

**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

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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 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.

# Mind Active

## Trustees' Annual Report *(continued)*

Year ended 31 March 2023

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### 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.



# Mind Active

## Trustees' Annual Report *(continued)*

Year ended 31 March 2023

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### 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**

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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 examination 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

		Unrestricted funds £	2023 Restricted funds £	Total funds £	2022 Total funds £
	Note				
<b>Income</b>					
Donations and grants	4	4,889	48,500	53,389	67,184
Investment income	5	459	–	459	242
<b>Total income</b>		<u>5,348</u>	<u>48,500</u>	<u>53,848</u>	<u>67,426</u>
<b>Expenditure</b>					
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
<b>Total expenditure</b>		<u>14,676</u>	<u>75,670</u>	<u>90,347</u>	<u>88,584</u>
<b>Net expenditure</b>		<u>(9,328)</u>	<u>(27,170)</u>	<u>(36,499)</u>	<u>(21,158)</u>
Transfers between funds		1,315	(1,315)	–	–
<b>Net movement in funds</b>		<u>(8,013)</u>	<u>(28,485)</u>	<u>(36,498)</u>	<u>(21,158)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		<u>107,870</u>	<u>41,849</u>	<u>149,719</u>	<u>170,877</u>
<b>Total funds carried forward</b>		<u>99,857</u>	<u>13,364</u>	<u>113,221</u>	<u>149,719</u>

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

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.

# Mind Active

## Notes to the Financial Statements

Year ended 31 March 2023

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### 1. Accounting policies

#### Basis of preparation

The financial statements have been prepared 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.

# Mind Active

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

### 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 £
<b>Donations and fundraising</b>			
Donations and fundraising	4,889	–	4,889
<b>Grants</b>			
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
	<u>4,889</u>	<u>48,500</u>	<u>53,389</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<b>Donations and fundraising</b>			
Donations and fundraising	34,692	–	34,692
<b>Grants</b>			
Community Foundation - Kellett Fund	–	7,500	7,500
Ballinger Trust	–	15,000	15,000
Community Foundation - Barnes Fund	–	9,992	9,992
	<u>34,692</u>	<u>32,492</u>	<u>67,184</u>

### 5. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Bank interest receivable	<u>459</u>	<u>459</u>	<u>242</u>	<u>242</u>

# Mind Active

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

### 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
	<u>14,676</u>	<u>73,421</u>	<u>88,097</u>

	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
	<u>14,606</u>	<u>71,698</u>	<u>86,304</u>

### 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	<u>2,250</u>	<u>2,280</u>



# Mind Active

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

### 9. Staff costs

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

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

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	<u>400</u>	<u>344</u>

### 11. Creditors: amounts falling due within one year

	2023	2022
	£	£
Sundry creditors and accrued charges	<u>21,570</u>	<u>21,570</u>

### 12. Analysis of charitable funds

#### Unrestricted funds

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

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



# Mind Active

## Notes to the Financial Statements (continued)

Year ended 31 March 2023

### 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)	–	–
	<u>41,849</u>	<u>48,500</u>	<u>(75,670)</u>	<u>(1,315)</u>	<u>13,364</u>

	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
	<u>83,335</u>	<u>32,492</u>	<u>(73,978)</u>	<u>–</u>	<u>41,849</u>

# Mind Active

## Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

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### 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)
<b>Net assets</b>	<u>99,857</u>	<u>13,364</u>	<u>113,221</u>

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

## **Mind Active**

### **Management Information**

**Year ended 31 March 2023**

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**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 £
<b>Income</b>		
<b>Donations and grants</b>		
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	—
	<u>53,389</u>	<u>67,184</u>
<b>Investment income</b>		
Bank interest receivable	459	242
	<u>—</u>	<u>—</u>
<b>Total income</b>	<u>53,848</u>	<u>67,426</u>
<b>Expenditure</b>		
<b>Costs of raising donations and grants</b>		
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	—
	<u>88,097</u>	<u>86,304</u>
<b>Expenditure on charitable activities</b>		
Accountancy fees	2,250	2,280
	<u>—</u>	<u>—</u>
<b>Total expenditure</b>	<u>90,347</u>	<u>88,584</u>
<b>Net expenditure</b>	<u>(36,499)</u>	<u>(21,158)</u>





Men's Groups "Wise Guys"



Queen's Platinum Jubilee

## MIND Active

Annual Report  
2022 - 2023

INVESTORS IN PEOPLE®  
We invest in people Standard



20<sup>th</sup> Anniversary Year

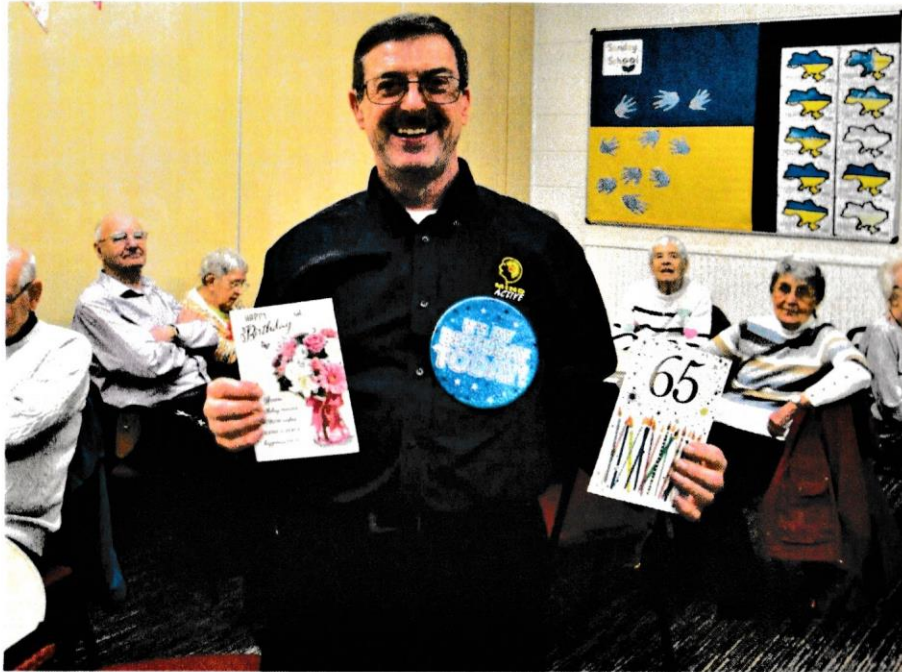


Exploring Culture & Heritage



Sizzling Summer Events





"I think there's been some mistake!"

**Registered Charity Number: 1096712**

**MIND Active**

24 Front Street West  
Bedlington  
Northumberland  
NE22 5UB  
(01670) 820461

Email: [mindactive@tiscali.co.uk](mailto:mindactive@tiscali.co.uk)

Web: [www.mindactive.org.uk](http://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 1<sup>st</sup> 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 20<sup>th</sup> Anniversary Celebration

## “Welcome to our 20<sup>th</sup> 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 20<sup>th</sup> 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.

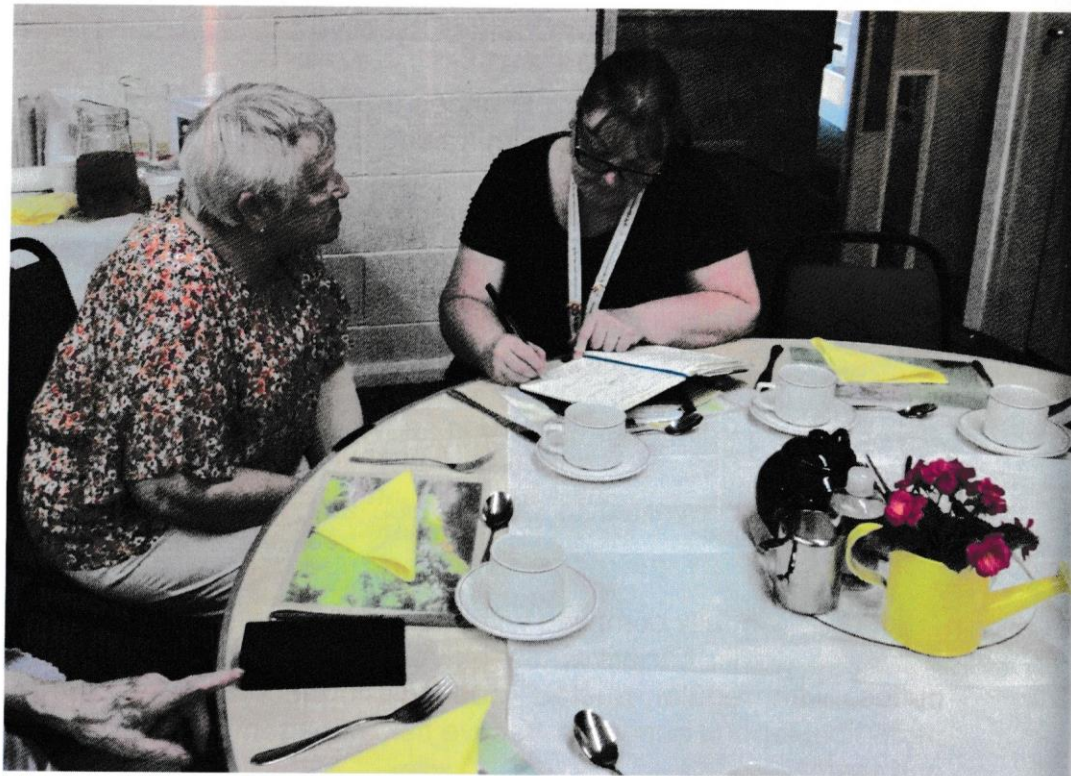
Trustees have fully complied with their responsibilities with due regard to public benefit when exercising any powers and/or duties, with regular trustee meetings, project updates and periodical reports ensuring effective risk management of project and team.

## End of Year Report approved by:

(Chair): *G. Slaughter*

(Trustee): *Eraston*

Date: *20<sup>th</sup> 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  
 Alnwick Gardens  
 Andy McGowan  
 Anita James  
 Bedlington Golf Club  
 Bed. Salvation Army  
 Bomarsund Welfare  
 CVA Blyth Valley  
 Dave Minikin  
 Fool's Gold  
 Graham Lane  
 Jessica Irving  
 Ken & Jan Phillipson  
 Mark McCann  
 Mavis Crudace  
 Maypole Group  
 Musical Minds  
 Northumberland CC  
 Northumberland CVA  
 Pete Cryer  
 Re:Connect  
 Smile Through Sport  
 S/Newsham Football Club  
 Tom & Marge  
 Trevor Daglish  
 West Sleekburn Hall

Service Sector Partners  
 Festive Activity/Treats Packs  
 Singer  
 Dolly Mixture  
 Former Captain's Luncheon  
 Social Activity Day Venue  
 Themed Tea Dances  
 Voluntary Sector Support  
 Northumbrian Music & Patter  
 Performances  
 Singer  
 Singer  
 Singers  
 Singer  
 Gentle Exercise & Movement  
 Medieval Dance  
 Show Group  
 Coasts, Parks & Leisure  
 Networks & Alliances  
 Bed/Room Bound Support  
 Tablet Devices Partners  
 Group games and Movement  
 Christmas Big Event  
 Singers  
 Musical Mix  
 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 aid to 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)



## 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)

Team Building Get-Togethers





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)



## 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)



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





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 devastating 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.

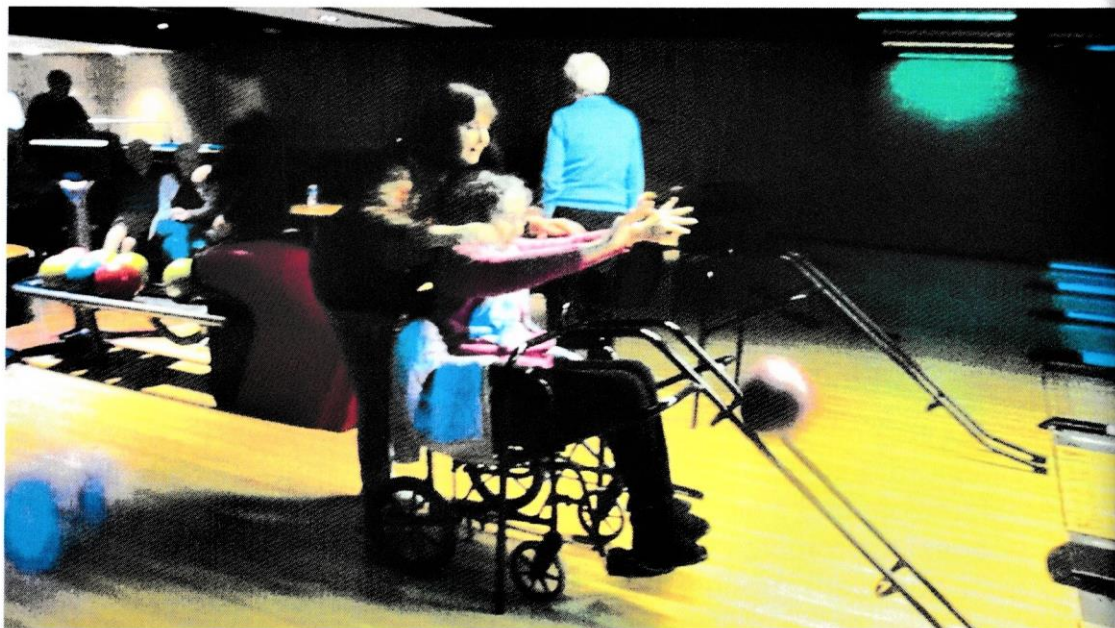
But we are not done yet, with the next couple of years financially secure due to excellent budgetary management, sustainability foresight and a strong partnership network, we will continue our quest to promote change not just by promoting the quality of life of our client groups, but also by sharing 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.

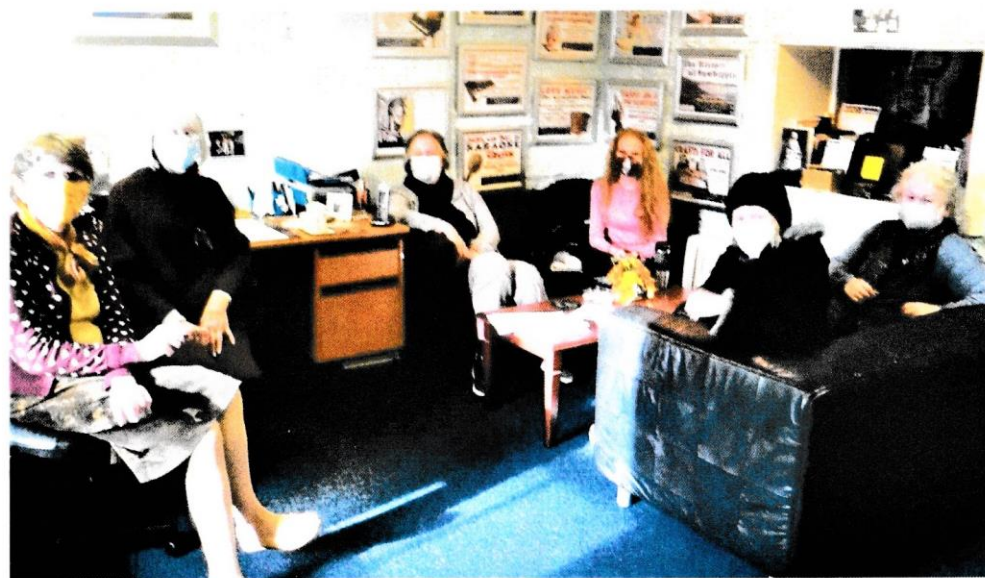
### “Full Steam Ahead”

***“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"***



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