing and social inclusion and assist recovery.
- Support people at times of crisis.
- Enable people to have their voice heard through access to advocacy.
- Provide training and consultancy that improves the effectiveness of agencies, communities, and individuals to support recovery and sustain wellbeing.
- Create opportunities for people recovering from mental health problems to use skills, gain experience, and achieve life goals through volunteering.

## **Bristol Mind**

### **Report of the Trustees for the Year Ended 31 March 2022**

#### **STRATEGIC REPORT**

##### **Achievement and performance**

A year on from full lockdown restrictions as a result of the Covid 19 pandemic, staff and service users are still primarily working and accessing services from home. Some face to face services returned in the year beginning with those who needed counselling in person and with our refugee services in hotels. Staff continue to work effectively from their homes, coming into the offices as required, and Bristol Mind took the decision to give staff the option to work from home or office based on government guidance at the time. This enabled us to manage our services while keeping clients and colleagues safe and well.

Remote services were delivered throughout the year either through digital platforms or through telephone support. Our counselling service: Meeting Minds, and our telephone support services: Mindline and Mindline Trans+ all saw increased demand as a result of the pandemic. Likewise, our Hate Crime service, and refugee services: Mind Without Borders and the Greenspace project were all able to provide continued, effective support throughout the year. Our training services were able to deliver some courses in person and these were well received.

Following a difficult decision by the Board not to bid for the new Advocacy services contract, due to the funding being offered not covering the cost of the service being tendered, we worked closely with our advocacy team, and the new provider to effectively and sensitively transfer both clients and staff under TUPE.

##### **Fundraising**

Bristol Mind relies heavily on local business to support us through Corporate sponsorship and by making us their Charity of the Year ("COTY"). Prior to COVID19 this had proved an invaluable source of income, with a number of locally based organisations making significant contributions to our services and, although reduced in 20/21, this combined with individual fundraising has started to recover in 21/22 ending the year £2k over last year's total.

Bristol Mind would like to thank all our friends, funders and donors for their generous support throughout the year.

##### **Leadership**

Bristol Mind underwent several changes at senior management level during the year. This included replacement of a permanent CEO with the appointment of an interim CEO. The Board continue to support the organisation while considering next steps.

##### **Financial review**

###### **Financial position**

The Covid 19 pandemic has continued to have a significant impact on Bristol Mind's finances during 2021/22, as has the instability at a leadership level, and whilst this had resulted in a net deficit of £48k, controls implemented by the Board have ensured that this has reduced from 2020/21, which produced a deficit of £83k.

Overall gross income showed a moderate reduction on the previous financial year, with £855k generated during 2021/22 compared with £869k in 2020/21, a reduction of £14k. Donations remained steady, at £128k compared to £126k in 2020/21. We continue to thank all our donors for their very generous support during the year.

Overall gross expenditure during the year was £903k, a decrease of £49k on 2020/21 gross expenditure of £952k. This was largely due to lower staff costs, lower training/trainer costs and a reduction in IT costs. There was an IT investment programme undertaken in 2020/21 to ensure the charity could continue its work during the pandemic.

The unrestricted reserves of the charity are £326k (2021: £359k) which helps us to weather cashflow variations in funder payments.

## Bristol Mind

### Report of the Trustees for the Year Ended 31 March 2022

#### **STRATEGIC REPORT**

##### **Financial review**

##### **Reserves policy**

Bristol Mind has unrestricted general, designated, and restricted reserves. The Board has reviewed the general reserves considering the following:

- Diverse sources of income
- Working capital requirements
- Key risks, their potential impact on reserves and the timeframe in which mitigating actions could be put into action and the impact they would have
- Increased level of uncertainty in charity fundraising
- Continuation of the Covid-19 pandemic

Trustees have therefore agreed to continue to maintain general reserves at a minimum of three months running costs. This will help the charity to withstand a sustained fall in income while providing the capability for Trustees and the CEO to then make sure expenditure could be reduced in a managed fashion, avoiding the need to halt important work abruptly and allow service years to move on in a supported and managed fashion.

If difficulties were to arise, then it has been calculated that reserves of £226k would be needed to continue running current services for at least three months. This figure is based on operating costs only. The reserves policy is due to be reviewed in 2022.

Unrestricted reserves on 31 March 2022 were £326k, £33k lower than the previous year, but still more than the minimum reserves level specified in our reserves policy. However, the on-going financial effects of the pandemic, particularly on charity donations remain unknown. Given this uncertainty, Trustees are committed to maintaining the reserves at least the target level in the changing financial environment while ensuring that surplus funds are utilised to support charitable objectives.

Unrestricted reserves consist of a contingency fund, as well as a general reserve set aside to meet any unexpected changes in the financial environment.

Restricted funds are only available for expenditure as directed by the donor. At 31 March 2022 restricted funds totalled £9k, a breakdown of which can be found in note 12 to the financial statements (2020/21 £25k).

##### **Going concern**

The accounts have been prepared on the assumption that the charity is able to continue as a going concern. However, the COVID-19 pandemic continues to have a profound impact on the global economy and may in turn affect the charity. The Board continues to keep a strong focus on risk and controls.

The Trustees have considered the impact of this issue on the charity's current and future financial position. Fundraising and donations now account for a significant proportion of the charity's income. This is likely to be significantly affected by any economic changes because of the pandemic. As at the balance sheet date, the charity holds unrestricted, general reserves of £326k including a cash balance of £366k. The Trustees consider that the charity has sufficient reserves and cashflow to continue as a going concern for a period of at least 12 months from the date on which these financial statements are approved.

##### **Future plans**

Our key goals for the coming year at Bristol Mind are:

- To stabilise the organisation.
- Secure premises that are fit for purpose.
- Continue our COVID-19 recovery plan. This will include both understanding the increasingly complex need of our clients but also ensuring that our governance and financial systems are robust and allow us to be sustainable as we face a time of unprecedented challenges at all levels.
- To continue to diversify our income to ensure we are financially robust and reduce our reliance on public sector.
- Carry out a strategic review and develop a robust and ambitious 3 year strategy for the organisation.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The organisation is a charitable company limited by guarantee, incorporated on 13 December 2000 and re-registered as a charity on 22 February 2001. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

## **Bristol Mind**

### **Report of the Trustees for the Year Ended 31 March 2022**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Recruitment and appointment of new trustees**

The directors of the company are also charity Trustees for the purposes of charity law and under the company's Articles are known as members of the Board of Trustees. Under the requirements of the Articles of Association there are a minimum of three and no maximum number of Trustees. The Board commit to recruit a number of members who have lived experience of mental health services.

##### **Organisational structure**

The Board of Trustees administers the charity. The Board normally meets six times per year. A Chief Executive Officer ("CEO") is appointed by the Trustees to manage the day-to-day operations of the charity. To facilitate effective operations the CEO has delegated authority, within prescribed limits, for operational matters including finance, employment, and service delivery.

##### **Induction and training of new trustees**

All Trustees are fully inducted into Bristol Mind's governance. Trustees are drawn from a variety of business, HR, legal and finance professional backgrounds and a skills analysis is kept ensuring Trustees can contribute in full.

##### **Key management remuneration**

The Trustees consider the charity's CEO and the senior management team comprise the key management personnel of the charity in charge of directing and controlling, running, and operating Bristol Mind on a day-to-day basis. All Trustees give of their time freely and no Trustee received remuneration in the year.

The pay of senior staff is reviewed annually. Pay levels are regularly benchmarked against similar roles in appropriate voluntary sector organisations.

##### **Risk management**

The Trustees have a risk management strategy which comprises:

- A quarterly review of the principal risks and uncertainties that the charity face.
- The establishment of policies, systems, and procedures to mitigate those risks identified in the quarterly review.
- The implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

Charity Name: Bristol Mind Charity Registration Number: 1085171

Company Registration Number: 4124744

Registered Office: St Brandon's House, 29 Great George Street, Bristol, BS1 5QT

Bankers: Co-operative Bank PO Box 250, Delf House, Southway, Skelmersdale, WN8 6WT

Independent examiners: PKF Francis Clark, 90 Victoria Street, Bristol, BS1 6DP

##### **Directors and Trustees**

The directors of the charitable company (the charity) are its Trustees for the purpose of charity law. The Trustees and officers serving during the year are as follows:

Tony Whitlock (Interim Chair / Treasurer)

Lauren Owen

Sally Mason – appointed 31 May 2022

Dr Christopher Norris – appointed 31 May 2022

Joanne Diamond – appointed 14 June 2022

Michael Pilcher – appointed 14 June 2022

Dr Hayley Richards – appointed 14 June 2022

Alexander Alcock – appointed 6 July 2022

Raquel Hughes (Chair) – resigned 28 March 2022

David Foley (Vice Chair) – resigned 14 March 2022

Rachel Creed – resigned 29 June 2021

Malcolm McDonald – retired 14 June 2022

Sarah Oliver – resigned 14 June 2022

Joanne Samuel – resigned 31 December 2021

**Bristol Mind**

**Report of the Trustees**  
**for the Year Ended 31 March 2022**

**STATEMENT OF TRUSTEES' RESPONSIBILITIES**

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

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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 information of which the charitable company's independent examiners are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the independent examiners are aware of that information.

The Charity Trustees (who are also the Directors of Bristol Mind for the purposes of Company Law) are responsible for preparing the Trustees' annual report and 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, which give a true and fair view of the state of affairs of the charitable company and the surplus deficit of the charitable company for that period. In preparing those financial statements, the Board of Trustees is required to

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it's inappropriate to presume that the company will continue its operations

The Board of Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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.

So far as each Trustee is aware, there is no relevant information of which the charity's independent examiners are unaware. Each Trustee has taken all steps necessary to make both themselves and the independent examiners aware of any relevant information.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 1 December 2022 and signed on the board's behalf by:



.....  
T Whitlock - Chair

**Independent Examiner's Report to the Trustees of  
Bristol Mind**

I report to the trustees on my examination of the accounts of Bristol Mind for the year ended 31 March 2022, which are set out on pages 7 to 18.

**Responsibilities and basis of report**

As the trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since the charitable company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- (2) the accounts do not accord with those records; or
- (3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
- (4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

*Francis Clark LLP*

Benjamin Lee MChem(Hons) FCA BFP CTA  
PKF Francis Clark LLP  
90 Victoria Street  
Bristol  
BS1 6DP

Date: *6 December 2022*

**Bristol Mind**

**Statement of Financial Activities  
for the Year Ended 31 March 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	128,168	-	128,168	125,726
Charitable activities	3	15,394	569,791	585,185	594,950
Other trading activities	4	141,813	-	141,813	148,300
Investment income	5	185	-	185	444
<b>Total</b>		<b>285,560</b>	<b>569,791</b>	<b>855,351</b>	<b>869,420</b>
<b>EXPENDITURE ON</b>					
Charitable activities	6				
Charitable activities		318,247	584,953	903,200	951,941
<b>NET INCOME/(EXPENDITURE)</b>		<b>(32,687)</b>	<b>(15,162)</b>	<b>(47,849)</b>	<b>(82,521)</b>
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<b>359,054</b>	<b>24,618</b>	<b>383,672</b>	<b>466,193</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b><u>326,367</u></b>	<b><u>9,456</u></b>	<b><u>335,823</u></b>	<b><u>383,672</u></b>

The notes form part of these financial statements

**Bristol Mind**

**Balance Sheet**  
**31 March 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	10	22,928	-	22,928	28,127
Cash at bank and in hand		<u>366,456</u>	<u>9,456</u>	<u>375,912</u>	<u>452,775</u>
		389,384	9,456	398,840	480,902
<b>CREDITORS</b>					
Amounts falling due within one year	11	(63,017)	-	(63,017)	(97,230)
<b>NET CURRENT ASSETS</b>		<u>326,367</u>	<u>9,456</u>	<u>335,823</u>	<u>383,672</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>326,367</u>	<u>9,456</u>	<u>335,823</u>	<u>383,672</u>
<b>NET ASSETS</b>		<u>326,367</u>	<u>9,456</u>	<u>335,823</u>	<u>383,672</u>
<b>FUNDS</b>	12				
Unrestricted funds				326,367	359,054
Restricted funds				<u>9,456</u>	<u>24,618</u>
<b>TOTAL FUNDS</b>				<u>335,823</u>	<u>383,672</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 1 December 2022 and were signed on its behalf by:



.....  
T Whitlock - Chair

**Bristol Mind**

**Cash Flow Statement**  
**for the Year Ended 31 March 2022**

	Notes	2022 £	2021 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>(77,048)</u>	<u>(18,973)</u>
Net cash (used in)/provided by operating activities		<u>(77,048)</u>	<u>(18,973)</u>
<b>Cash flows from investing activities</b>			
Interest received		<u>185</u>	<u>444</u>
Net cash provided by investing activities		<u>185</u>	<u>444</u>
		<u>          </u>	<u>          </u>
<b>Change in cash and cash equivalents in the reporting period</b>		<u>(76,863)</u>	<u>(18,529)</u>
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>452,775</u>	<u>471,304</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<u>375,912</u>	<u>452,775</u>

The notes form part of these financial statements

**Bristol Mind**

**Notes to the Cash Flow Statement**  
**for the Year Ended 31 March 2022**

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

	2022 £	2021 £
<b>Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)</b>	(47,849)	(82,521)
<b>Adjustments for:</b>		
Interest received	(185)	(444)
Decrease in debtors	5,199	40,672
(Decrease) / increase in creditors	<u>(34,213)</u>	<u>23,320</u>
<b>Net cash (used in)/provided by operations</b>	<u><u>(77,048)</u></u>	<u><u>(18,973)</u></u>

**2. ANALYSIS OF CHANGES IN NET FUNDS**

	At 1.4.21 £	Cash flow £	At 31.3.22 £
<b>Net cash</b>			
Cash at bank and in hand	<u>452,775</u>	<u>(76,863)</u>	<u>375,912</u>
	<u>452,775</u>	<u>(76,863)</u>	<u>375,912</u>
<b>Total</b>	<u><u>452,775</u></u>	<u><u>(76,863)</u></u>	<u><u>375,912</u></u>

## Bristol Mind

### Notes to the Financial Statements for the Year Ended 31 March 2022

#### 1. ACCOUNTING POLICIES

##### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

##### **Expenditure**

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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

##### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 25% on straight line basis

##### **Taxation**

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

##### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### **Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### 2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Donations	<u>128,168</u>	<u>125,726</u>
	<u>128,168</u>	<u>125,726</u>

#### 3. INCOME FROM CHARITABLE ACTIVITIES

	2022	2021
	£	£
Grants	574,785	594,950
Other income	<u>10,400</u>	-
	<u>585,185</u>	<u>594,950</u>

Grants received, included in the above, are as follows:

	2022	2021
	£	£
Other grants	<u>574,785</u>	<u>594,950</u>

**Bristol Mind**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 March 2022**

**4. OTHER TRADING ACTIVITIES**

	2022	2021
	£	£
Fees & training	141,813	148,300
Room hire	-	-
	<u>141,813</u>	<u>148,300</u>

**5. INVESTMENT INCOME**

	2022	2021
	£	£
Deposit account interest	<u>185</u>	<u>444</u>

**6. CHARITABLE ACTIVITIES COSTS**

		Direct Costs £
Charitable activities		<u>903,200</u>

**7. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**Trustees' expenses**

During the year the charity reimbursed trustee expenses totalling £0 in relation to business travel.

**8. STAFF COSTS**

	2022	2021
	£	£
Wages and salaries	557,404	564,485
Social security costs	39,373	42,261
Other pension costs	<u>33,866</u>	<u>48,757</u>
	<u>630,643</u>	<u>655,503</u>

The average monthly number of employees during the year was as follows:

	2022	2021
Employees	<u>26</u>	<u>28</u>

No employees received emoluments in excess of £60,000.

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	125,726	-	125,726
Income from other charitable activities	22,716	572,234	594,950
Other trading activities	148,300	-	148,300
Investment income	<u>444</u>	<u>-</u>	<u>444</u>
<b>Total</b>	<u>297,186</u>	<u>572,234</u>	<u>869,420</u>
<b>EXPENDITURE ON</b>			
Charitable activities			
Charitable activities	<u>387,229</u>	<u>564,712</u>	<u>951,941</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022**

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>NET INCOME</b>	(90,043)	7,522	(82,521)
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	449,097	17,096	466,193
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>359,054</u>	<u>24,618</u>	<u>383,672</u>

**10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022 £	2021 £
Other debtors	<u>22,928</u>	<u>28,127</u>

**11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022 £	2021 £
Trade creditors	11,914	45,404
Other creditors	13,346	27,643
Deferred grants	<u>37,757</u>	<u>24,183</u>
	<u>63,017</u>	<u>97,230</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022**

**12. MOVEMENT IN FUNDS**

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
<b>Unrestricted funds</b>			
General fund	311,054	(32,687)	278,367
Contingency Fund	<u>48,000</u>	<u>-</u>	<u>48,000</u>
	359,054	(32,687)	326,367
<b>Restricted funds</b>			
Advocacy in Action	1,931	(1,931)	-
MIND Line	16,825	(16,825)	-
Refugee Counselling – Barrow Cadbury Trust	5,862	(5,862)	-
Tackling Inequalities Funding	-	844	844
Women Refugee Counselling	<u>-</u>	<u>8,612</u>	<u>8,612</u>
	<u>24,618</u>	<u>(15,162)</u>	<u>9,456</u>
<b>TOTAL FUNDS</b>	<u><u>383,672</u></u>	<u><u>(47,849)</u></u>	<u><u>335,823</u></u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	285,560	(318,247)	(32,687)
<b>Restricted funds</b>			
Advocacy in Action	145,409	(147,340)	(1,931)
Advocacy Outreach	41,765	(41,765)	-
BME Advocacy	53,883	(53,883)	-
Greenspace	3,468	(3,468)	-
Hate Crime	22,742	(22,742)	-
IMCA	144,863	(144,863)	-
MIND Line	77,155	(93,980)	(16,825)
MHUP	15,094	(15,094)	-
Refugee Counselling – Barrow Cadbury Trust	150	(6,012)	(5,862)
Refugee Counselling – other	22,095	(22,095)	-
Shielding Service	3,000	(3,000)	-
Tackling Inequalities Funding	3,688	(2,844)	844
Women Refugee Counselling	<u>36,479</u>	<u>(27,867)</u>	<u>8,612</u>
	<u>569,791</u>	<u>(584,953)</u>	<u>(15,162)</u>
<b>TOTAL FUNDS</b>	<u><u>855,351</u></u>	<u><u>(903,200)</u></u>	<u><u>(47,849)</u></u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022**

**12. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
<b>Unrestricted funds</b>			
General fund	331,097	(20,043)	311,054
Contingency Fund	48,000	-	48,000
Schools Mental Health Programme	<u>70,000</u>	<u>(70,000)</u>	-
	449,097	(90,043)	359,054
<b>Restricted funds</b>			
Advocacy in Action	91	1,840	1,931
MIND Line	6,100	10,725	16,825
MHUP	10,905	(10,905)	-
Refugee Counselling – Barrow Cadbury Trust	-	<u>5,862</u>	<u>5,862</u>
	<u>17,096</u>	<u>7,522</u>	<u>24,618</u>
<b>TOTAL FUNDS</b>	<u>466,193</u>	<u>(82,521)</u>	<u>383,672</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	367,186	(387,229)	(20,043)
Schools Mental Health Programme	<u>(70,000)</u>	-	<u>(70,000)</u>
	297,186	(387,229)	(90,043)
<b>Restricted funds</b>			
Advocacy in Action	84,276	(82,436)	1,840
Advocacy Outreach	39,585	(39,585)	-
BME Advocacy	38,694	(38,694)	-
Hate Crime	27,505	(27,505)	-
Inpatient Advocacy	44,271	(44,271)	-
IMCA	125,954	(125,954)	-
MIND Line	93,768	(83,043)	10,725
MHUP	46,800	(57,705)	(10,905)
Refugee Counselling – Barrow Cadbury Trust	39,849	(33,987)	5,862
Shielding Service	<u>31,532</u>	<u>(31,532)</u>	-
	<u>572,234</u>	<u>(564,712)</u>	<u>7,522</u>
<b>TOTAL FUNDS</b>	<u>869,420</u>	<u>(951,941)</u>	<u>(82,521)</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022**

**12. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	At 31.3.22 £
<b>Unrestricted funds</b>			
General fund	331,097	(52,730)	278,367
Contingency Fund	48,000	-	48,000
Schools Mental Health Programme	<u>70,000</u>	<u>(70,000)</u>	<u>-</u>
	449,097	(122,730)	326,367
<b>Restricted funds</b>			
Advocacy in Action	91	(91)	-
MIND Line	6,100	(6,100)	-
MHUP	10,905	(10,905)	-
Tackling Inequalities Funding	-	844	844
Women Refugee Counselling	<u>-</u>	<u>8,612</u>	<u>8,612</u>
	<u>17,096</u>	<u>(7,640)</u>	<u>9,456</u>
<b>TOTAL FUNDS</b>	<u>466,193</u>	<u>(130,370)</u>	<u>335,823</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	652,746	(705,476)	(52,730)
Schools Mental Health Programme	<u>(70,000)</u>	<u>-</u>	<u>(70,000)</u>
	582,746	(705,476)	(122,730)
<b>Restricted funds</b>			
Advocacy in Action	229,685	(229,776)	(91)
Advocacy Outreach	81,350	(81,350)	-
BME Advocacy	92,577	(92,577)	-
Greenspace	3,468	(3,468)	-
Hate Crime	50,247	(50,247)	-
Inpatient Advocacy	44,271	(44,271)	-
IMCA	270,817	(270,817)	-
MIND Line	170,923	(177,023)	(6,100)
MHUP	61,894	(72,799)	(10,905)
Refugee Counselling – Barrow Cadbury Trust	39,999	(39,999)	-
Refugee Counselling – other	22,095	(22,095)	-
Shielding Service	34,532	(34,532)	-
Tackling Inequalities Funding	3,688	(2,844)	844
Women Refugee Counselling	<u>36,479</u>	<u>(27,867)</u>	<u>8,612</u>
	<u>1,142,025</u>	<u>(1,149,665)</u>	<u>(7,640)</u>
<b>TOTAL FUNDS</b>	<u>1,724,771</u>	<u>(1,855,141)</u>	<u>(130,370)</u>

**Bristol Mind**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 March 2022**

**13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2022.

**BRISTOL MIND**

England & Wales - Charity number 1085171

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# Accounts

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REGISTERED COMPANY NUMBER: 04124744 (England and Wales)  
REGISTERED CHARITY NUMBER: 1085171

**Report of the Trustees and**  
**Financial Statements**  
**for the Year Ended 31 March 2021**  
**for**  
**Bristol Mind**

Wormald & Partners  
Chartered Accountants (ICAEW)  
Redland House  
157 Redland Road  
Redland  
Bristol  
BS6 6YE

**Bristol Mind**

**Contents of the Financial Statements**  
**for the Year Ended 31 March 2021**

	<b>Page</b>
<b>Report of the Trustees</b>	1 to 5
<b>Report of the Independent Auditors</b>	6 to 8
<b>Statement of Financial Activities</b>	9
<b>Balance Sheet</b>	10
<b>Cash Flow Statement</b>	11
<b>Notes to the Cash Flow Statement</b>	12
<b>Notes to the Financial Statements</b>	13 to 19
<b>Detailed Statement of Financial Activities</b>	20

**Bristol Mind**

**Report of the Trustees  
for the Year Ended 31 March 2021**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The Board of Trustees presents its report and audited financial statements for the period 1 April 2020 to 31 March 2021.

The Trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ending 31 March 2021 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and the Republic of Ireland (FRS 102) (effective 1 January 2015).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

Bristol Mind's Memorandum of Association sets out the organisation's principle organisational objectives which are for the public benefit and are compatible with the Charities Act 2006. These are:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorders or conditions of emotional distress requiring advice and treatment, in association with Mind in accordance with the aims and objectives of Mind. (Please note the language used is historic, current terms used are 'experiencing emotional or mental distress')

Our organisational aims are:

- Prevent: Improve the mental wellbeing of our community - to help prevent the development of emotional and mental health issues.
- Support: Improve (individual) emotional and mental wellbeing by providing support to people who need it.
- Campaign: Reduce the stigma and discrimination associated with mental health issues so there's equality of access to support for all our communities.

**Public benefit**

All Bristol Mind's charitable activities focus on the provision of accessible and effective mental health support, education, and campaigning for people resident in Bristol and the surrounding areas. Such a programme of activity is invariably of public benefit insofar as it contributes to healthy, active citizens, family and community cohesion, and increased social inclusion and mobility. Public benefit is also derived from the prevention of escalating levels of mental ill-health among Bristol Mind's service users because of their accessing the organisation. That Bristol Mind offers an effective and timely service for vulnerable people is of public benefit in terms of cost-effectiveness in both the short and long term.

The strategies employed to achieve the charity's aims and objectives are to:

- Promote mental wellbeing and social inclusion and assist recovery.
- Support people at times of crisis.
- Enable people to have their voice heard through access to advocacy.
- Provide training and consultancy that improves the effectiveness of agencies, communities, and individuals to support recovery and sustain wellbeing.
- Create opportunities for people recovering from mental health problems to use skills, gain experience, and achieve life goals through volunteering.

## **Bristol Mind**

### **Report of the Trustees** **for the Year Ended 31 March 2021**

#### **STRATEGIC REPORT**

##### **Achievement and performance**

In March 2020 the Government implemented lockdown restrictions as a result of the Covid 19 pandemic. Bristol Mind had already instigated an IT replacement programme with a roll out of laptops and mobile telephones to all staff. As a result, all of the staff were able to work effectively from their homes. This enabled us to manage our services while keeping clients and colleagues safe and well.

Services continued to operate remotely throughout the year either through digital platforms or through phone support. Mindline, Meeting Minds, Mindline Trans and the Hate Crime Service all saw increased demand as a result of the pandemic. Likewise, the counselling services including the LGBTQ+ service, the Shielding service, with funding from Pears Soap, Mind Without Borders and the Greenspace project were all able to provide continued, effective support throughout the year.

The advocacy services found working under lockdown more challenging, with obvious issues around visiting hospitals and care homes throughout the pandemic. Many clients found adjusting to video conferencing difficult. However, it remains a testament to all our staff and volunteers that we were able to have most services running within a new 'normal' throughout an incredibly difficult year.

##### **Fundraising**

Bristol Mind relies heavily on local business to support us by making us their Charity of the Year ("COTY"). Prior to lockdown this had proved an invaluable source of income, with a number of locally based organisations making significant contributions to our services. With the advent of lockdown restrictions this income stream has significantly reduced as people have been unable to take part in face-to-face fundraising activities resulting in a significant reduction in COTY donations. That said, we saw a significant increase in donations made through our Just Giving site, resulting in an overall reduction in income of only £17k.

Bristol Mind would like to thank all our friends, funders and donors for their generous support throughout the year.

##### **Management**

Bristol Mind underwent several changes at senior management level during the year. This included the appointment of an interim CEO while the Board of Trustees considered next steps. In 2021/22 the Board will begin a national recruitment campaign to appoint a new permanent CEO to take the organisation forward.

##### **Financial review**

###### **Financial position**

The Covid 19 pandemic had a significant impact on Bristol Mind's finances during 2020/21 resulting in a net deficit of £83k (2019/20 surplus of £123k).

Overall gross income showed a moderate reduction on the previous financial year, with £869k generated during 2020/21 compared with £886k in 2019/20, a reduction of £17k. The charity traditionally generates significant income from its Charities of the Year (COTYs). The pandemic and particularly the resulting lockdown has had a significant impact on this income stream, with donations of £126k during the year compared with £226k in 2019/20, a reduction of £100k. We continue to thank all our donors for their very generous support during this extremely difficult year.

Overall gross expenditure during the year was £952k, an increase of £190k on 2019/20 gross expenditure of £762k. This was largely due to increased staff costs, IT investment and maintenance work to the building. The IT investment programme was long overdue and ensured the charity could continue its work during the pandemic.

The unrestricted reserves of the charity are £359k (2020: £449k) which helps us to weather cashflow variations in funder payments.

## Bristol Mind

### Report of the Trustees for the Year Ended 31 March 2021

#### **STRATEGIC REPORT**

##### **Financial review**

##### **Reserves policy**

Bristol Mind has unrestricted general, designated, and restricted reserves. The Board has reviewed the general reserves considering the following:

- Diverse sources of income
- Working capital requirements
- Key risks, their potential impact on reserves and the timeframe in which mitigating actions could be put into action and the impact they would have
- Increased level of uncertainty in charity fundraising
- Continuation of the Covid-19 pandemic

Trustees have therefore agreed to continue to maintain general reserves at a minimum of three months running costs. This will help the charity to withstand a sustained fall in income while providing the capability for Trustees and the CEO to then make sure expenditure could be reduced in a managed fashion, avoiding the need to halt important work abruptly and allow service years to move on in a supported and managed fashion.

If difficulties were to arise then it has been calculated that reserves of £238k would be needed to continue running current services for at least three months. This figure is based on operating costs only. The reserves policy is reviewed on an annual basis unless there are significant changes to business circumstances.

Unrestricted reserves on 31 March 2021 were £359k, £90k lower than the previous year, but still more than the minimum reserves level specified in our reserves policy. However, the on-going financial effects of the pandemic, particularly on charity donations remain unknown. Given this uncertainty, Trustees are committed to maintaining the reserves at least the target level in the changing financial environment while ensuring that surplus funds are utilised to support charitable objectives.

Unrestricted reserves consist of a contingency fund, as well as a general reserve set aside to meet any unexpected changes in the financial environment.

Restricted funds are only available for expenditure as directed by the donor. At 31 March 2021 Restricted funds totalled £25k, a breakdown of which can be found in note 12 to the financial statements (2019/20 £17k).

##### **Going concern**

The accounts have been prepared on the assumption that the charity is able to continue as a going concern. However, the COVID-19 pandemic continues to have a profound impact on the global economy and may in turn affect the charity.

The Trustees have considered the impact of this issue on the charity's current and future financial position. Fundraising and donations now account for a significant proportion of the charity's income. This is likely to be significantly affected by any economic changes because of the pandemic. As at the balance sheet date, the charity holds unrestricted, general reserves of £359k including a cash balance of £428k. The Trustees consider that the charity has sufficient reserves and cashflow to continue as a going concern for a period of at least 12 months from the date on which these financial statements are approved.

##### **Future plans**

Our key goals for the coming year at Bristol Mind are:

- Recruit a permanent CEO.
- Carry out a full review of our premises needs.
- Continue our COVID-19 recovery plan. This will include both understanding the increasingly complex need of our clients but also ensuring that our governance and financial systems are robust and allow us to be sustainable as we face a time of unprecedented challenges at all levels.
- To continue to diversify our income to ensure we are financially robust and reduce our reliability on public sector.
- Secure additional funding.
- Review our service offering.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The organisation is a charitable company limited by guarantee, incorporated on 13 December 2000 and re-registered as a charity on 22 February 2001. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

## **Bristol Mind**

### **Report of the Trustees** **for the Year Ended 31 March 2021**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Recruitment and appointment of new trustees**

The directors of the company are also charity Trustees for the purposes of charity law and under the company's Articles are known as members of the Board of Trustees. Under the requirements of the Articles of Association there are a minimum of three and maximum of 12 Trustees, 51% of whom must be users/survivors of mental health services.

##### **Organisational structure**

The Board of Trustees administers the charity. The Board normally meets ten times per year. A Chief Executive Officer ("CEO") is appointed by the Trustees to manage the day-to-day operations of the charity. To facilitate effective operations the CEO has delegated authority, within prescribed limits, for operational matters including finance, employment, and clinical related activities.

##### **Induction and training of new trustees**

All Trustees are fully inducted into Bristol Mind's governance. Trustees are drawn from a variety of business, HR, legal and finance professional backgrounds and a skills analysis is kept ensuring Trustees can contribute in full.

##### **Key management remuneration**

The Trustees consider the charity's CEO and the senior management team comprise the key management personnel of the charity in charge of directing and controlling, running, and operating Bristol Mind on a day-to-day basis. All Trustees give of their time freely and no Trustee received remuneration in the year.

The pay of senior staff is reviewed annually. Pay levels are regularly benchmarked against similar roles in appropriate voluntary sector organisations.

##### **Risk management**

The Trustees have a risk management strategy which comprises:

- A quarterly review of the principal risks and uncertainties that the charity face.
- The establishment of policies, systems, and procedures to mitigate those risks identified in the quarterly review.
- The implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

Charity Name: Bristol Mind Charity Registration Number: 1085171

Company Registration Number: 4124744

Registered Office: 35 Old Market Street, Bristol, BS2 0EZ

Bankers: Co-operative Bank PO Box 250, Delf House, Southway, Skelmersdale, WN8 6WT

Auditor: Wormald & Partners, Chartered Accountants and Registered Auditor, Redland House, 157 Redland Road, Redland, Bristol, BS6 6YE

#### **Directors and Trustees**

The directors of the charitable company (the charity) are its Trustees for the purpose of charity law. The Trustees and officers serving during the year are as follows:

Raquel Hughes (Chair)

David Foley (Vice Chair)

Tony Whitlock (Treasurer)

Malcolm McDonald

Sarah Oliver

Lauren Owen

Joanne Samuel - appointed 29 September 2020, resigned 31 December 2021

Mark Colfer - resigned 21 September 2020

Simon Cooper - resigned 24 November 2020

Louise Goux - Wirth - resigned 12 June 2020

Rachel Creed - resigned 29 June 2021

#### **STATEMENT OF TRUSTEES' RESPONSIBILITIES**

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

**Bristol Mind**

**Report of the Trustees**  
**for the Year Ended 31 March 2021**

**STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued**

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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 auditors are 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 auditors are aware of that information.

The Charity Trustees (who are also the Directors of Bristol Mind for the purposes of Company Law) are responsible for preparing the Trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

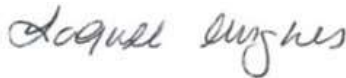
Company law requires the Board of Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and the surplus deficit of the charitable company for that period. In preparing those financial statements, the Board of Trustees is required to

- Select suitable accounting policies and apply them consistently
- Make judgements and estimates that are reasonable and prudent
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it's inappropriate to presume that the company will continue its operations

The Board of Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to 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.

So far as each Trustee is aware, there is no relevant audit information of which the charity's auditors are unaware. Each Trustee has taken all steps necessary to make both themselves and the auditors aware of any relevant audit information.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 24th March 2022 and signed on the board's behalf by:



.....  
R Hughes - Trustee

**Report of the Independent Auditors to the Trustees of  
Bristol Mind**

**Opinion**

We have audited the financial statements of Bristol Mind (the 'charitable company') for the year ended 31 March 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, 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 Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

**Conclusions relating to going concern**

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

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

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

**Other information**

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

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.

In connection with our audit of the financial statements, 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 audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

**Matters on which we are required to report by exception**

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

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

**Responsibilities of trustees**

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

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

**Report of the Independent Auditors to the Trustees of**  
**Bristol Mind**

**Our responsibilities for the audit of the financial statements**

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

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

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

As part of an audit in accordance with ISAs (UK), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

-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. 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.

-Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances.

-Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.

-Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.

-Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

-Obtain sufficient appropriate audit evidence regarding the financial information of the charity or activities within the charity. We are responsible for the direction, supervision and performance of the audit and we remain solely responsible for our audit opinion.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

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

**Report of the Independent Auditors to the Trustees of**  
**Bristol Mind**

**Use of our report**

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



Wormald & Partners  
Chartered Accountants (ICAEW)  
Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006  
Redland House  
157 Redland Road  
Redland  
Bristol  
BS6 6YE

Date: ..... 24th March 2022 .....

**Bristol Mind**

**Statement of Financial Activities**  
**for the Year Ended 31 March 2021**

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	148,442	572,234	720,676	735,315
Other trading activities	3	148,300	-	148,300	148,333
Investment income	4	<u>444</u>	<u>-</u>	<u>444</u>	<u>2,080</u>
<b>Total</b>		297,186	572,234	869,420	885,728
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>	5				
Charitable activities		<u>387,229</u>	<u>564,712</u>	<u>951,941</u>	<u>762,467</u>
<b>NET INCOME/(EXPENDITURE)</b>		(90,043)	7,522	(82,521)	123,261
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<u>449,097</u>	<u>17,096</u>	<u>466,193</u>	<u>342,932</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>359,054</u></u>	<u><u>24,618</u></u>	<u><u>383,672</u></u>	<u><u>466,193</u></u>

The notes form part of these financial statements

**Bristol Mind**

**Balance Sheet**  
**31 March 2021**

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	10	28,127	-	28,127	68,799
Cash at bank and in hand		<u>428,157</u>	<u>24,618</u>	<u>452,775</u>	<u>471,304</u>
		456,284	24,618	480,902	540,103
<b>CREDITORS</b>					
Amounts falling due within one year	11	(97,230)	-	(97,230)	(73,910)
		<u>359,054</u>	<u>24,618</u>	<u>383,672</u>	<u>466,193</u>
<b>NET CURRENT ASSETS</b>					
		<u>359,054</u>	<u>24,618</u>	<u>383,672</u>	<u>466,193</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>359,054</u>	<u>24,618</u>	<u>383,672</u>	<u>466,193</u>
<b>NET ASSETS</b>					
		<u>359,054</u>	<u>24,618</u>	<u>383,672</u>	<u>466,193</u>
<b>FUNDS</b>	12				
Unrestricted funds				359,054	449,097
Restricted funds				<u>24,618</u>	<u>17,096</u>
<b>TOTAL FUNDS</b>				<u>383,672</u>	<u>466,193</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

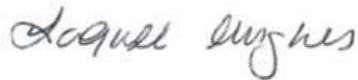
The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been audited under the requirements of Section 145 of the Charities Act 2011.

The financial statements were approved by the Board of Trustees and authorised for issue on 24th March 2022 and were signed on its behalf by:



.....  
R Hughes - Trustee

**Bristol Mind**

**Cash Flow Statement**  
**for the Year Ended 31 March 2021**

	Notes	2021 £	2020 £
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>(18,973)</u>	<u>126,620</u>
Net cash (used in)/provided by operating activities		<u>(18,973)</u>	<u>126,620</u>
<b>Cash flows from investing activities</b>			
Interest received		<u>444</u>	<u>2,080</u>
Net cash provided by investing activities		<u>444</u>	<u>2,080</u>
		<u>          </u>	<u>          </u>
<b>Change in cash and cash equivalents in the reporting period</b>		(18,529)	128,700
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<u>471,304</u>	<u>342,604</u>
<b>Cash and cash equivalents at the end of the reporting period</b>		<u><u>452,775</u></u>	<u><u>471,304</u></u>

The notes form part of these financial statements

**Bristol Mind**

**Notes to the Cash Flow Statement**  
**for the Year Ended 31 March 2021**

<b>1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES</b>			
	2021	2020	
	£	£	
<b>Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)</b>	(82,521)	123,261	
<b>Adjustments for:</b>			
Interest received	(444)	(2,080)	
Decrease/(increase) in debtors	40,672	(21,960)	
Increase in creditors	<u>23,320</u>	<u>27,399</u>	
<b>Net cash (used in)/provided by operations</b>	<u>(18,973)</u>	<u>126,620</u>	
<b>2. ANALYSIS OF CHANGES IN NET FUNDS</b>			
	At 1.4.20	Cash flow	At 31.3.21
	£	£	£
<b>Net cash</b>			
Cash at bank and in hand	<u>471,304</u>	<u>(18,529)</u>	<u>452,775</u>
	<u>471,304</u>	<u>(18,529)</u>	<u>452,775</u>
<b>Total</b>	<u>471,304</u>	<u>(18,529)</u>	<u>452,775</u>

**Bristol Mind**

**Notes to the Financial Statements**  
**for the Year Ended 31 March 2021**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

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 a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 25% on straight line basis

**Taxation**

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

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**2. DONATIONS AND LEGACIES**

	2021	2020
	£	£
Donations	125,726	226,375
Grants	594,950	508,585
Other income	<u>-</u>	<u>355</u>
	<u>720,676</u>	<u>735,315</u>

Grants received, included in the above, are as follows:

	2021	2020
	£	£
Other grants	<u>594,950</u>	<u>508,585</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021**

**3. OTHER TRADING ACTIVITIES**

	2021	2020
	£	£
Fees & training	148,300	147,914
Room hire	<u>-</u>	<u>419</u>
	<u>148,300</u>	<u>148,333</u>

**4. INVESTMENT INCOME**

	2021	2020
	£	£
Deposit account interest	<u>444</u>	<u>2,080</u>

**5. CHARITABLE ACTIVITIES COSTS**

		Direct Costs
		£
Charitable activities		<u>951,941</u>

**6. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

**Trustees' expenses**

During the year the charity reimbursed trustee expenses totalling £0 in relation to business travel.

**7. STAFF COSTS**

	2021	2020
	£	£
Wages and salaries	564,485	421,364
Social security costs	42,261	29,526
Other pension costs	<u>48,757</u>	<u>42,601</u>
	<u>655,503</u>	<u>493,491</u>

The average monthly number of employees during the year was as follows:

	2021	2020
Employees	<u>28</u>	<u>25</u>

No employees received emoluments in excess of £60,000.

**8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted funds £	Restricted funds £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	244,912	490,403	735,315
Other trading activities	148,333	-	148,333
Investment income	<u>2,080</u>	<u>-</u>	<u>2,080</u>
<b>Total</b>	395,325	490,403	885,728
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable activities	<u>289,161</u>	<u>473,306</u>	<u>762,467</u>

**Bristol Mind**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 March 2021**

<b>8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued</b>	Unrestricted funds £	Restricted funds £	Total funds £
<b>NET INCOME</b>	106,164	17,097	123,261
 <b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	342,932	-	342,932
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>449,096</u>	<u>17,097</u>	<u>466,193</u>
 <b>9. TANGIBLE FIXED ASSETS</b>			
			Fixtures and fittings £
<b>COST</b>			
At 1 April 2020 and 31 March 2021			<u>48,691</u>
<b>DEPRECIATION</b>			
At 1 April 2020 and 31 March 2021			<u>48,691</u>
<b>NET BOOK VALUE</b>			
At 31 March 2021			<u>-</u>
At 31 March 2020			<u>-</u>
 <b>10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
		2021 £	2020 £
Other debtors		<u>28,127</u>	<u>68,799</u>
 <b>11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR</b>			
		2021 £	2020 £
Trade creditors		45,404	8,480
Other creditors		27,643	24,285
Deferred grants		<u>24,183</u>	<u>41,145</u>
		<u>97,230</u>	<u>73,910</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021**

**12. MOVEMENT IN FUNDS**

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
<b>Unrestricted funds</b>			
General fund	331,097	(20,043)	311,054
Contingency Fund	48,000	-	48,000
Schools Mental Health Programme	<u>70,000</u>	<u>(70,000)</u>	<u>-</u>
	449,097	(90,043)	359,054
<b>Restricted funds</b>			
Advocacy in Action	91	1,840	1,931
MIND Line	6,100	10,725	16,825
MHUP	10,905	(10,905)	-
Refugee Counselling	<u>-</u>	<u>5,862</u>	<u>5,862</u>
	<u>17,096</u>	<u>7,522</u>	<u>24,618</u>
<b>TOTAL FUNDS</b>	<u>466,193</u>	<u>(82,521)</u>	<u>383,672</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	367,186	(387,229)	(20,043)
Schools Mental Health Programme	<u>(70,000)</u>	<u>-</u>	<u>(70,000)</u>
	297,186	(387,229)	(90,043)
<b>Restricted funds</b>			
Advocacy in Action	84,276	(82,436)	1,840
Advocacy Outreach	39,585	(39,585)	-
BME Advocacy	38,694	(38,694)	-
Inpatient Advocacy	44,271	(44,271)	-
IMCA	125,954	(125,954)	-
MIND Line	93,768	(83,043)	10,725
Hate Crime	27,505	(27,505)	-
MHUP	46,800	(57,705)	(10,905)
Refugee Counselling	39,849	(33,987)	5,862
Shielding Service	<u>31,532</u>	<u>(31,532)</u>	<u>-</u>
	<u>572,234</u>	<u>(564,712)</u>	<u>7,522</u>
<b>TOTAL FUNDS</b>	<u>869,420</u>	<u>(951,941)</u>	<u>(82,521)</u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021**

**12. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
<b>Unrestricted funds</b>			
General fund	224,932	106,165	331,097
Contingency Fund	48,000	-	48,000
Schools Mental Health Programme	<u>70,000</u>	<u>-</u>	<u>70,000</u>
	342,932	106,165	449,097
<b>Restricted funds</b>			
Advocacy in Action	-	91	91
MIND Line	-	6,100	6,100
MHUP	<u>-</u>	<u>10,905</u>	<u>10,905</u>
	<u>-</u>	<u>17,096</u>	<u>17,096</u>
<b>TOTAL FUNDS</b>	<u><u>342,932</u></u>	<u><u>123,261</u></u>	<u><u>466,193</u></u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	395,325	(289,160)	106,165
<b>Restricted funds</b>			
Advocacy in Action	84,299	(84,208)	91
Advocacy Outreach	39,597	(39,597)	-
BME Advocacy	45,688	(45,688)	-
Inpatient Advocacy	44,215	(44,215)	-
IMCA	125,954	(125,954)	-
MIND Line	81,661	(75,561)	6,100
Hate Crime	29,392	(29,392)	-
MHUP	35,100	(24,195)	10,905
LGBT Counselling	<u>4,497</u>	<u>(4,497)</u>	<u>-</u>
	<u>490,403</u>	<u>(473,307)</u>	<u>17,096</u>
<b>TOTAL FUNDS</b>	<u><u>885,728</u></u>	<u><u>(762,467)</u></u>	<u><u>123,261</u></u>

**Bristol Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021**

**12. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	At 31.3.21 £
<b>Unrestricted funds</b>			
General fund	224,932	86,122	311,054
Contingency Fund	48,000	-	48,000
Schools Mental Health Programme	<u>70,000</u>	<u>(70,000)</u>	<u>-</u>
	342,932	16,122	359,054
<b>Restricted funds</b>			
Advocacy in Action	-	1,931	1,931
MIND Line	-	16,825	16,825
Refugee Counselling	<u>-</u>	<u>5,862</u>	<u>5,862</u>
	<u>-</u>	<u>24,618</u>	<u>24,618</u>
<b>TOTAL FUNDS</b>	<u><u>342,932</u></u>	<u><u>40,740</u></u>	<u><u>383,672</u></u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	762,511	(676,389)	86,122
Schools Mental Health Programme	<u>(70,000)</u>	<u>-</u>	<u>(70,000)</u>
	692,511	(676,389)	16,122
<b>Restricted funds</b>			
Advocacy in Action	168,575	(166,644)	1,931
Advocacy Outreach	79,182	(79,182)	-
BME Advocacy	84,382	(84,382)	-
Inpatient Advocacy	88,486	(88,486)	-
IMCA	251,908	(251,908)	-
MIND Line	175,429	(158,604)	16,825
Hate Crime	56,897	(56,897)	-
MHUP	81,900	(81,900)	-
LGBT Counselling	4,497	(4,497)	-
Refugee Counselling	39,849	(33,987)	5,862
Shielding Service	<u>31,532</u>	<u>(31,532)</u>	<u>-</u>
	<u>1,062,637</u>	<u>(1,038,019)</u>	<u>24,618</u>
<b>TOTAL FUNDS</b>	<u><u>1,755,148</u></u>	<u><u>(1,714,408)</u></u>	<u><u>40,740</u></u>

**Bristol Mind**

**Notes to the Financial Statements - continued**  
**for the Year Ended 31 March 2021**

**13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2021.

**Bristol Mind**

**Detailed Statement of Financial Activities**  
**for the Year Ended 31 March 2021**

	2021 £	2020 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	125,726	226,375
Grants	594,950	508,585
Other income	<u>-</u>	<u>355</u>
	720,676	735,315
<b>Other trading activities</b>		
Fees & training	148,300	147,914
Room hire	<u>-</u>	<u>419</u>
	148,300	148,333
<b>Investment income</b>		
Deposit account interest	<u>444</u>	<u>2,080</u>
<b>Total incoming resources</b>	869,420	885,728
<b>EXPENDITURE</b>		
<b>Charitable activities</b>		
Wages	564,485	421,364
Social security	42,261	29,526
Pensions	48,757	42,601
Rent & rates	31,949	36,029
Insurance	4,546	3,845
Light and heat	2,798	4,896
Telephone	12,407	10,165
Postage and stationery	3,369	7,939
Advertising	642	4,597
Sundries	287	861
Travel & staff expenses	5,291	8,674
Room hire	165	3,914
Repairs	1,859	12,701
Cleaning	3,861	6,524
Subscriptions	2,165	1,305
Supervision	14,650	6,180
Training	53,105	36,095
Audit	2,400	2,400
Volunteer expenses	2,588	8,289
Fund raising costs	1,345	4,281
Software & IT	27,912	23,213
Recruitment	11,332	7,142
AGM	-	125
Hospitality	-	4,874
Leaflets & books	-	8,492
Fees	150	10,056
Bank charges	1,029	19
Freelance work	84,885	25,770
Bookkeeping	11,757	30,590
Consultancy	<u>15,946</u>	<u>-</u>
	951,941	762,467
Total resources expended	<u>951,941</u>	<u>762,467</u>
<b>Net (expenditure)/income</b>	<u>(82,521)</u>	<u>123,261</u>

This page does not form part of the statutory financial statements