

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

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

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

## 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:

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

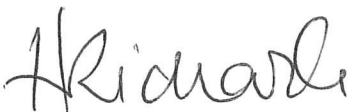
Company law requires the Board of Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and the surplus deficit of the charitable company for that period. In preparing those financial statements, the Board of 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.

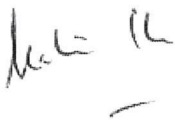
**Independent examiner's statement**

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>		<b>5,447</b>	<b>(76,863)</b>
<b>Cash and cash equivalents at the beginning of the reporting period</b>		<b><u>375,912</u></b>	<b><u>452,775</u></b>
<b>Cash and cash equivalents at the end of the reporting period</b>		<b><u>381,359</u></b>	<b><u>375,912</u></b>

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

**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**

**4. OTHER TRADING ACTIVITIES**

	2023 £	2022 £
Fees & training	107,430	141,813
	<u>107,430</u>	<u>141,813</u>

**5. INVESTMENT INCOME**

	2023 £	2022 £
Deposit account interest	4,859	185
	<u>4,859</u>	<u>185</u>

**6. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £
Charitable activities	513,577
	<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.

**8. STAFF COSTS**

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

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

	2023	2022
Employees	15	26
	<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	185	-	185
	<u>285,560</u>	<u>569,791</u>	<u>855,351</u>
<b>Total</b>			
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Charitable activities	318,247	584,953	903,200
	<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**

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

	Unrestricted funds £	Restricted funds £	Total funds £
NET INCOME	(32,687)	(15,162)	(47,849)
RECONCILIATION OF FUNDS			
Total funds brought forward	359,054	24,618	383,672
TOTAL FUNDS CARRIED FORWARD	<u>326,367</u>	<u>9,456</u>	<u>335,823</u>

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

	2023 £	2022 £
Other debtors	<u>44,555</u>	<u>22,928</u>

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

	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>
	9,456	(231)	9,225
<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>
	188,962	(189,193)	(231)
<b>TOTAL FUNDS</b>	<u>536,264</u>	<u>(513,577)</u>	<u>22,687</u>

**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>383,672</u>	<u>(47,849)</u>	<u>335,823</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>855,351</u>	<u>(903,200)</u>	<u>(47,849)</u>

**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>383,672</u>	<u>(25,162)</u>	<u>358,510</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>1,391,615</u>	<u>(1,416,777)</u>	<u>(25,162)</u>



**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	233,156	128,168
	233,156	128,168
<b>Income from charitable activities</b>		
Grants	185,871	574,785
Other income	4,948	10,400
	190,819	585,185
<b>Other trading activities</b>		
Fees & training	107,430	141,813
Room hire	-	-
	107,430	141,813
<b>Investment income</b>		
Deposit account interest	4,859	185
<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	(116)	22,908
	513,577	903,200
<b>Total resources expended</b>	513,577	903,200
<b>Net (expenditure)/income</b>	22,687	(47,849)

This page does not form part of the statutory financial statements