

COMPANY REGISTRATION NUMBER : 04369554

**MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
FINANCIAL STATEMENTS
FOR
YEAR ENDED 31 MARCH 2024**

Charity Number : 1091154

MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

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**MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
COMPANY INFORMATION
YEAR ENDED 31 MARCH 2024**

Charity Number	1091154	
Company Number	04369554	
Registered Office	The Wellbeing Centre 10 - 11 Corner House Bushfair, Harlow Essex, CM18 6NZ	
The Trustees	Richard Crone	Chairman
	Robin Strube	Vice Chairman
	Doug Mason	Treasurer (resigned 13th September 2023)
	Sylvia Hayes	
	Alan Wellbelove	
	Gary Hyams	
	Georgina Leighton	(resigned 13th August 2023)
	Jackie Anslow	
	Barbara Brafman-Price	(appointed 25th January 2024)
	Anja De Vos	(appointed 25th April 2024)
	Robbie Freeman	(appointed 25th April 2024)
Senior Management Team	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
Auditor	Edmund Carr LLP 146 New London Road Chelmsford Essex, CM2 0AW	
Bank	CAF Bank 25 Kings Hill Avenue Kings Hill West Mailing Kent, ME19 4JQ	Virgin Money 177 Bothwell Street Glasgow G2 7ER
Solicitors	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.

**MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT
YEAR ENDED 31 MARCH 2024**

The Trustees, who are the directors for the purposes of company law, present the annual report together with the financial statements and auditor's report of the charitable company for the year ended 31 March 2024. This is also the directors' report, as required by s415 of the Companies Act 2006.

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
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 31 MARCH 2024

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. This contract finished in March 2024.

Wellbeing Volunteers: 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 Place: During this year we have been offering a drop in style opportunity for parents in Saffron Walden. There was training offered to parents who engaged with the service and holiday wellbeing activities for their children.

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. 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 2024

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. The team deliver Mental Health First Aid, Suicide Awareness, Suicide First Aid and also develop and deliver bespoke training.

Let's Talk Essex: This is a campaign that remains close to our mission and that works to support members of the public who want to share their own stories. During this year we have created a series of podcasts. These can be found on the Let's Talk Essex website.

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 3.5 teams of staff in this service and work with around 105 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.

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 7 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. The Night Owls service works within the Sanctuary, it 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 - This service finished in March 2024.

Carver Barracks: During this year we have been developing our offer at Carver Barracks. We are working to support the wellbeing of residents living outside the wire at the Barracks. We work closely with the Welfare Team.

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 2024

ACHIEVEMENTS AND PERFORMANCE

During this period 237 people attended an accredited Mental Health First Aid England training courses and people attended either Suicide Aware or Suicide First Aid training courses. In total we provided training to delegates. 758 courses were completed on our E-Learning platform. The reach of this training in our local communities will have in turn impacted on many more people.

Within our Children and Young People's services we worked with:

Harlow

- Supported 184 CYP in 1:1 interventions
- Worked with 7370 CYO in Groups (199 sessions)
- Supported 65 individual Guardians/Parents in a group setting (25 sessions)
- School staff workshops 12 individuals attended (2 sessions)
- CYP & parents/carers (summer fetes, open evenings, wellbeing fairs, etc) 1585 (6 sessions)
- Function 3 (meetings/meaningful conversations) 207

Epping Forest

- Supported 238 CYP in 1:1 interventions
- Worked with 12,666 CYO in Groups (426 sessions)
- Supported 56 individual Guardians/Parents in a group setting (16 sessions)
- School staff workshops 106 individuals attended (6 sessions)
- CYP & parents/carers (summer fetes, open evenings, wellbeing fairs, etc) 131 (3 sessions)
- Function 3 (meetings/meaningful conversations) 165

Uttlesford

- Supported 276 CYP in 1:1 interventions
- Worked with 13,933 CYO in Groups (347 sessions)(includes x7500 for 1 podcast)
- Supported 204 individual Guardians/Parents in a group setting (23 sessions)
- School staff workshops 49 individuals attended (4 sessions)
- CYP & parents/carers (summer fetes, open evenings, wellbeing fairs, etc) 489 (16 sessions)
- Function 3 (meetings/meaningful conversations) 195

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

- IAPT COACH Service: approx. 374 new referrals
- Futures in Mind 203 new referrals received for West Essex and 176 for South Essex
- Our Wellbeing Assistants worked with 12 clients receiving 967 hours of support
- Mental Health Coaches worked with 753 clients

During the reporting period, we had 101 volunteers working within our services of which 66 are befrienders who between them supported 78 service users.

We gave 2155.5 hours of telephone support during the hours of 4pm-11pm through our Night Owl service. Additionally, through our Sanctuary Crisis Service we have had 1762 contacts and supported 984 people.

MIND IN WEST ESSEX
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TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 31 MARCH 2024

Within our Counselling service we delivered 2563 therapy sessions to the 384 people who began a course of counselling via our fee paying counselling service and approximately 646 sessions of therapy were delivered to the 95 people who were referred to us via the service we provide on behalf of the NHS. This means that altogether 479 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 Instagram reach has now reached £2.5k an increase of 188.7% with 1.5k visits. Our Facebook reach is 71.7k this is the number of unique people who saw our content and who therefore have read or who have access to our information. We had 9.6k page visits. During this period we recorded 14 wellbeing related podcasts that have reached over 500 listeners from around the world.

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. We have purchased a second building. An old GP surgery in Harlow, it requires considerable renovation.

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.

**MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 31 MARCH 2024**

Pension scheme

Our employees are all enrolled into an approved defined pension contribution 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 £310,100 for 23/24. The free unrestricted reserves at the year end amounted to £438,506 at 31 March 2024 (see note 15) which is in line with this policy. The charities total funds at 31 March 2024 were £1,000,984. Total unrestricted funds were £966,756 of which £528,250 related to designated funds including fixed assets, with the remainder related to free unrestricted reserves. Restricted funds totalled £34,228.

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.

Over the coming year we will concentrate on the renovation of Osler House and continue to focus on developing our low cost counselling and Community Connectors roles.

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document

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

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

TRUSTEES' ANNUAL REPORT (continued)

YEAR ENDED 31 MARCH 2024

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.

Trustee induction is undertaken via the Trustee Handbook course on our Online Training Academy.

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 three 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.

**MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
TRUSTEES' ANNUAL REPORT (continued)
YEAR ENDED 31 MARCH 2024**

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;
- 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 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 21 January 2025 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 2024**

Opinion

We have audited the financial statements of Mind In West Essex (the 'charitable company') for the year ended 31 March 2024, 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 2024 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.

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

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2024

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.

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' 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 page 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 the Act and relevant regulations made or having effect thereunder. Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue 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 extent to which our procedures 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.

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

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2024

- 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.

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.

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

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES

YEAR ENDED 31 MARCH 2024

- 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 (ie. gives a true and fair view).

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

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Edmund Carr LLP

Statutory Auditor

146 New London Road
Chelmsford
Essex
CM2 0AW

22 January 2025

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 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
INCOME FROM					
Donations and Legacies					
- Donations		102,441	1,000	103,441	26,020
- Grants receivable		997	81,146	82,143	72,246
Other trading activities					
- Fundraising		24,214	-	24,214	8,381
Charitable activities					
- Community Services	2	2,563,740	-	2,563,740	2,258,305
- Rents receivable		45,764	-	45,764	41,571
Investments: bank interest		23,602	-	23,602	5,124
Other		3,355	-	3,355	-
TOTAL INCOME		<u>2,764,113</u>	<u>82,146</u>	<u>2,846,259</u>	<u>2,411,647</u>
EXPENDITURE ON					
Raising funds		11,645	-	11,645	9,322
Charitable activities	3	2,595,025	34,214	2,629,239	2,303,699
TOTAL EXPENDITURE		<u>2,606,670</u>	<u>34,214</u>	<u>2,640,884</u>	<u>2,313,021</u>
NET INCOME/(EXPENDITURE)		157,443	47,932	205,375	98,626
Transfers between funds		<u>56,000</u>	<u>(56,000)</u>	<u>-</u>	<u>-</u>
NET MOVEMENT IN FUNDS		213,443	(8,068)	205,375	98,626
RECONCILIATION OF FUNDS:					
Balances brought forward		753,313	42,296	795,609	696,983
Balances carried forward		<u>966,756</u>	<u>34,228</u>	<u>1,000,984</u>	<u>795,609</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 2024**

		2024		2023	
	Note	£	£	£	£
FIXED ASSETS					
Tangible assets	10		337,870		220,127
CURRENT ASSETS					
Debtors	11	283,519		295,183	
Cash at bank		1,155,057		813,203	
		<u>1,438,576</u>		<u>1,108,386</u>	
CREDITORS: Amounts falling due within one year	12	<u>(775,462)</u>		<u>(532,904)</u>	
NET CURRENT ASSETS			<u>663,114</u>		<u>575,482</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>1,000,984</u>		<u>795,609</u>
NET ASSETS			<u><u>1,000,984</u></u>		<u><u>795,609</u></u>
FUNDS					
Unrestricted general funds	13	438,506		250,119	
Designated funds	13	<u>528,250</u>		<u>503,194</u>	
Total unrestricted funds			966,756		753,313
Restricted funds	14		<u>34,228</u>		<u>42,296</u>
TOTAL FUNDS			<u><u>1,000,984</u></u>		<u><u>795,609</u></u>

For the year ending 31 March 2024 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 financial statements.

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 21 January 2025 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
COMPANY LIMITED BY GUARANTEE
STATEMENT OF CASH FLOWS
YEAR ENDED 31 MARCH 2024**

	Notes	Total 2024 £	Total 2023 £
Cash flows from operating activities:			
Net cash provided by / (used in) operating activities	18	<u>445,922</u>	<u>184,197</u>
Cash flows from investing activities:			
Dividends, interest and rents from investments		23,602	5,124
Purchase of property, plant and equipment		<u>(127,670)</u>	<u>(9,226)</u>
Net cash provided by / (used in) investing activities		<u>(104,068)</u>	<u>(4,102)</u>
Cash flows from financing activities:			
Capital repayment of borrowings		-	-
Mortgage interest paid		<u>-</u>	<u>-</u>
Net cash provided by / (used in) investing activities		<u>-</u>	<u>-</u>
Change in cash and cash equivalents in the reporting period		341,854	180,095
Cash and cash equivalents brought forward		813,203	633,108
Cash and cash equivalents carried forward		<u><u>1,155,057</u></u>	<u><u>813,203</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 2024

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

MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (continued)
YEAR ENDED 31 MARCH 2024

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 2024 £	Total Funds 2023 £
Counselling	164,194	-	164,194	138,962
Training and resilience	91,408	-	91,408	111,066
Young people	1,082,714	-	1,082,714	756,239
Crisis Services	200,209	-	200,209	203,225
Phoenix Futures - Futures in Mind	92,305	-	92,305	90,140
Support time and recovery	75,984	-	75,984	115,624
Mental health coaches	185,018	-	185,018	146,443
Other contract and service income	671,908	-	671,908	696,606
	<u>2,563,740</u>	<u>-</u>	<u>2,563,740</u>	<u>2,258,305</u>
<i>Total 2023</i>	<i>2,258,305</i>	<i>-</i>	<i>2,258,305</i>	

The amount of income from community services relating to government organisations in the year totalled £2,046,853 (2023: £1,735,998).

MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (continued)
YEAR ENDED 31 MARCH 2024

3. COSTS OF CHARITABLE ACTIVITIES (BY FUND)

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Direct costs:				
Counselling	174,170	6,055	180,225	146,329
Training and resilience	104,116	-	104,116	92,456
Young people	1,031,660	-	1,031,660	755,090
Crisis services	251,832	3,013	254,845	163,490
Other Community services	505,444	25,146	530,590	622,461
Support costs (see note 5)	481,110	-	481,110	490,543
Governance costs (see note 6)	46,694	-	46,694	33,330
	<u>2,595,025</u>	<u>34,214</u>	<u>2,629,239</u>	<u>2,303,699</u>
<i>Total 2023</i>	<i>2,234,249</i>	<i>69,450</i>	<i>2,303,699</i>	

4. COSTS OF CHARITABLE ACTIVITIES (BY ACTIVITY)

	Direct costs £	Support and Governance costs £	Total 2024 £	Total 2023 £
Counselling costs	180,225	45,266	225,491	189,399
Training and resilience	104,116	26,150	130,266	119,670
Young people	1,031,660	259,115	1,290,775	977,343
Crisis services	254,845	64,008	318,852	211,612
Other Community services	530,590	133,265	663,855	805,675
	<u>2,101,435</u>	<u>527,804</u>	<u>2,629,239</u>	<u>2,303,699</u>
<i>Total 2023</i>	<i>1,779,826</i>	<i>523,873</i>	<i>2,303,699</i>	

MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (continued)
YEAR ENDED 31 MARCH 2024

5. SUPPORT COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Support staff costs	186,532	-	186,532	169,186
Other staff and volunteer costs	16,832	-	16,832	26,903
Travel and subsistence	59,161	-	59,161	54,469
IT and website costs	55,056	-	55,056	80,063
Rent and service charges	51,074	-	51,074	66,208
Room hire	6,792	-	6,792	1,644
Repairs, maintenance and utilities	51,622	-	51,622	43,258
Advertising & promotion	1,223	-	1,223	3,662
Printing, postage and stationery	6,974	-	6,974	8,431
Telephone and internet	27,716	-	27,716	16,031
Bank Charges	2,167	-	2,167	1,594
Depreciation	9,927	-	9,927	11,098
Other support costs	6,034	-	6,034	7,996
	<u>481,110</u>	<u>-</u>	<u>481,110</u>	<u>490,543</u>
<i>Total 2023</i>	<i>490,543</i>	<i>-</i>	<i>490,543</i>	

6. GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Audit fee	7,620	-	7,620	7,640
Accounts preparation, advice and other	3,810	-	3,810	3,820
Fees payable to auditor	11,430	-	11,430	11,460
Legal and professional fees	35,264	-	35,264	21,870
AGM & Trustees' expenses	-	-	-	-
	<u>46,694</u>	<u>-</u>	<u>46,694</u>	<u>33,330</u>
<i>Total 2023</i>	<i>33,330</i>	<i>-</i>	<i>33,330</i>	

MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (continued)
YEAR ENDED 31 MARCH 2024

7. STAFF COSTS AND EMOLUMENTS

Total staff costs were as follows:	2024	2023
	£	£
Wages & salaries	1,888,316	1,560,789
Social security costs	155,734	119,936
Defined contribution pension costs	49,079	37,479
	<u>2,093,129</u>	<u>1,718,204</u>

Particulars of employees:

The average number of employees during the year (headcount) was **93** (2023: 85).

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 £68,212 (2023: £67,238).

During the year the charitable company made employer contributions of £49,079 (2023: £37,479) 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

	2024	2023
	£	£
This is stated after charging:		
Depreciation	9,927	11,098

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 2024**

10. TANGIBLE FIXED ASSETS

	Freehold property £	Leasehold property & improvements £	Computer equipment £	Fixtures & fittings £	Total £
COST					
As at 1 April 2023	250,000	42,500	6,208	20,981	319,689
Additions	-	125,000	2,569	101	127,670
Disposal	-	-	-	-	-
At 31 March 2024	<u>250,000</u>	<u>167,500</u>	<u>8,777</u>	<u>21,082</u>	<u>447,359</u>
DEPRECIATION					
As at 1 April 2023	40,000	42,500	3,890	13,172	99,562
Charge for the period	5,000	-	2,155	2,772	9,927
At 31 March 2024	<u>45,000</u>	<u>42,500</u>	<u>6,046</u>	<u>15,944</u>	<u>109,489</u>
NET BOOK VALUE					
At 31 March 2024	<u>205,000</u>	<u>125,000</u>	<u>2,731</u>	<u>5,138</u>	<u>337,870</u>
As at 1 April 2023	<u>210,000</u>	<u>-</u>	<u>2,318</u>	<u>7,809</u>	<u>220,127</u>

Leasehold property additions of £125,000 during the period have incurred no depreciation charge as the property was purchased close to the year end date and has not yet been brought into use.

11. DEBTORS

	2024 £	2023 £
Grant and contract debtors	238,045	165,032
Prepayments	38,233	31,180
Accrued income	7,241	98,971
	<u>283,519</u>	<u>295,183</u>

12. CREDITORS: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	20,153	16,524
Taxes and social security	41,098	54,900
Other creditors	340,033	136,802
Accruals	14,495	13,870
Deferred income	359,683	310,808
	<u>775,462</u>	<u>532,904</u>

Deferred income brought forward of £303,363 was released in the current year and income of £352,239 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 2024

13. UNRESTRICTED FUNDS

Current year:

	Movement in resources:				
	Balance at				Balance at
	1 Apr 2023	Incoming	Outgoing	Transfers	31 Mar 2024
	£	£	£	£	£
Designated funds					
a) Loss of major funding stream	-	-	-	-	-
b) Counselling Bursaries	5,000	-	(405)	-	4,595
c) UCH - Essential Building Works	21,494	9,662	(7,428)	-	23,728
d) Project development	91,573	-	(17,768)	-	73,805
e) New premises - Harlow	165,000	-	(76,748)	-	88,252
f) Fixed Assets	220,127	-	(9,927)	127,670	337,870
	503,194	9,662	(112,276)	127,670	528,250
General unrestricted funds	250,119	2,754,451	(2,494,394)	(71,670)	438,506
	753,313	2,764,113	(2,606,670)	56,000	966,756

Prior year:

	Movement in resources:				
	Balance at				Balance at
	1 Apr 2022	Incoming	Outgoing	Transfers	31 Mar 2023
	£	£	£	£	£
Designated funds					
a) Loss of major funding stream	35,000	-	-	(35,000)	-
b) ECF Counselling Crisis Bursary	9,585	-	(4,585)	-	5,000
c) UCH - Building Service Charge	8,561	10,181	(12,248)	15,000	21,494
d) Project & Building 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

- 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. Fixed assets purchased are transferred to this fund.

MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (continued)
YEAR ENDED 31 MARCH 2024

14. RESTRICTED FUNDS

Current year:

	Movement in resources:			
	Balance at	Incoming	Outgoing	Balance at
	1 Apr 2023			31 Mar 2024
	£	£	£	£
a) Memorial gift	365	-	-	365
c) ECC online platform	31,999	-	-	31,999
e) Household Fund	9,932	-	(8,068)	1,864
k) Harlow building Fund	-	56,000	-	-
l) Counselling Fund	-	1,000	(1,000)	-
m) Other restricted funds	-	25,146	(25,146)	-
	<u>42,296</u>	<u>82,146</u>	<u>(34,214)</u>	<u>(56,000)</u>
				<u>34,228</u>

Prior year:

	Movement in resources:			
	Balance at	Incoming	Outgoing	Balance at
	1 Apr 2022			31 Mar 2023
	£	£	£	£
a) Memorial gift	365	-	-	365
b) ECF: Counselling core grant	102	-	(102)	-
c) ECC online platform	31,999	-	-	31,999
d) Sun bursary for Counselling	710	-	(710)	-
e) Household Fund	-	9,932	-	9,932
f) Co-op: Community events	6,324	-	(6,324)	-
g) Ukrainian Refugees	-	2,400	(2,400)	-
h) Find Your Active	-	1,500	(1,500)	-
i) Crisis Care	-	31,414	(31,414)	-
j) 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>

MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (continued)
YEAR ENDED 31 MARCH 2024

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 bursary from Sun Readers for counselling services.
- e) To help vulnerable people with the soaring cost of living.
- f) Funding from Co-op was spent on wellbeing packs at community events.
- g) A grant received from Uttlesford Council to provide emotional support for Ukrainian refugees.
- h) ECC grant alongside Active Essex to help residents lead active and healthy lives.
- i) Funding from Hertfordshire Mind to support crisis care.
- j) Funding from EPU NHS Foundation Trust covered salary costs on a research project.
- k) A grant towards the purchase of a building in Harlow.
- l) A donation was received towards the provision of counselling services.
- m) Other restricted funds.

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

<i>Current year:</i>	Tangible fixed assets	Creditors due > 1 year	Other net assets	Total
	£	£	£	£
Restricted	-	-	34,228	34,228
Designated	337,870	-	190,380	528,250
Unrestricted	-	-	438,506	438,506
	<u>337,870</u>	<u>-</u>	<u>663,114</u>	<u>1,000,984</u>
<i>Prior year:</i>	Tangible fixed assets	Creditors due > 1 year	Other net assets	Total
	£	£	£	£
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>

16. COMMITMENTS UNDER OPERATING LEASES

At 31 March 2024 the total of the charity's future minimum lease payments under non-cancellable operating leases was:

	2024	2023
	£	£
Within 1 year	13,750	18,214
Within 2 to 5 years	6,875	20,625
	<u>20,625</u>	<u>38,839</u>

MIND IN WEST ESSEX
COMPANY LIMITED BY GUARANTEE
NOTES TO THE FINANCIAL STATEMENTS (continued)
YEAR ENDED 31 MARCH 2024

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 VCFSE Hertfordshire and West Essex Steering Group.

Lois Sparkes is on the Harlow Live Well and Work Well Board and Hertfordshire and West Essex Suicide Prevention Group.

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

	Total 2024 £	Total 2023 £
Net movement in funds for the reporting period (as per the statement of financial activities)	205,375	98,626
<i>Adjustments for:</i>		
Depreciation charges	9,927	11,098
Dividends, interest and rent from investments	(23,602)	(5,124)
Add back mortgage interest payable	-	-
(Increase) / decrease in debtors	11,664	77,443
Increase / (decrease) in creditors	242,558	2,154
Net cash provided by / (used in) operating activities	<u><u>445,922</u></u>	<u><u>184,197</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.