

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

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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.

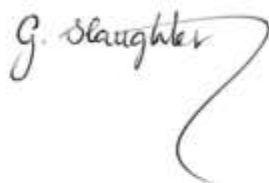
Continued ...

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

Continued ...

Signed

Signed

A handwritten signature in cursive script, appearing to read 'G. Slaughter', with a long, sweeping flourish extending from the bottom.A handwritten signature in cursive script, appearing to read 'G. Easton', with a distinct 'E' and 'A'.

G.Slaughter
Trustee/Chair

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

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 ACTIVEBALANCE SHEET
AS AT 31 MARCH 2021

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

Approved by the Trustees Committee on 31 July 2021 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 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. <u>NET MOVEMENT IN FUNDS</u>	<u>2021</u>	<u>2020</u>
This is stated after charging:	£	£
Staff Costs	85,125	85,240
Trustees Remuneration and Expenses	-	-
	<hr/>	<hr/>
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
	<hr/>	<hr/>
	85,125	85,240
	<hr/>	<hr/>

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. <u>CREDITORS: Amounts Becoming Due And Payable Within One Year:</u>	<u>2021</u>	<u>2020</u>
	£	£
Sundry Creditors and Accrued Charges	20,704	19,620
	<hr/>	<hr/>

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
	<hr/>	<hr/>	<hr/>	<hr/>
	53,228	79,252	49,145	83,335
	<hr/>	<hr/>	<hr/>	<hr/>

MIND ACTIVENOTES 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

	<u>2021</u>			<u>2020</u>
	<u>Unrestricted</u>	<u>Restricted</u>	<u>TOTAL</u>	<u>TOTAL</u>
	£	£	£	£
<u>INCOME FROM:</u>				
Grants and Donations Received	68,003	79,252	147,255	134,489
Bank Interest Received	324	-	324	312
	<u>68,327</u>	<u>79,252</u>	<u>147,579</u>	<u>134,801</u>
<u>EXPENDITURE ON:</u>				
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	-
	<u>52,365</u>	<u>49,145</u>	<u>101,510</u>	<u>112,523</u>
<u>NET MOVEMENT IN FUNDS</u>	15,962	30,107	46,069	22,278
Total Funds Brought Forward	<u>71,580</u>	<u>53,228</u>	<u>124,808</u>	<u>102,530</u>
Total Funds Carried Forward	<u>£ 87,542</u>	<u>£ 83,335</u>	<u>£ 170,877</u>	<u>£ 124,808</u>

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The notes on page 5 form part of these accounts.



Sustainability & Development



Essential Landline Support

MIND Active

Annual Report 2020 - 2021



Summer Easing & Reengagement



**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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Bedlington
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, Young Learners 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



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.

Gillian Slaughter (Chair)

Trustees



Carena



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. Eaverton* 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
Key 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 needed 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.



Ladies Group



Men's Group



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
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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

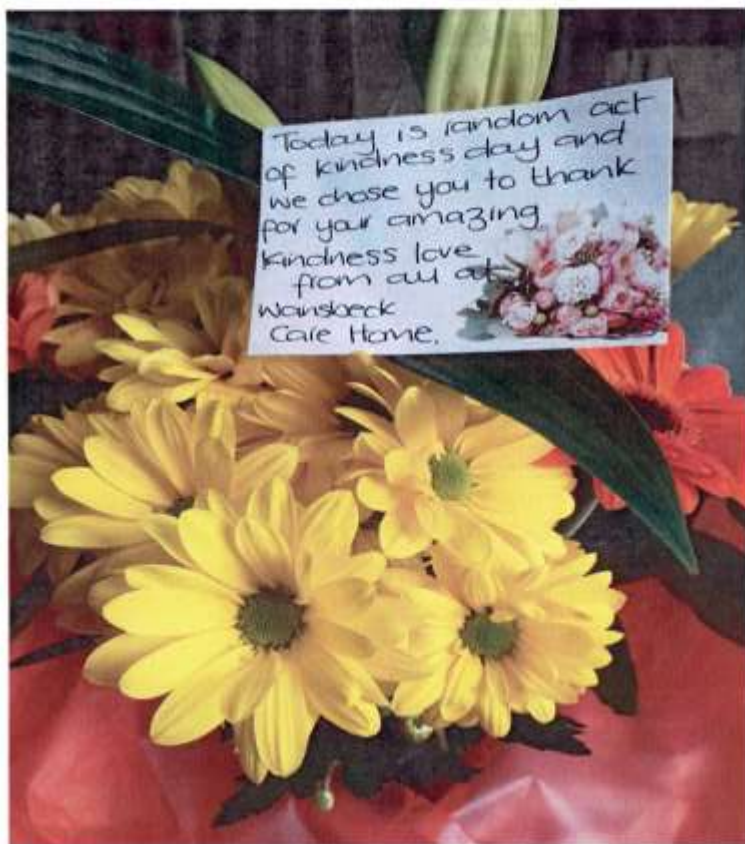
"Since Covid arrived on the scene in March, because of my age and health issues, I was housebound. I then started to receive weekly telephone contact from a Mind Active team member, and between us we put the world to rights!!!!!" (Shielded Bereaved Carer)

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.

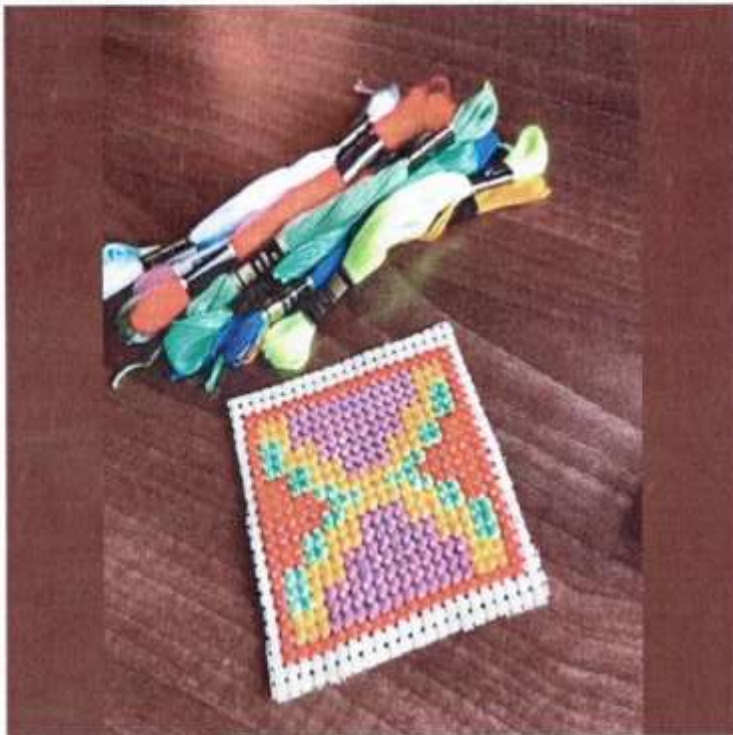
Our charity team has done an amazing job throughout the pandemic and we will rely on their support to help get our groups through the recovery stage and beyond.

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.



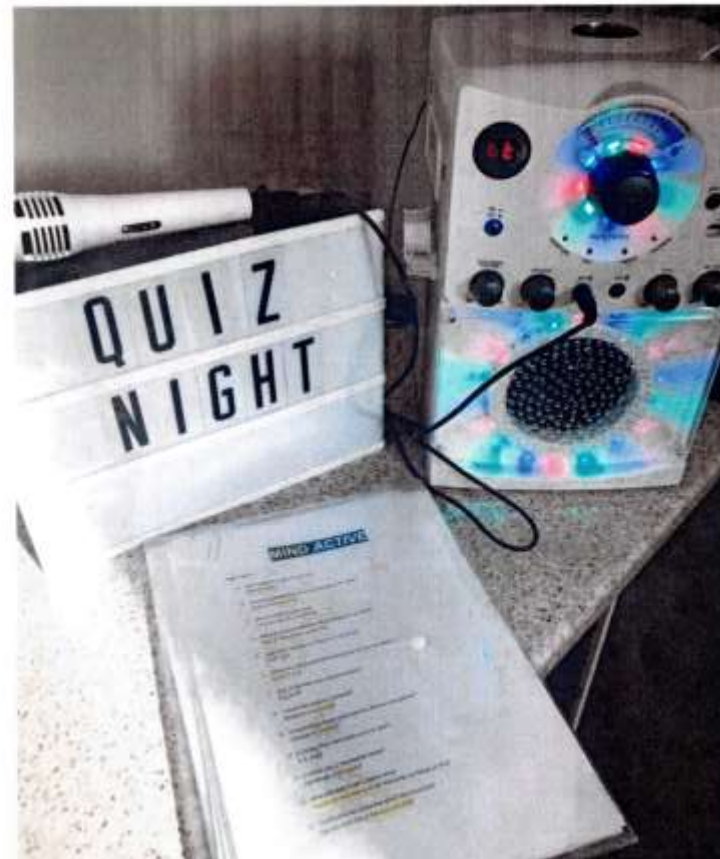
Bujia UK (Kidley Park Care Home)

A huge thank you to Joy from **MIND Active** who has continued to send us quizzes via email and cross stitch sets in the post 🧵 here is a lovely pattern by our residents. Rae.
Thank you Joy for thinking of us, we all miss you and cant wait to see you soon!



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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MIND Active Bedlington



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