

**COMPANY REGISTRATION NUMBER : 04369554**

**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE  
FINANCIAL STATEMENTS  
FOR  
YEAR ENDED 31 MARCH 2023**

**Charity Number : 1091154**

**MIND IN WEST ESSEX**  
**COMPANY LIMITED BY GUARANTEE**  
**FINANCIAL STATEMENTS**  
**YEAR ENDED 31 MARCH 2023**

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**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE  
COMPANY INFORMATION  
YEAR ENDED 31 MARCH 2023**

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<b>Charity Number</b>	1091154		
<b>Company Number</b>	04369554		
<b>Registered Office</b>	The Wellbeing Centre 10 - 11 Corner House Bushfair, Harlow Essex, CM18 6NZ		
<b>The Trustees</b>	Richard Crone	Chairman	
	Robin Strube	Vice Chairman	
	Doug Mason	Treasurer	Resigned 29th June 2023
	Sylvia Hayes		
	Alan Wellbelove		
	Gary Hyams		
	Georgina Leighton		Resigned 13th August 2023
	Jackie Anslow		
<b>Senior Management Team</b>	Alison Wilson	Chief Executive	
	Kelly Dorrington	Resources Manager	
	Lois Sparkes	Training and Quality Manager	
	Sarah Huggett	Digital Manager	
	Natasha Pearson	Community Service Manager	
	Craig McColl	Service Development and Lived Experience Manager	
	Ann Creitzman	MHST Clinical Manager	
	Vanessa Craft	Counselling Manager	
	<b>Auditor</b>		
	Edmund Carr LLP 146 New London Road Chelmsford Essex, CM2 0AW		
	<b>Bankers</b>		
	CAF Bank	Virgin Money	
	25 Kings Hill Avenue	177 Bothwell Street	
	Kings Hill	Glasgow	
	West Mailing	G2 7ER	
	Kent, ME19 4JQ		
	<b>Solicitors</b>		
	Tees Law 42 High Street Great Dunmow Essex, CM6 1AH		

The Trustees and senior management team also take advice on an ad hoc, as needed basis from:  
Radar for HR advice - as part of our insurance policy.

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**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT  
YEAR ENDED 31 MARCH 2023**

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**OBJECTIVES AND ACTIVITIES**

Our charity's purposes, as set out in the objects contained in the company's memorandum of association, are to:

- Promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment in West Essex in association with Mind (the National Association for Mental Health) and in accordance with the aims and objects of Mind.

Our **Vision** is for West Essex to be a place where people talk openly and positively about mental health, and where everyone gets the support and respect needed to live well.

Our **Mission** is to:

- Understand how we can best support people's mental health and wellbeing by engaging, listening, and being open to all feedback.
- Provide activities, services, support and information that reflect people's needs.
- Be immersed in people, communities, and organisations of West Essex and play our part in shaping a place that values everyone's contributions and eliminates stigma and discrimination.
- Reduce mental distress and suicide.

**Ensuring that our work delivers our aims**

We review our aims, objectives and activities in a structured way which involves all the trustees, staff, service users and stakeholders. The review helps us to ensure our aims, objectives and activities remain focused on our stated purpose.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning future activity. In particular the trustees consider how planned activities contribute to the aims and objectives they have set.

**The focus of our work**

Our main objectives for the year continue to be the support of people of West Essex who are affected by mental ill health. Alongside this is the objective to promote emotional wellbeing.

Our services developed over time according to the needs of our community, the funding available through our partner agencies and funders, and our ability to deliver services. We engaged with the community to understand their situation and offer support wherever we could.

Our staff and volunteers continue to provide a committed and professional service to people in West Essex and beyond. We ensure they are trained and supported to deliver a high quality service to all service users.

Our main activities and who we help are described below, they all focus on either the support of people affected by mental ill health or on building emotional resilience and are undertaken to further our charitable purposes for public benefit.

**MIND IN WEST ESSEX**  
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**TRUSTEES' ANNUAL REPORT (continued)**  
**YEAR ENDED 31 MARCH 2023**

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**Community Services**

Our community services, broadly speaking, work with people within their local community to address practical issues that are, for that person, a barrier to good mental health.

The specific services that we currently run in this area of our work are:

*IAPT Coaches:* This service is one we are subcontracted by Vita Health Group to deliver as part of a larger NHS IAPT contract. The aim of the service is to help people to access their talking therapy treatment by working with them to remove practical barriers. For example gaining or remaining in employment and supporting them towards achieving better mental health and wellbeing.

*Futures in Mind:* This service we deliver is part of an Essex wide partnership. The partnership is led by Phoenix Futures and Mid and North East Essex Mind are also in this partnership. This is a drug, alcohol and mental health recovery service. The focus of the service is peer support, mentoring and befriending. A significant element of this service is that it is co-designed with service users.

*Wellbeing Volunteers (used to be known as Reducing Loneliness Befriending service):* The focus of the service is to recruit and train Befrienders to work alongside people in our local community who are isolated and lonely and in doing so improve their mental health and quality of life.

*Parent to Parent:* This is a new project targeted towards parents. It enables peer support between parents through training, parent buddies and online Parent Pods.

*Wellbeing Assistants:* This is a fee paying service, to provide practical and emotional support to individuals to improve wellbeing.

*Counselling Services:* The Mind in West Essex Counselling service provides a comprehensive range of counselling interventions. It has an emphasis on helping people access the right counselling for them, with the right counsellor at the right time and in the right place. Our service provides counselling through the following routes:

*Fee paying service:* It is an unfortunate fact that not everyone who would benefit from counselling is able to access it free of charge. In response to this gap we provide a cost effective option. People accessing the service can be confident that they will be helped to access the right kind of intervention for them and that the service they receive will be reviewed by our clinical team to make sure it continues to be the right service for them. Feedback on this service is excellent.

*Sub contracted counselling services:* We also provide a small amount of counselling for organisations that choose to commission counselling from us. During this year we provided counselling on this basis as part of the West Essex IAPT service and for staff of a small Essex wide charity. We aim to expand this area of our work and provide counselling for other organisations.

**MIND IN WEST ESSEX**  
**COMPANY LIMITED BY GUARANTEE**  
**TRUSTEES' ANNUAL REPORT (continued)**  
**YEAR ENDED 31 MARCH 2023**

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*Training work:* This aspect is crucial to our work around reducing stigma and creating awareness and more resilient communities. Our team of Mental Health First Aid Trainers continues to deliver excellent training both to local and national organisations and individuals, but also in partnership with National Mind and Provide. The team deliver Mental Health First Aid, Suicide Awareness, Suicide First Aid and also develop and deliver bespoke training.

*Time to change/Let's Talk Essex:* This is a campaign that remains close to our mission and that works to support both members of the public who want to share their own stories and employers who want to work towards reducing the stigma around mental health in their own workplaces.

*Harlow, Epping Forest and Uttlesford MHSTs:* This service is to support children and young people through schools and college. It's part of a national programme and is based on a whole school approach. We have 3 teams of staff in this service and work with around 60 schools across West Essex.

*Online Training Academy:* We have been developing free and paid for training courses for internal use and also for the general public. We have also been working to simplify the website to make it more user friendly and accessible. Users completed 1,178 courses.

*Mental Health Coaches:* The Mental Health Coaches are an integral part of the Primary Care Networks. Coaches support patients, as part of a multi-disciplinary team through their mental health journey in order to ensure it is as person centered, streamlined and seamless as possible. This is currently running in each of the 6 PCN's across West Essex.

*Sanctuary and Night Owls :* This is part of the crisis transformation work and provides out of hours support to those who call NHS 111 for mental health support but who do not need hospital admission. Clients can either visit the center at Bush Fair or receive support via zoom or over the phone. The Sanctuary has satellite centers in Uttlesford and Epping Forest that are available for in person visits over 4 nights of the week. During the course of this year we extended the offer of the Sanctuary with the Night owls service. This provides Emotional Support over the phone or in person for people who are struggling with loneliness, depression and anxiety.

*A and E Outreach Worker:* During this year we delivered an outreach service as part of the winter pressures funding stream. We delivered this on behalf of and alongside EPUT and workers were supporting people who have accessed mental health support through A and E.

**How our activities deliver public benefit**

Our main activities and who we help are described above. All of our activities focus on either the support of people affected by mental ill health or on building emotional resilience and are undertaken to further our charitable purposes for the public benefit. We are particularly committed to working to ensure that all of our services are focused as much as possible on the needs of the individual as we recognise that, just as everyone's needs are different, everyone's journey to recovery will also be different.

The Trustees have referred to the Charity Commission's guidance on public benefit. It is taken into account when undertaking decisions and we have not varied from the guidance during the past year.

**MIND IN WEST ESSEX**  
**COMPANY LIMITED BY GUARANTEE**  
**TRUSTEES' ANNUAL REPORT (continued)**  
**YEAR ENDED 31 MARCH 2023**

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**ACHIEVEMENTS AND PERFORMANCE**

During this period 284 people attended an accredited Mental Health First Aid England training course and 138 people attended our Suicide Prevention online training courses. The total number of people we provided training for was 915. The reach of this training in our local communities will have in turn impacted on many more people, including, but not limited to participants' children, workers, customers, colleagues and young people's peers. This in turn will have led to improved mental health awareness.

Our MHST teams have supported:

- We worked with 351 children/young people and 74 parents/carers on a 1-2-1 basis
- We worked with 4,994 children/young people and 491 parents/carers in groups

Within our Community Services, during the reporting period we received the following numbers of referrals:

- IAPT Coach Service: 318 new referrals
- Futures in Mind :165 new referrals received for West Essex and 173 For South Essex
- Clients with a regular Wellbeing Assistant: 12 receiving 1,488 hours of support
- Sanctuary Team supported 589 clients 139 Night Owl Clients

During the reporting period, we had 107 volunteers working within our services, whose work will have the potential to improve the quality of life of both the volunteer and the 120 people they support. Volunteering within these services is building up social capital and emotional resilience within our local communities.

During the reporting period approximately 1,906 therapy sessions were delivered to the 313 people who began a course of counselling via our fee paying counselling service and approximately 905 sessions of therapy were delivered to the 77 people who were referred to us via the service we provide on behalf of the NHS. This means that altogether 390 people had the opportunity, via Talking Therapies/Counselling, to learn new ways of thinking about their life and new strategies for coping with the issues that were causing them emotional difficulty.

We have used our growing social media presence to send out information about events and also more general emotional wellbeing information.

Our Twitter impressions have now reached 2,170; this is the number of our tweets that have been delivered to a twitter accounts timeline.

Our Facebook reach is 98,208. This is the number of unique people who saw our content and who therefore have read or who have access to our information. We have 11,261 page visits.

We also had 25,720 unique hits on our website during this period.

**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT (continued)  
YEAR ENDED 31 MARCH 2023**

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**FINANCIAL REVIEW**

Our strategy in recent years has been to diversify our income streams to minimise the risk of one strand not continuing. This has been successful, and the list of activities detailed earlier demonstrates the breadth of our services and income streams.

**Investment Policy**

Aside from retaining a prudent amount in reserves each year most of the charity's funds are to be spent in the short term so that there are few funds for long term investment. Our Financial Policy sets out how we should apportion our funds to the various banks that we use.

We own the building from which we operate our counselling service and derive an income from letting rooms to other charities and organisations.

**Risk Management**

The trustees regularly review the major risks to which the charity is exposed. The risk register is updated as new risk is identified and is re-visited at least annually. Where it is appropriate, systems or procedures have been established to mitigate the risks that the charity faces.

When external risks to funding are identified by the trustees the strategic plan is modified and enhanced to mitigate and manage these risks; they are covered financially within the reserves. Internal control risks are minimised by the implementation of procedures for the authorisation of all transactions and projects.

Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients and visitors to the various places of service provision. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

**Principal Funding Sources**

The principal income streams for the charity are from training, counselling and contract income from the Essex County Council, West Essex CCG and Hertfordshire Partnership Foundation Trust/Vita Health Group and EPUT.

All these contracts support the key objectives of the charity as they provide mental health services and support to the local community.

**Pension scheme**

Our employees are all enrolled into an approved defined contribution pension scheme.

**Reserves Policy**

The Finance Sub Committee has examined the charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby funds not restricted or designated for a specific purpose should be sufficient to cover 6 months of the charity's budgeted core expenditure. This equated to £246,430 for 22/23. The free unrestricted reserves at the year end amounted to £250,119 at 31 March 2023 (see note 15) which is in line with this policy.



**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE**

**TRUSTEES' ANNUAL REPORT (continued)**

**YEAR ENDED 31 MARCH 2023**

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**PLANS FOR FUTURE PERIODS**

At the time of signing the accounts the trustees are confident about the charity's ability to continue as a going concern over the coming year and into the future. Our main focus continues to be on maintaining a diverse range of income streams and delivering successfully on the contracts we currently have in place.

The Covid-19 pandemic brought about major change to the organisation, with the majority of staff away from our office bases. We have now returned to our office bases and settled into a new hybrid way of working that we are continuing to monitor and develop.

Over the coming year we will continue to focus on developing our overall offer with a particular focus on consolidating some of our newer services including Crisis Alternatives, Peer Support, Epping MHST and Community Engagement.

**STRUCTURE GOVERNANCE AND MANAGEMENT**

**Governing Document**

The organisation is a charitable company limited by guarantee under company registration number 4369554, incorporated on the 7<sup>th</sup> February 2002 and registered as a charity on the 15<sup>th</sup> March 2002 under charity registration number 1091154.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

**Recruitment and appointment of new trustees**

Mind in West Essex ensures that people who use, or have used, mental health services are given the opportunity to actively participate as Trustees of the Executive Board, and we encourage them to take part in the governance and the decision-making of the organisation.

The Trustees continually review their capabilities and set them against the strategic plan of the organisation. In this way we can determine the profile of new Trustees that are required to serve the Company best.

We promote the opportunity to join the board of trustees through the Mind in West Essex website and welcome applications from people who are passionate about our mission, vision and values.

**Trustee Induction and Training**

Prospective trustees are interviewed by two current trustees and, if their capabilities match our criteria, are invited to attend a trustee meeting where they meet the current trustees, who then take a vote on the candidate after the meeting.

The candidate will then be asked to confirm their willingness to act as a trustee and Director and a DBS check will be taken up. After receipt of a suitable DBS check, details of the new trustee will be entered into the company records at Companies House and the Charity Commission.

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COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT (continued)  
YEAR ENDED 31 MARCH 2023**

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**Organisational Structure**

The Executive Board is the governing body of the Company and is supported by sub committees as deemed necessary by the Executive Board. At the time of this annual report there is a Finance sub Committee and a Human Resources sub Committee.

The Executive Board shall have not less than six Trustees and not more than eighteen who are responsible for all decisions and actions of the Company:-

The Executive Board may delegate any of its powers to Sub-Committees consisting of such members of their body and other persons as they think fit; any Sub-Committee shall be made up in such a way that members of the Executive Board shall be in the majority.

The various sub committees are required to develop strategies within their field of operation, resolve concerns arising, and undertake specific pieces of work. When they have completed a piece of work they recommend it to the Board for review and approval.

Remuneration levels of key management personnel are set by the Trustees.

**Related parties**

Mind in West Essex is affiliated to the national mental health charity, Mind. We have signed up to a partnership agreement that outlines the expectations of both parties. This agreement guides us on issues such as area of benefit and our relationship with other Local Mind Associations as well as issues such as use of the Mind brand.

**Fundraising Standard Information**

The charity does not carry out significant fundraising activities to raise funds from members of the public. No professional fundraisers are used by the charity and no complaints have been received by the charity in respect of fundraising activities.

**Trustees' responsibilities statement**

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

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS102);
- 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;

**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE  
TRUSTEES' ANNUAL REPORT (continued)**

**YEAR ENDED 31 MARCH 2023**

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- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

In so far as the trustees are aware:

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

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

The financial statements have been prepared in accordance with the accounting policies set out in notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014.

This report has been prepared having taken advantage of the small companies exemption in the Companies Act 2006.

Approved by the Trustees on 14 December 2023 and signed on their behalf by:

*Richard Crone*  
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**R Crone  
Chairman**

**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE  
INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES  
YEAR ENDED 31 MARCH 2023**

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**Opinion**

We have audited the financial statements of Mind In West Essex (the 'charitable company') for the year ended 31 March 2023, which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, and Notes to the Financial Statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law United Kingdom Accounting Standards, including Financial Reporting Standard 102, *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

**Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

**Conclusions relating to going concern**

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

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the original financial statements were authorised for issue. Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

**Other Information**

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE**

**INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES**

**YEAR ENDED 31 MARCH 2023**

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**Matters on which we are required to report by exception**

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the Trustees' Annual Report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

**Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities (set out on pages 8 and 9), the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

**Auditor's responsibilities for the audit of the financial statements**

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made or having effect thereunder. Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The specific procedures for this engagement and the extent to which these are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows;

- The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations.
- We identified the laws and regulations applicable to the company from our commercial knowledge and experience of the charity sector.
- We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations for the company, including the Companies Act 2006, tax legislation and employment legislation.
- We assessed the extent of compliance with the laws and regulations identified above through making enquiries of management.

**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE**

**INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES**

**YEAR ENDED 31 MARCH 2023**

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We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur by;

- Making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud.
- Considering the internal controls in place to mitigate the risks of fraud and non-compliance with laws and regulations.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to;

- Agreeing financial statement disclosures to underlying supporting documentation.
- Reading the minutes of meetings of those charged with governance.
- Enquiring of management as to actual and potential litigation and claims.

To address the risk of fraud through management bias and override of controls, we;

- Performed analytical procedures to identify any unusual or unexpected relationships.
- Tested journal entries to identify unusual transactions.
- Investigated the rationale behind significant or unusual transactions.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

As part of an audit in accordance with ISAs (UK), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees (ie. gives a true and fair view).

**MIND IN WEST ESSEX  
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**INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES**

**YEAR ENDED 31 MARCH 2023**

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- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

**Use of our report**

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its trustees as a body, for our audit work, for this report, or for the opinions we have formed.

*Edmund Carr LLP*

.....  
**Edmund Carr LLP**  
Statutory Auditor

146 New London Road  
Chelmsford  
Essex  
CM2 0AW

20 December 2023

Edmund Carr LLP is eligible to act as an auditor in terms of section 1212 of the Companies Act 2006.

**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE**

**STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND  
EXPENDITURE ACCOUNT)**

**YEAR ENDED 31 MARCH 2023**

		<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total Funds 2023</b>	<b>Total Funds 2022</b>
	<b>Note</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>INCOME FROM</b>					
Donations and Legacies					
- Donations		26,020	-	26,020	18,331
- Grants receivable		-	72,246	72,246	4,497
Other trading activities					
- Fundraising		8,381	-	8,381	14,695
Charitable activities					
- Community Services	<b>2</b>	2,258,305	-	2,258,305	1,795,923
- Rents receivable		41,571	-	41,571	46,805
Investments: bank interest		5,124	-	5,124	203
Other		-	-	-	3,388
<b>TOTAL INCOME</b>		<u>2,339,401</u>	<u>72,246</u>	<u>2,411,647</u>	<u>1,883,842</u>
<b>EXPENDITURE ON</b>					
Raising funds		9,322	-	9,322	5,524
Charitable activities	<b>3</b>	2,234,249	69,450	2,303,699	1,687,528
<b>TOTAL EXPENDITURE</b>		<u>2,243,571</u>	<u>69,450</u>	<u>2,313,021</u>	<u>1,693,052</u>
<b>NET INCOME/(EXPENDITURE)</b>		95,830	2,796	98,626	190,790
Transfers between funds		-	-	-	-
<b>NET MOVEMENT IN FUNDS</b>		95,830	2,796	98,626	190,790
<b>RECONCILIATION OF FUNDS:</b>					
Balances brought forward		657,483	39,500	696,983	506,193
<b>Balances carried forward</b>		<u>753,313</u>	<u>42,296</u>	<u>795,609</u>	<u>696,983</u>

The charity has no recognised gains or losses other than the results for the period as set out above.

**The notes on pages 17 to 26 form part of these financial statements.**



**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE  
BALANCE SHEET  
AS AT 31 MARCH 2023**

		2023		2022	
	Note	£	£	£	£
<b>FIXED ASSETS</b>					
Tangible assets	10		220,127		221,999
<b>CURRENT ASSETS</b>					
Debtors	11	295,183		372,626	
Cash at bank		813,203		633,108	
		<u>1,108,386</u>		<u>1,005,734</u>	
<b>CREDITORS: Amounts falling due within one year</b>	12	<u>(532,904)</u>		<u>(530,750)</u>	
<b>NET CURRENT ASSETS</b>			<u>575,482</u>		<u>474,984</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>795,609</u>		<u>696,983</u>
<b>NET ASSETS</b>			<u><u>795,609</u></u>		<u><u>696,983</u></u>
<b>FUNDS</b>					
Unrestricted general funds	13	250,119		254,809	
Designated funds	13	<u>503,194</u>		<u>402,674</u>	
Total unrestricted funds			753,313		657,483
Restricted funds	14		<u>42,296</u>		<u>39,500</u>
<b>TOTAL FUNDS</b>			<u><u>795,609</u></u>		<u><u>696,983</u></u>

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies but as this company is a charity, it is subject to audit under the Charities Act 2011.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

These financial statements were approved by the Trustees on 14 December 2023 and are signed on their behalf by:

*Richard Crone*

**R CRONE**

Trustee

Company Registration Number: 04369554

**The notes on pages 17 to 26 form part of these financial statements.**

**MIND IN WEST ESSEX****STATEMENT OF CASH FLOWS****YEAR ENDED 31 MARCH 2023**

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	Notes	Total 2023 £	Total 2022 £
<b>Cash flows from operating activities:</b>			
<b>Net cash provided by / (used in) operating activities</b>	<b>18</b>	<u>184,197</u>	<u>189,480</u>
<b>Cash flows from investing activities:</b>			
Dividends, interest and rents from investments		5,124	203
Purchase of property, plant and equipment		<u>(9,226)</u>	<u>(1,688)</u>
<b>Net cash provided by / (used in) investing activities</b>		<u>(4,102)</u>	<u>(1,485)</u>
<b>Cash flows from financing activities:</b>			
Capital repayment of borrowings		-	(34,904)
Mortgage interest paid		<u>-</u>	<u>(995)</u>
<b>Net cash provided by / (used in) investing activities</b>		<u>-</u>	<u>(35,899)</u>
Change in cash and cash equivalents in the reporting period		180,095	152,096
Cash and cash equivalents brought forward		633,108	481,012
<b>Cash and cash equivalents carried forward</b>		<u><u>813,203</u></u>	<u><u>633,108</u></u>

The notes on pages 17 to 26 form part of these financial statements.

**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE**

**NOTES TO THE FINANCIAL STATEMENTS**

**YEAR ENDED 31 MARCH 2023**

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**1. ACCOUNTING POLICIES**

**Basis of preparation**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement on 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Mind In West Essex meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes. The financial statements are prepared in sterling, which is the functional currency of the charity, and rounded to the nearest £.

**Going Concern**

The trustees are of the opinion that the charity has sufficient resources to continue trading for the next 12 months from the date of signing these accounts.

**Incoming Resources**

Income in respect of contracts and service level agreements are accounted for on an accruals basis. All grants received have been treated as income irrespective of the source of the grant and the use to which the grant is put. Grants given specifically to fund expenditure in a future accounting period are treated as deferred income.

**Resources Expended**

All expenditure is accounted for on an accruals basis and includes VAT as the charity is not VAT registered. Governance costs are associated with the governance arrangements of the charity. Shared costs are apportioned between the funds based on budgeted expenditure at the start of the year.

**Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**Creditors**

Trade creditors are recognised initially at the transaction price.

**Fixed Assets**

Capital items costing in excess of £1,000 are capitalised. Fixed assets are shown at historical cost.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset by the straight line method:

Freehold property	2% straight line
Leasehold improvements	Over the life of the lease
Computer equipment	33% straight line
Fixtures & fittings	25% straight line

**MIND IN WEST ESSEX**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**YEAR ENDED 31 MARCH 2023**

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**1. ACCOUNTING POLICIES (continued)**

**Fund accounting**

Funds held by the charity are either:

Unrestricted general funds – these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Designated funds – these are funds set aside by the trustees out of unrestricted funds for specific future purposes or projects.

Restricted funds – these are funds that can only be used for particular restricted purposes within the objects of the charity.

**Leases**

Assets held under finance leases and hire purchase contracts are capitalised in the balance sheet and depreciated over their expected useful lives. The interest element of leasing payments represents a constant proportion of the capital balance outstanding and is charged to the Statement of Financial Activities over the period of the lease.

All other leases are regarded as operating leases and the payments made under them are charged to the Statement of Financial Activities on a straight-line basis over the lease term.

**Pension costs**

The charity makes contributions to defined contribution schemes on behalf of eligible employees. The charge for the year represents contributions payable in the year.

**2. INCOME FROM COMMUNITY SERVICES**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Counselling	138,962	-	138,962	159,547
Training and resilience	111,066	-	111,066	77,880
Young people	756,239	-	756,239	586,180
Essex Befriends	-	-	-	74,847
Crisis Services	203,225	-	203,225	163,749
Phoenix Futures - Futures in Mind	90,140	-	90,140	101,658
Support time and recovery	115,624	-	115,624	152,641
Mental health coaches	146,443	-	146,443	153,761
Other contract and service income	696,606	-	696,606	325,660
	<u>2,258,305</u>	<u>-</u>	<u>2,258,305</u>	<u>1,795,923</u>
<i>Total 2022</i>	<i>1,676,620</i>	<i>119,303</i>	<i>1,795,923</i>	

The amount of income from community services relating to government organisations in the year totalled £1,735,998 (2022: £1,319,796).

**MIND IN WEST ESSEX**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**YEAR ENDED 31 MARCH 2023**

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**3. COSTS OF CHARITABLE ACTIVITIES (BY FUND)**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total 2023 £</b>	<b>Total 2022 £</b>
Direct costs:				
Counselling	145,517	812	146,329	154,535
Training and resilience	92,456	-	92,456	95,739
Young people	728,090	27,000	755,090	447,224
Crisis services	132,076	31,414	163,490	110,453
Other Community services	612,237	10,224	622,461	575,610
Support costs (see note 5)	490,543	-	490,543	283,031
Governance costs (see note 6)	33,330	-	33,330	20,936
	<u>2,234,249</u>	<u>69,450</u>	<u>2,303,699</u>	<u>1,687,528</u>
<i>Total 2022</i>	<i>1,561,827</i>	<i>125,701</i>	<i>1,687,528</i>	

**4. COSTS OF CHARITABLE ACTIVITIES (BY ACTIVITY)**

	<b>Direct costs £</b>	<b>Support and Governance costs £</b>	<b>Total 2023 £</b>	<b>Total 2022 £</b>
Counselling costs	146,329	43,070	189,399	182,095
Training and resilience	92,456	27,214	119,670	112,813
Young people	755,090	222,253	977,343	584,204
Crisis services	163,490	48,122	211,612	130,151
Other Community services	622,461	183,215	805,675	678,265
	<u>1,779,826</u>	<u>523,873</u>	<u>2,303,699</u>	<u>1,687,528</u>
<i>Total 2022</i>	<i>1,383,561</i>	<i>303,967</i>	<i>1,687,528</i>	

**MIND IN WEST ESSEX**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**YEAR ENDED 31 MARCH 2023**

**5. SUPPORT COSTS**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds 2023 £</b>	<b>Total Funds 2022 £</b>
Support staff costs	169,186	-	169,186	92,746
Other staff and volunteer costs	26,903	-	26,903	17,623
Travel and subsistence	54,469	-	54,469	33,706
IT and website costs	80,063	-	80,063	50,231
Rent and service charges	66,208	-	66,208	16,033
Room hire	1,644	-	1,644	1,100
Repairs, maintenance and utilities	43,258	-	43,258	25,873
Advertising & promotion	3,662	-	3,662	1,909
Printing, postage and stationery	8,431	-	8,431	5,107
Telephone and internet	16,031	-	16,031	15,965
Bank Charges	1,594	-	1,594	2,992
Depreciation	11,098	-	11,098	8,912
Other support costs	7,996	-	7,996	10,834
	<u>490,543</u>	<u>-</u>	<u>490,543</u>	<u>283,031</u>
<i>Total 2022</i>	<i>280,534</i>	<i>2,497</i>	<i>283,031</i>	

**6. GOVERNANCE COSTS**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds 2023 £</b>	<b>Total Funds 2022 £</b>
Audit fee	7,640	-	7,640	6,460
Accounts preparation, advice and other	3,820	-	3,820	3,314
Fees payable to auditor	11,460	-	11,460	9,774
Legal and professional fees	21,870	-	21,870	11,162
AGM & Trustees' expenses	-	-	-	-
	<u>33,330</u>	<u>-</u>	<u>33,330</u>	<u>20,936</u>
<i>Total 2022</i>	<i>20,936</i>	<i>-</i>	<i>20,936</i>	

**MIND IN WEST ESSEX**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**YEAR ENDED 31 MARCH 2023**

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**7. STAFF COSTS AND EMOLUMENTS**

<b>Total staff costs were as follows:</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Wages & salaries	1,560,789	1,130,577
Social security costs	119,936	82,181
Defined contribution pension costs	37,479	28,122
	<u>1,718,204</u>	<u>1,240,880</u>

***Particulars of employees:***

The average number of employees during the year (headcount) was 85 (2022: 70).

No employee received remuneration of more than £60,000 during the period.

Remuneration paid to key management personnel of the charitable company during the year totalled £67,238 (2022: £63,066).

During the year the charitable company made employer contributions of £37,479 (2022: £28,122) into defined contributions pension schemes on behalf of employees. These are recognised in the Statement of Financial Activities.

**8. NET OUTGOING RESOURCES FOR THE YEAR**

	<b>2023</b>	<b>2022</b>
This is stated after charging:	<b>£</b>	<b>£</b>
Depreciation	11,098	8,913

**9. TRUSTEES' REMUNERATION**

None of the Trustees were paid any remuneration by the charity during the period.

Trustees are reimbursed reasonable expenses incurred when acting on behalf of the company.

No expenses were reimbursed to Trustees during the current or prior year.

**MIND IN WEST ESSEX  
COMPANY LIMITED BY GUARANTEE  
NOTES TO THE FINANCIAL STATEMENTS (continued)  
YEAR ENDED 31 MARCH 2023**

**10. TANGIBLE FIXED ASSETS**

	<b>Freehold property £</b>	<b>Leasehold property &amp; improvements £</b>	<b>Computer equipment £</b>	<b>Fixtures &amp; fittings £</b>	<b>Total £</b>
<b>COST</b>					
As at 1 April 2022	250,000	42,500	5,622	12,341	310,463
Additions	-	-	586	8,640	9,226
Disposal	-	-	-	-	-
<b>At 31 March 2023</b>	<b>250,000</b>	<b>42,500</b>	<b>6,208</b>	<b>20,981</b>	<b>319,689</b>
<b>DEPRECIATION</b>					
As at 1 April 2022	35,000	39,858	3,354	10,252	88,464
Charge for the period	5,000	2,642	537	2,920	11,098
Depreciation on disposals	-	-	-	-	-
<b>At 31 March 2023</b>	<b>40,000</b>	<b>42,500</b>	<b>3,890</b>	<b>13,172</b>	<b>99,562</b>
<b>NET BOOK VALUE</b>					
<b>At 31 March 2023</b>	<b>210,000</b>	<b>-</b>	<b>2,318</b>	<b>7,809</b>	<b>220,127</b>
As at 1 April 2022	215,000	2,642	2,268	2,089	221,999

**11. DEBTORS**

	<b>2023 £</b>	<b>2022 £</b>
Grant and contract debtors	165,032	303,206
Prepayments	31,180	31,236
Accrued income	98,971	38,184
	<b>295,183</b>	<b>372,626</b>

**12. CREDITORS: Amounts falling due within one year**

	<b>2023 £</b>	<b>2022 £</b>
Trade creditors	16,524	82,227
Taxes and social security	54,900	21,204
Other creditors	136,802	96,407
Accruals	13,870	13,378
Deferred income	310,808	317,534
	<b>532,904</b>	<b>530,750</b>

Deferred income brought forward of £185,801 was released in the current year and income of £179,075 was deferred. Deferred income relates to receipts under service contracts for work not yet completed.



**MIND IN WEST ESSEX**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**YEAR ENDED 31 MARCH 2023**

**13. UNRESTRICTED FUNDS**

*Current year:*

	<b>Movement in resources:</b>				
	<b>Balance at</b>	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	<b>Balance at</b>
	<b>1 Apr 2022</b>				<b>31 Mar 2023</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Designated funds					
a) Loss of major funding stream	35,000	-	-	(35,000)	-
b) Counselling Bursaries	9,585	-	(4,585)	-	5,000
c) UCH - Essential Building Works	8,561	10,181	(12,248)	15,000	21,494
d) Project development	127,529	-	(46,371)	10,415	91,573
e) New premises - Harlow	-	-	-	165,000	165,000
f) Fixed Assets	221,999	9,226	(11,098)	-	220,127
	402,674	19,407	(74,302)	155,415	503,194
General unrestricted funds	254,809	2,319,994	(2,169,269)	(155,415)	250,119
	657,483	2,339,401	(2,243,571)	-	753,313

*Prior year:*

	<b>Movement in resources:</b>				
	<b>Balance at</b>	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	<b>Balance at</b>
	<b>1 Apr 2021</b>				<b>31 Mar 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Designated funds					
a) Loss of major funding stream	35,000	-	-	-	35,000
b) ECF Counselling Crisis Bursary	5,022	9,778	(10,215)	5,000	9,585
c) UCH - Building Service Charge	14,076	21,007	(26,522)	-	8,561
d) Project & Building Development	120,000	-	(15,869)	23,398	127,529
f) Fixed Assets	205,190	1,688	(8,912)	24,033	221,999
	379,288	32,473	(61,518)	52,431	402,674
General unrestricted funds	91,828	1,721,245	(1,505,833)	(52,431)	254,809
	471,116	1,753,718	(1,567,351)	-	657,483

- a) This fund was designated by the Trustees to support the charity in the event that a major source of income is lost, until an alternative source can be found. This is now covered within the reserves policy.
- b) This fund is to provide bursaries to cover counselling clients in crisis.
- c) This represents the fund used to maintain the building at UCH.
- d) Funds designated by the Trustees to cover project development and organisation development including community posts.
- e) Funds designated towards the purchase and renovation of a building to serve as our base in Harlow.
- f) This fund represents the fixed assets of the charity.

**MIND IN WEST ESSEX**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**YEAR ENDED 31 MARCH 2023**

**14. RESTRICTED FUNDS**

*Current year:*

	<b>Movement in resources:</b>				
	<b>Balance at</b>				<b>Balance at</b>
	<b>1 Apr 2022</b>	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	<b>31 Mar 2023</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
a) Memorial gift	365	-	-	-	365
b) ECF: Counselling core grant	102	-	(102)	-	-
c) ECC online platform	31,999	-	-	-	31,999
e) Sun bursary for Counselling	710	-	(710)	-	-
g) Household Fund	-	9,932	-	-	9,932
k) Co-op: Community events	6,324	-	(6,324)	-	-
l) Ukrainian Refugees	-	2,400	(2,400)	-	-
m) Find Your Active	-	1,500	(1,500)	-	-
n) Crisis care	-	31,414	(31,414)	-	-
o) 18-25 Funding Research Project	-	27,000	(27,000)	-	-
	<u>39,500</u>	<u>72,246</u>	<u>(69,450)</u>	<u>-</u>	<u>42,296</u>

*Prior year:*

	<b>Movement in resources:</b>				
	<b>Balance at</b>				<b>Balance at</b>
	<b>1 Apr 2021</b>	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	<b>31 Mar 2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
a) Memorial gift	365	-	-	-	365
b) ECF: Counselling core grant	102	6,245	(6,245)	-	102
c) ECC online platform	20,000	11,999	-	-	31,999
d) SACC grant for MHFA training	8,900	-	(8,900)	-	-
e) Sun bursary for Counselling	710	-	-	-	710
f) COVID-19 relief fund	5,000	95,559	(100,559)	-	-
g) Household Fund	-	5,500	(5,500)	-	-
h) Staff Hoodies Fund	-	980	(980)	-	-
i) ECC : VCS Workforce	-	2,000	(2,000)	-	-
j) Leadership programme	-	1,517	(1,517)	-	-
k) Co-op: Community events	-	6,324	-	-	6,324
	<u>35,077</u>	<u>130,124</u>	<u>(125,701)</u>	<u>-</u>	<u>39,500</u>

**MIND IN WEST ESSEX**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**YEAR ENDED 31 MARCH 2023**

**14 RESTRICTED FUNDS (continued)**

- a) This represents a memorial gift from a Loughton family.
- b) A grant from the Essex Community Foundation to core fund the counselling service whilst it was remodelled.
- c) A grant from Essex County Council to support and improve the online volunteer platform.
- d) A grant from the Stansted Airport Chamber of Commerce for MHFA training courses.
- e) A bursary from Sun Readers for counselling services.
- f) A grant received from Uttlesford Council to support Mind In West Essex during the COVID pandemic.
- g) To help vulnerable people with the soaring cost of living.
- h) Branding, organisation promotion via staff.
- i) ECC Grant to deliver emotional wellbeing support to staff
- j) Funding to support Leadership training.
- k) Funding from Co-op was spent on wellbeing packs at community events.
- l) A grant received from Uttlesford Council to provide emotional support for Ukrainian refugees.
- m) ECC grant alongside Active Essex to help residents lead active and healthy lives.
- n) Funding from Hertfordshire Mind to support crisis care.
- o) Funding from EPU NHS Foundation Trust covered salary costs on a research project.

**15. ANALYSIS OF NET ASSETS (between restricted and unrestricted funds)**

<i>Current year:</i>	<b>Tangible fixed assets</b>	<b>Creditors due &gt; 1 year</b>	<b>Other net assets</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Restricted	-	-	42,296	42,296
Designated	220,127	-	283,067	503,194
Unrestricted	-	-	250,119	250,119
	<u>220,127</u>	<u>-</u>	<u>575,482</u>	<u>795,609</u>
<i>Prior year:</i>	<b>Tangible fixed assets</b>	<b>Creditors due &gt; 1 year</b>	<b>Other net assets</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Restricted	-	-	39,500	39,500
Designated	221,999	-	180,675	402,674
Unrestricted	-	-	254,809	254,809
	<u>221,999</u>	<u>-</u>	<u>474,984</u>	<u>696,983</u>

**16. COMMITMENTS UNDER OPERATING LEASES**

At 31 March 2023 the total of the charity's future minimum lease payments under non-cancellable operating leases was:

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Within 1 year	18,214	16,905
Within 2 to 5 years	20,625	4,940
	<u>38,839</u>	<u>21,845</u>

**MIND IN WEST ESSEX**  
**COMPANY LIMITED BY GUARANTEE**  
**NOTES TO THE FINANCIAL STATEMENTS (continued)**  
**YEAR ENDED 31 MARCH 2023**

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**17. RELATED PARTIES**

Alison Wilson is on the Uttlesford Health and Wellbeing Board and is Co Chair of the Essex Alliance Steering Group. She is on the Uttlesford Health and Wellbeing Board, Harlow Health and Wellbeing Board, and Hertfordshire and West Essex ICS Transformation Board.

Lois Sparkes hosts the West Essex Mental Health Forum, and is on the Harlow Live Well and Work Well Board and Hertfordshire and West Essex ICS Transformation Board.

In line with point 13.1 of the Financial Regulation and Governance Policy the Trustees authorised payments totalling £400 in the year in respect of building services provided by the civil partner of the CEO (Charleston's Building & Home Improvements)

**18. RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASHFLOW FROM OPERATING ACTIVITIES**

	<b>Total 2023 £</b>	<b>Total 2022 £</b>
<b>Net movement in funds for the reporting period (as per the statement of financial activities)</b>	98,626	190,790
<i>Adjustments for:</i>		
Depreciation charges	11,098	8,912
Dividends, interest and rent from investments	(5,124)	(203)
Add back mortgage interest payable	-	995
(Increase) / decrease in debtors	77,443	(287,536)
Increase / (decrease) in creditors	2,154	276,522
<b>Net cash provided by / (used in) operating activities</b>	<u><u>184,197</u></u>	<u><u>189,480</u></u>

**19. COMPANY LIMITED BY GUARANTEE**

Every member of the company undertakes to contribute to the assets of the Company in the event of the same being wound up during the time he/she is a member, or within one year afterwards, for the payments of the debts and liabilities of the company contracted before the time at which he/she ceases to be a member and of the costs, charges and expenses of winding up the same, and for the adjustments of the rights of the contributors among themselves such amount as may be required not exceeding one pound.