

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**

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**for the Year Ended 31 March 2024**

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## **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.

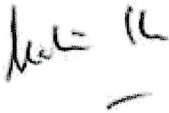
**Independent examiner's statement**

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		<u>371,922</u>	<u>244,870</u>	<u>616,792</u>	<u>513,577</u>
 <b>NET INCOME/(EXPENDITURE)</b>		(104,602)	(9,225)	(113,827)	22,687
 <b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		<u>349,285</u>	<u>9,225</u>	<u>358,510</u>	<u>335,823</u>
 <b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>244,683</u></u>	<u><u>-</u></u>	<u><u>244,683</u></u>	<u><u>358,510</u></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)
<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

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- 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	(109,577)	588
Net cash (used in) / provided by / operating activities		(109,577)	588
<b>Cash flows from investing activities</b>			
Purchase of tangible fixed assets		(5,424)	-
Interest received		11,542	4,859
Net cash provided by investing activities		6,118	4,859
<b>Change in cash and cash equivalents in the reporting period</b>		(103,459)	5,447
<b>Cash and cash equivalents at the beginning of the reporting period</b>		381,359	375,912
<b>Cash and cash equivalents at the end of the reporting period</b>		277,900	381,359

The notes form part of these financial statements

**Bristol Mind**

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

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

	2024 £	2023 £
Net income / (expenditure) for the reporting period (as per the Statement of Financial Activities)	(113,827)	22,687
Adjustments for:		
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>
Net cash provided by / (used in) operations	<u>(109,577)</u>	<u>588</u>

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

	At 1.4.23 £	Cash flow £	At 31.3.24 £
Net cash			
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>
Total	<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**

**4. OTHER TRADING ACTIVITIES**

	2024	2023
	£	£
Fees & training	114,515	107,430
	<u>114,515</u>	<u>107,430</u>

**5. INVESTMENT INCOME**

	2024	2023
	£	£
Deposit account interest	11,542	4,859

**6. CHARITABLE ACTIVITIES COSTS**

	Direct Costs £
Charitable activities	616,792

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	19,845	13,442
	<u>435,473</u>	<u>340,803</u>

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

	2024	2023
	19	15

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	4,859	-	4,859
<b>Total</b>	347,302	188,962	536,264
<b>EXPENDITURE ON</b>			
Charitable activities	324,384	189,193	513,577

**Bristol Mind**

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

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

	Unrestricted funds £	Restricted funds £	Total funds £
NET INCOME	22,918	(231)	22,687

**RECONCILIATION OF FUNDS**

Total funds brought forward	326,367	9,456	335,823
TOTAL FUNDS CARRIED FORWARD	<u>349,285</u>	<u>9,225</u>	<u>358,510</u>

**10. TANGIBLE FIXED ASSETS**

	IT Equipment £	Total £
<b>COST</b>		
At 1 April 2023	-	-
Additions	5,424	5,424
At 31 March 2024	5,424	5,424
<b>DEPRECIATION</b>		
At 1 April 2023	-	-
Charge for year	1,357	1,357
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	<u>-</u>	<u>-</u>

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

	2024 £	2023 £
Other debtors	<u>54,665</u>	<u>44,555</u>

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

	2024 £	2023 £
Trade creditors	3,114	9,640
Other creditors	15,542	13,695
Deferred grants	<u>73,293</u>	<u>44,069</u>
	<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	48,000	-	48,000
	349,285	(104,602)	244,683
<b>Restricted funds</b>			
Better Together	1,718	(1,718)	-
Women without Borders Flex grant	7,507	(7,507)	-
	9,225	(9,225)	-
<b>TOTAL FUNDS</b>	<b>358,510</b>	<b>(113,827)</b>	<b>244,683</b>

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	20,000	(27,507)	(7,507)
	235,645	(244,870)	(9,225)
<b>TOTAL FUNDS</b>	<b>502,965</b>	<b>(616,792)</b>	<b>(113,827)</b>

**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	48,000	-	48,000
	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	-	7,507	7,507
	9,456	(231)	9,225
<b>TOTAL FUNDS</b>	<b>335,823</b>	<b>22,687</b>	<b>358,510</b>

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	1,764	(1,764)	-
	188,962	(189,193)	(231)
<b>TOTAL FUNDS</b>	<b>536,264</b>	<b>(513,577)</b>	<b>22,687</b>



**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	48,000	-	48,000
	326,367	(81,684)	244,683
<b>Restricted funds</b>			
Tackling Inequalities Funding	844	(844)	-
Women Refugee Counselling	8,612	(8,612)	-
	9,456	(9,456)	-
<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	1,764	(1,764)	-
	424,607	(434,063)	(9,456)
<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