MIND ACTIVE

England & Wales · Charity number 1096712

Details

Status	Registered
Legal form	Other
Registered	2003-03-26
Register	View on the Charity Commission register

Contact

Address	24 Front Street West Bedlington NE22 5UB
Phone	01670 820461
Email	mindactive@tiscali.co.uk
Website	www.mindactive.org.uk

Activities

Objects: FOR THE PUBLIC BENEFIT TO IMPROVE THE QUALITY OF LIFE OF OLDER PEOPLE LIVING IN RESIDENTIAL CARE HOMES AND MARGINALISED OLDER PEOPLE FROM THEIR OWN HOMES IN NORTHUMBERLAND MAINLY IN SOUTH EAST OF THE COUNTY, PRIMARILY BUT NOT EXCLUSIVELY BY THE PROVISION OF ACTIVITIES AIMED TOWARDS SOCIAL INCLUSION, MENTAL STIMULATION AND WELL-BEING.

Activities: Facilitating social inclusion activities with older people living in residential and nursing care homes, and community based wellbeing activities which also includes marginalised and isolated older people and their carers from their own homes.

Classification

- **How:** Provides Human Resources, Provides Services
- **What:** General Charitable Purposes, Disability
- **Who:** Elderly/old People, People With Disabilities

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Geography

- **Area of benefit:** SOUTH EAST NORTHUMBERLAND
- Northumberland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£95,183	£88,044	-	-
2024-03-31	£62,944	£84,947	-	-
2023-03-31	£53,848	£90,347	-	-
2022-03-31	£67,426	£88,584	-	-
2021-03-31	£147,579	£101,510	-	-

Trustees

Name	Role	Appointed
GILLIAN SLAUGHTER	Chair	2002-06-05
CATHERINE ANNE GUY DOCTOR		2013-06-08
ELEANOR MARY KELLY		2004-01-31
JUDITH MAY WILBOURNE		2011-10-08
Kelsey Monaghan		2019-05-18
MRS GLAD EASTON		2017-04-29

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MIND ACTIVE

England & Wales - Charity number 1096712

Accounts

CHARITY REGISTRATION NUMBER: 1096712

MIND Active

Unaudited Financial Statements

31 March 2025

Investors in People Standard

MIND Active

Financial Statements

Year ended 31 March 2025

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MIND Active

Trustees' Annual Report

Year ended 31 March 2025

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2025.

Reference and administrative details

Registered charity name	MIND Active
Charity registration number	1096712
Principal office	24 Front Street West Bedlington Northumberland NE22 5UB

The trustees

G Slaughter	Chair
E Kelly	
J Wilbourne	
Dr C Guy	
G Easton	
K Monaghan	

Independent examiner	JFS Torbitt Chartered Certified Accountants 58 Durham Road Birtley Co Durham DH3 2QJ

We are a Registered Charity (No 1096712) and have operated successfully since 14 August 2002, within the terms of our Trust Deed. Our Bankers are TSB Bank Plc, 3-5 Newgate Street, Morpeth, Northumberland. We appoint Solicitors as necessary.

Structure, governance and management

Trustees
All trustees give their time voluntarily and receive no benefit.

Recruitment and Appointment of Trustees
The Trustees seek to ensure that the users needs are reflected through the diversity of the trustee body. To enhance the potential pool of Trustees, selected individuals who may wish to become Trustees are approached as necessary. Trustees are re-appointed annually.

Trustees Induction and Training
New Trustees are actively encouraged by the existing Trustees, having regard to any specialist skills required. New Trustees are briefed on their legal obligations under Charity Law, our Trust Deed, the Committee and the decision-making process, future plans and recent performance. They are encouraged to attend appropriate training, and made aware of Charity Commission publications. Feedback is encouraged.

Risk Management
We have assessed (and reviewed regularly) the major risks to which we are exposed, in particular those related to our operations and finances, and are satisfied that systems are in place to mitigate our exposure. No major risks have been identified. A key element in our management of financial risk is the setting and regular review of our Reserves policy.

Reserves Policy
Free Reserves are those funds not tied up in Fixed Assets or Designated/Restricted funds. We retain an appropriate amount of reserves in line with Charity Commission guidelines, and continue to review and forecast the level required to sustain operations should income generating activities be curtailed. After making provision for Redundancy Costs, free reserves decreased from £80,293 to £65,007 during the year, equating to approximately 3 months of expenditure. Whilst the current level of reserves may prove sufficient, it is our view that it is prudent to ensure we hold an adequate amount of Free Reserves to maintain financial flexibility and resilience over the course of forthcoming challenges and uncertainties.

Objectives and activities

The charity Objective continues to be to support the quality of life and social inclusion needs of older people that find themselves marginalised, isolated and/or lonely due to where they live, challenging caring responsibilities and/or debilitating conditions. Our Policies are reviewed annually, and updated as necessary. We refer to Charity Commission guidance on Public Benefit when reviewing our aims and objectives and ensure that future plans remain focused on meeting beneficiary needs. Funding restrictions can limit our activities, but we endeavour to ensure that no beneficiaries appropriate to our aims are excluded. Equal access to our service is important to us, and we promote local understanding of our work.

Strategic report

The following sections for achievements and performance and financial review form the strategic report of the charity.

Achievements and performance

This has been another very successful and rewarding year, delivering meaningful social inclusion opportunities with a large number of vulnerable and marginalised older people living across our communities. We continue to be the only organisation we are aware of, that actually delivers activities that brings residential care and nursing home residents together with isolated older people from their

own homes to share in meaningful social gatherings, promoting both mental and physical wellbeing, whilst building lasting friendships and connections that continue beyond our provision.

Financial review

Our state of affairs remains satisfactory, as detailed in the attached Financial Accounts. Our assets continue to be adequate and available to meet our obligations.

Plans for future periods

The charity team will continue to deliver a wide range of face-to-face social group activities in local care and nursing homes, but also events in the wider community using local indoor and outdoor spaces, involving people from their own homes living with isolating debilitating conditions their carers and subsequent bereaved carers. We will continue to provide this effective tried and tested formula into the future for as long as we have the resources to deliver.

Some of the outdoor and community venue activities will involve a mix of both care/nursing home residents and people from their own homes. This model helps often marginalised local people to feel connected, raising mood and improving social interaction and wellbeing.

We will also visit residential care and nursing homes to deliver group activities, taking the community to those unable to leave the care support. This might also include one-to-one activities for those restricted to their rooms or beds.

We have developed a long-term plan to continue to deliver meaningful quality of life provision, and we will endeavour to secure additional grants to our existing funds as needed.

The trustees' annual report was approved on ...20/09/2025... and signed on behalf of the board of trustees by:

G Slaughter
Trustee

G. Slaughter

G Easton
Trustee

G Easton

MIND Active

Independent Examiner's Report to the Trustees of MIND Active

Year ended 31 March 2025

I report to the trustees on my examination of the financial statements of MIND Active ('the charity') for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or

2. the financial statements do not accord with those records; or

3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Jane Freeman
FCCA
Independent Examiner
58 Durham Road
Birtley
Co Durham
DH3 2QJ

MIND Active

Statement of Financial Activities

Year ended 31 March 2025

	Note	2025 Unrestricted funds £	2025 Restricted funds £	2025 **Total funds** £	2024 Total funds £
Income					
Donations and grants	**4**	11,485	82,469	93,954	62,008
Investment income	**5**	1,229	–	1,229	936
Total income		12,714	82,469	95,183	62,944
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and grants	**6**	28,178	58,066	86,244	83,147
Governance	**7**	150	1,650	1,800	1,800
Total expenditure		28,328	59,716	88,044	84,947
Net income/(expenditure)		(15,614)	22,753	7,139	(22,003)
Transfers between funds		328	(328)	–	–
Net movement in funds		(15,286)	22,425	7,139	(22,003)
Reconciliation of funds					
Total funds brought forward		80,293	10,925	91,218	113,221
Total funds carried forward		65,007	33,350	98,357	91,218

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 7 to 14 form part of these financial statements.

MIND Active

Statement of Financial Position

31 March 2025

	Note	2025 £	2024 £
Current assets			
Debtors	11	319	288
Cash at bank and in hand		119,630	113,440
		119,949	113,728
Creditors: amounts falling due within one year	12	(21,592)	(22,510)
Net current assets		98,357	91,218
Total assets less current liabilities		98,357	91,218
Net assets		98,357	91,218
Funds of the charity			
Restricted funds		33,350	10,925
Unrestricted funds		65,007	80,293
Total charity funds	13	98,357	91,218

These financial statements were approved by the board of trustees and authorised for issue on 20/09/2025, and are signed on behalf of the board by:

G Slaughter
Trustee

G Slaughter

G Easton
Trustee

G Easton

The notes on pages 7 to 14 form part of these financial statements.

1. General information

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is 24 Front Street West, Bedlington, Northumberland.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

3. **Accounting policies** *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

4. Donations and grants

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025 £**
Donations and fundraising			
Donations and fundraising	11,485	–	11,485
Grants			
Ballinger Trust	–	20,000	20,000
LNER	–	21,476	21,476
Ridley Family Trust	–	5,000	5,000
The Prime Fund Community Foundation for Tyne and Wear & Northumberland	–	10,000	10,000
The Barnes Fund Community Foundation for Tyne and Wear & Northumberland	–	5,000	5,000
Community Fund	–	19,993	19,993
Sherburn House Charity	–	1,000	1,000
	11,485	82,469	93,954

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2024 £**
Donations and fundraising			
Donations and fundraising	8,165	–	8,165
Grants			
Ballinger Trust	–	20,000	20,000
Ridley Family Trust	–	5,000	5,000
The Joicey Trust	–	3,000	3,000
The Barnes Fund Community Foundation for Tyne and Wear & Northumberland	–	3,500	3,500
The Prime Fund Community Foundation for Tyne and Wear & Northumberland	–	10,000	10,000
The Cost-of-Living Fund Community Foundation for Tyne and Wear & Northumberland	–	9,858	9,858
Hadrian Trust		1,000	1,000
Heart of Blyth	–	985	985
Northumberland County Council	–	500	500
	8,165	53,843	62,008

5. Investment income

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Bank interest receivable	1,229	1,229	936	936

6. Costs of raising donations and grants

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025 £**
Staff Costs	22,267	32,252	54,519
Volunteers Expenses	1,311	731	2,042
Repairs and Renewals	122	31	153
Telephone Charges	–	746	746
Postage, Printing and Stationery	108	140	248
Heating and Lighting	103	1,239	1,342
Insurances	–	609	609
Rent and Rates	–	2,764	2,764
Legal and Professional Fees	182	1,618	1,800
Events, Activities and Training	3,825	17,930	21,755
Sundries	260	6	266
	28,178	58,066	86,244

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2024 £**
Staff Costs	23,421	33,845	57,266
Volunteers Expenses	492	832	1,324
Repairs and Renewals	21	30	51
Telephone Charges	46	668	714
Postage, Printing and Stationery	–	156	156
Heating and Lighting	274	1,245	1,519
Insurances	112	577	689
Rent and Rates	–	2,400	2,400
Legal and Professional Fees	113	687	800
Events, Activities and Training	3,963	13,976	17,939
Sundries	86	203	289
	28,528	54,619	83,147

7. Governance

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025 £**
Support costs	150	1,650	1,800

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Support costs	200	1,600	1,800

8. Independent examination fees

	Total funds 2025 £	Total fund 2024 £
Fees payable to the independent examiner for:		
Independent examination of the financial statements	1,800	1,800

9. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025 £	2024 £
Wages and salaries	54,519	57,266
Staff costs were as follows:		
Wages and salaries	50,487	53,033
Social Security costs	–	–
Pension Contributions	4,032	4,233
	54,519	57,266

The average head count of employees during the year was 2 (2024: 2).

No employee received employee benefits of more than £60,000 during the year (2024: Nil).

10. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the Trustees.

11. Debtors

	2025 £	2024 £
Other debtors	319	288

12. Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	21,570	21,570
Accruals and deferred income	22	243
Social security and other taxes	–	699
	21,592	22,512

13. Analysis of charitable funds

Unrestricted funds

	At 1 April 2024	Income	Expenditure	Transfers	**At 31 March 2025**
	£	£	£	£	£
General funds	80,293	12,714	(28,328)	328	65,007

	At 1 April 2023	Income	Expenditure	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	99,857	9,101	(28,728)	63	80,293

Restricted funds

	At 1 April 2024	Income	Expenditure	Transfers	**At 31 March 2025**
	£	£	£	£	£
Ballinger Trust	5,095	20,000	(22,923)	(173)	1,999
The Prime Fund Community Foundation for Tyne and Wear & Northumberland	2,002	10,000	(9,426)	(155)	2,421
The Joicey Trust	1,099	–	(1,099)	–	–
The Barnes Fund Community Foundation for Tyne and Wear & Northumberland	2,729	5,000	(2,729)	–	5,000
LNER	–	21,476	(21,476)	–	–
Ridley Family Trust	–	5,000	(1,888)	–	3,112
Community Fund	–	19,993	–	–	19,993
Sherburn House Charity	–	1,000	(175)	–	825
	10,925	82,469	(59,716)	(328)	33,350

13. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2023 £	Income £	Expenditure £	Transfers £	At **31 March 2024** £
The Kellet Fund Community Foundation for Tyne and Wear & Northumberland	3,370	–	(3,370)	–	–
Greggs Foundation	1,696	–	(1,696)	–	–
Ballinger Trust	4,949	20,000	(19,702)	(152)	5,095
The Prime Fund Community Foundation for Tyne and Wear & Northumberland	1,858	10,000	(9,816)	(40)	2,002
The Dickon Trust Community Foundation for Tyne and Wear & Northumberland	826	–	(826)	–	–
Newcastle Building Society Community Fund	665	–	(665)	–	–
Ridley Family Trust	–	5,000	(5,010)	10	–
The Joicey Trust	–	3,000	(1,901)	–	1,099
The Barnes Fund Community Foundation for Tyne and Wear & Northumberland	–	3,500	(771)	–	2,729
The Cost-of-Living Fund Community Foundation for Tyne and Wear & Northumberland	–	9,858	(9,977)	119	–
Hadrian Trust	–	1,000	(1,000)	–	–
Heart of Blyth	–	985	(985)	–	–
Northumberland County Council	–	500	(500)	–	–
	13,364	53,843	(56,219)	(63)	10,925

14. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2025** £
Current assets	86,599	33,350	119,949
Creditors less than 1 year	(21,592)	–	(21,592)
Net assets	65,007	33,350	98,357

14. Analysis of net assets between funds *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Current assets	102,803	10,925	113,728
Creditors less than 1 year	(22,291)	–	(22,291)
Net assets	80,512	10,925	91,437

The following pages do not form part of the financial statements.

MIND Active

Detailed Statement of Financial Activities

Year ended 31 March 2025

	2025 £	2024 £
Income		
Donations and grants		
Donations and fundraising	11,485	8,165
Ballinger Trust	20,000	20,000
The Prime Fund Community Foundation for Tyne and Wear & Northumberland	10,000	10,000
Ridley Family Trust	5,000	5,000
The Barnes Fund Community Foundation for Tyne and Wear & Northumberland	5,000	3,500
The Cost-of-Living Fund Community Foundation for Tyne and Wear & Northumberland	–	9,858
Hadrian Trust	–	1,000
Heart of Blyth	–	985
Northumberland County Council	–	500
The Joicey Trust	–	3,000
Community Fund	19,993	–
Sherburn House Charity	1,000	–
LNER	21,476	–
	93,954	62,008
Investment income		
Bank interest receivable	1,229	936
Total income	95,183	62,944
Expenditure		
Costs of raising donations and grants		
Staff costs	54,519	57,266
Rent and rates	2,764	2,400
Light and heat	1,342	1,519
Repairs and renewals	153	51
Insurance	609	689
Legal and professional fees	1,800	801
Telephone	746	715
Printing, postage and stationery	248	156
Events, activities and training	21,755	17,939
Volunteers expenses	2,042	1,324
Sundry expenses	266	287
	86,244	83,147
Expenditure on charitable activities		
Legal and professional fees	1,800	1,800
Total expenditure	88,044	84,948
Net income/(expenditure)	7,139	(22,003)



MIND *Active*

Annual Report 2024 - 2025



High Sheriff of Northumberland
Invitation to Falloden Hall - Alnwick

Registered Charity Number: 1096712

MIND *Active*
24 Front Street West
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Northumberland
NE22 5UB
(01670) 820461
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Facebook: MIND Active Bedlington
X (Formerly Twitter): MINDActiveNE
@mac-2024.bsky.social

Acknowledgements:

Thanks to our:

Dedicated Team of Volunteers, Artists, Partnerships & Staff.

&

Trustees; Gillian Slaughter, Eleanor Kelly, Kelsey Monaghan, Judy Wilbourne, Glad Easton & Dr. Catherine Guy.

Bank Account:
TSB Bank
3-5 Newgate Street
Morpeth
Northumberland
NE61 1AN

Independent Examiner:
JFS Torbitt
Chartered Certified Accountant
58 Durham Road
Birtley
County Durham
DH3 2QJ

"The time I spend with you is so special to me as I get to see people, chat, listen to music - it's my social lifeline".
(Beneficiary Feedback. "How Are We Doing". Sept. 2024)



Promoting Group Mental and Physical Wellbeing

Foreword

Our partnership with Mind Active has been an inspiring collaboration that continues to make a meaningful impact on the lives of older individuals, particularly those in care settings or living with debilitating conditions such as dementia and Parkinson's. At Smile Through Sport, we believe that everyone deserves the opportunity to stay active and engaged, and working alongside Mind Active has allowed us to bring inclusive, adaptive activities to those who need them most. Together, we have created opportunities for individuals to experience the joy of movement, social connection, and mental stimulation, reinforcing the importance of holistic well-being.

Mind Active's dedication to enhancing the lives of older people, has enabled us to learn from their work and join their incredible network of individuals, care settings and community groups. Mind Active has been able to advise us this year to ensure that activities are not only accessible but also meaningful and impactful. Their commitment to fostering inclusion and ensuring that individuals feel valued resonates deeply with us, and we are proud to work in partnership by bringing tailored sporting and movement-based sessions to their beneficiaries. This partnership is a testament to what can be achieved when organisations come together with a shared vision, and we look forward to continuing this collaboration, expanding our reach, and making an even greater difference in the years ahead.

Rachel Miller
Managing Director
Smile Through Sport

"Absolutely love it. Good company, music, dancing and friendly relaxed atmosphere with wonderful leaders and happy, smiley people having fun".

(Bereaved Care. "How are we doing". Sept. 2024)



The Bigger Picture - Helping Social Influencers Target Local Need

Vision

Enhance the quality-of-life provision of dependent older people.

Mission

To facilitate inclusive mind stimulating group activities and wider community wellbeing events with older people living in residential care homes and people living with a debilitating condition from their own homes.

Charity Objective 2.1

"For the public benefit to improve the quality of life of older people living in Residential Care Homes and Marginalised Older People from their Own Homes in Northumberland mainly in South East of the County, primarily but not exclusively by the provision of activities aimed towards social inclusion, mental stimulation and well-being".

"Don't stop doing it as it does everybody good".
(Bereaved Carer. "How Are We Doing". Sept. 2024)



22 Years Success Delivering Inclusion and Enhanced Quality of Life

"Welcome to our 22nd Annual Report"

How quickly time passes! 22 years ago we personally experienced a huge social inclusion needs gap as older peoples' ability to access mainstream services diminished, and as we delivered more, we discovered more and found ourselves challenged by our new responsibilities that couldn't be ignored. Over the years we have: campaigned influencers for positive change, delivered "Actively Engaged" training across the residential care and nursing home sector, included one-to-one activities for bed and room bound residents, run group activities in care homes, reengaged marginalised older people and their carers from their own homes, found ourselves providing on-going bereaved carer transitional support, widened our dementia support to include all isolating conditions, trained potential future community champions and supported the employability with young people, initiated Covid-19 live-time inclusion, delivered doorstep services, engaged Cost-of-Living cash partnerships and now once again exploring support provision for people living with Parkinson's Disease.

We have worked hard to promote positive change by direct action, sharing good practice and supporting community inclusion no matter where our client groups live in the county. Our success is proven in this report, and by the large numbers coming through our doors and wanting more.

The charity team are rightly proud of the amazing work delivered over the last 22 years supporting almost 20,000 beneficiary attendances having raised over £2.25 million, and still going strong.

My very best wishes and praise to all in our charity team for their dedication and support for the benefit of others, sadly becoming a rare quality in the digital apocalypse, with concern regarding those digitised but still isolated technophobes that will need help in old age.

G. Slaughter

Gillian Slaughter (Chair)

"It is a brilliant opportunity for my residents to continue to engage in the community. (Carer. "How Are We Doing". Sept. 2024)



Kelsey

Trustees



Gillian



Judy

"Everything was set up in record time, and with a little bit of chill back time, tea and coffee was provided for the volunteers who used the time to practise a new skill of serviette folding".

(Volunteer. 2/2/2025)



Eleanor



Glad



Catherine

Trustees

The trustees meet regularly to monitor and ensure we undertake activities for the public benefit, particularly those members of our aged community living in residential care homes, as described in our Charity Objective.

Trustees review and ensure finances are used in accordance with grant requirements and within budget.

Trustees also support the legal aspects of the organisation.

Trustees are personally liable only if the:

- Charity suffers loss caused by acting unlawfully, imprudently or outside the terms of the charity's governing document.
- Charity is committed to debts which amount to more than assets.

Trustees have fully complied with their responsibilities with due regard to public benefit when exercising any powers and/or duties, with regular trustee meetings, project updates and periodical reports ensuring effective risk management of project and team.

End of Year Report approved by:

(Chair): G. Slaughter

(Trustee): Eleanor Kelly Date: 31st March 2025

"You's do a fantastic job!".

(Carer. "Sharing Your Thoughts" Jan. 2025)



Interactive Care and Nursing Home Performances and Sing-alongs

Artists and Partnerships

Ageing Well Network	**Service Sector Partners**
Alnwick Gardens	**Tea Dances**
Andy McGowan	**Singer & Room Bound Support**
Anita James	**Dolly Mixture**
Bed. Salvation Army	**Social Activity Day Venue**
Bomarsund Welfare	**Themed Tea Dance**
CVA Blyth Valley	**Voluntary Sector Support**
Discovery Zoo	**Exotic Pets**
Eric Clark	**Singer**
Fool's Gold	**Performances**
Jessica Irving	**Singer**
Kaley Ede	**Period Singer**
Ken & Jan Phillipson	**Singers "Kind Konnections"**
Ken Fitzgerald	**Popular Music**
Mark McCann	**Singer**
Mavis Crudace	**Gentle Exercise & Movement**
Mike L	**Singer**
Musical Memories	**Show Group**
National Trust	**Reduced Entry - Corbridge**
Northumberland CC	**Coasts, Parks & Leisure**
Northumberland CVA	**Networks & Alliances**
Pete Cryer	**Bed/Room Bound Support**
Slinky Wolves	**Ron & Jules Singer**
Smile Through Sport	**Group Games and Movement**
WATBus	**Community Transport**
West Sleekburn Hall	**Summer Picnics Venue**

"… takes all your cares away for a few hours".
(Carer/Loved One. "Share Your Thoughts". Jan. 2025)



Social Inclusion at Public Events

Building Resilience

In a growing ageing population with an increasing number of people living with debilitating and isolating conditions, we place great importance on lifting spirits and providing a service that boosts resilience to help our guests to carry on better for that bit longer, perhaps only until our next mood enhancing social get-together, to again recharge themselves to continue forward. The country has finally wised up to the harmful and soul destroying effects of loneliness and isolation, particularly as it has a high knock-on cost for our very challenged NHS and other statutory sector services. MIND ***Active*** is a key component in the delivery of 'The Holy Grail' long lusted after by the state, "preventative services that work", potentially delaying premature need for additional care support, likely reducing the number of harmful falls, slowing the need for costly NHS provision keeping beds free for those in crisis now. We do this simply by providing meaningful quality of life social activities where people feel comfortable, welcomed and understood in an empathic and supportive environment, essential once main stream opportunities are no longer suitable or beyond their means.

This is our 22nd year solely focused on building resilience, as we realised at the very start that there is more to life than being cared for, **it's the quality of life that makes life worth living.**

"I enjoy the company, chatting with friends, the music and dancing, quiz, lottery and everything about all the trips. Also enjoy ten pin bowling".

(Bereaved Carer. "Share Your Thoughts". Jan. 2025)



Care and Nursing Activity Co-ordinators' Network Meeting

Sharing Good Practice

Since the very beginning, we realised the importance of not just doing, but a great need for us to show how to do it, it would be a bit of a waste to just turn up and deliver client sessions as we considered ourselves to be supporting activities and not a replacement. We recognised with the later model, if the project ended, activities could end, which would have been a lost opportunity in several ways, not least a poor use of valuable grant funding, but more importantly less chance of sustained improvement of social inclusion and fulfilment of clients at the end of our activities. Simply having care home staff present at sessions was a great way to enable them to experience and witness their clients' responses at our sessions and hopefully enable them to feel motivated and able to do more of their own activities. On one past occasion a supporting carer said, she would never look at her residents in the same way again, having believed them incapable of doing anything, a belief we have worked hard to drive out of the sector with great success.

We have built up a strong relationship with care homes and sector providers both voluntary and statutory, and have often been hailed as leaders in the field of social engagement and inclusion provision. Our popular care and nursing home activity coordinator meetings also encourage informal support among the staff across different providers, making their work less isolating with sharing of ideas. Having carers present at our sessions not only safeguards their clients, but also enables them to learn the positive impact of our many different interventions, by doing nothing more than them being present to enable us to discreetly share good practice. This has been instrumental for some of the many improvements in sector provision outside of MIND ***Active*** sessions.

"We really appreciate the services Mind Active offer us, it gives our residents the opportunity to socialise with other people outside of the home".

(Care Home Manager. "Share Your Thoughts". Jan. 2025)



'Four Musketeers'
Manny, Brian, David & Stephen

Working Together

This year saw a significant move forward regarding promoting value, self-worth and fulfilment among our beneficiary groups, particularly men. Over the course of the year we have developed and formalised a number of helpers from among our guests to enhance their inclusion experiences, and integrated them into the team. They are rewarded and respected with full access to volunteer thank you events, training days and planning and development meetings, equally valued for their contribution and support.

This 'helper' group has proven to be a huge asset, by taking on roles and responsibilities that enhance the whole team effort and wellbeing of our client groups, especially at our larger functions.

It is evident from their motivation and lifted mood that they feel more content by being useful with practical chores, rather than passive recipients. We are now in the third year since the introduction this strategy, which has become honed as an integral part of our high quality service delivery.

The formalisation of this support helps breakdown the risk of dependency and allows participants to capitalise on their domestic skills for the benefit of others less able. It also has the added benefits of monitoring for potential hazards and individual inclusion and refreshment needs within the activity groups.

A remarkable and worthwhile success, where everyone wins.

"One of the priorities of Northumberland County Council is to tackle social isolation and build resilience into the community. This organisation and the programming tackles all of these priorities. Well done".

(Locality Co-ordinator. "How Are We Doing". 9th Jan. 2025)



Social Media Partnerships

Social Investment

Our community led charity has again proven highly successful in bringing together a wide cross-section of people from the area, involving residents from care and nursing homes, bereaved carers, paid and unpaid carers and clients with debilitating and isolating conditions. Over the years we have built up an in-depth knowledge of what works well, and this year focussed even more on maximising client benefit by targeting direct delivery to address their quality of life needs. Our service continues to deliver in residential care and nursing homes, providing much needed social activities particularly, valuable for those unable to leave the care home provision. We have also answered the call for social provision for residents unable to leave their rooms, e.g. those restricted to bed, and been rewarded with some very emotional responses from both recipient and occasional family presence, reinforcing the value and need of our type of support.

But that's not all, home staff are invited to bring along residents that are still able to enjoy our activities in local community venues, picnics in parks, seaside fish and chips, etc. where they often join with our clients from their own homes and integrate with the general public, all making them feel wanted, valued and part of their community.

Our project recognises the need to promote independence for as long as possible, and invests support for people living in their own homes, isolated by challenging debilitating conditions, i.e. dementia, Parkinson's, loneliness, etc., anything that makes it difficult to venture out among the general public. Even carer/loved ones can be isolated, finding it easier to just stay indoors than face the stares and perceived negative attitude of some in society. Our team supports a wide range of fun and engaging activities in the community that enable these people to come together, share quality time in an understanding environment, where they build new friendships, key informal support networks and interact with local care home residents.

"I enjoy being in all the company".
(Bereaved Carer. "Share Your Thoughts. Jan. 2025)



Informal Get-Togethers, Sharing Time and Listening to Views

Tailored Support

Two key aspect of service are to ensure we are delivering best practice that addresses maximum need, and one of the essential elements is to treat beneficiaries as people with effective two-way communication to ensure they have a voice with a real say in provision that matters to them.

Over the year we have provide opportunities for beneficiaries and team members to shape what works best, with regular consultation groups, planning and development meetings, beneficiary Group Advisory Panel (GAP) meetings, care and nursing home activity co-ordinator meetings and network and client feedback.

All of these mechanisms give real insight into project delivery, how well we are delivering to needs and where targeted improvement can be implemented.

Usually the expected returns of consultation papers can generally be challenging, but the number of responses we receive are always very high due to the value beneficiaries feel they gain from the service. We recognise loyalty and appreciation can bias responses, so always ask for improvement and development ideas within the consultations, explaining these are equally as valuable as positive comments. With all of this in place we are effectively client led, delivering to their needs and enhancing their lives in ways that matter to them.

This has been an extremely successful year with all of our social inclusion and wellbeing activities maxed out, even on occasion adding extra provision to ensure no one feels left out.

"It is brilliant to see how the team engage with residents in the community and the care home providers. The support to professionals has also been super, sometimes people forget the workers as it is seen as "part of the function/role" but from time to time they need advice and support and this organisation delivers to both elements professionals and residents."

(Locality Co-ordinator. "How Are We Doing". 9th Jan. 2025)



"Thank You"

Our sincere thanks to all those that supported us this year:

- Ballinger Charitable Trust
- Community Foundation (Prime Fund)
- Community Foundation (Barnes Fund)
- Ridley Family
- National Lottery Community Fund
- The Joicey Trust
- London North Eastern Railway (LNER)
- Sherburn House Charity
- Ridley Family Charity
- Bedlington Christian Fellowship
- Sheepwash & Guidepost Women's Institute
- Morpeth Lions
- Trinity Ladies Group
- Freemasons of Blyth

Our sincere thanks to Bedlington Morrisons, individuals and groups that supported the charity with funeral collections, miscellaneous gifts and donations.

"Thank you to Mind Active and all of the generous sponsors as well as all of the kind volunteers who offer their time free of charge"

(Care/loved one. "Share Your Thoughts". Jan. 2025)



Influencing Informed Change

Statistical Data

The team has successfully achieved the following:

177	**Local Care/Nursing Home Activity Visits**
11	**Outdoor Summer Programme Events**
2	**Coach Outings Summer & Christmas**
20	**Social Inclusion Activity Day Lunches**
3	**Beneficiary Group Advisory Panel Meetings**
4	**Tea Dances**
2	**Cream Teas**
11	**10 Pin Bowling**
10	**Cinematic Experiences**
5	**Ladies' "Glam Girls" Groups**
11	**Zoom Combined Exercises Sessions**
1	**Christmas Activity Day**
2	**Big Christmas Event**
1	**Post Boxing Day Get-together**
1	**Care/Nursing Homes Activity Co-ordinators Meeting**
1	**Funder Consultation Group Meeting**
674	**Total Number of Activities**

3,476 Total Number of Beneficiary Attendances

"Throughout the year there is a variation in the activities offered, they are continually adapted and developed to keep clients both interested and motivated"

(Volunteer. "Share Your Thoughts". Jan. 2025)



Amazingly Popular, Competitive & Mood lifting 10 Pin Bowling

Proactive Engagement

This has proven to be another amazing year with a whole range of social inclusion group activities, with something for everyone, not only that, but interventions that boosts moral, improves wellbeing and literally enhances ability and a sense of belonging. How? By providing guests with activities they enjoy, find easy to join in with, feel lifted by the vibrant atmosphere and left wanting more, all supported by our volunteers and helpers making each day special for every single individual.

The report already mentions our care home visits and community events at local venues, but this is only one part of a multifaceted delivery programme. We are enthralled by our: outdoor fine weather summer activities, with some amazing picnic concerts at local countryside parks, outings to the outlying regions of our beautiful county, exciting competitiveness of the 10 pin bowling sessions, the relaxing atmosphere of the cinematic experiences, the dancing, including chair dancing, and sing-alongs, the lovely lunches and regular refreshments, ice-lollies and ice cream treats, high teas with musical entertainers, festive celebrations, Spring, summer and Xmas Alnwick Garden tea dances, ever popular seaside promenade walks with fish and chip lunches to mention only some of our many escapades together. The magic of the word games, our fact filled memory quizzes, Beach Huts ball sports, the suspense of our free raffles and joy of winners and surrounding guests, and of course our community of volunteers bring fresh faces and conversation to the 'party'. Truly inspirational and always ready to do more, and try out new ideas using the flexibility of the voluntary sector to full effect where ever it is needed.

'Hats off' to our amazing team doing all and everything to make our project do what it says 'on the tin', *"Social Inclusion Through Mental Stimulation"*, not buzz words of today, but the future from our past.

"Had another great afternoon thanks to the team for all their hard work x". (Facebook. 21/1/25)



Promoting Awareness Presentations

Reaching Out

One of the greatest challenges over the last 22 years was finding and adapting effective ways to contact those hardest to reach 'hidden' in our community, and encourage them to join our activity groups. All those years ago the internet was in it's infancy and we designed a whole range of experimental up beat and colourful A3 posters and placed them in the usual places; post office, banks, community centres, shop fronts, etc. We even had a flyer distribution service deliver them to every door in our locality, the last thing we wanted to continue hearing was comments like, "I wish we knew about MIND ***Active*** when my parents were alive".

The world is a very different place and over the years as technology has advanced, we have moved from posters to a mix of traditional methods and social media, still using paper printouts to circulate at meetings, events, road shows and post on venue noticeboards. We took full advantage of a huge opportunity to encourage second person awareness, as the younger generation are heavily into early digital platforms, i.e. Facebook users became a target group to pass the word to encourage their older family members to access our service.

Today, we use a number of mainstream connections; Facebook, X and Bluesky to promote awareness and encourage interest and referrals, particularly for those hardest to reach, using the younger generation users to inform their ageing contacts, it is also an excellent means of enabling clients' loved ones, funders, networks and followers, to actually see our charity in action, perhaps enjoy seeing their loved ones interacting, smiling, chatting, eating and dancing. Of course, we still retain our old world webpage, but this is only text and images, the interactive digital world is on another stimulating visual plain sharing movement, song, laughter and upbeat atmosphere. We found it an essential tool in our strategy for reaching out.

"Amazing day, lovely tea and great company. My Mam had a fabulous time, thank you". (Facebook. 11/12/24)



"***Compararim***" (Ready)

Veni vidi vici (Latin. Julius Caesar 47AD)

(I came, I saw and I conquered)

These are unprecedented times requiring bullish determination to ensure we continue to deliver to those in need, not to those most in need, but to all in need, practice that can halt the harmful damage of isolation and loneliness for as many older people as we possibly can. *"Can we come every day?"* (Carer. Sept. 2024)

Our client groups are a generation brought up for many years with only a call box (Public Telephone) dotted around a few streets, letters, postcards, telegrams, typewriters, actually visiting banks, Post Offices, ticket boxes, etc. They have lived through a whole range of inventions and innovations from TV, cinema, video recorders, early computing, frustratingly slow dial up internet connections, mobile phones, electronic devices, air travel, faster cars, congested roads, a move from actual shopkeepers to online bookings and services. A world away from helpful neighbours and caring communities, to a fear of scammers and fraudsters. All too much, too quickly for many to keep up, often feeling lost among the worldwide connections and new innovations still rushing forward through a tumultuous digital age to the unknowns of Artificial Intelligence (AI). Is it any wonder they feel left behind and disconnected, hanging on to the last old style reliable landline to the world outside, soon too to disappear. It is essential, with the wellbeing of these people in-mind, to keep them connected to what they know and feel comfortable with, and MIND ***Active*** will deliver a service specially tailored to engage this 'abandoned army' of deserving older people in an age where developing technology is king regardless off the social fallout left behind.

Our, yes our, older people, gave their all for a better future, and we will not let them pass-by unnoticed. During 2025/26, it will remain our mission to ensure they are included, feel valued and genuinely respected for their life's work from which todays and future generations all "unwittingly" benefit.

MIND ***Active*** was 'born', we saw the problem and we deliver a solution for a better future. "**Veni vidi vici**"



Lifting Mood, Promoting Satisfaction & Enabling Friendships



Corbridge Roman Town Summer Outing



Best of Northumberland Awards

"Your nomination was well deserved and all of the people you have helped through difficult times, over many years, are proud of your achievements" (Mrs. M Rolf. Facebook: 8/9/24)

MIND *Active*
24 Front Street West, Bedlington, Northumberland NE22 5UB
Telephone: (01670) 820461 email: mindactive@tiscali.co.uk

MIND Active Bedlington **(Twitter) MINDActiveNE**
@mac-2024.bsky.social **www.mindactive.org.uk**

Registered Charity No. 1096712

MIND ACTIVE

England & Wales - Charity number 1096712

Accounts

CHARITY REGISTRATION NUMBER: 1096712

Mind Active

Unaudited Financial Statements

31 March 2024

Investors in People Standard

Mind Active

Financial Statements

Year ended 31 March 2024

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Mind Active

Trustees' Annual Report

Year ended 31 March 2024

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2024.

Reference and administrative details

Registered charity name	Mind Active
Charity registration number	1096712
Principal office and registered office	24 Front Street West Bedlington Northumberland NE22 5UB

The trustees

G Slaughter	Chair
E Kelly	
J Wilbourne	
Dr C Guy	
G Easton	
K Monaghan	

Independent examiner	JFS Torbitt Chartered Certified Accountants 58 Durham Road Birtley Co Durham DH3 2QJ

We are a Registered Charity (No 1096712) and have operated successfully since 14 August 2002, within the terms of our Trust Deed. Our Bankers are TSB Bank Plc, 3-5 Newgate Street, Morpeth, Northumberland. We appoint Solicitors as necessary.

Structure, governance and management

Trustees
All trustees give their time voluntarily and receive no benefit.

Recruitment and Appointment of Trustees
The Trustees seek to ensure that the users needs are reflected through the diversity of the trustee body. To enhance the potential pool of Trustees, selected individuals who may wish to become Trustees are approached as necessary. Trustees are re-appointed annually.

Trustees Induction and Training
New Trustees are actively encouraged by the existing Trustees, having regard to any specialist skills required. New Trustees are briefed on their legal obligations under Charity Law, our Trust Deed, the Committee and the decision making process, future plans and recent performance. They are encouraged to attend appropriate training, and made aware of Charity Commission publications. Feedback is encouraged.

Risk Management
We have assessed (and reviewed regularly) the major risks to which we are exposed, in particular those related to our operations and finances, and are satisfied that systems are in place to mitigate our exposure. No major risks have been identified. A key element in our management of financial risk is the setting and regular review of our Reserves policy.

Reserves Policy
Free Reserves are those funds not tied up in Fixed Assets or Designated/Restricted funds. We retain an appropriate amount of reserves in line with Charity Commission guidelines, and continue to review and forecast the level required to sustain operations should income generating activities be curtailed. After making provision for Redundancy Costs, free reserves decreased from £99,856 to £80,514 during the year, equating to approximately 3 months of expenditure. Whilst the current level of reserves may prove sufficient, it is our view that it is prudent to ensure we hold an adequate amount of Free Reserves to maintain financial flexibility and resilience over the course of forthcoming challenges and uncertainties.

Objectives and activities

The charity Objective continues to support the quality of life and social inclusion needs of older people that find themselves marginalised, isolated and/or lonely due to where they live, challenging caring responsibilities and/or debilitating conditions. Our Policies are reviewed annually, and updated as necessary. We refer to Charity Commission guidance on Public Benefit when reviewing our aims and objectives and ensure that future plans remain focused on meeting beneficiary needs. Funding restrictions can limit our activities, but we endeavour to ensure that no beneficiaries appropriate to our aims are excluded. Equal access to our service is important to us, and we promote local understanding of our work.

Strategic report

The following sections for achievements and performance and financial review form the strategic report of the charity.

Achievements and performance

This has been another very successful and rewarding year, delivering meaningful social inclusion opportunities with a large number of vulnerable and marginalised older people living across our communities. We continue to be the only organisation we are aware of, that actually delivers activities that brings residential care and nursing home residents together with isolated older people from their own homes to share in meaningful social gatherings, promoting both mental and physical wellbeing, whilst building lasting friendships and connections that continue beyond our provision.

Financial review

Our state of affairs remains satisfactory, as detailed in the attached Financial Accounts. Our assets continue to be adequate and available to meet our obligations.

Plans for future periods

The charity team will continue to deliver a wide range of face-to-face social group activities in local care and nursing homes, but also events in the wider community using local indoor and outdoor spaces, involving people from their own homes living with isolating debilitating conditions their carers and subsequent bereaved carers. We will continue to provide this effective tried and tested formula into the future for as long as we have the resources to deliver.

Some of the outdoor and community venue activities will involve a mix of both care/nursing home residents and people from their own homes. This model helps often marginalised local people to feel connected, raising mood and improving social interaction and wellbeing.

We will also visit residential care and nursing homes to deliver group activities, taking the community to those unable to leave the care support. This might also include one-to-one activities for those restricted to their rooms or beds.

We have developed a three-year long-term plan to continue to deliver meaningful quality of life provision, and we will endeavour to secure additional grants to add to our existing funds.

The trustees' annual report and the strategic report were approved on 13/7/2024 and signed on behalf of the board of trustees by:

G Slaughter
Trustee

G Slaughter

G Easton
Trustee

G Easton

Mind Active

Independent Examiner's Report to the Trustees of Mind Active

Year ended 31 March 2024

I report to the trustees on my examination of the financial statements of Mind Active ('the charity') for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees you are responsible for the preparation of the financial statements.

I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or

2. the financial statements do not accord with those records; or

3. the financial statements do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Jane Freeman
FCCA
Independent Examiner
58 Durham Road
Birtley
Co Durham
DH3 2QJ

Mind Active

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2024

	Note	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Income					
Donations and grants	2	8,165	53,843	62,008	53,389
Investment income	3	936	–	936	459
Total income		9,101	53,843	62,944	53,848
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and grants	4	28,528	54,619	83,147	88,096
Governance	5	200	1,600	1,800	2,250
Total expenditure		28,728	56,219	84,947	90,346
Net expenditure		(19,627)	(2,376)	(22,003)	(36,498)
Transfers between funds		63	(63)	–	–
Net movement in funds		(19,564)	(2,439)	(22,003)	(36,498)
Reconciliation of funds					
Total funds brought forward		99,857	13,364	113,221	149,719
Total funds carried forward		80,293	10,925	91,218	113,221

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 7 to 13 form part of these financial statements.

Mind Active

Statement of Financial Position

31 March 2024

	Note	2024 £	2023 £
Current assets			
Debtors	8	288	400
Cash at bank and in hand		113,440	134,391
		113,728	134,791
Creditors: amounts falling due within one year	9	(22,510)	(21,570)
Net current assets		91,218	113,221
Total assets less current liabilities		91,218	113,221
Net assets		91,218	113,221
Funds of the charity			
Restricted funds		10,925	13,364
Unrestricted funds		80,293	99,857
Total charity funds	10	91,218	113,221

These financial statements were approved by the board of trustees and authorised for issue on 13/7/2024 and are signed on behalf of the board by:

G Slaughter
Trustee

G Easton
Trustee

G. Slaughter

G Easton

The notes on pages 7 to 13 form part of these financial statements.

1. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

1. Accounting policies *(continued)*

Resources expended

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

2. Donations and grants

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2024 £**
Donations and fundraising			
Donations and fundraising	8,165	–	8,165
Grants			
Ballinger Trust	–	20,000	20,000
Ridley Family Trust	–	5,000	5,000
The Joicey Trust	–	3,000	3,000
The Barnes Fund Community Foundation for Tyne and Wear & Northumberland	–	3,500	3,500
The Prime Fund Community Foundation for Tyne and Wear & Northumberland	–	10,000	10,000
The Cost-of-Living Fund Community Foundation for Tyne and Wear & Northumberland	–	9,858	9,858
Hadrian Trust	–	1,000	1,000
Heart of Blyth	–	985	985
Northumberland County Council	–	500	500
	8,165	53,843	62,008

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations and fundraising			
Donations and fundraising	4,889	–	4,889
Grants			
The Kellet Fund Community Foundation for Tyne and Wear & Northumberland	–	15,000	15,000
Ballinger Trust	–	15,000	15,000
The Dickon Trust Community Foundation for Tyne and Wear & Northumberland	–	5,000	5,000
Newcastle Building Society Community Fund	–	3,000	3,000
The Prime Fund Community Foundation for Tyne and Wear & Northumberland	–	10,000	10,000
Northumberland County Council Queen's Platinum Jubilee	–	500	500
	4,889	48,500	53,389

3. Investment income

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Bank interest receivable	936	936	459	459

4. Costs of raising donations and grants

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2024 £**
Staff Costs	23,421	33,845	57,266
Volunteers Expenses	492	832	1,324
Repairs and Renewals	21	30	51
Telephone Charges	46	668	714
Postage, Printing and Stationery	–	156	156
Heating and Lighting	274	1,245	1,519
Insurances	112	577	689
Rent and Rates	–	2,400	2,400
Legal and Professional Fees	113	687	800
Events, Activities and Training	3,963	13,976	17,939
Sundries	86	203	289
	28,528	54,619	83,147

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Staff Costs	12,751	50,822	63,573
Volunteers Expenses	101	3,198	3,299
Repairs and Renewals	–	163	163
Telephone Charges	35	1,019	1,054
Postage, Printing and Stationery	109	348	457
Heating and Lighting	–	1,303	1,303
Insurances	–	802	802
Rent and Rates	–	2,679	2,679
Legal and Professional Fees	1,680	309	1,989
Events, Activities and Training	–	12,778	12,778
	14,676	73,421	88,097

5. Governance

	Unrestricted Funds	Restricted Funds £	Total Funds 2024 £	**Total Funds 2023 £**
Support costs	200	1,600	1,800	2,250

The 2023 total of £2,250 relates wholly to Restricted Funds

6. Independent examination fees

	2024	2023
	£	£
Fees payable to the independent examiner for:		
Independent examination of the financial statements	1,800	2,250

7. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024	2023
	£	£
Wages and salaries	57,266	63,573

Staff costs were as follows:		
Wages and salaries	53,033	58,864
Social Security costs	–	–
Pension Contributions	4,233	4,709
	57,266	63,573

The average head count of employees during the year was 2 (2023: 3).

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

8. Debtors

	2024	2023
	£	£
Other debtors	288	400

9 Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	21,570	21,570
Accruals and deferred income	241	–
Social security and other taxes	699	–
	22,510	21,570

10. Analysis of charitable funds

Unrestricted funds

	At 1 April 2023	Income	Expenditure	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	99,857	9,101	(28,728)	63	80,293

10. Analysis of charitable funds *(continued)*

Unrestricted funds

	At 1 April 2022	Income	Expenditure	Transfers	At 31 March 2023
	£	£	£	£	£
General funds	107,870	5,348	(14,676)	1,315	99,857

Restricted funds

	At 1 April 2023	Income	Expenditure	Transfers	**At 31 March 2024**
	£	£	£	£	£
The Kellet Fund Community Foundation for Tyne and Wear & Northumberland	3,370	–	(3,370)	–	–
Greggs Foundation	1,696	–	(1,696)	–	–
Ballinger Trust	4,949	20,000	(19,702)	(152)	5,095
The Prime Fund Community Foundation for Tyne and Wear & Northumberland	1,858	10,000	(9,816)	(40)	2,002
The Dickon Trust Community Foundation for Tyne and Wear & Northumberland	826	–	(826)	–	–
Newcastle Building Society Community Fund	665	–	(665)	–	–
Ridley Family Trust	–	5,000	(5,010)	10	–
The Joicey Trust	–	3,000	(1,901)	–	1,099
The Barnes Fund Community Foundation for Tyne and Wear & Northumberland	–	3,500	(771)	–	2,729
The Cost-of-Living Fund Community Foundation for Tyne and Wear & Northumberland	–	9,858	(9,977)	119	–
Hadrian Trust	–	1,000	(1,000)	–	–
Heart of Blyth	–	985	(985)	–	–
Northumberland County Council	–	500	(500)	–	–
	13,364	53,843	(56,219)	(63)	10,925

10 Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
The Kellet Fund Community Foundation for Tyne and Wear & Northumberland	9,013	15,000	(20,262)	(381)	3,370
Greggs Foundation	13,305	–	(11,341)	(268)	1,696
Awards for All Fund Community Foundation for Tyne and Wear & Northumberland	2,545	–	(2,545)	–	–
Ballinger Trust	10,238	15,000	(20,021)	(268)	4,949
Ridley Family Trust	1,948	–	(1,948)	–	–
The Barnes Fund Community Foundation for Tyne and Wear & Northumberland	4,800	–	(4,800)	–	–
The Prime Fund Community Foundation for Tyne & Wear & Northumberland	–	10,000	(7,744)	(398)	1,858
The Dickon Trust Community Foundation for Tyne & Wear & Northumberland	–	5,000	(4,174)	–	826
Newcastle Building Society Community Fund	–	3,000	(2,335)	–	665
Northumberland County Council Queen's Platinum Jubilee	–	500	(500)	–	–
	41,849	48,500	(75,670)	(1,315)	13,364

11. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2024 £**
Current assets	102,803	10,925	113,728
Creditors less than 1 year	(22,510)	–	(22,510)
Net assets	80,293	10,925	91,218

11. Analysis of net assets between funds *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Current assets	121,427	13,364	134,791
Creditors less than 1 year	(21,570)	–	(21,570)
Net assets	99,857	13,364	113,221

The following pages do not form part of the financial statements.

Mind Active

Detailed Statement of Financial Activities

Year ended 31 March 2024

	2024 £	2023 £
Income		
Donations and grants		
Donations and fundraising	8,165	4,889
The Kellet Fund Community Foundation for Tyne and Wear & Northumberland	–	15,000
Ballinger Trust	20,000	15,000
The Dickon Trust Community Foundation for Tyne and Wear & Northumberland	–	5,000
Newcastle Building Society Community Fund	–	3,000
The Prime Fund Community Foundation for Tyne and Wear & Northumberland	10,000	10,000
Northumberland County Council Queen's Platinum Jubilee	–	500
Ridley Family Trust	5,000	–
The Barnes Fund Community Foundation for Tyne and Wear & Northumberland	3,500	–
The Cost-of-Living Fund Community Foundation for Tyne and Wear & Northumberland	9,858	–
Hadrian Trust	1,000	–
Heart of Blyth	985	–
Northumberland County Council	500	–
	62,008	53,389
Investment income		
Bank interest receivable	936	459
Total income	62,944	53,848
Expenditure		
Costs of raising donations and grants		
Staff costs	57,266	63,573
Rent and rates	2,400	2,679
Light and heat	1,519	1,303
Repairs and renewals	51	163
Insurance	689	802
Legal and professional fees	801	1,989
Telephone	715	1,054
Printing, postage and stationery	156	457
Events, activities and training	17,939	12,778
Volunteers expenses	1,324	3,299
Sundry expenses	287	–
	83,147	88,097
Expenditure on charitable activities		
Legal and professional fees	1,800	2,250
Total expenditure	84,947	90,347
Net expenditure	(22,003)	(36,499)

MIND Active

Annual Report 2023 - 2024



21st Anniversary Edition

INVESTORS IN PEOPLE®
We invest in people Standard



MIND ***Active*** Volunteers Attend Annual Duchess of Northumberland Lord Lieutenants Garden Party

Registered Charity Number: 1096712

MIND *Active*
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Bedlington
Northumberland
NE22 5UB
(01670) 820461
Email: mindactive@tiscali.co.uk
Web: www.mindactive.org.uk
Facebook: MIND Active Bedlington
𝕏 (Formerly Twitter): MINDActiveNE

Acknowledgements:

Thanks to our:

Dedicated Team of Volunteers, Artists, Partnerships & Staff.

&

Trustees; Gillian Slaughter, Eleanor Kelly, Kelsey Monaghan, Judy Wilbourne, Glad Easton & Dr. Catherine Guy.

Bank Account:
TSB Bank
3-5 Newgate Street
Morpeth
Northumberland
NE61 1AN

Independent Examiner:
JFS Torbitt
Chartered Certified Accountant
58 Durham Road
Birtley
County Durham
DH3 2QJ

"It has certainly made my life a lot happier since we joined"
(Beneficiary Feedback. Jan 2024)



Networks & Partnerships

Foreword

MIND ACTIVE is a fantastic local organisation that is working tirelessly for over 21 years to ensure our older residents are not forgotten and their voices are being heard in the wider community and as well as by both the Statutory and VCS Sectors.

The team at MIND ACTIVE is very professional and helpful, any query is being dealt with swiftly. Their passion for the work they do shines through the projects they deliver. In December 2023, the Heart of Blyth Project, through a microgrant awarded by the Residents Panel, funded a Christmas get together for 60 residents organised by MIND ACTIVE at Blyth Town Football Club. The event was planned beautifully to the last detail and the team ensured that all of the participants needs were met before, during and after the event. The event's aim was for residents to come together and join in a festive atmosphere, enjoy company and social inclusion during what can be a sad time for many.

MIND ACTIVE takes a holistic approach to their work with older residents and they take great to care to get to know the people they work with in order to enhance their lives.

MIND ACTIVE is a true champion in fighting and highlighting health inequalities that older residents might face and are proactively working with partner organisations to improve the quality of life of those residents and communities.

I look forward to continuing working with MIND ACTIVE due to the organisation's values and asset-based practice they developed over time.

Ade Keogh, Heart of Blyth Project Coordinator
Public Health Team, Northumberland County Council

"MIND Active is a great organisation for people with Alzheimer's." (Beneficiary Feedback. Jan. 2024)



Planning & Development

Vision

Enhance the quality-of-life provision of dependent older people.

Mission

To facilitate inclusive mind stimulating group activities and wider community wellbeing events with older people living in residential care homes and people living with a debilitating condition from their own homes.

Charity Objective 2.1

"For the public benefit to improve the quality of life of older people living in Residential Care Homes and Marginalised Older People from their Own Homes in Northumberland mainly in South East of the County, primarily but not exclusively by the provision of activities aimed towards social inclusion, mental stimulation and well-being".

"My mother has had a lovely morning".
(Care Home Visitor Response. 15/8/24)



Chair Sharing Quality Time & Fish 'n' Chips with Room Full of Guests

"Welcome to our 21st Annual Report"

This has been an astonishing year connecting even more highly vulnerable older people. Just consider this; bringing two people together and they might not progress to engage outside of MIND Active, bring 10 people together and 2 might engage with each other beyond charity activities, with our groups of up to 60, and this being the basis of our strategy, we have been hugely successful for over 2 decades in creating environments and opportunities for lasting friendships and meaningful support networks to thrive.

"...everyone joined in and had a great time, can't wait for the next one".

(Beneficiary Feedback. Jan. 2024)

However, with an increasing ageing population reaching a time of feeling even more isolated, our success is not enough. Ideally more services similar to ours would spring up as demand grows, but realistically, the cost-of-giving has a detrimental impact on securing income streams to create the projects. Seriously considering these constraints, we restructured our delivery model and opened up more spaces to increase the number of isolated people from their own homes, but there are only so many ways you can attempt to fit a 'pint into quart pot'. So, after a successful pilot in March, next year we will be introducing an additional regular activity to bring a greater number of care homes to our highly regarded community-based activity days, effectively speeding up the attendance rota and participant numbers with the increased mental and physical wellbeing this will bring. This of course, will not be without a high cost to the charity reserves, with possible consequences for meeting our current 2028 quarter century delivery target, but considered money well spent and needed.

We are all looking forward to the growing challenges ahead.

G Slaughter

Gillian Slaughter (Chair)



Kelsey

Trustees



Gillian



Judy

"... what makes the day for everyone, winter or summer, is the friendly atmosphere, good company and caring staff."

(Bereaved Carer Sept. 2023)



Eleanor



Glad



Catherine

Trustees

The trustees meet regularly to monitor and ensure we undertake activities for the public benefit, particularly those members of our aged community living in residential care homes, as described in our Charity Objective.

Trustees review and ensure finances are used in accordance with grant requirements and within budget.

Trustees also support the legal aspects of the organisation.

Trustees are personally liable only if the:

- Charity suffers loss caused by acting unlawfully, imprudently or outside the terms of the charity's governing document.
- Charity is committed to debts which amount to more than assets.

Trustees have fully complied with their responsibilities with due regard to public benefit when exercising any powers and/or duties, with regular trustee meetings, project updates and periodical reports ensuring effective risk management of project and team.

End of Year Report approved by:

(Chair): ....G. Slaughter....

(Trustee): ....J. Williams.... Date: ....28/3/24....

"You's all do brilliant work, keep it up".

(Loved One/Carer Feedback Jan. 2024)



Tailored One-to-One Performances for Bed & Room Restricted Residents

"You all make me feel special and I thank each and every one of you for that" (Client Feedback Jan. 2024)

Artists and Partnerships

Active Northumberland	**Walking Football Training**
Ageing Well Network	**Service Sector Partners**
Alnwick Gardens	**Tea Dances**
Andy McGowan	**Singer & Room Bound Support**
Anita James	**Dolly Mixture**
Bed. Salvation Army	**Social Activity Day Venue**
Bomarsund Welfare	**Themed Tea Dance**
CVA Blyth Valley	**Voluntary Sector Support**
Dave Minikin	**Northumbrian Music & Patter**
Eric Clark	**Singer**
Fool's Gold	**Performances**
Jessica Irving	**Singer**
Kaley Ede	**Period Singer**
Ken & Jan Phillipson	**Singers "Kind Konnections"**
Mark McCann	**Singer**
Mavis Crudace	**Gentle Exercise & Movement**
Maypole Group	**Medieval Dance**
Mike L	**Singer**
Musical Memories	**Show Group**
Northumberland CC	**Coasts, Parks & Leisure**
Northumberland CVA	**Networks & Alliances**
Pete Cryer	**Bed/Room Bound Support**
Slinky Wolves	**Ron & Jules Singer**
Smile Through Sport	**Group Games and Movement**
S/Newsham Football Club	**Christmas Big Event**
Trevor Daglish	**Singers "Good Company"**
WATBus	**Free & Reduced Cost Transport**
West Sleekburn Hall	**Summer Picnics Venue**



Beamish Outdoor Museum Tram Ride - "Room on top"

3D's - Delivery, Delivery, Delivery!

D1: 21 years delivering quality of life social activities across the care and nursing home sector and with people from their own homes, marginalised and isolated by debilitating conditions and carer duties. Even after more than 2 decades, we are still introducing new ways to engage with hard-to-reach groups and regularly have up to 50 beneficiaries per session, more at special themed events.

The care and nursing homes received regular visits facilitating a range of activities including singers, crafts, sing-alongs, performances, reminiscence, quizzes, etc. As if this was not enough, we also delivered one-to-one sessions for those restricted to their beds and rooms, which proved an invaluable way of reconnecting with lonely and frail residents, especially beneficial if visitors/family are in attendance helping, lift their spirits too.

During fine weather, care home residents enjoyed garden and patio activities, and our summer activities, enabling them to benefit from the outdoors, fresh air, sunshine and respite from being 'cooped-up'.

D2: We supported a growing number of community people from their own homes, including; cared for, carer/loved ones and bereaved carers. These people enjoyed taking part in more of the community-based group activities, to 'escape' the often depressive four walls of being restricted to their home for most of their days. A monthly programme of events provided a range of experiences they would not otherwise have taken part in, including Cinematic Experiences, 10 Pin Bowling, Tea Dances, extensive summer activities, excursions, themed events and festive inclusion. Working closely with our Group Advisory Panel (GAP), we managed many issues-out before delivery, whilst also bringing in additional opportunities as they materialised.

D3: Joint ventures bringing care and nursing homes' residents and community people together at our ever-popular activity days with lunch, live entertainers, memory quiz, free raffle, rehydrating drinks, singing, dancing, smiles, general improved appetite and both mental and physical wellbeing. These ran in a local community venue. Demand was so great we restructured to increase capacity and also successfully piloted an additional session just for care homes.

"Mind Active is truly excellent..." (Time-To-Tell Feedback. Sept. 24)



Feelings of Value and Belonging

Positive Advantage

Without doubt, our charity team, reinforced by years of evidence-based reporting, has been hugely successful in promoting the social and emotional wellbeing of all involved with the project, not only many thousands of target beneficiaries, but also volunteers, helpers and partnership groups.

As our older population both increases and ages, the demand for meaningful inclusion and community engagement is growing at an accelerating rate, so we are never short of prospective clients needing our support and actually wanting to take part. The project enjoys quick involvement of new beneficiaries as places become available, and as people tend to vote with their feet, our value is also proven by the regular ongoing attendances of those involved and wanting more.

"I think you are doing fantastic, you always go above and beyond to make sure everyone enjoys themselves".

(Loved One/Carer Feedback. Jan. 2024)

With over 20 years of experience giving the project a Positive Advantage, we recognise the benefits of lifting mood, bringing people together in a mutual relationship and ensuring everyone feels relaxed, comfortable and valued, providing the means to enhance their quality of life and meaningful fulfilment. This in-turn then improves cognitive and physical ability as their confidence and self-esteem grows. Nowhere more than during the 10 Pin Bowling can this be so obvious, where at the start of the games, clients' body strength and energy levels that are quite poor, visibly change as the competitive spirit and excitement increases, resulting in a definite growth of skill, physical ability, confidence, communication and cognitive reasoning. A clear example of, not just maintaining, but building client resilience and their setting goals to attend following sessions and enjoy friendship support beyond the charity activities. Who wouldn't want this to continue?

Not magic, simply to live and belong!



Male Helpers

Engaged Volunteers & Helpers

It was interesting to read some of our grant funders promoting more involvement of clients, especially as this has been our practice for many years.

Encouraging and supporting our beneficiaries to take active rolls during their visit is a way of making them feel useful and busy, especially for men, who in our experience tend to want to be more hands-on rather than passive bystanders. Our sessions have a number of these helpers willingly taking on responsibility during activities. Just as people volunteer for many reasons, beneficiaries are no different, each one has needs and values specific to them, and we are proud to once again be way ahead of our time, and prepared to provide an environment for clients to safely engage in support activities that have real meaning, resulting in them feeling trusted, fulfilled and useful.

Liaising closely with our beneficiary Group Advisory Panel (GAP), this practice has proven an excellent strategy with delivery supporting good mental health for all involved.

Our 'helpers' proudly wear their MIND ***Active*** badges at every opportunity providing a positive sense of identity and belonging.

"It is so interesting watching the men organising themselves! I have watched blossoming confidence, the feeling of usefulness and enthusiasm, not just to be a member, but in actively helping others".

(Volunteer Feedback, 24/1/24)



Beneficiary Group Advisory Panel (GAP)

Mind The G.A.P.

It is very important that charities do not fall into the trap of thinking they know what is best without research to back up delivery. With this in-mind, for many years we have had an active beneficiary Group Advisory Panel (GAP), helping advise on future development, current practice and areas that might be improved. This group is made up of carers and bereaved carers, people who have lived the experience, to turn their personal challenges to an advantage to support our numerous clients facing isolation and 24/7 stresses of caring for their loved ones.

This close relationship has potentially prevented many mistakes and helped ensure interventions are always appropriate and effective. This also protects and maximises grant funding by saving valuable resources and time, whilst targeting crucial support needs more quickly to where they are most needed.

"The project is amazing, it is such an uplift to people in very challenging circumstances".

("Time-To-Tell" Carer Feedback. Jan. 2024)



Maxed Out!

"Welcome to our 21st Annual Report"

This has been an astonishing year connecting even more highly vulnerable older people. Just consider this; bringing two people together and they might not progress to engage outside of MIND Active, bring 10 people together and 2 might engage with each other beyond charity activities, with our groups of up to 60, and this being the basis of our strategy, we have been hugely successful for over 2 decades in creating environments and opportunities for lasting friendships and meaningful support networks to thrive.

"...everyone joined in and had a great time, can't wait for the next one".

(Beneficiary Feedback. Jan. 2024)

However, with an increasing ageing population reaching a time of feeling even more isolated, our success is not enough. Ideally more services similar to ours would spring up as demand grows, but realistically, the cost-of-giving has a detrimental impact on securing income streams to create the projects. Seriously considering these constraints, we restructured our delivery model and opened up more spaces to increase the number of isolated people from their own homes, but there are only so many ways you can attempt to fit a 'pint into quart pot'. So, after a successful pilot in March, next year we will be introducing an additional regular activity to bring a greater number of care homes to our highly regarded community-based activity days, effectively speeding up the attendance rota and participant numbers with the increased mental and physical wellbeing this will bring. This of course, will not be without a high cost to the charity reserves, with possible consequences for meeting our current 2028 quarter century delivery target, but considered money well spent and needed.

We are all looking forward to the growing challenges ahead.

G Slaughter

Gillian Slaughter (Chair)



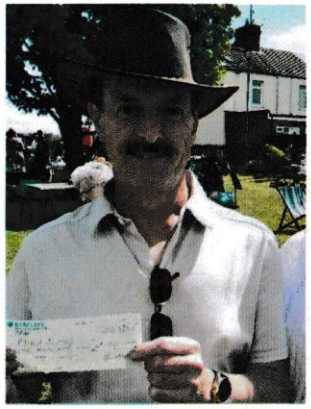
Churches Together



Small Change Collection Jars



Six - Local Business Charity Night



Surprise Cheque



Family Donations



Anonymous Donations

Thanks to the following for their funding support this year:

- Ballinger Charitable Trust
- Community Foundation (Kellett Fund)
- Community Foundation (Cost-of-Living)
- Community Foundation (Prime Fund)
- Community Foundation (Dickon Trust)
- Community Foundation (Barnes Fund)
- Ridley Family
- Newcastle Building Society Community Fund
- The Joicey Trust
- Hadrian Trust
- Bedlington Golf Club (Former Captain's Charity)
- Churches Together
- Bedlington Christian Fellowship
- NCC x 2 Microgrants
- Amazon Smile
- Six Café
- Freemasons of Blyth

Our sincere thanks to individuals and groups that supported the charity with funeral collections, miscellaneous gifts and donations.

"As a volunteer, it is a privilege to be part of an inspiring charity..."

(Volunteer Feedback. 24/1/24)



Care and Nursing Home Activities

Statistical Data

The team has successfully achieved the following:

173	**Care/Nursing Homes Supported**
136	**Local Care/Nursing Home Activity Visits**
12	**Outdoor Summer Programme Events & Trips**
17	**Social Inclusion Activity Day Lunches**
3	**Beneficiary Group Advisory Panel Meetings**
5	**Tea Dances**
2	**Cream Teas**
9	**10 Pin Bowling**
13	**Walking Football**
8	**Cinematic Experiences**
5	**Ladies' "Glam Girls" Groups**
5	**Men's "Wise Guys" Groups**
46	**Zoom Combined Exercises Sessions**
1	**Christmas Activity Day**
1	**Big Christmas Event**
1	**Post Boxing Day Get-together**
1,300	**Emailed Quizzes**
1,737	**Total Number of Activities**
10,475	**Total Number of Beneficiary Attendances**

"What a marvellous time we had…even the Christmas cracker jokes were funny.

("Carer/Loved One Feedback. Jan. 2024)



Beamish Outdoor Museum Tram Ride - "Room on top"

Va-Va-Voom

Managing the unexpectedly high, and continually growing costs was a significant part of carefully managing the charity budget, which was formulated, agreed and secured before the significant cost-of-living crisis hit. However, having built and established strong partnerships over our 21 years of delivery, we are appreciative of the many cost saving measures introduced without affecting the quality and range of delivery.

We cannot praise highly enough the support of local businesses, volunteers, artists, etc., for deciding to keep their invoices and expenses claims low, and in some cases heavily discounted. We have not had a rent increase in 21 years, even though we were notified of a rise which didn't materialise. A local transport organisation, WATBus, offered their minibuses free of charge on 2 occasions, whilst also billing for other bookings at the previous year's rate. Venues and suppliers give generous reductions and we always try and negotiate prices with new contacts.

Local organisations continue to provide budget support from fund raising nights and local freemasons have pledged an annual cheque. Anonymous cash gifts and donations from grateful clients and their families, all add to sound financial management, helping to maintain high quality services that make a real difference to people's lives.

We are proud of our managed costs and service delivery successes and being considered by some to be "Better than others", "Top Class Service", "Highly Regarded" and just as importantly "Extremely Good Value for Money".

"The range of activities is impressive, all providing much needed enrichment for both carers and those they care for".

(Time-To-Tell Beneficiary feedback. September 2023)



10 Pin Bowling Challenge - Betty Bates Cup

The views of a volunteer and community group member

Having recently changed from being an attendee community group member, to a volunteer supporting Mind Active, it is interesting to view the charity's effect on both groups and individuals from a different perspective.

Taking a moment from kitchen duties, and watching from the hatch a petite, frail elderly lady, who was part of a care home group, stand with the help of her carer, and join the large number of people dancing to the music of the entertainer, it was humbling to see the transformation taking place. She began to move in time with the music, and her face lit up as she sang along to the lyrics, obviously remembering the words of a well-known song from the past. Although small in stature, she stood out amongst the group because of her enthusiasm and enjoyment of taking part. I noticed one of the community group tables watching her dance, and from their expressions, were obviously moved as I was. Having looked after their own loved ones with dementia, or mobility issues, they appreciated how for a short time, someone from a care home was exhibiting pure pleasure at being part of a social group and was sharing the experience without stigma or judgement. A moment of sheer pleasure, in what can be a very humdrum routine in a care home. This is not an isolated incident, but one which I have witnessed at each event organised by the charity.

As part of the community group, coming together at the varied events through the year, it was always to me and Manny, a meeting of friends to share the gossip, the laughs, the disasters, the weather, problems, aches and pains, and I always felt it seemed that a problem shared was a problem halved. In fact, for a few hours, problems are forgotten. This just does not happen by itself, but with careful planning, a great deal of thought by the Mind Active Team, and of course a vast amount of hard work by them, usually done behind the scenes.

Recently, another aspect which has become such a positive element of inclusion, socialisation, and definitely supportive to mental health issues, is the introduction of asking community members to help with tasks, allocated on their ability to carry them out safely. The men have been given roles of responsibility in assisting with serving meals, teas, coffees etc. and clearing the tables. It is so interesting watching the men organise themselves! Manny for one, thoroughly enjoys this aspect, as well as ensuring those with limited mobility i.e., in wheelchairs, dance. I have watched blossoming confidence, the feeling of usefulness and enthusiasm, not just to be a member, but in actively helping others.

One of the male members who has embraced this wholeheartedly, now spends a lot of time in the kitchen helping to wash up and put things away. Recently, whilst drying the dishes, he opened up a conversation about losing his wife of many years, and how lonely this had made him feel. He said that coming to Mind Active gave hm a focus, and he was now beginning to laugh again, and remember the good times. He also said that the incredible loneliness which was threatening to overwhelm him, was alleviated when actively being with understanding friends at the various events, and having a valued role at Mind Active.

My perception of the charity over the last few years has not changed, but has certainly developed through watching how all those who attend, regardless of their situation, is so keen to help their fellow members. Mind Active aims to bring together those who are isolated, bereaved or who need support from carers, but it does so much more; it is a family of caring people who listen, empathise and support. The room is always filled with happy chatter, laughter, singing, dancing and camaraderie, whether it be at the lunch events, ten pin bowling, cinematic experience or outings.

As a volunteer, it is a privilege to be part of such an inspiring charity which strives to improve and develop the experiences of those who attend, the room is always at full capacity, a testament in itself!

(24th Jan.2024)



Meaningful Quality Time

Bring It On

We have experienced many challenging periods over our 21 years of successfully delivering meaningful social inclusion, reengaging and socially reconnecting thousands of our isolated and marginalised older generations, more especially addressing the transitional needs of emotionally distressed carer/loved ones and bereaved carers.

Having survived austerity, on-going Brexit, Covid-19 and the on-going cost-of-living crisis with no real end in sight, we still remain determined to continue to move forward to help deal with the growing demand for our charity services, even in the stark reality of tightening budgets as statuary provision retracts.

Although we have already increased beneficiary capacity within existing budgets this year, we are still planning to deliver even more by opening new spaces to address the high demand for social inclusion within our community.

"This project is amazing, it is such an uplift to people in very challenging circumstances".
("Time-To-Tell" Feedback. September 2023)

These are unprecedented times requiring bullish determination to ensure we continue to deliver to those in need, not to those most in need, but to all in need, practice that can halt the harmful damage of isolation and loneliness for as many older people as possible, before it becomes critical to some of the most vulnerable and undervalued members in our society today. They gave us our future, they deserve our respect.

"In an entry from October, Sir Patrick said Mr Johnson had argued for "letting it all rip," quoting him as saying potential victims had "had a good innings" and "reached their time anyway". (BBC News. Covid Enquiry 7/12/2023)

"Not on our watch!"



Our Congratulations - Volunteer wins "Time to Shine" to become the proud holder of Newcastle Building Society's "Community Star Award"



Well Deserved Retirement Thank You Surprise

"I can't thank you enough for the chance to work with MIND Active for the past nine years and your support over those years. It has been a privilege and a pleasure." (Joy Gradwell 2014-2023)



King Charles III Coronation Tea Party Team

"We…shared in the celebrations of the Coronation, where I was even persuaded to wear a dress - an achievement in itself!" (Group Advisory Panel Member & Former Carer. May 2023)

MIND *Active*
24 Front Street West, Bedlington, Northumberland NE22 5UB
Telephone: (01670) 820461 email: mindactive@tiscali.co.uk

MIND Active Bedlington **MINDActiveNE**
www.mindactive.org.uk

Registered Charity No. 1096712

INVESTORS IN PEOPLE® We invest in people Standard

MIND ACTIVE

England & Wales - Charity number 1096712

Accounts

CHARITY REGISTRATION NUMBER: 1096712

Mind Active

Unaudited Financial Statements

31 March 2023

Mind Active

Financial Statements

Year ended 31 March 2023

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Mind Active

Trustees' Annual Report

Year ended 31 March 2023

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Reference and administrative details

Registered charity name	Mind Active
Charity registration number	1096712
Principal office and registered office	24 Front Street West Bedlington Northumberland NE22 5UB

The trustees

G Slaughter	Chair
E Kelly	
J Wilbourne	
Dr C Guy	
G Easton	
K Monaghan	

Independent examiner	JFS Torbitt Chartered Certified Accountants 58 Durham Road Birtley Co Durham DH3 2QJ

We are a Registered Charity (No 1096712) and have operated succesfully since 14 August 2002, within the terms of our Trust Deed. Our Bankers are TSB Bank Plc, 3-5 Newgate Street, Morpeth, Northumberland. We appoint Solicitors as necessary.

Structure, governance and management

Trustees
All trustees give their time voluntarily and receive no benefit.

Recruitment and Appointment of Trustees
The Trustees seek to ensure that the users needs are reflected through the diversity of the trustee body. To enhance the potential pool of Trustees, selected individuals who may wish to become Trustees are approached as necessary. Trustees are re-appointed annually.

Trustees Induction and Training
New Trustees are actively encouraged by the existing Trustees, having regard to any specialist skills required. New Trustees are briefed on their legal obligations under Charity Law, our Trust Deed, the Committee and the decision making process, future plans and recent performance. They are encouraged to attend appropriate training, and made aware of Charity Commission publications. Feedback is encouraged.

Risk Management
We have assessed (and reviewed regularly) the major risks to which we are exposed, in particular those related to our operations and finances, and are satisfied that systems are in place to mitigate our exposure. No major risks have been identified. A key element in our management of financial risk is the setting and regular review of our Reserves policy.

Reserves Policy
Free Reserves are those funds not tied up in Fixed Assets or Designated/Restricted funds. We retain an appropriate amount of reserves in line with Charity Commission guidelines, and continue to review and forecast the level required to sustain operations should income generating activities be curtailed. Appropriate use includes covering funding cold spots to maintain the level and quality of services we are respected for providing.

Objectives and activities

The charity Objective continues to be support the quality of life and social inclusion needs of older people that find themselves marginalised, isolated and/or lonely due to where they live, challenging caring responsibilities and/or debilitating conditions. Our Policies are reviewed annually, and updated as necessary, or earlier as circumstances, such as the COVID - 19 Pandemic necessitate. We refer to Charity Commission guidance on Public Benefit when reviewing our aims and objectives and ensure that future plans remain focused on meeting beneficiary needs. Funding restrictions can limit our activities, but we endeavour to ensure that beneficiaries appropriate to our aims are not excluded when space is available in the project. Equal access to our service is important to us, and we promote local understanding of our work. We are challenging the harmful isolation and negative mental health effects experienced by our client groups, by continuing to deliver meaningful quality of life provision with current practiced exceeding client attendance targets.

Strategic report

The following sections for achievements and performance and financial review form the strategic report of the charity.

Achievements and performance

This year has been another challenging post-pandemic year, but with our digital inclusion services introduced during the first year of Covid-19, we capitalised on this success towards maintaining and even developing beneficiary social inclusion even further within the charity Objectives successfully keeping client groups active, connected and mentally well. We continued our digital services alongside our permitted group activities even beyond the Covid-19 restrictions as we transitioned back to traditional face-to-face delivery.

Financial review

Our state of affairs remains satisfactory, as detailed in the attached Financial Accounts. Our assets continue to be adequate and available to meet our obligations.

Plans for future periods

The charity team having successfully moved away from essential Covid 19 digital support, will be delivering a wide range of face-to-face group activities in care and nursing homes, but also in wider community venues with people from their own homes living with isolating debilitating conditions their carers and subsequent bereaved carers.

Some of the outdoor and community venue activities will involve a mix of both care/nursing home residents and people from their own homes. This model helps often marginalised local people to feel connected, raising mood and improving social interaction and wellbeing.

We will also visit residential care and nursing homes to deliver group activities, taking the community to those unable to leave the care support. This might also include one-to-one activities for those restricted to their rooms or beds.

We have developed a three-year long-term plan to continue to deliver meaningful quality of life provision, and we will endeavour to secure additional grants to add to our existing funds.

The trustees' annual report and the strategic report were approved on .....16/9/23..... and signed on behalf of the board of trustees by:

G Slaughter
Chair

G Easton
Trustee

Mind Active

Independent Examiner's Report to the Trustees of Mind Active

Year ended 31 March 2023

I report to the trustees on my examination of the financial statements of Mind Active ('the charity') for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees, you are responsible for the preparation of the financial statements.

I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I am qualified to undertake the examinaton by being a qualified member of the Association of Chartered Certified Accountants (ACCA).

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Charities Act; or

2. the financial statements do not accord with those records; or

3. the financial statements do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Jane Freeman
FCCA
Independent Examiner
58 Durham Road
Birtley
Co Durham
DH3 2QJ

Mind Active

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2023

	Note	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Income					
Donations and grants	4	4,889	48,500	53,389	67,184
Investment income	5	459	–	459	242
Total income		5,348	48,500	53,848	67,426
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and grants	6	14,676	73,420	88,097	86,304
Governance	7	–	2,250	2,250	2,280
Total expenditure		14,676	75,670	90,347	88,584
Net expenditure		(9,328)	(27,170)	(36,499)	(21,158)
Transfers between funds		1,315	(1,315)	–	–
Net movement in funds		(8,013)	(28,485)	(36,498)	(21,158)
Reconciliation of funds					
Total funds brought forward		107,870	41,849	149,719	170,877
Total funds carried forward		99,857	13,364	113,221	149,719

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 7 to 12 form part of these financial statements.

Mind Active

Statement of Financial Position

31 March 2023

	Note	2023 £	2022 £
Current assets			
Debtors	**10**	400	344
Cash at bank and in hand		134,391	170,945
		134,791	171,289
Creditors: amounts falling due within one year	**11**	(21,570)	(21,570)
Net current assets		113,221	149,719
Total assets less current liabilities		113,221	149,719
Funds of the charity			
Restricted funds		13,364	41,849
Unrestricted funds		99,857	107,870
Total charity funds	**12**	113,221	149,719

These financial statements were approved by the board of trustees and authorised for issue on ....., and are signed on behalf of the board by:

G Slaughter
Chair

G Easton
Trustee

The notes on pages 7 to 12 form part of these financial statements.

1. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

3. Accounting policies *(continued)*

Resources expended *(continued)*

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

4. Donations and grants

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2023 £**
Donations and fundraising			
Donations and fundraising	4,889	–	4,889
Grants			
Community Foundation - Kellett Fund	–	15,000	15,000
Ballinger Trust	–	15,000	15,000
Community Foundation - Dickon Trust	–	5,000	5,000
Newcastle Building Society Community Fund	–	3,000	3,000
Community Foundation - Prime Fund	–	10,000	10,000
Northumberland County Council Queen's Platinum Jubilee	–	500	500
	4,889	48,500	53,389

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations and fundraising			
Donations and fundraising	34,692	–	34,692
Grants			
Community Foundation - Kellett Fund	–	7,500	7,500
Ballinger Trust	–	15,000	15,000
Community Foundation - Barnes Fund	–	9,992	9,992
	34,692	32,492	67,184

5. Investment income

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Bank interest receivable	459	459	242	242

6. Costs of raising donations and grants

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2023 £**
Staff Costs	12,751	50,822	63,573
Volunteers Expenses	101	3,198	3,299
Repairs and Renewals	–	163	163
Telephone charges	35	1,019	1,054
Postage, Printing and Stationery	109	348	457
Heating and Lighting	–	1,303	1,303
Insurances	–	802	802
Rent and Rates	–	2,679	2,679
Legal and Professional Fees	1,680	309	1,989
Events, Activities and Training	–	12,778	12,778
	14,676	73,421	88,097

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Staff Costs	14,387	53,318	67,705
Volunteers Expenses	–	–	–
Repairs and Renewals	–	26	26
Telephone charges	–	766	766
Postage, Printing and Stationery	–	985	985
Heating and Lighting	–	522	522
Insurances	–	924	924
Rent and Rates	–	2,855	2,855
Legal and Professional Fees	–	578	578
Events, Activities and Training	219	11,724	11,943
	14,606	71,698	86,304

7. Governance costs

	Restricted Funds £	**Total Funds 2023 £**	Restricted Funds £	Total Funds 2022 £
Support costs	2,250	2,250	2,280	2,280

8. Independent examination fees

	2023 £	2022 £
Fees payable to the independent examiner for:		
Independent examination of the financial statements	2,250	2,280

9. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	63,573	67,705
Staff Costs were as follows:		
Wages and salaries	58,864	59,074
Social Security Costs	–	4,212
Pension Contributions	4,709	4,419
	63,573	67,705

The average head count of employees during the year was 3 (2022: 3).

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

10. Debtors

	2023	2022
	£	£
Payments in advance	400	344

11. Creditors: amounts falling due within one year

	2023	2022
	£	£
Sundry creditors and accrued charges	21,570	21,570

12. Analysis of charitable funds

Unrestricted funds

	At 1 April 2022	Income	Expenditure	Transfers	**At 31 March 2023**
	£	£	£	£	£
General funds	107,870	5,348	(14,676)	1,315	99,857

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
General funds	87,542	34,934	(14,606)	–	107,870

12. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2022 £	Income £	Expenditure £	Transfers £	At 31 March 2023 £
Community Foundation - Kellett Fund	9,013	15,000	(20,262)	(381)	3,370
Greggs Foundation	13,305	–	(11,341)	(268)	1,696
Community Fund - Awards for All	2,545	–	(2,545)	–	–
Ballinger Trust	10,238	15,000	(20,021)	(268)	4,949
Ridley Family Trust	1,948	–	(1,948)	–	–
Community Foundation - Barnes Fund	4,800	–	(4,800)	–	–
Community Foundation - Prime Fund	–	10,000	(7,744)	(398)	1,858
Community Foundation - Dickon Trust	–	5,000	(4,174)	–	826
Newcastle Building Society Community Fund	–	3,000	(2,335)	–	665
Northumberland County Council Queen's Platinum Jubilee	–	500	(500)	–	–
	41,849	48,500	(75,670)	(1,315)	13,364

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Community Foundation - Kellett Fund	22,536	7,500	(21,023)	–	9,013
Greggs Foundation	25,243	–	(11,938)	–	13,305
Community Fund - Awards for All	3,552	–	(1,007)	–	2,545
The Joicey Trust	2,024	–	(2,024)	–	–
Hadrian Trust	724	–	(724)	–	–
Northumberland County Council	500	–	(500)	–	–
Sir James Knott Trust	2,644	–	(2,644)	–	–
Charles Hayward Foundation	2,652	–	(2,652)	–	–
Allen Lane Foundation	2,652	–	(2,652)	–	–
Ballinger Trust	6,217	15,000	(10,979)	–	10,238
Ridley Family Trust	8,990	–	(7,042)	–	1,948
National Lottery Community Fund	554	–	(554)	–	–
Pargiter Trust	4,297	–	(4,297)	–	–
Asian Fund	750	–	(750)	–	–
Community Foundation - Barnes Fund	–	9,992	(5,192)	–	4,800
	83,335	32,492	(73,978)	–	41,849

13. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2023 £**
Current assets	121,427	13,364	134,791
Creditors less than 1 year	(21,570)	–	(21,570)
Net assets	99,857	13,364	113,221

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Current assets	129,440	41,849	171,289
Creditors less than 1 year	(21,570)	–	(21,570)
Net assets	107,870	41,849	149,719

The following pages do not form part of the financial statements.

Mind Active

Detailed Statement of Financial Activities

Year ended 31 March 2023

	2023 £	2022 £
Income		
Donations and grants		
Donations and fundraising	4,889	34,692
Community Foundation - Kellett Fund	15,000	7,500
Ballinger Trust	15,000	15,000
Community Foundation - Barnes Fund	–	9,992
Community Foundation - Dickon Trust	5,000	–
Newcastle Building Society Community Fund	3,000	–
Community Foundation - Prime Fund	10,000	–
Northumberland County Council Queen's Platinum Jubilee	500	–
	53,389	67,184
Investment income		
Bank interest receivable	459	242
Total income	53,848	67,426
Expenditure		
Costs of raising donations and grants		
Staff costs	63,573	67,705
Rent and rates	2,679	2,855
Light and heat	1,303	522
Repairs and renewals	163	26
Insurance	802	924
Legal and professional fees	1,989	578
Telephone	1,054	766
Printing, postage and stationery	457	985
Events, activities and training	12,778	11,943
Volunteers expenses	3,299	–
	88,097	86,304
Expenditure on charitable activities		
Accountancy fees	2,250	2,280
Total expenditure	90,347	88,584
Net expenditure	(36,499)	(21,158)



Men's Groups "Wise Guys"



Queen's Platinum Jubilee

MIND Active

Annual Report 2022 - 2023



20th Anniversary Year

INVESTORS IN PEOPLE®
We invest in people Standard



Exploring Culture & Heritage



Sizzling Summer Events



"I think there's been some mistake!"

Registered Charity Number: 1096712

MIND *Active*
24 Front Street West
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Northumberland
NE22 5UB
(01670) 820461
Email: mindactive@tiscali.co.uk
Web: www.mindactive.org.uk
Facebook: MIND Active Bedlington
Twitter: MINDActiveNE

Acknowledgements:

Thanks to our:

Dedicated Team of Volunteers, Artists, Partnerships, Staff & Students.

&

Trustees; Gillian Slaughter, Eleanor Kelly, Kelsey Monaghan, Judy Wilbourne, Glad Easton & Dr. Catherine Guy.

Bank Account:
TSB Bank
3-5 Newgate Street
Morpeth
Northumberland
NE61 1AN

Independent Examiner:
JFS Torbitt
Chartered Accountant
4a Bridge Street
Blyth
Northumberland
NE24 1BL

"You lifted my spirits and brought back memories" (Care Home Resident. 23/11/22)



WATBus 1st Class Service - "All aboard"

Foreword

WATBus has supported Mind active with transport provision for over 10 years and the staff and volunteers get to see first-hand the benefit their work provides to the communities they support.

'Mind active provide much need support to vulnerable and isolated elderly individuals. The variety of activities the staff and volunteers organise are always so innovative, interactive, and fun, it is a pleasure to provide the transport for such a good cause. Keep up the excellent work!'

Barry Armstong
Chief Operating Officer

WATBus (Registered Charity No.1076729)

"I could hardly believe my wife was joining in."
(Care Home Visitor. 17/2/23)



Indoors and Out - Doing What Works

Vision

Enhance the quality-of-life provision of dependent older people.

Mission

To facilitate inclusive mind stimulating group activities and wider community wellbeing events with older people living in residential care homes and people living with a debilitating condition from their own homes.

Charity Objective 2.1

"For the public benefit to improve the quality of life of older people living in Residential Care Homes and Marginalised Older People from their Own Homes in Northumberland mainly in South East of the County, primarily but not exclusively by the provision of activities aimed towards social inclusion, mental stimulation and well-being".



MIND ***Active***'s 20th Anniversary Celebration

"Welcome to our 20th Anniversary Annual Report"

Hurrah, after 20 years providing meaningful quality-of-life interventions, delivering social inclusion that positively impacts on marginalised and isolated older people groups, we finally have true recognition with determined drive from within the statutory sector 'picking up the pace' for the need for improved mental health support that encourages wellbeing through group interaction. If the last 2 devastating Covid-19 years did anything, it proved the harmful effects of isolation and the massive costs associated with the issue for those affected, a message we knew all too well back then, and have been pushing since the formation of MIND Active; "***Promoting Inclusion Through Mental Stimulation***".

During a long journey travelled, we have supported the mental and social needs of hundreds of thousands of clients, whether living across numerous care and nursing homes or from within their own homes, where isolation and life challenges excluded them from the wider community.

It is testament to the positive nature of the project that our charity team tend to stay with us, even to the point where volunteers have transitioned to become recipients of our service. That is how much our local community charity is valued and loved with some of our volunteer artists still with the project since the early days.

We are all justly proud of our efforts, and if we had to pick a star among the team it would have to be a Galaxy, as it is all of them.

Happy 20th Anniversary in what turned out to be a super successful year in more ways than we could have ever imagined all those years ago.

Gillian Slaughter (Chair)

G. Slaughter



Kelsey

Trustees



Gillian



Judy

"MIND ACTIVE has enabled me to continue in a social environment with confidence helping with wellbeing, making friendships and lessening anxiety and low mood..."

(Volunteer Feb. 2023)



Eleanor



Glad



Catherine

Trustees

The trustees meet regularly to monitor and ensure we undertake activities for the public benefit, particularly those members of our aged community living in residential care homes, as described in our Charity Objective.

Trustees review and ensure finances are used in accordance with grant requirements and within budget.

Trustees also support the legal aspects of the organisation.

Trustees are personally liable only if the:

- Charity suffers loss caused by acting unlawfully, imprudently or outside the terms of the charity's governing document.

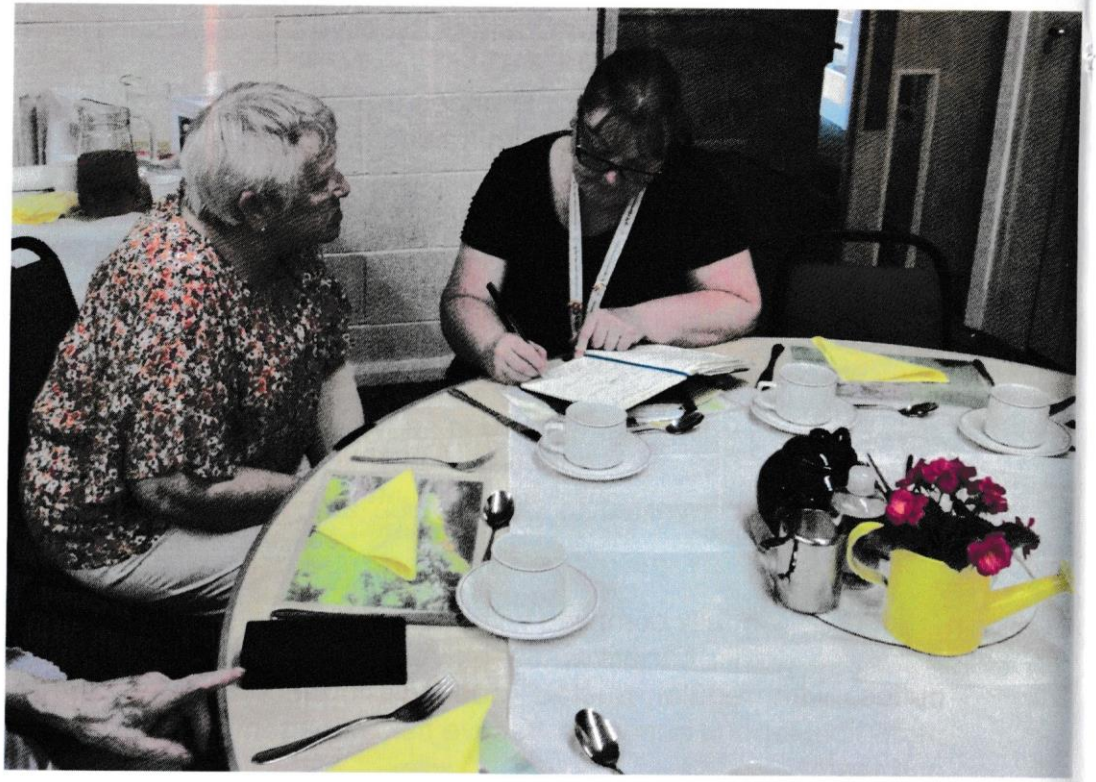
- Charity is committed to debts which amount to more than assets.

Trustees have fully complied with their responsibilities with due regard to public benefit when exercising any powers and/or duties, with regular trustee meetings, project updates and periodical reports ensuring effective risk management of project and team.

End of Year Report approved by:

(Chair): G. Slaughter

(Trustee): K Caston Date: 20th May 2023



NCC/Cramlington HUB Cost-of-Living Crisis Support Payments

"...a lady took the mike & sang "Born Free". Not a dry eye in the house, very moving" (Staff Report. 16/8/22)

Artists and Partnerships

Ageing Well Network	**Service Sector Partners**
Alnwick Gardens	**Festive Activity/Treats Packs**
Andy McGowan	**Singer**
Anita James	**Dolly Mixture**
Bedlington Golf Club	**Former Captain's Luncheon**
Bed. Salvation Army	**Social Activity Day Venue**
Bomarsund Welfare	**Themed Tea Dances**
CVA Blyth Valley	**Voluntary Sector Support**
Dave Minikin	**Northumbrian Music & Patter**
Fool's Gold	**Performances**
Graham Lane	**Singer**
Jessica Irving	**Singer**
Ken & Jan Phillipson	**Singers**
Mark McCann	**Singer**
Mavis Crudace	**Gentle Exercise & Movement**
Maypole Group	**Medieval Dance**
Musical Minds	**Show Group**
Northumberland CC	**Coasts, Parks & Leisure**
Northumberland CVA	**Networks & Alliances**
Pete Cryer	**Bed/Room Bound Support**
Re:Connect	**Tablet Devices Partners**
Smile Through Sport	**Group games and Movement**
S/Newsham Football Club	**Christmas Big Event**
Tom & Marge	**Singers**
Trevor Daglish	**Musical Mix**
West Sleekburn Hall	**Summer Picnics Venue**



Full to Capacity - Dancing, Singing, Chatting, Smiling - Shows our Success

Reconnections & Growth

It has been a challenging few years, with this year being no different as we moved from the Pandemic to the cost-of-living crisis, both of which had the potential to negatively impact on the mental wellbeing of our beneficiaries and perhaps even some of our team members.

The team performed outstandingly during the Pandemic, and due to sound financial management, continued to effectively deliver as the UK ran headlong into the economic crisis. Our delivery model relies on supporting local venues and these became our warm spaces, where everyone that attended effectively reduced their home energy usage whilst they remained socially connected, fed, hydrated and safe during our activities, all of which helped them to manage on their fixed pensions and/or carer incomes.

There is no doubt our working practices have adapted this year with more hybrid working saving time and finances, digital technology being an to aid effective remote communications and payments via secure telephone banking. The technological age has seen the continuation of network and partnerships and online connections which is good for the planet as it reduces car use and our carbon footprint. It also helps the team to use their working hours even more productively as there is reduced travel time involved. All of this saves costs and aids growth as time is refocused on the practicalities of delivery.

More than that, the project has experienced a growth in client numbers as the population ages, compounded by a constant change of needs as wider community issues shift from situation to situation, plus they feel they belong and are safe by being part of a 'family' of MIND Active friends. It cannot be denied that with attendances regularly at maximum capacity and the witnessing of volunteers transitioning to become clients, we are 'victims' of our own success as positive reconnections led to growth.

"You made me feel special". (Bedroom Bound Resident. 27/1/23)



Men's Zoom Group "Wise Guys" Hybrid Connections

Ongoing Digital Inclusion

During the year, we began to gradually reduce the use of digital inclusion towards more of our preCovid-19 face-to-face delivery, with activity days, summer programme picnics, concerts, allotments, coach outing, etc., and our autumn winter get-togethers. However, the care and nursing homes have been less able to fully engage as they experienced temporary lockdowns as they responded to manage Covid and seasonal illnesses. Coupled with the demand from people from their own homes to continue the digital activities they have come to love since the introduction during the pandemic, it was decided to continue a limited service as we transitioned away from the virtual back to actual people connections.

Our reduced digital service continued with the very popular zooms: men's group "Wise Guys", ladies' group "Glam Girls" and the chair exercises involving care and nursing homes and people from their own homes.

This provision will continue through 2023 and expect to come to a natural finish as the social gatherings increase in value.

The online support proved invaluable in bringing our older generation into the digital age, but it was only possible in the care homes due to the technical savvy of the younger carers and our network partner support to provide expensive equipment, simple guidance and internet costs, often beyond many of our older people client groups, especially as they reprioritise household budgets due to the cost-of-living crisis.

"Staff commented on one lady who sang along to all the songs, she had never done that before". (Care Home Staff Member Response. 30/11/22)



Team Building Get-Togethers

Rewards and Incentives

As a charity we are unable to give volunteers cash rewards for their support, the best we can offer is to cover reasonable out-of-pocket expenses. But there are other rewards just as valuable, even more so since the cost-of-living crisis hit. Volunteering helped them to stay warm by taking part in local community venues, and sustained and hydrated as they enjoyed meals and refreshments with clients. Also, being away from home reduced the energy usage for heating, cooking, hot drinks and saved even more or those on water meters.

Local venues motivated attendance, reduced the cost of travel for many and promoted car sharing for others, more money saved.

But the biggest advantage of all is the mental and physical wellbeing rewards, as being with others with respite from the often-lonely home spaces has allowed them to experience recognised proven benefits, with lifted mood and opportunities to chat and be among like-minded people.

Smiling, happy, dancing and chatting to people can do as much good than bottles of prescription meds and temporary mood props. Couple all these with our 20 year practice of sending birthday and Christmas cards, shared team get-togethers and genuine encouragement and appreciation are all great motivators, not cash, but praise and thanks in the right measure.

The low-turnover and amazing results achieved by our team members proves the effectiveness of our practice at all levels.

"I love volunteering with MIND Active and always feel like I receive more than I give" (Sharing Your Thoughts Consultation. Feb 2023)



Alnwick Garden's Elderberries Spring High Tea & Dance

Teamsters: Volunteers, Trustees, Staff & Partners

With a multitude of years behind us, we have learned a great deal about successful recruitment and staying power of a well-motivated charity team. We have invested heavily in a strategy of partnership working and equality with a sense of worth and value reinforced by our internationally recognised Investors in People award held for the last 16 years.

Having experienced past challenges of having too many volunteers, we have found a balance that meets the team needs and yet provides each a role in which they feel they belong and are comfortable.

We have found once a new team member, and client for that matter, attends for the first time they are keen to return and often stay with us for a considerable period. This proves the success of our well-practiced and efficient delivery model.

Each individual not only has to feel useful, but must also share the wellbeing benefits enjoyed by the beneficiaries. They must also know they have an equal say in the project where ideas are listened to and explored.

This winning formula has provided the charity with an effective and motivated team of individuals working to a common goal, a team without whom none of our successes could have been achieved.

"The activities all work well having been tried and tested. This is essentially in the planning and organisation communication which the team have mastered, but also flexibility when needed". (Volunteer feedback. Feb. 2023)



Picking up where we left off with Covid - Bedlington Golf Club Get-togethers

Building Crisis-to-Crisis Resilience

It cannot be denied the charity trustees have been a huge asset to the sustainability of the project, especially so with the foresight and understanding of the economic risk leading up to Brexit, which set the organisation on a path towards financial resilience, with approval of our auditor, making a valid argument for building our reserves above the Charity Commission's recommended amount.

Brexit still not being resolved fully, we then found ourselves dealing with the Pandemic fall-out lasting for more than 2 years with our marginalised older people client groups experiencing the worst effects of isolation. Our financial strategy proved to be a sound plan, providing service security, where our reserves ensured we were able to sustain delivery during lockdowns and local restrictions, instrumental in helping beneficiaries continue to feel socially connected by allowing us the ability to set up new ways of working by taking full advantage of Digital Technology which continues to be an effective delivery model.

Our financial resilience continued to prove to be an outstanding model, as we found ourselves deep within the UK financial crisis, totally unexpected so could not have been planned for. As part of our ongoing commitment to maximise the value of grants by negotiating energy deals, reduced delivery costs, car sharing, etc. the charity 'sailed' through the first 9 months of cost-of-living crisis, reassured by the reserves we had sensibly built up when the 'going was good'. For the first time since we began 20 years ago, we have spent the large amount of free reserves during this grant period, however, still working hard secured very favourable terms with utility providers and our partners enabling us to effectively manage our daily running and project costs. It was reassuring to hear during a recent Zoom meeting, funders recognise the need for more financial stability confirming our policy, and we agree, not having the financial worry expressed by many charities, allowed the team to focus on supporting our clients through these challenging times, this success is down to one key element, trustees being prepared by Building Resilience.

"...you keep us thinking, laughing and singing" (Care Home Resident, 3/2/23)



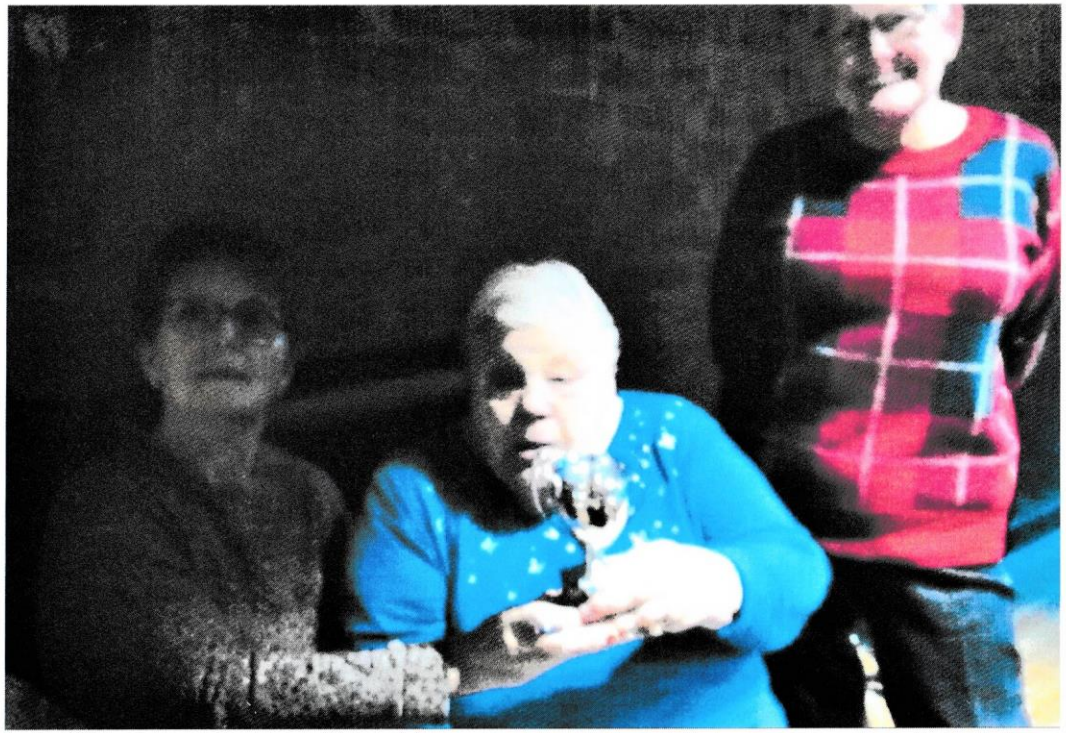
Funding Partnerships - A Stronger Future Together

Thanks to the following for their funding support this year:

- Greggs Foundation
- Ballinger Charitable Trust
- Community Foundation (Kellett Fund)
- Community Foundation (Barnes Fund)
- Community Foundation (Prime Fund)
- Community Foundation (Dickon Trust)
- Ridley Family
- Newcastle Building Society Community Fund
- Stakeford & Bomarsund Parish Council Tea Dance
- Awards For All Community Fund
- Bedlington Golf Club Captain's Charity
- Northumberland CC (Queen's Jubilee Event)
- Trinity Church Bedlington

Our sincere thanks to individuals and groups that supported the charity with funeral service collections, miscellaneous gifts and donations.

"Loneliness and despair, lost my family. My own illness was understood. Care and consideration helped me out of my sad situation. New friends and caring staff; MIND ACTIVE. Worth every penny. Thank you so much". (Sharing Your Thoughts Consultation Response. Feb.2023)



Congratulations Betty Bates Cup 10 Pin Bowling Winner

Statistical Data

The team has successfully achieved the following:

162	Care/Nursing Homes Supported Nationally
169	Local Care/Nursing Home Activity Visits
12	Outdoor Summer Programme Events
20	Social Inclusion Activity Day Lunches
1	Queen's Platinum Jubilee Tea Dance
7	10 Pin Bowling
1	Walking Football (Pilot Session)
3	Golf Club Lunches
3	Cinematic Experiences
22	Christmas Fun Packs
1	Slow Cooker Session
1	Coach Outing
21	Ladies' "Glam Girls" Groups
30	Men's "Wise Guys" Groups
1	Alnwick Gardens Spring Tea Dance
1	Alnwick Gardens Christmas Tea Dance
41	Zoom Combined Exercises Sessions
1	Christmas Tea Dance
1	Big Christmas Event with homes and community
1	Post Boxing Day Get-together
1,351	Emailed Quizzes, Themed Song Sheets & Games

1,850	Total Number of Activities

31,254	Total Number of Beneficiary Attendances

"I just hope you can continue doing what your doing because your doing it well."

("Sharing Your Thoughts" Consultation Response. Feb. 2023)



Mood Boosting Heart-warming Cinematic Experiences - Warm Space, Hot Drinks, Home Baked Sweet Treats, Yummy Chocolate & Company

Doing What's Needed

As the team and beneficiaries rebound from the pandemic, crashing headlong into the cost-of-living crisis, we have been on the offensive; plotting, planning, changing, adapting and delivering, in essence taking full advantage of one of the most important aspects of independence from service procurement – flexibility. The Covid-19 years had many distressing and devasting outcomes across the world, but some positives must be acknowledged and one of those was how client groups and the project team came to better know each other. This has been an inspiration with beneficiaries feeling valued and able to readily share how they feel about the project and the way the team interact and deliver that supports the benefits of meaningful social inclusion.

Although the team deliver services, we are influenced and guided by the people we support. Finding out their views and thoughts on new ideas, then observing the interaction and listening to their thoughts ensures we deliver to their needs, not what we think is best. The model is so successful we are heavily subscribed and our guests always seem willing to try new ideas such as the phenomenally successful 10 Pin Bowling and the Cinematic Experiences introduced this year. It is evident their wholehearted support makes a positive difference to the quality of life for all that take part, including the charity team.

As one of our guests said, ***"It's not just the activity, it's everyone coming together having a chat and a laugh"***



Ladies Zoom Group "Glam Girls" - Hybrid Get-Togethers

Multi-Faceted Delivery

20 years delivery has taught us many things; what works best, what didn't come up to expectations and what was thought unlikely to work but proved hugely successful, but the most important lesson of all is to listen to the people we are supporting and delivering for their needs.

These aspects ensured together we came through the worst Covid could 'throw at us', whilst still delivering phenomenal social inclusion sessions in unexpected ways, to now providing hybrid delivery as we moved back to face-to-face delivery.

The Zoom sessions have been reduced to prioritise those still demanded by client needs, these are the popular and inclusive chair exercises, the men's group "Wise Guys" and the ladies' group "Glam Girls", but even these have hybridised to become a mixture of Zoom and face-to face-sessions.

As care and nursing homes gradually reopened to outside visits, we have been delivering group activities in the care home lounges, even to the point, where supervised, we are again delivering interactive sessions with room and bed restricted residents.

The face-to-face community-based activities expanded to include new interventions, and the demand was such we enjoyed even greater attendances with rooms at full capacity. The use of local venues proved an advantage during the cost-of-living crisis to help manage our costs and access facilities we could not hope to provide, with the 10 pin bowling and cinematic experiences being only two excellent examples, with the positive wellbeing achieved outstripping expectations.

No matter what challenges we faced; on-going Brexit, pandemic fall-out, cost-of-living crises or whatever else, we found a way to include, diversify and deliver.

"The most important aspect in my opinion is that we are asked what we would like to do, and give feedback which then has input on future events". (Sharing Your Thoughts. Feb.2023)



Coasting Along

Full Steam Ahead

MIND ***Active*** may have been actively engaging older people and influencing positive social change for the last 20 years, but it is only recently the statutory sector have realised they can no longer just keep doing, or even afford to do, the same old thing, "crisis intervention". They have finally begun to tackle what has been talked about for the last 30 or so years, that social interaction makes people feel better, lifts their mood, improves their balance and reduces demand on the NHS and purse strings.

It has been a hard journey to get to this point with years of banging the drum at meetings, delivering training, showing PowerPoint presentations, sharing best practice and encouraging sector provider visits to learn from our example.

But we are not done yet, with the next couple of years financially secure due to excellent budgetary management, sustainability foresight and a strong partnership network, we will continue our quest to promote change not just by promoting the quality of life of our client groups, but also by sharing successful working practice at the policy and practical level helping shape statutory sector provision fit for the future.

We all need to get on board, stand up to the plate, stoke the fire and release the brake to ensure our older generations are not stalled at the station, but on-track towards a better and more rewarding journey as they approach their final destination.

"Full Steam Ahead"

"It was very moving to see everyone come to life and sing-along". (Staff Feedback. 24/11/23)



Doing What Works



Trustees Return to Face-to-Face Meetings



Lock Down Communities Getting Back Together

"Not alone anymore … learned to laugh again"

MIND *Active*
24 Front Street West, Bedlington, Northumberland NE22 5UB
Telephone: (01670) 820461 email: mindactive@tiscali.co.uk

MIND Active Bedlington **MINDActiveNE**
www.mindactive.org.uk

Registered Charity No. 1096712

MIND ACTIVE

England & Wales - Charity number 1096712

Accounts

MIND ACTIVE

24 Front Street West
Bedlington
Northumberland

Investors in People (Gold)

Tel (01670) 820461

FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022

T.W.Tasker F.C.A.
Chartered Accountant

MIND ACTIVE

FINANCIAL ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022

CONTENTS

1. Trustees Annual Report

2. Independent Examiner's Report

3. Statement of Financial Activities

4. Balance Sheet

5. Notes to the Accounts

6. Detailed Statement of Financial Activities

MIND ACTIVE
TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2022

We present our Annual Report for the above year.

REFERENCE AND ADMINISTRATIVE DETAILS

We are a Registered Charity (No 1096712) and have operated successfully since 14 August 2002, within the terms of our Trust Deed. Our Bankers are TSB Bank Plc, 3-5 Newgate Street, Morpeth, Northumberland. We appoint Solicitors as necessary.

OBJECTS AND POLICIES

The charity Objective continues to be support the quality of life and social inclusion needs of older people that find themselves marginalised, isolated and/or lonely due to where they live, challenging caring responsibilities and/or debilitating conditions. Our Policies are reviewed annually, and updated as necessary, or earlier as circumstances, such as the COVID - 19 Pandemic necessitate. We refer to Charity Commission guidance on Public Benefit when reviewing our aims and objectives and ensure that future plans remain focused on meeting beneficiary needs. Funding restrictions can limit our activities, but we endeavour to ensure that no beneficiaries appropriate to our aims are excluded. Equal access to our service is important to us, and we promote local understanding of our work. We are overcoming the harmful isolation and negative mental health effects during the Coronavirus crisis by continuing to deliver services along with permitted traditional activities, which once again resulted in significantly exceeding client attendance targets.

STRUCTURE,GOVERNANCE AND MANAGEMENT

Trustees

The Trustees during the year were G.Slaughter (Chair), E.Kelly, J.Wilbourne, C. Parry, Dr.C.Guy, G.Easton and K.Monaghan. All Trustees give their time voluntarily and receive no benefit.

Recruitment and Appointment of Trustees

The Trustees seek to ensure that the users needs are reflected through the diversity of the trustee body. To enhance the potential pool of Trustees, selected individuals who may wish to become Trustees are approached as necessary. Trustees are re-appointed annually.

Trustee Induction and Training

New Trustees are actively encouraged by the existing Trustees, having regard to any specialist skills required. New Trustees are briefed on their legal obligations under Charity Law, our Trust Deed, the Committee and the decision making process, future plans and recent performance. They are encouraged to attend appropriate training, and made aware of Charity Commission publications. Feedback is encouraged.

Risk Management

We have assessed (and reviewed regularly) the major risks to which we are exposed, in particular those related to our operations and finances, and are satisfied that systems are in place to mitigate our exposure. No major risks have been identified. A key element in our management of financial risk is the setting and regular review of our Reserves policy.

Continued ...

MIND ACTIVE
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2022

Continued ...

RESERVES POLICY

Free Reserves are those funds not tied up in Fixed Assets or Designated/ Restricted funds. We retain an appropriate amount of reserves in line with Charity Commission guidelines, and continue to review and forecast the level required to sustain operations should income generating activities be curtailed. Appropriate use includes covering funding cold spots to maintain the level and quality of services we are respected for providing.

DEVELOPMENT, ACTIVITIES AND ACHIEVEMENTS

This has been yet another challenging pandemic year, but with our digital inclusion services introduced during the first year or Covid - 19, we capitalised on this success towards maintaining and even developing beneficiary social inclusion even further within the charity Objectives successfully keeping client groups active, connected and mentally well.
We are continuing our digital services and permitted group activities until Covid - 19 restrictions are removed, at which time reverting back to direct face-to-face delivery.

FINANCIAL REVIEW

Our state of affairs remains satisfactory, as detailed in the attached Financial Accounts. Our assets continue to be adequate and available to meet our obligations.

FUTURE DEVELOPMENTS

Although we will continue our successful digital inclusion interventions for as long as needed, we are looking at transition back to delivering pre-pandemic activities early in the new fiscal year or as soon as it is considered safe to do so. The activities will mainly focus on fine weather outdoor activities in designated safe spaces, some interventions in care home grounds, and everntually in-home group and one-to-one room bound client sessions.
It is planned to eventually end our digital provison, but keep it in reserve to quickly reinstate if the situation changes and face-to-face delivery is paused or client access is restricted.
We are also planning on reinstating full indoor delivery programmes later in the year, as the weather changes during the colder and more unsettled autumn and winter periods.

STATEMENT OF TRUSTEES RESPONSIBILITIES

Law applicable to charities in England & Wales requires us to prepare financial statements for each financial year which give a true and fair view of our financial activities during the year and of our financial position at the end of the year. In preparing financial statements giving a true and fair view, we should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that we will continue in operation.

We are responsible for keeping accounting records which disclose with reasonable accuracy our financial position and which enable us to ascertain our financial position and which enable us to ensure that the financial statements comply with applicable law. We are also responsible for safeguarding our assets and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Continued ...

MIND ACTIVE
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2022

Continued ...

Signed

G. Slaughter

G.Slaughter
Trustee/Chair

Signed

G Easton

G.Easton
Trustee

20 September 2022

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

MIND ACTIVE

I report on the accounts of the charity for the year ended 31 March 2022 which are set out on pages 3 to 6.

Respective responsibilities of trustees and examiner
The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:
- examine the accounts under Section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under Section 145 (5) (b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report
My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with the records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanation from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement
In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:

   - to keep accounting records in accordance with Section 130 of the 2011 Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

   have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



T.W.Tasker F.C.A.
Chartered Accountant
52A Station Road
Ashington
Northumberland

20 September 2022

MIND ACTIVE

STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 Unrestricted £	2022 Restricted £	2022 TOTAL £	2021 TOTAL £
INCOME FROM:					
Income from Generated Funds:					
Grants and Donations Received		34,692	32,492	67,184	147,255
Investment Income:					
Bank Interest Received		242	-	242	324
		34,934	32,492	67,426	147,579
EXPENDITURE ON:					
Charitable Activities		14,606	73,978	88,584	101,510
Net Movement in Funds	3	20,328	(41,486)	(21,158)	46,069
Total Funds Brought Forward		87,542	83,335	170,877	124,808
Total Funds Carried Forward		£ 107,870	£ 41,849	£ 149,719	170,877

None of our activities were acquired or discontinued and there were no recognised gains or losses other than as shown above during the above two financial years.

The notes on page 5 form part of these accounts.

MIND ACTIVE

BALANCE SHEET
AS AT 31 MARCH 2022

	Notes	2022 Unrestricted £	2022 Restricted £	2022 TOTAL £	2021 TOTAL £
FIXED ASSETS					
Tangible Assets		-	-	-	-
CURRENT ASSETS					
Payments in Advance		344	-	344	535
Cash at Bank		129,096	41,849	170,945	191,046
		129,440	41,849	171,289	191,581
CREDITORS :					
Amounts Becoming Due And Payable Within One Year	4	21,570	-	21,570	20,704
NET CURRENT ASSETS		107,870	41,849	149,719	170,877
TOTAL ASSETS LESS CURRENT LIABILITIES		£ 107,870	£ 41,849	£ 149,719	£ 170,877
TOTAL FUNDS	5	£ 107,870	£ 41,849	£ 149,719	£ 170.877

Approved by the Trustees Committee on 31 July 2022 and signed on its behalf by:

G.Slaughter
Trustee/Chair

G.Easton
Trustee

The notes on pages 5 form part of these accounts.

MIND ACTIVE

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES

Basis of Accounting

The principal accounting policies adopted and judgements made in the preparation of the financial accounts are:

a, the financial accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), and the Financial Reporting Standard applicable in the UK and Ireland (FRS 102) and the Charities Act 2011.

b, As we meet the definition of a public benefit entity, assets and liabilities are initially recognised at historical cost or transaction value, unless otherwise stated.

Fund Accounting

Unrestricted funds are available for use at the discretion of the Trustees in furtherance of our general objectives. Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

Income

All Income is included in the Statement of Financial Activities when we are entitled to the Income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of Income:

- Income from our activities is recognised on an accruals basis.

- Income received by way of Grants and Donations is included in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by ourselves, are recognised when we become unconditionally entitled to the grant. Grants related to performance and specific deliverables are accounted for as we earn the right to consideration by our performance.

- Investment Income is included when receivable.

- The value of services provided by volunteers has not been included in these accounts.

Expenditure

Expenditure is recognised on an accruals basis, including VAT. It comprises those costs incurred in the delivery of our activities and services. It includes both costs that can be allocated to such activities and those costs of an indirect nature necessary to support them.

Pension Schemes

We operate defined contribution pension schemes. Contributions are charged to the Statement of Financial Activities as incurred.

2. TAXATION

As a Registered Charity, we have no liability to Corporation Tax.

MIND ACTIVE

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022

3. NET MOVEMENT IN FUNDS

	2022	2021
This is stated after charging:	£	£
Staff Costs	67,705	85,125
Trustees Remuneration and Expenses	-	-

Staff Costs were as follows:	£	£
Wages and Salaries	59,074	70,400
Social Security Costs	4,212	8,951
Pension Contributions	4,419	5,774
	67,705	85,125

No employee received emoluments of over £60,000. The average number of employees, calculated on the basis of full-time equivalents was 3 (2020 3). All employees belong to pension schemes.

4. CREDITORS: Amounts Becoming Due And Payable Within One Year:

	2022	2021
	£	£
Sundry Creditors and Accrued Charges	21,570	20,704

5. ANALYSIS OF RESTRICTED FUNDS

	Brought Forward	Income	Expenditure	Carried Forward
	£	£	£	£
Kellett Fund	22,536	7,500	21,023	9,013
Greggs Foundation	25,243	-	11,938	13,305
Community Fund (Awards for All)	3,552	-	1,007	2,545
The Joicey Trust	2,024	-	2,024	-
Hadrian Trust	724	-	724	-
Northumberland County Council	500	-	500	-
Sir James Knott Trust	2,644	-	2,644	-
Charles Hayward Foundation	2,652	-	2,652	-
Allen Lane Foundation	2,652	-	2,652	-
Ballinger Trust	6,217	15,000	10,979	10,238
Ridley Family Trust	8,990	-	7,042	1,948
National Lottery Community Fund	554	-	554	-
Pargiter Trust	4,297	-	4,297	-
Asian Fund	750	-	750	-
Barnes Fund	-	9,992	5,192	4,800
	83,335	32,492	73,978	41,849

MIND ACTIVE

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022

5. Continued.

NATURE OF RESTRICTED FUNDS

Kellett Fund (via Community Foundation serving Tyne & Wear and Northumberland) fund our Castle Morpeth and Blyth Valley community-based and in-home activities.

Greggs Foundation and Ballinger Trust fund our staff and core costs.

Community Fund (Awards for All) changed to supporting 3 Christmas Events.

Prime and Barnes Funds (via Community Foundation) funded our community-based and in-home activities.

The Joicey Trust and Hadrian Trust fund our care home activities, core costs and activity days.

Northumberland County Council will fund a coach outing.

Sir James Knott Trust fund staff costs and care home activities.

Charles Hayward Foundation and Allen Lane Foundation fund our staff costs and social inclusion days.

Ridley Family Trust fund our staff salaries, operational costs and client activities.

National Lottery Community Fund provided a Covid Recovery Grant relating to our core costs and mens groups.

Pargiter Trust fund supports core costs and historical visits.

Asian fund supported older peoples activities.

MIND ACTIVE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022

	2022			2021
	Unrestricted	Restricted	TOTAL	TOTAL
	£	£	£	£
INCOME FROM:				
Grants and Donations Received	34,692	32,492	67,184	147,255
Bank Interest Received	242	-	242	324
	34,934	32,492	67,426	147,579
EXPENDITURE ON:				
Staff Costs	14,387	53,318	67,705	85,125
Volunteers Expenses	-	-	-	-
Repairs and Renewals	-	26	26	209
Telephone Charges	-	766	766	702
Postage, Printing and Stationery	-	985	985	1,365
Heating and Lighting	-	522	522	417
Insurances	-	924	924	967
Rent and Rates	-	2,855	2,855	2,594
Legal and Professional Fees	-	578	578	3,050
Events, Activities and Training	219	11,724	11,943	1,494
Accountancy Fees	-	2,280	2,280	2,184
Transferred to Free Reserves	-	-	-	3,403
	14,606	73,978	88,584	101,510
NET MOVEMENT IN FUNDS	20,328	(41,486)	(21,158)	46,069
Total Funds Brought Forward	87,542	83,335	170,877	124,808
Total Funds Carried Forward	£107,870	£ 41,849	£ 149,719	£ 170,877

None of our activities were acquired or discontinued and there were no recognised gains or losses other than as shown above during the above two financial years.

The notes on page 5 form part of these accounts.



Building Back Stronger



Live Zoom Performances

MIND *Active*

Annual Report

2021 - 2022



Reconnecting in Public Spaces

INVESTORS IN PEOPLE | Gold



Celebrating Restriction Easing



Back Out and About



Safely Building Confidence and Public Integration

Registered Charity Number: 1096712

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(01670) 820461
Email: mindactive@tiscali.co.uk
Web: www.mindactive.org.uk
Facebook: MIND Active Bedlington
Twitter: MINDActiveNE

Acknowledgements:

Thanks to our:

Dedicated Team of Volunteers, Artists, Partnerships, Staff and Students.

&

Trustees; Gillian Slaughter, Eleanor Kelly, Judy Wilbourne, Carena Parry, Dr. Catherine Guy, Kelsey Monaghan and Glad Easton.

Bank Account:
TSB Bank
3-5 Newgate Street
Morpeth
Northumberland
NE61 1AN

Independent Examiner:
T.W. Tasker F.C.A.
Chartered Accountant
52a Station Road
Ashington
Northumberland
NE63 9UJ



"The above says it all. Many thanks to all concerned"

Foreword

Our Dad, Eric, first became aware of Mind Active during his regular visits to his dearest friend Margaret, who was a resident in a Northumberland care home.

Until going into care, Margaret, like our Dad lived a full and active life and the activities Mind Active organised ensured she and the other residents experienced fun, laughter and mental stimulation.

Our Dad always loved to get involved in these events, particularly the music and singing ones and was so impressed with the work and dedication of your charity that he wanted to help in any way he could.

Sadly, our Dad passed away last year but we hope your organisation continues to thrive. It is such a worthwhile cause that does so much for the local community and its older residents.

All the best for the future,

Leahanne Brodie

Clare and Leahanne

Volunteers Week Thank You



"Mind Active has overcome (Safely!) all restrictions imposed, well done!"

Vision

Enhance the quality of life provision of dependent older people.

Mission

To facilitate inclusive mind stimulating group activities and wider community wellbeing events with older people living in residential care homes and people living with a debilitating condition from their own homes.

Charity Objective 2.1

"For the public benefit to improve the quality of life of older people living in Residential Care Homes and Marginalised Older People from their Own Homes in Northumberland mainly in South East of the County, primarily but not exclusively by the provision of activities aimed towards social inclusion, mental stimulation and well-being".

Ladies Zoom Group "Glam Girls" Long Awaited Get-together



"People have formed genuine empathy, understanding and support for each other"

"Welcome to our 2021/22 Annual Report"

In the year of Her Majesty Queen Elizabeth II's Platinum Jubilee, we too will celebrate with our "China" 20th Anniversary, coincidentally marked in modern times with the giving of platinum gifts. We may not be showered with such valuable trinkets, but we are immensely proud of our GOLD Standard Investors in People recognition, which we have held for many years and rare among the voluntary sector. We have been praised many times for the quality and standard of our interventions, but more than ever we have pulled out all of the stops and delivered a level of service second to none, during 2 years of everchanging restrictions to successfully keep our client groups connected wherever they may be.

In 2002, we began this 3 year project with ambitions to support meaningful activities in 3 local care homes, 20 years on, and we are supporting homes across the country, and even as far away as Canada and Australia, using modern digital forms of delivery to overcome all Covid-19 could throw at us.

Over the 2 decades we have supported hundreds of volunteers and students to develop their journey through life, whatever their personal goals may have been. Many gained invaluable experience and confidence to secure employment and university placements, a number used our charity for their academic studies and we can boast students qualifying as a Social Worker, Phycologist, and Doctor. Quite remarkable for a small local community charity

Due to our sound financial management and carefully planned delivery we are in a secure position to deliver beyond the past challenges, and with our beneficiaries, move forward together.

2022 is destined to be a truly significant 20th Anniversary year.

G. Slaughter

Gillian Slaughter (Chair)



Carena

Trustees



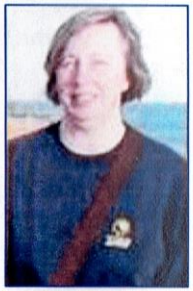
Gillian



Kelsey



Judy



Eleanor



Glad

"Thank you so much for all your help and vision you have no idea how much you have helped me these past few years"



Catherine

Trustees

The trustees meet regularly to monitor and ensure we undertake activities for the public benefit, particularly those members of our aged community living in residential care homes, as described in our Charity Objective.

Trustees review and ensure finances are used in accordance with grant requirements and within budget.

Trustees also support the legal aspects of the organisation.

Trustees are personally liable only if the:

- Charity suffers loss caused by acting unlawfully, imprudently
  or outside the terms of the charity's governing document.

- Charity is committed to debts which amount to more than assets.

Trustees have fully complied with their responsibilities with due regard to public benefit when exercising any powers and/or duties, with regular trustee meetings, project updates and periodical reports ensuring effective risk management of project and team.

End of Year Report approved by:

(Chair): ..G. Slaughter.....

(Trustee): ..L.E.arston..... Date: 23/4/22....

Care Home Grounds Performance



"It's been wonderful can we do this all over again tomorrow?"

Pandemic Artists and Partnerships

Ageing Well Network	**Service Sector Partners**
Alnwick Gardens	**Festive Activity/Treats Packs**
Andy McGowan	**Singer**
Bedlington Golf Club	**Captain's Charity Sessions**
Bed. Salvation Army	**Social Activity Day Venue**
CVA Blyth Valley	**Voluntary Sector Support**
Dave Minikin	**Northumbrian Music & Patter**
Fool's Gold	**Performances**
Graham Lane	**Singer**
Jessica Irving	**Singer**
Mark McCann	**Singer**
Mavis Crudace	**Gentle Exercise & Movement**
Musical Minds	**Show Group**
Northumberland CC	**Coasts, Parks & Leisure**
Northumberland CVA	**Networks & Alliances**
Paul Grant	**Performer**
Re:Connect	**Tablet Devices Partners**
Tom & Marge	**Singers**
West Sleekburn Hall	**Summer Picnics Venue**

Covid-19 Safe Beamish Museum Visit



"Made a big difference being able to meet up with likeminded caring people for a good laugh, good company and a feeling of belonging to a fantastic group"

Managing Risk

Without doubt the pandemic caused a huge crisis, one element of which was the access to personal protective equipment. As cross infection management was not new to our team, with training delivered since 2002 and very experienced lead members, we already had necessary stock, skills and daily practice to ensure the maximum safety for everyone with regards to hygiene and managing controlled risk at all times.

Whilst working from home infection was not so much of a work issue, but as we began to reengage client groups we reinforced training, practice and updated policies, to ensure safe and effective systems were in place to manage risk at all times.

We also worked closely with supporting partnerships to secure open spaces with tape barriers and warning posters to help the general public to stay clear of our client group activities, though we encouraged them to watch and enjoy sharing our feelgood sessions from without.

Dementia guests needed more thought and attention to detailed strategies, as they didn't always appreciate or understand the need to maintain social distancing. Hand-gels where easily available and squeezed onto clients' hands and they were encouraged to rub this in, while anti-bacterial hand wipes could be used for skin contact and hard surfaces along with our sanitiser sprays.

Even once the UK Government removed the need for compulsory Test and Tracing, we continued this practice throughout, not just to safeguard against infection, but also to reassure and reinforce participant confidence.

"It was lovely to be remembered by you all. Many thanks"





Doorstep Drop-offs





"It was very good to not feel so alone"

Home Delivery

Although we completed a number of doorstep deliveries this year, including Christmas Activity Packs donated from Elderberries of Alnwick Gardens, this section focuses on care and nursing home service provision in a second year of disruptive Covid-19 restrictions.

We started the year by continuing to deliver electronic services including the very popular emailed quizzes, themed activities and our popular targeted Zoom sessions: exercises, Chi Gong, ladies and men's groups, sing-along, performances and shows. These developed to involve a greater number of homes which helped activity co-ordinators support the mental and physical wellbeing of their residents, many of whom enduring another year away from the comfort and love of visits from family and friends. Cheered along by our sessions and care home activity co-ordinators, residents sang, danced and laughed along with the Zoom sessions, smiling and visibly more alert from the experiences.

During the summer, we reinstated supported outdoor activities in care and nursing home grounds with residents enjoying the fresh air and sunshine. On other occasions, we delivered from outside of conservatory doorways to groups sitting just inside or in large lounges with residents sat well away from our team. Remarkably we received many grateful comments from people who remembered us and were pleased to welcome us back with many expressions of thanks shared.

Some homes eventually reduced their quarantine restrictions and we quickly delivered very rewarding and enjoyable Covid-19 safe activities with groups of residents gathered in the lounges. It was extremely disappointing when the Omicron variant suddenly halted this with the reintroduction of lockdown and restricted access.

We are ready however, to launch back into full "Home Delivery" as soon as we are permitted to safely do so.

Historic Wallington Hall & Exclusive High Tea Treat



"It would have been awful to have lost touch with such a lovely group of people for nearly 1 1/2 years. Friendships have grown"

Historic Visits

For the first time, we were fortunate to receive a grant for beneficiaries from their own homes to reconnect with the wider community, with funding specifically to provide coach travel and visits to historic places.

These special one-day outings proved invaluable for providing previously inaccessible cultural opportunities, that successfully encouraged participation away from the security of clients' homes, helping them to reconnect among the general public in wide-open safe spaces.

Ensuring social distancing and personal comfort was crucial to our success by increasing participant confidence and reducing anxiety. Special arrangements were made for meals to ensure all felt safely apart from the general public sharing the same venues, with many lunches being outdoors in the fine weather. In some instances, we were given exclusive venue access, which made a significant difference as our groups clearly relaxed with lifted mood as they freely explored the amazing local heritage sites.

This proved a very popular project with local attractions welcoming us all, preparing for our arrival, providing conducted tours and ensuring everyone was safely included.

The pandemic has taught many lessons, but one of the most interesting in this case was the wellbeing benefits gained from the opportunity and freedom to explore and share a rare type of quality time together.

Flying High at Brilliant Alnwick Gardens



"… superb day trips - so well organised and enjoyed"

Targeted Social Inclusion

Much focus was placed on ways to continue direct support for the social wellbeing and physical needs of our client groups, as the country moved through the various pandemic restrictions. One of the greatest successes promoting this core focus was the introduction of Zooming, and the resulting growth of beneficiaries tapping into this invaluable resource. Sessions were developed to not only maintain connections and mental wellbeing, but also physical motor skills supported by our regular exercise, Chi Gong and movement to music shows.

Of course, this was not a perfect substitute for face-to-face engagement, so once again we took full advantage of the fine weather with an increase in outdoor spaces activities, including; picnics, fish and chips promenade walks and an amazing historic places programme. We even enjoyed invites to some special Alnwick Gardens and local Golf club events, providing some sense of previous normality to beneficiaries.

Client wellbeing was a paramount consideration for all our actions, and safe travel was a contributory factor in ensuring participation, which we achieved by providing taxi travel for those that needed it. Although this was not a usual provision, it was so clearly welcomed under these exceptional circumstances to keep the most vulnerable connected.

The above strategy proved to be a highly effective formula ensuring beneficiaries not only survived the two-year pandemic, but emerged stronger; socially, mentally and physically.

Fine Weather Safe Space Picnics



"Have looked forward to coming and meeting everyone, they are so kind and friendly"

Flexibility

Two years of mixed permitted traditional service provision and remote access using digital age technology, has clearly demonstrated the flexibility of our voluntary organisation, with full philanthropic support of funders to deliver in any way available for the mental wellbeing of client groups isolated and excluded by a deadly virus.

It is testament to the ability of the team members to embrace what some sectors label "Blue-Sky thinking", to find and develop new ways of working using their years of vast experience and previous experimental activities recalled over the last 20 years of the project.

This learning was not wasted, and they quickly adapted to deliver meaningful activities that not only engaged clients to promote mental wellbeing through social inclusion, but even reached to supporting the physical health of people 'trapped' in residential care settings, and in their own homes for months at a time.

Where other sectors may have fixed outputs and delivery models, our voluntary service retained the flexibility to quickly adapt and modify to meet the unexpected and extremely challenging needs of beneficiaries. At no time during our 2 decades of existence has this been more evident than the last two years.

Avoiding procurement, fixed contracts and restrictive statutory service agreements, our small local community charity proved to have a significant flexible advantage to change, adapt and deliver exactly when and where needed.

Old fashioned values proven as true today as they ever were.

Back to Office: 1st Indoor Trustee Meeting Since Start of Pandemic



"Lovely to be back at the meetings"

Thanks to the following for their funding support this year:

- Greggs Foundation
- Ballinger Charitable Trust
- Community Foundation (Kellett Fund)
- Community Foundation (Barnes Fund)
- Community Foundation (Prime Fund)
- Community Foundation (Pargiter Trust)
- Community Foundation (Asian Fund)
- The Allen Lane Foundation
- The Sir James Knott Trust
- Awards For All
- The Joicey Trust
- The Hadrian Trust
- The Charles Hayward Foundation
- Dransfield Family
- Bedlington Golf Club Captain's Charity
- Northumberland CC (Empowering Communities)
- Northumberland CC (Covid-Support Grants)

Our sincere thanks to individuals and groups that supported the charity with funeral service collections, miscellaneous gifts and donations.

End of Life Care Team Consultation



"... the friendship and feeling supported, listened to and part of a likeminded group of people has been outstanding"

Statistical Data

The team has successfully achieved the following:

130	Landline Telephone Support
202	Care & Nursing homes Supported
6	Consultation Sessions

Face-to-Face Delivery:

18	Care/Nursing Home Activity Visits
10	Outdoor Summer Programme Events
9	Social Inclusion Reconnect Activity Day Lunches
21	Doorstep Drop Festive Activity Packs & Treats
8	Coach Outings
32	Men/Ladies Groups Local Venue Get-togethers
1	Alnwick Gardens Christmas Tea Dance

Emailed & Posted Activities:

10,467	Crafts/Games/Quizzes/Themed/Bed Bound/ Birthday/Christmas & Post Cards

Interactive Zoom Sessions:

32	Men's Groups
32	Ladies Groups
15	Coffee Mornings
75	Community & Care/Nursing Home Exercises
39	Joint Care/Nursing Home Entertainment Shows

11,097	Total Number of Activities Delivered
55,608	Total Number of Participatory Attendances
15,206	Total Activities During 2 Year Pandemic Period
74,536	Total Attendances During 2 Year Pandemic Period

Coming Together Celebrations



"… Mind Active has gone out of it's way on a daily basis to connect with everyone in so many ways"

Business Unusual

Over the last two years, there has been a lot of work achieved which would previously not have been considered anything like our normal delivery.

Ongoing restrictions preventing typical services, no care or nursing home access, lockdowns and self-isolation of particularly vulnerable and fearful individuals was a complete contrast to anything that went before.

To do nothing and wait out the pandemic was never an option for our team, as we all recognised the enhanced client need, and we adapted to overcome the challenges, which we originally believed was to be short-term at the start of lockdown 1. However, this year we were ready.

With many years providing an extensive range of services, we quickly revisited our many years of experience and capitalised on learning to provide a level of service second to none. In a world where we constantly hear the expression "lessons will be learned", we can truly justify such a statement as we took full advantage of past delivery. This meant every penny of charity money spent over the last 19 years increased exponentially in value, as we revisited learning to meaningfully engage with client groups in every possible way, including refining our real-time digital inclusion services.

Even with the above success, we have one other "Business Unusual" observation: during the pre-pandemic year we recorded a record 6,327 beneficiary attendances, but during the pandemic using our refined and adapted practices we saw this increase to an astonishing 74,536 from both our permitted traditional and supported electronic social and wellbeing engagement.

Protected Spaces - Community Allotment Days



"Made some dear close friends"

Fine Weather Success

Once again, we took full advantage of permitted outdoor client activities using the open spaces to minimise the risk of Covid-19 spread among beneficiaries. As soon as the weather looked favourable, we focussed on a range of repeat picnics and walks, at our usual known locations that we considered 'protected-spaces'. Having used these locations for many years, we were familiar with the layout and how to protect our group activity participants from public encroachment.

These places also being well known by our beneficiaries, helped to boost their confidence to venture beyond the safety and isolation of their front doors, with their trust in MIND ***Active*** bringing them back together, appreciating the safety precautions put in place to protect them.

Several of our participants without their own transport were encouraged to attend our activities with the use of free taxi travel to and from the outdoor sessions. This proved invaluable for enabling those particularly excluded by the fear of catching the virus, to feel able to join in and benefit from the fresh air, company and being outdoors.

Once again, knowing our clients' needs coupled with our long-learned practice knowledge, we were able to match clients to the types of activities they enjoyed for each to benefit fully while the fine weather continued.

A resounding success any way you look at it.

"Tiddly-om-pom-pom (strolling) on the prom-prom-prom".



"It was nice to have something to hold on to"

Bouncing Back

It's heartening to know that in our 20th Anniversary year, we finally feel more positive to move beyond the past two devastating pandemic years with over 160,000 Covid linked deaths, thousands of people living with lifetime related after effects, and not forgetting the multitude of bereaved and distraught families, many of whom being prevented from comforting their loved ones during their final days.

We are grateful not to have lost any of our community beneficiaries due to Covid-19, and justifiably proud that all our precautions and procedures provided our attendees with the reassurance and confidence to maintain strong links with each other safely throughout. Their many messages of appreciation recorded and captured in this document, showed we adapted and delivered services that met extraordinary need during the prolonged crisis.

Now it is time to encourage and support all of our client groups to open their doors and reengage back into their communities, and with our long years of hard-earned trust, we are better placed to get back to delivering direct services that meaningfully engage our vulnerable and isolated older people, to help them enjoy their later years and build happy enduring memories shared with their loved ones.

2022/23 will be a year of recovery and togetherness, and we are eagerly awaiting an exciting year ahead with our dedicated team, which this report clearly demonstrates.

Bouncing Back - **"Back to the Future"**

Elderberries Alnwick Gardens Christmas High Tea - Cheers

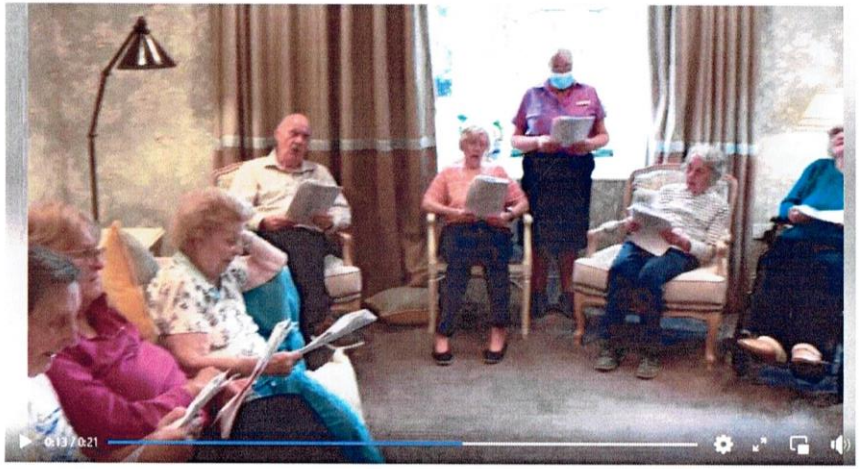


"I have to say you were the greatest table here today"

Anchor (The Manor House, Harrogate)
23 September at 11:52 ·

Follow

Our singing group decided to do songs from musicals this week! They really enjoy their sessions as ...



Our singing group decided to do songs from musicals this week! They really enjoy their sessions as you can see. A pleasure to sing with them! #together with music

...

Harrogate Care Home Enjoying Our Emailed Song Sheets



Reconnecting

"We sincerely hope you continue this wonderful work and once again send much appreciation and thanks."

(Cherry Lodge Residential Care Home, Surrey)

MIND *Active*
24 Front Street West, Bedlington, Northumberland NE22 5UB
Telephone: (01670) 820461 email: mindactive@tiscali.co.uk

MIND Active Bedlington **MINDActiveNE**
www.mindactive.org.uk

Registered Charity No. 1096712

MIND ACTIVE

England & Wales - Charity number 1096712

Accounts

MIND ACTIVE

24 Front Street West
Bedlington
Northumberland

Investors in People (Gold)

Tel (01670) 820461

FINANCIAL ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2021

T.W.Tasker F.C.A.
Chartered Accountant

MIND ACTIVE

FINANCIAL ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021

CONTENTS

1. Trustees Annual Report

2. Independent Examiner's Report

3. Statement of Financial Activities

4. Balance Sheet

5. Notes to the Accounts

6. Detailed Statement of Financial Activities

MIND ACTIVE
TRUSTEES ANNUAL REPORT

FOR THE YEAR ENDED 31 MARCH 2021

We present our Annual Report for the above year.

REFERENCE AND ADMINISTRATIVE DETAILS

We are a Registered Charity (No 1096712) and have operated successfully since 14 August 2002, within the terms of our Trust Deed. Our Bankers are TSB Bank Plc, 3-5 Newgate Street, Morpeth, Northumberland. We appoint Solicitors as necessary.

OBJECTS AND POLICIES

Our Objectives throughout the Covid-19 Pandemic successfully continues to be to promote the benefit of older people living in residential care and nursing homes and older people from their own homes living with a debilitating condition, such as dementia, primarily but not exclusively by the provision of activities aimed towards improving mental stimulation, physical activities and wellbeing. We also continue to maintain the quality-of-life of bereaved carers by supporting them through the challenging transition from the sense of loss to positively move forward with their lives. The isolation and lockdown restrictions forced the postponement of our specialised provision of one-to-one isolated bed and room bound care/nursing home residents and young learner support. Our Policies are regularly reviewed to achieve our Objectives, ensure good practice and focus on promoting both traditional and digital social inclusion to deliver services as restrictions fluctuated. This enabled marginalised and isolated beneficiaries to meet and share quality time together via an enhanced range of meaningful and fulfilling activity options. We refer to Charity Commission guidance on Public Benefit when reviewing our aims and objectives and ensure that future plans remain focused on meeting beneficiary needs. Funding restrictions can limit our activities, but we endeavour to ensure that no beneficiaries appropriate to our aims are excluded. Equal access to our services is important to us, and we promote local understanding of our work. To combat the debilitating isolation and negative mental health effects during the Coronavirus crisis, we are even delivering new digital services along with permitted traditional activities, which enabled us to massively exceed the forecast year's targets.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Trustees

The Trustees during the year were G.Slaughter (Chair), E.Kelly, J.Wilbourne, C. Parry, Dr.C.Guy, G.Easton and K.Monaghan. All Trustees give their time voluntarily and receive no benefit.

Recruitment and Appointment of Trustees

The Trustees seek to ensure that the users needs are reflected through the diversity of the trustee body. To enhance the potential pool of Trustees, selected individuals who may wish to become Trustees are approached as necessary. Trustees are re-appointed annually.

Trustee Induction and Training

New Trustees are actively encouraged by the existing Trustees, having regard to any specialist skills required. New Trustees are briefed on their legal obligations under Charity Law, our Trust Deed, the Committee and the decision making process, future plans and recent performance. They are encouraged to attend appropriate training, and made aware of Charity Commission publications. Feedback is encouraged.

Risk Management

We have assessed (and reviewed regularly) the major risks to which we are exposed, in particular those related to our operations and finances, and are satisfied that systems are in place to mitigate our exposure. No major risks have been identified. A key element in our management of financial risk is the setting and regular review of our Reserves policy.

Continued ...

MIND ACTIVE
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2021

Continued ...

RESERVES POLICY

Free Reserves are those funds not tied up in Fixed Assets or Designated/ Restricted funds. We retain an appropriate amount of reserves in line with Charity Commission guidelines, and continue to review and forecast the level required to sustain operations should income generating activities be curtailed. Appropriate use includes covering funding cold spots to maintain the level and quality of services we are respected for providing.

DEVELOPMENT, ACTIVITIES AND ACHIEVEMENTS

This has been a year of challenges and innovation with the charity team designing and delivering alternative services by introducing digital inclusion and providing remote learning support. We succeeded in delivering our social inclusion objective by providing a limited programme of traditional outdoor activities, but more especially using new forms of delivery that brought our client groups and volunteers into the digital age, which proved a major achievement for successfully keeping people connected.
We will continue our digital services and as the Covid restrictions are removed, gradually transitioning to a mixture of online and face-to-face services, eventually, whilst still retaining some Zoom provision returning to pre-Covid delivery.

FINANCIAL REVIEW

Our state of affairs remains satisfactory, as detailed in the attached Financial Accounts. Our assets continue to be adequate and available to meet our obligations.

FUTURE DEVELOPMENTS

We will continue our successful digital inclusion interventions and transition towards our pre-Covid activities as the easing of restrictions progresses. Landline, Zoom and e-mail activities will reduce as we move back to delivering our Covid-safe outdoor sessions from June, and provide care/nursing home grounds activities from July. Provided conditions permit, we plan to begin delivering in the care and nursing homes and community venues in late Summer, including the reintroduction of bed and room bound quality-of-life support.

STATEMENT OF TRUSTEES RESPONSIBILITIES

Law applicable to charities in England & Wales requires us to prepare financial statements for each financial year which give a true and fair view of our financial activities during the year and of our financial position at the end of the year. In preparing financial statements giving a true and fair view, we should follow best practice and:

- select suitable accounting policies and then apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that we will continue in operation.

We are responsible for keeping accounting records which disclose with reasonable accuracy our financial position and which enable us to ascertain our financial position and which enable us to ensure that the financial statements comply with applicable law. We are also responsible for safeguarding our assets and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Continued ...

MIND ACTIVE
TRUSTEES ANNUAL REPORT
FOR THE YEAR ENDED 31 MARCH 2021

Continued ...

Signed

G. Slaughter

G.Slaughter
Trustee/Chair

Signed

G Easton

G.Easton
Trustee

31 July 2021

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

MIND ACTIVE

I report on the accounts of the charity for the year ended 31 March 2021 which are set out on pages 3 to 6.

Respective responsibilities of trustees and examiner
The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:
- examine the accounts under Section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under Section 145 (5) (b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report
My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with the records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanation from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

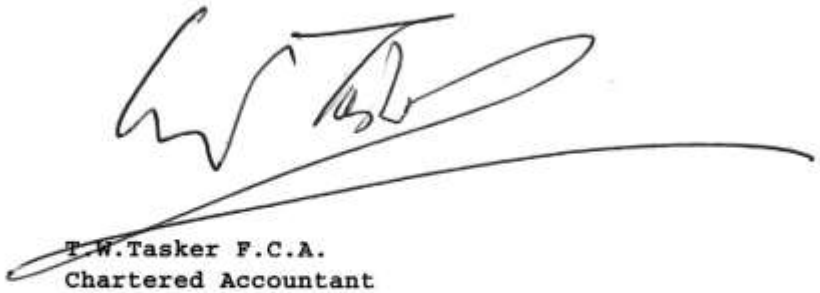
Independent examiner's statement
In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:

   - to keep accounting records in accordance with Section 130 of the 2011 Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

   have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



T.W.Tasker F.C.A.
Chartered Accountant
52A Station Road
Ashington
Northumberland

31 July 2021

MIND ACTIVE

STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021

	Notes	2021 Unrestricted £	2021 Restricted £	2021 TOTAL £	2020 TOTAL £
INCOME FROM:					
Income from Generated Funds:					
Grants and Donations Received		68,003	79,252	147,255	134,489
Investment Income:					
Bank Interest Received		324	-	324	312
		68,327	79,252	147,579	134,801
EXPENDITURE ON:					
Charitable Activities		52,365	49,145	101,510	112,523
Net Movement in Funds	3	15,962	30,107	46,069	22,278
Total Funds Brought Forward		71,580	53,228	124,808	102,530
Total Funds Carried Forward		£ 87,542	£ 83,335	£ 170,877	124,808

None of our activities were acquired or discontinued and there were no recognised gains or losses other than as shown above during the above two financial years.

MIND ACTIVE

BALANCE SHEET
AS AT 31 MARCH 2021

	Notes	2021 Unrestricted £	2021 Restricted £	2021 TOTAL £	2020 TOTAL £
FIXED ASSETS					
Tangible Assets		-	-	-	-
CURRENT ASSETS					
Payments in Advance		535	-	535	538
Cash at Bank		107,711	83,335	191,046	143,890
		108,246	83,335	191,581	144,428
CREDITORS :					
Amounts Becoming Due And Payable Within One Year	4	20,704	-	20,704	19,620
NET CURRENT ASSETS		87,542	83,335	170,877	124,808
TOTAL ASSETS LESS CURRENT LIABILITIES		£ 87,542	£ 83,335	£ 170,877	£ 124,808
TOTAL FUNDS	5	£ 87,542	£ 83,335	£ 170,877	£ 124,808

Approved by the Trustees Committee on 31 July 2021 and signed on its behalf by:

G Slaughter

G.Slaughter
Trustee/Chair

G.Easton
Trustee

The notes on pages 5 form part of these accounts.

MIND ACTIVE

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

Basis of Accounting
The principal accounting policies adopted and judgements made in the preparation of the financial accounts are:

a, the financial accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), and the Financial Reporting Standard applicable in the UK and Ireland (FRS 102) and the Charities Act 2011.

b, As we meet the definition of a public benefit entity, assets and liabilities are initially recognised at historical cost or transaction value, unless otherwise stated.

Fund Accounting
Unrestricted funds are available for use at the discretion of the Trustees in furtherance of our general objectives. Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

Income
All Income is included in the Statement of Financial Activities when we are entitled to the Income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of Income:

- Income from our activities is recognised on an accruals basis.

- Income received by way of Grants and Donations is included in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by ourselves, are recognised when we become unconditionally entitled to the grant. Grants related to performance and specific deliverables are accounted for as we earn the right to consideration by our performance.

- Investment Income is included when receivable.

- The value of services provided by volunteers has not been included in these accounts.

Expenditure
Expenditure is recognised on an accruals basis, including VAT. It comprises those costs incurred in the delivery of our activities and services. It includes both costs that can be allocated to such activities and those costs of an indirect nature necessary to support them.

Pension Schemes
We operate defined contribution pension schemes. Contributions are charged to the Statement of Financial Activities as incurred.

2. TAXATION

As a Registered Charity, we have no liability to Corporation Tax.

MIND ACTIVE

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021

3. NET MOVEMENT IN FUNDS

	2021	2020
This is stated after charging:	£	£
Staff Costs	85,125	85,240
Trustees Remuneration and Expenses	-	-

Staff Costs were as follows:	£	£
Wages and Salaries	70,400	70,291
Social Security Costs	8,951	8,937
Pension Contributions	5,774	6,012
	85,125	85,240

No employee received emoluments of over £60,000. The average number of employees, calculated on the basis of full-time equivalents was 3 (2020 3). All employees belong to pension schemes.

4. CREDITORS: Amounts Becoming Due And Payable Within One Year:

	2021	2020
	£	£
Sundry Creditors and Accrued Charges	20,704	19,620

5. ANALYSIS OF RESTRICTED FUNDS

	Brought Forward	Income	Expenditure	Carried Forward
	£	£	£	£
Kellett Fund	9,856	20,499	7,819	22,536
Greggs Foundation	10,597	24,953	10,307	25,243
Community Fund (Awards for All)	10,000	-	6,448	3,552
Community Foundation (Prime Fund)	9,975	-	9,975	-
Joicey Trust	2,300	-	276	2,024
Hadrian Trust	1,000	-	276	724
Northumberland County Council	500	-	-	500
Sir James Knott Trust	3,000	-	356	2,644
Charles Hayward Foundation	3,000	-	348	2,652
Allen Lane Foundation	3,000	-	348	2,652
Ballinger Trust	-	15,000	8,783	6,217
Ridley Family Trust	-	9,000	10	8,990
National Lottery Community Fund	-	4,753	4,199	554
Pargiter Trust	-	4,297	-	4,297
Asian Fund	-	750	-	750
	53,228	79,252	49,145	83,335

MIND ACTIVE

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021

5. Continued.

NATURE OF RESTRICTED FUNDS

Kellett Fund (via Community Foundation serving Tyne & Wear and Northumberland) fund our Castle Morpeth and Blyth Valley community-based and in-home activities.

Greggs Foundation and Ballinger Trust fund our staff and core costs.

Community Fund (Awards for All) contributed to our staff costs and mens group sessions.

Prime Fund (via Community Foundation) funded our community-based and in-home activities.

Joicey Trust and Hadrian Trust fund our care home activities and activity days.

Northumberland County Council will fund a coach outing.

Sir James Knott Trust fund staff costs and care home activities.

Charles Hayward Foundation and Allen Lane Foundation fund our staff costs and social inclusion days.

Ridley Family Trust fund our staff salaries, care home activities and outdoor events.

National Lottery Community Fund provided a Covid Recovery Grant relating to our core costs and mens groups.

Pargiter Trust will fund staff salaries and mens groups.

Asian fund will fund our older peoples activities.

MIND ACTIVE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021

	2021			2020
	Unrestricted	Restricted	TOTAL	TOTAL
	£	£	£	£
INCOME FROM:				
Grants and Donations Received	68,003	79,252	147,255	134,489
Bank Interest Received	324	-	324	312
	68,327	79,252	147,579	134,801
EXPENDITURE ON:				
Staff Costs	51,542	33,583	85,125	85,240
Volunteers Expenses	-	-	-	3,251
Repairs and Renewals	11	198	209	239
Telephone Charges	-	702	702	725
Postage, Printing and Stationery	-	1,365	1,365	1,134
Advertising and Promotion	-	-	-	520
Heating and Lighting	-	417	417	884
Insurances	-	967	967	1,081
Rent and Rates	-	2,594	2,594	2,700
Legal and Professional Fees	231	2,819	3,050	547
Events, Activities and Training	-	1,494	1,494	13,911
Accountancy Fees	581	1,603	2,184	2,136
Sundry Expenses	-	-	-	155
Transferred to Free Reserves	-	3,403	3,403	-
	52,365	49,145	101,510	112,523
NET MOVEMENT IN FUNDS	15,962	30,107	46,069	22,278
Total Funds Brought Forward	71,580	53,228	124,808	102,530
Total Funds Carried Forward	£ 87,542	£ 83,335	£ 170,877	£ 124,808

None of our activities were acquired or discontinued and there were no recognised gains or losses other than as shown above during the above two financial years.

The notes on page 5 form part of these accounts.



Sustainability & Development



Essential Landline Support

MIND *Active*



Summer Easing & Reengagement

Annual Report 2020 - 2021

INVESTORS IN PEOPLE | Gold



Partnership Support



Embracing Technology



Choppington Disabled Group and Re:Connect Partnership

"Mind Active has provided a lifeline by continuing to support us all in so many ways." (Shielded Carer)

Registered Charity Number: 1096712

MIND *Active*
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Acknowledgements:

Thanks to our:

Dedicated Team of Volunteers, Artists, Partnerships, Staff, Young Learners and Students.

Trustees; Gillian Slaughter, Eleanor Kelly, Judy Wilbourne, Carena Parry, Dr. Catherine Guy, Kelsey Monaghan and Glad Easton.

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TSB Bank
3-5 Newgate Street
Morpeth
Northumberland
NE61 1AN

Independent Examiner:
T.W. Tasker F.C.A.
Chartered Accountant
52a Station Road
Ashington
Northumberland
NE63 9UJ



Mood Boosting Bouquets

"At Christmas I received a lovely hamper via the Elderberries at Alnwick Gardens organised by MIND Active (my first ever hamper), beautiful flowers and card." (Shielded Bereaved Carer)

Foreword

During the past year the pandemic has meant that life has become more difficult for everyone, but losing the support of Day Centres and outside help has caused so much anxiety and stress for those depending on these resources. Mind Active has provided a lifeline by continuing to support us all in so many ways.

During the summer months we were able to meet outside for picnics, live music and quizzes. We went to Blyth and had fish and chips on the seafront.

At the end of last year, we were given tablets to enable us to keep in touch via zoom meetings and now have a coffee morning, an exercise class and an afternoon get-together. It is so good catching up with everyone and having a chat and so important to actually see people after being isolated for so long.

At Christmas we were given a beautiful bouquet of flowers and a hamper which were greatly appreciated.

Mind Active sent out birthday cards and special anniversary cards and every week we receive a telephone call, which ensured we are not lonely and provided advice and comfort when necessary. No matter what is happening we always seem to end the conversation with a good laugh and it makes such a difference to one's day.

The support given by Mind Active during the pandemic has been outstanding, it brings so much happiness and understanding to so many people. I cannot begin to thank them enough for all they have done and are doing. They are constantly trying to find ways of making life more enjoyable, they work so hard and put so much energy and compassion into everything they do.

I wish them all the very best for the future, they really do 'make a difference'.

Joyce Priest

Joyce Priest (Carer)



Lifting Spirits with Christmas Hamper Drop-offs

" I sent MA a Christmas card and wrote "you have helped to keep me sane". Perhaps a strong statement but that is how I feel. (Shielded Bereaved Carer)

Vision

Enhance the quality-of-life provision of dependent older people.

Mission

To facilitate inclusive mind stimulating group activities and wider community wellbeing events with older people living in residential care homes and people living with a debilitating condition from their own homes.

Charity Objective 2.1

"For the public benefit to improve the quality of life of older people living in Residential Care Homes and Marginalised Older People from their Own Homes in Northumberland mainly in South East of the County, primarily but not exclusively by the provision of activities aimed towards social inclusion, mental stimulation and well-being".

"... we want to congratulate you on meeting all your objectives and the evidence you have given us of exceptional achievement. We have rated the grant as highly successful."

(Community Foundation. 31/3/2021)



Permitted Covid-Safe Team and Network Meetings

"Many years ago, not long after my husband, George, was diagnosed with Alzheimer's/dementia we were travelling on a bus and I saw a notice for Mind Active. I made a note of the number but did not call for some time. Then one day I picked up the phone and spoke to Stephen and it was one of the best decisions I have ever made. (Dementia Carer)

"Welcome to our 19th Annual Report"

It's been a year of unexpected challenges with unforeseen heartbreak and prolonged isolation as clients moved between lockdowns and restrictions, leaving many lonely and afraid. As from the ashes, a phoenix rose as the voluntary sector became the leading light and saviour for hundreds of thousands of vulnerable people and the NHS across the UK, a charity sector often struggling for adequate funding made every pound count to become a lifeline across all generations and not just for the old.

We started this year with our client groups shielding at home or locked away in residential care and nursing homes, and yet this did not become the barrier many thought to our team delivering quality meaningful social inclusion activities into the heart of our community. By adapting and introducing new styles of working practices and embracing video conferencing technologies, we have supported over 18,928 attendances at our interventions, mostly remotely, but also with socially distant outdoor picnics during the summer easing period. An outstanding achievement by any standard.

Although no one truly realised at the time, our summer reconnect events proved crucial to rebuild the wellbeing of beneficiaries, and boosted their resolve to deal with the next wave of lockdowns and tiered restrictions.

This report is a clear snapshot of the adaptability and commitment of the MIND Active project team, determined to 'pull out all the stops' and even embrace and learn new digital platforms such as Zoom, to then pass the knowledge and skills to clients, that previously did little more than email or use their mobile phones to text or make calls, many still relying on old landline equipment to receive our weekly telephone support.

The sector has proven its importance in society, driven purely by generosity of heart that is impossible to count in currency. Our charity team has excelled, delivered, overcome and succeeded in keeping clients connected, and competently shared those connections across our networks as clearly outlined in this report.

Congratulations and my sincere thanks to our amazing team.

G. Slaughter

Gillian Slaughter (Chair)



Carena

Trustees



Gillian



Kelsey



Judy



Eleanor



Glad



Catherine

Trustees

The trustees meet regularly to monitor and ensure we undertake activities for the public benefit, particularly those members of our aged community living in residential care homes, as described in our Charity Objective.

Trustees review and ensure finances are used in accordance with grant requirements and within budget.

Trustees also support the legal aspects of the organisation.

Trustees are personally liable only if the:

- Charity suffers loss caused by acting unlawfully, imprudently or outside the terms of the charity's governing document.
- Charity is committed to debts which amount to more than assets.

Trustees have fully complied with their responsibilities with due regard to public benefit when exercising any powers and/or duties, with regular trustee meetings, project updates and periodical reports ensuring effective risk management of project and team.

End of Year Report approved by:

(Chair): ...G. Slaughter.....

(Trustee): L Everton..... Date: 17/4/21...



DVD Shows Produced by Mountain Ash Distributed to Care & Nursing Homes

"I look forward to the day when we can resume more face-to-face engagement, but in the meanwhile the role played by mind active is essential to so many and I am proud to be part of it." (Volunteer)

Covid-Safe Artists and Partnership Support

Alnwick Gardens	Christmas Hampers
Choppington Disabled Group	Tablet Devices Partners
Re:Connect	Tablet Devices Partners
Anita James	Jolly mixture
Jessica Irving	Singer
Mavis Crudace	Gentle Exercise & Movement
Andy McGowan	Singer
Kev Royale	Singer
Mountain Ash	Digital Music Shows
Fool's Gold	Lively Acoustic Music
Mark McCann	Singer
Michelle Redfern	Locality Co-ordinator
Northumberland C.C.	Coast, Parks & Leisure
Northumbria Healthcare	Training & Networks
CVA Blyth Valley	Sector Support
Northumberland CVA	Networks & Alliances
Ageing Well Network	Extended Network Links
British Red Cross	Shared Quiz Questions



Quizzes, Games, Crafts & Song Books Sent to Care/Nursing Homes

"Thank you so much once again for the quiz sheets. They are brilliant!!! The picture quiz was particularly great, and everyone had such a laugh joining in." (Care Home Activity Co-ordinator)

Enhanced Care and Nursing Homes Support

For 19 years the project team has delivered social inclusion practice, at all times intrinsically linked with safe working bolstered by strict infection control. This entrenched model of delivery placed the project in a better place than many charities and able to quickly meet the strict Covid-19 control measures necessary to limit the risks of cross-contamination and safeguard lives of some of the most vulnerable members of society.

However, as the pandemic turned into a grater crisis, care home residents had not benefitted from any direct contact with family, friends or outside entertainment for months, with the homes' interventions becoming more challenging with staff under increased pressure placing meaningful quality of life engagement as a lesser priority.

Already having long-established good relationships with local homes, we were welcomed in providing entertainment using the homes' outdoor spaces, originally in car parks eventually progressing to care home gardens and even outside of conservatory open doorways with residents gathered within. Just as this was expanding and proving very popular, new restrictions ordered homes to stop all outside interaction. Undeterred, we increased our email presence providing 100 question weekly quizzes, free crafts, games and themed activities all helping take pressure off carers who used these as a more manageable way to support meaningful engagement with their residents, and easily built into their routine as client mental health became a concern.

Eventually what we believed to be short-term support developed into a major undertaking throughout the crisis and the numbers of homes requesting our support more than doubled, including from across the UK and even the other side of the world. Local MIND Active had become Global.

Zooming had a similar effect, and examples of resident exercise sessions shown on our social media platforms became another hit resulting with different care homes coming together digitally.



Care and Nursing Home Zoom Exercise Sessions

"It feels so good to be back together again and I could definitely do with the exercise" (Beneficiary)

Zooming Marvels

Without a doubt, Zooming became a key part of our clients' lives helping maintain their mental and even physical wellbeing as they took part in movement sessions.

Starting from a point of clients having not used any form of digital communication, with a small number able to email and/or surf the Net, the team developed their social media skills, learned how to utilise Zoom and as they themselves continued to learn, remotely shared these new skills with our shielded community.

By the end of the year, we supported a growing number of Zoom sessions including:

Weekly Coffee Morning
Weekly "Wise Guys" Men's Group
Weekly Shielded Community Exercise
Weekly Care and Nursing Home Exercises
Weekly "Glam Girls" Ladies Group
Monthly Team Member Get-togethers
Themed Christmas Event
Pilot Quizzes & Shows
Advisory Panels

It is important to recognise our charity team were also affected by the isolation, and they too were a serious consideration when designing service provision and delivery to enable them to also benefit from participation and feeling included and valued at all times.



Summer Outdoor Social Distanced Reconnect Activities

"You have impacted on so many people visiting the park, it's been great". (Country Park Deputy Manager)

Summer Reengagement

It was a great relief when we were able to reintroduce safe outdoor group activities, following strict distancing rules at all times. Team members also actively ensured everyone enjoyed themselves safely and that members of the public did not cross the taped barrier at any time.

Our outdoor programme proved highly successful involving people from their own homes that had been shielding and effectively isolated and lonely for 3 long months. It was wonderful to witness how quickly their confidence grew over the weeks, and the pleasure they drew from being together and outdoors in the sunny fresh air.

During the fine weather and until local restrictions once again forced our clients to withdraw back into their homes, we supported a series of picnics, concerts, promenade fish and chip day and exercise sessions. Not only was every event well attended, but many of the passing public stopped in awe witnessing the party atmosphere and even enjoyed watching beneficiaries dancing apart-together, and some even sang and danced along to the music, smiling as they walked on.

Safety was paramount, and some participants without any means of transport and fearful of using public buses, were provided with free taxi travel. This ensured no one was financially excluded and therefore everyone benefitted fully from the much need mental and wellbeing advantages these sessions provided, reassured as team members continually monitored and controlled the outdoor spaces from public encroachment. Little did we realise how important these activities proved to be for rebuilding peoples' resolve to survive the next wave of increased restrictions throughout the autumn and winter periods.



Coffee Mornings

"We all support each other through our sad times and our happy times. At the end of the day, we'll always be there for each other no matter what." (Trustee Feedback Form)

Live Connections

As our client groups have been continually out of our reach during lockdown, we have embraced digital technologies to ensure we remain connected and clients feel less isolated and alone.

We began by increasing the use of familiar email, text, telephone calls and traditional post, but as we moved into the second lockdown, it became obvious that this alone was not enough and people needed to see each other. Exploratory steps using Zoom followed with doorstep drops of Tablet devices at the homes of shielded clients, following which we quite quickly began our first Zoom sessions. This proved to be a significant new development in our race to overcome the reported harmful effects of prolonged isolation.

Realtime interaction with each other became the norm and participants eventually felt at ease and able to chat as though they were in the same room, whilst respecting each person's need to have a say and feel included.

The Zoom programme was an addition to telephone support, still crucial to those that couldn't access digital communication for a host of valid reasons, but for others that had become familiar with on-line meetings, our range of delivery expanded to areas we could never have envisaged when we set out. This extraordinary provision included: Coffee mornings, men's groups, ladies groups, Community and care home exercise groups, team get-togethers, Zoom Quizzes, Joint shows and team meetings, all of which increased and endorsed social inclusion not only across our client groups, but also for our charity team members.



Men's Group "Wise Guys" Sharing Skills and Stories

"Thoroughly enjoyed it, I think it's great. I already have an idea of something for next week if I can find it."

Weekly Men's Group "Wise Guys"

During the year, mental health concerns have become widely recognised across society with prolonged isolation negatively impacting on health and wellbeing. For several years we have been supporting men's groups in residential care and nursing homes, even bringing different groups together to enjoy joint events in community venues with some great results. However, as homes locked-down, the face-to-face group sessions were for the time being postponed, but we noticed as men living alone in their own homes also withdrew from society, their needs became a much bigger concern. Once again Zoom became a platform of social inclusion and engagement and once clients got to grips with the technology, found the get-togethers enjoyable and interesting, sharing stories, showing photos and objects thus stimulating conversation, smiles and laughter, lifting mood and proving a successful venture. From observations, it is clear this model of delivery stimulated interests to a higher degree than physical groups, especially as agreed topics gave men time to think about what they could share at the subsequent session and source materials to show. This gave them meaningful and useful tasks between meetings whilst also promoting memories as they hunted through long forgotten albums and items to find and decide what to share.

It is fortunate the older client groups we support often have an intensive photographic record of their lives to spend time sifting through, remembering and selecting ones to talk about: An amazing experience bringing people together.

As lockdown continued, men even joined some of our other Zoom sessions and have come into their own, enabling all of our isolated client groups to safely meet digitally and enjoy a wide range of group activities with a sense of achievement from mastering the challenges of using 'alien' devices.

Many clients even took back control of their lives and used their newly learned skills to link up with outside groups, family and friends.



Care and Nursing Home Grounds Activities

"We really can't thank you enough, it was absolutely wonderful." (Family Member)

Thanks to the following for their funding support this year:

- Greggs Foundation
- Ballinger Charitable Trust
- Community Foundation (Kellett Fund)
- Community Foundation (Prime Fund)
- Community Foundation (Asian Fund)
- Community Foundation (Pargiter Trust)
- Community Foundation (Squires Foundation Trust)
- Allen Lane Foundation
- Hayward Foundation
- Ridley Family
- Sir James Knott Trust
- National Lottery Community Fund Covid Support
- National Lottery (Awards For All)
- Shephard Family Donation
- Joicey Trust
- Hadrian Trust
- Northumberland CC (Empowering Communities)
- Northumberland CC (Covid Support Grant)

Our sincere thanks also to individuals and groups who supported the charity with funeral collections, gifts and donations.



Approved Between Lockdown Social Distance Exercise Group

" It's wonderful to be here face to face with friends, I missed you all so much." (Participant)

Statistical Data

The team has outstandingly achieved the following:

1,456	Landline Telephone Support Calls
180	Care and Nursing Homes Supported

Face-to-Face Delivery:

22	Care Home Grounds Activities
9	Doorstep Drop-off Tablet Devices
6	Outdoor Summer Programme Events
10	Doorstep Drop-off Christmas Hampers
1	Pilot Community Based Exercise Session
21	Doorstep Drop-off Mood Boosting Bouquets/Plants
2	Doorstep Drop-Off Exercise Aids

On-Line & Postal Activities:

55	Crafts & Games
2,306	Quizzes
77	Performances
1	Themed Events
3	Formal On-Line Beneficiary Consultations
52	Birthday, Christmas and Post Cards

Interactive Zoom Sessions:

8	Men's Groups
8	Ladies Groups
8	Coffee Mornings
1	Christmas Theme
19	Isolated Community Exercise Sessions
38	Care/Nursing Homes Exercise Sessions
2	Beneficiary Group Advisory Panel Meetings
1	Multi-Care/Nursing Home Entertainment Shows
3	Formal Remote Beneficiary Consultations
4,109	**Total Number of Interventions**
18,928	**Total Number of Beneficiary Attendances**



Tablet Devices - Doorstep Drops

"I am also not very good at technology but I have had teaching as to how to Zoom so have been attending an exercise class, a get together just to chat and have joined group meetings as a GAP member."
(Shielded Group Advisory Panel (GAP) Member)

Collaborative Support

This has been a testing time with constantly changing levels of restrictions, lockdowns, easing, tiers and guidance to follow. As we moved through the year and it became clear we were fast approaching a second lockdown during the winter and festive periods. To meet the challenge, a multi- partnership link was created to secure and supply our shielded community with brand new Tablet devices. Of course, new ways of working had to be developed, as with any partnership, GDPR permissions, paperwork completion, signatures, equipment receipts, client deliveries and instructions/training still had to be undertaken, but in Covid-safe ways in-line with restrictions at the time.

Significant effort eventually achieved delivery to clients and after 'ironing out' some technical issues and delivered basic levels of use, they quickly became an everyday part of many of their lives, only a small proportion were unable to get-to-grips with the devices, but most developed their knowledge as they went, helping grow their confidence and bring them into the digital age they never thought they would ever be part of.

The new partnership process proved invaluable for working and engaging safely with other organisations to support the mental wellbeing of our clients This proved invaluable when collecting and delivering Christmas hampers from Alnwick Gardens, mood boosting bouquets to the worst affected clients, and musical DVD shows, weekly quizzes and free crafts sent to care and nursing homes. In addition, a growing programme of outstanding online shows, group get-togethers, quizzes and Zoom exercise sessions across all of our extensively expanded client groups was rolled out.



Weekly Landline Support Throughout

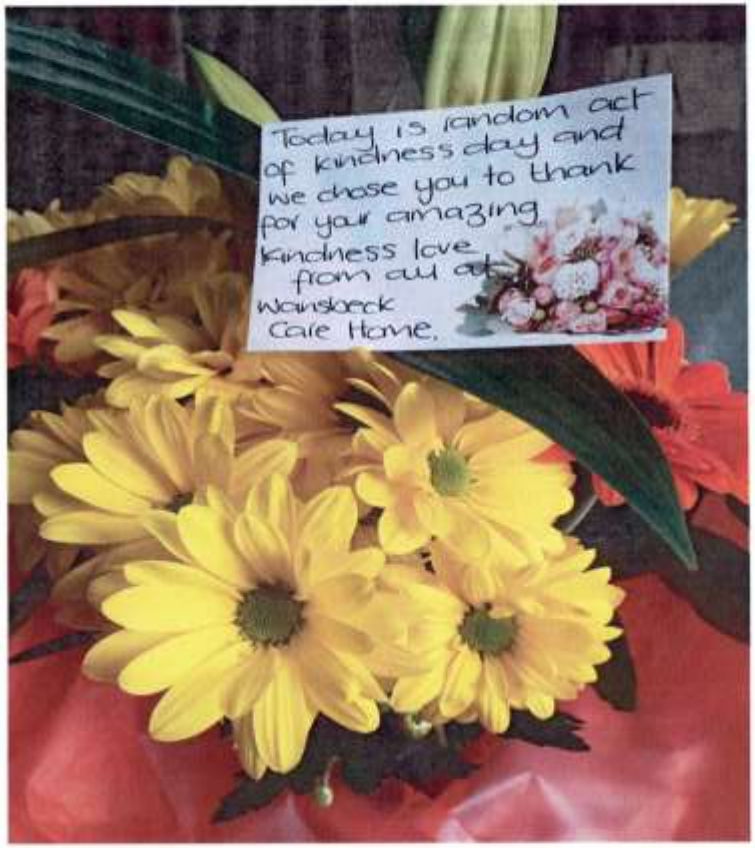
"Since Covid arrived on the scene in March, because of my age and health issues, I was housebound. I then started to receive weekly telephone contact from a Mind Active team member, and between us we put the world to rights!!!!!" (Shielded Bereaved Carer)

Key Landline Support and Team Engagement

At the beginning of the year, we started with the UK in total emergency lockdown and we knew most of our clients at home had no one close living nearby to reassure them. From day one, we introduced weekly landline support, which proved invaluable for maintaining contact, ensuring clients' needs were being met and they were safe. The old-fashioned phone was for most, the only piece of technology they understood and felt confident with, but proved a vital lifeline for their mental wellbeing. Hearing a familiar voice, being able to talk things through and knowing someone 'out there' cared, helped our highly vulnerable older people to get through the loneliness and fear of infection.

Even as we introduced digital communication via social media platforms, as the country later moved towards stay-at-home restrictions and subsequent lockdowns, there was a small minority for whom the house telephone continued to be their only link with the outside world and our landline support continued throughout and into the new year.

It was also important that we maintained regular contact with our volunteer team and weekly email updates became another key component to keep them informed and connected over the long periods of lockdown and tired restrictions. Maintaining links ensured we had the manpower to rapidly reintroduce and manage our outdoor activities during the summer restriction easing. It was also important they felt valued, involved and included in other aspects of the organisation wherever possible, and they were invited to attend permissible covid-safe outdoor team meetings within the UK Government guidelines and share time on zoom sessions.



Recognition and Appreciation

"Thank you for your amazing kindness" (Nursing Home Activity Co-ordinator)

Sustained Recovery

We have learned a lot about what we were still able to do even when our clients were shielded and inaccessible. We will continue to look innovatively at using technologies even beyond the social distancing rules and returning to direct delivery.

With sufficient funding, we will look at maintaining Zoom sessions to continue the newly learned skill sets keeping clients involved with the fast-paced technological age as much as possible.

As clients emerge from isolation, we will be working towards reinstating all of our pre-Covid traditional face-to-face practical activities, and once again rebuild the confidence and mobility of both young and old beneficiary groups.

But more than that, we will reinstate our community-based exercise group sessions we began just before the second lockdown using the local village hall, and even consider their outdoor space for additional service development.

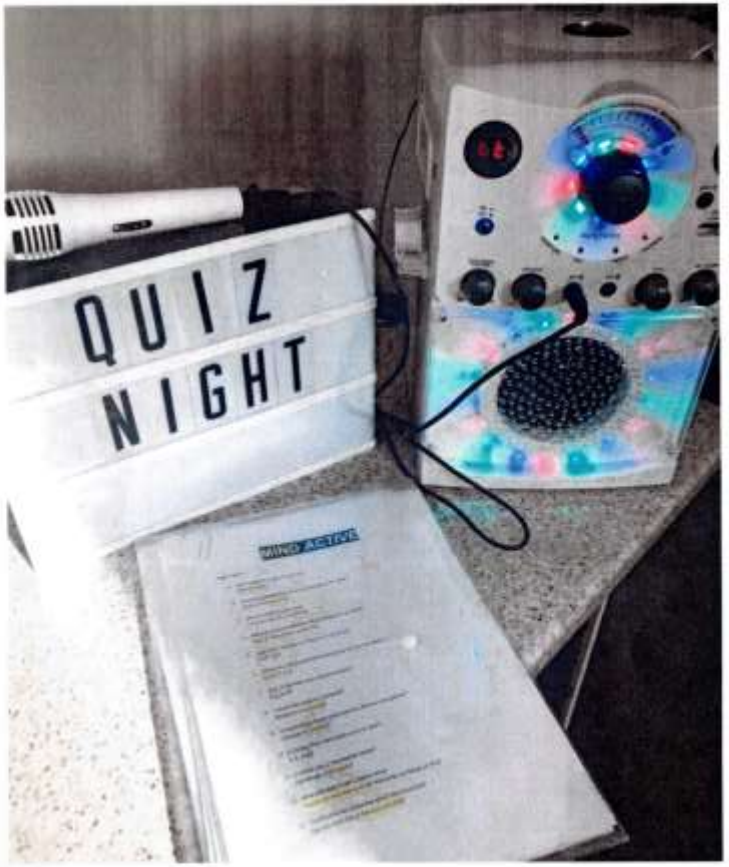
Our charity team has done an amazing job throughout the pandemic and we will rely on their support to help get our groups through the recovery stage and beyond.

MIND ***Active*** has played a pivotal role in ensuring isolated and lonely beneficiaries were kept mentally and physically well for an unexpected 12 months of human contact deprivation, where the last 19 years of continued learning and practice development proved key to our phenomenal achievements throughout the crisis. Our outstanding success and new found knowledge will carry us forward into the future knowing we do what works because what works saves lives.



Arts & Crafts Posted to Care and Nursing Homes

"Thanks again to all for keeping things going and not just ticking over but in so many different innovative ways to provide a good service and a massive hand of friendship to so many. Keep up the great work. Stay safe everyone." (Trustee)



Care Home Using One of Our Weekly 100 Question Quizzes

"Thank you so much, your quizzes are proving to be a HIT! I'm very grateful for your generosity in sending them." (Care Home Carer)



Fine Weather Live Performances

"It's been lovely, thought it'd be cold, but never thought about it once. That's what singing and enjoying company does for you!" (Care Home Resident)

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