

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

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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 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 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 eventually in-home group and one-to-one room bound client sessions. It is planned to eventually end our digital provision, 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.

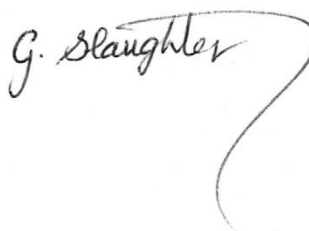
Continued ...

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

Continued ...

Signed

Signed

A handwritten signature in cursive script that reads "G. Slaughter". The signature is written in dark ink and is positioned above the printed name and title.

G.Slaughter
Trustee/Chair

A handwritten signature in cursive script that reads "G. Easton". The signature is written in dark ink and is positioned above the printed name and title.

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 Acthave 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 | <u>2022</u> | | <u>2021</u> |
|-------------------------------|-------|---------------------|-------------------|--------------|
| | | <u>Unrestricted</u> | <u>Restricted</u> | <u>TOTAL</u> |
| | | £ | £ | £ |
| <u>INCOME FROM:</u> | | | | |
| 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 |
| <u>EXPENDITURE ON:</u> | | | | |
| 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 |

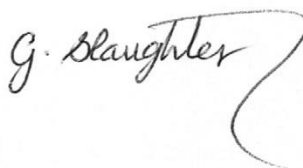
None of our activities were acquired or discontinued and there were no recognised gains or losses other than as shown above during the above two financial years.

The notes on page 5 form part of these accounts.

MIND ACTIVEBALANCE SHEET
AS AT 31 MARCH 2022

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

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 ACTIVENOTES 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. <u>NET MOVEMENT IN FUNDS</u> | <u>2022</u> | <u>2021</u> |
|--|--------------------|--------------------|
| This is stated after charging: | £ | £ |
| Staff Costs | 67,705 | 85,125 |
| Trustees Remuneration and Expenses | - | - |
| | <hr/> | <hr/> |
| 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 |
| | <hr/> | <hr/> |
| | 67,705 | 85,125 |
| | <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>2022</u> | <u>2021</u> |
|---|--------------------|--------------------|
| | £ | £ |
| Sundry Creditors and Accrued Charges | 21,570 | 20,704 |
| | <hr/> | <hr/> |

| 5. <u>ANALYSIS OF RESTRICTED FUNDS</u> | 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 |
| | <hr/> | <hr/> | <hr/> | <hr/> |
| | 83,335 | 32,492 | 73,978 | 41,849 |
| | <hr/> | <hr/> | <hr/> | <hr/> |

MIND ACTIVENOTES 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

| | <u>2022</u> | | | <u>2021</u> |
|-------------------------------------|---------------------|-------------------|------------------|------------------|
| | <u>Unrestricted</u> | <u>Restricted</u> | <u>TOTAL</u> | <u>TOTAL</u> |
| | £ | £ | £ | £ |
| <u>INCOME FROM:</u> | | | | |
| Grants and Donations Received | 34,692 | 32,492 | 67,184 | 147,255 |
| Bank Interest Received | 242 | - | 242 | 324 |
| | <u>34,934</u> | <u>32,492</u> | <u>67,426</u> | <u>147,579</u> |
| <u>EXPENDITURE ON:</u> | | | | |
| 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 |
| | <u>14,606</u> | <u>73,978</u> | <u>88,584</u> | <u>101,510</u> |
| <u>NET MOVEMENT IN FUNDS</u> | 20,328 | (41,486) | (21,158) | 46,069 |
| Total Funds Brought Forward | <u>87,542</u> | <u>83,335</u> | <u>170,877</u> | <u>124,808</u> |
| Total Funds Carried Forward | <u>£107,870</u> | <u>£ 41,849</u> | <u>£ 149,719</u> | <u>£ 170,877</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.



Building Back Stronger



Live Zoom Performances

MIND *Active*

Annual Report

2021 - 2022



Reconnecting in Public Spaces



Celebrating Restriction Easing



Back Out and About



Safely Building Confidence and Public Integration

Registered Charity Number: 1096712

MIND Active

24 Front Street West

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 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

Reconnected



"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 Rodie

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.

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): *E. Easton* 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 were 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)



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