

Mind Active

Unaudited Financial Statements

31 March 2024

Investors in People Standard

Mind Active

Financial Statements

Year ended 31 March 2024

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Mind Active

Trustees' Annual Report

Year ended 31 March 2024

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

Reference and administrative details

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

The trustees

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

Independent examiner	JFS Torbitt Chartered Certified Accountants 58 Durham Road Birtley Co Durham DH3 2QJ
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We are a Registered Charity (No 1096712) and have operated successfully since 14 August 2002, within the terms of our Trust Deed. Our Bankers are TSB Bank Plc, 3-5 Newgate Street, Morpeth, Northumberland. We appoint Solicitors as necessary.

Structure, governance and management

Trustees

All trustees give their time voluntarily and receive no benefit.

Recruitment and Appointment of Trustees

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

Trustees Induction and Training

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

Risk Management

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

Reserves Policy

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

Objectives and activities

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

Strategic report

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

Mind Active

Trustees' Annual Report *(continued)*

Year ended 31 March 2024

Achievements and performance

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

Financial review

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

Plans for future periods

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

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

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

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

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

G Slaughter
Trustee



G Easton
Trustee



Mind Active

Independent Examiner's Report to the Trustees of Mind Active

Year ended 31 March 2024

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

Responsibilities and basis of report

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

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

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

Mind Active

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2024

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

Mind Active

Statement of Financial Position

31 March 2024

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

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

G Slaughter
Trustee

G Easton
Trustee



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

Mind Active

Notes to the Financial Statements

Year ended 31 March 2024

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 2024

1. Accounting policies *(continued)*

Resources expended

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

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

2. Donations and grants

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Donations and fundraising			
Donations and fundraising	8,165	–	8,165
Grants			
Ballinger Trust	–	20,000	20,000
Ridley Family Trust	–	5,000	5,000
The Joicey Trust	–	3,000	3,000
The Barnes Fund Community Foundation for Tyne and Wear & Northumberland	–	3,500	3,500
The Prime Fund Community Foundation for Tyne and Wear & Northumberland	–	10,000	10,000
The Cost-of-Living Fund Community Foundation for Tyne and Wear & Northumberland	–	9,858	9,858
Hadrian Trust	–	1,000	1,000
Heart of Blyth	–	985	985
Northumberland County Council	–	500	500
	<u>8,165</u>	<u>53,843</u>	<u>62,008</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations and fundraising			
Donations and fundraising	4,889	–	4,889
Grants			
The Kellet Fund Community Foundation for Tyne and Wear & Northumberland	–	15,000	15,000
Ballinger Trust	–	15,000	15,000
The Dickon Trust Community Foundation for Tyne and Wear & Northumberland	–	5,000	5,000
Newcastle Building Society Community Fund	–	3,000	3,000
The Prime Fund Community Foundation for Tyne and Wear & Northumberland	–	10,000	10,000
Northumberland County Council Queen's Platinum Jubilee	–	500	500
	<u>4,889</u>	<u>48,500</u>	<u>53,389</u>

Mind Active

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

3. Investment income

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

4. Costs of raising donations and grants

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

	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>

5. Governance

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

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

Mind Active

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

6. Independent examination fees

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

7. Staff costs

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

	2024	2023
	£	£
Wages and salaries	57,266	63,573
Staff costs were as follows:		
Wages and salaries	53,033	58,864
Social Security costs	—	—
Pension Contributions	4,233	4,709
	57,266	63,573

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

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

8. Debtors

	2024	2023
	£	£
Other debtors	288	400

9 Creditors: amounts falling due within one year

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

10. Analysis of charitable funds

Unrestricted funds

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

Mind Active

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

10. Analysis of charitable funds *(continued)*

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>

Restricted funds

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

Mind Active

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

10 Analysis of charitable funds *(continued)*

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

11. Analysis of net assets between funds

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

Mind Active

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

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

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

Mind Active

Management Information

Year ended 31 March 2024

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

Mind Active

Detailed Statement of Financial Activities

Year ended 31 March 2024

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

A photograph of a man in a blue suit standing next to a table of food at a coronation party. The man is smiling and looking towards the camera. The table is covered with a white tablecloth and has various food items on it, including a large tray of orange-colored pastries, a tray of small cakes, and a large stack of cupcakes. A sign on the table reads "Welcome To Our MIND ACTIVE King Charles III Coronation Party". The background shows a window with white curtains and some decorations.

MIND Active

Annual Report 2023 - 2024

Welcome
To Our



King Charles III
Coronation Party

21st Anniversary Edition

INVESTORS IN PEOPLE®
We invest in people Standard



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

Registered Charity Number: 1096712

MIND *Active*

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Northumberland
NE22 5UB
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Web: www.mindactive.org.uk

Facebook: MIND Active Bedlington

X (Formerly Twitter): MINDActiveNE

Acknowledgements:

Thanks to our:

Dedicated Team of Volunteers, Artists, Partnerships & Staff.

&

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

Bank Account:

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

Independent Examiner:

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

"It has certainly made my life a lot happier since we joined"

(Beneficiary Feedback. Jan 2024)



Networks & Partnerships

Foreword

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

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

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

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

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

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

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



Planning & Development

Vision

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

Mission

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

Charity Objective 2.1

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

“My mother has had a lovely morning”.

(Care Home Visitor Response. 15/8/24)



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

"Welcome to our 21st Annual Report"

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

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

(Beneficiary Feedback. Jan. 2024)

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

We are all looking forward to the growing challenges ahead.

Gillian Slaughter (Chair)



Kelsey



Judy



Glad

Trustees



Gillian



Eleanor



Catherine

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

(Bereaved Carer Sept. 2023)

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): *G. Williams* Date: *28/3/24*

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

(Loved One/Carer Feedback Jan. 2024)



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

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

Artists and Partnerships

Active Northumberland
Ageing Well Network
Alnwick Gardens
Andy McGowan
Anita James
Bed. Salvation Army
Bomarsund Welfare
CVA Blyth Valley
Dave Minikin
Eric Clark
Fool's Gold
Jessica Irving
Kaley Ede
Ken & Jan Phillipson
Mark McCann
Mavis Crudace
Maypole Group
Mike L
Musical Memories
Northumberland CC
Northumberland CVA
Pete Cryer
Slinky Wolves
Smile Through Sport
S/Newsham Football Club
Trevor Daglish
WATBus
West Sleekburn Hall

Walking Football Training
Service Sector Partners
Tea Dances
Singer & Room Bound Support
Dolly Mixture
Social Activity Day Venue
Themed Tea Dance
Voluntary Sector Support
Northumbrian Music & Patter
Singer
Performances
Singer
Period Singer
Singers "Kind Konnections"
Singer
Gentle Exercise & Movement
Medieval Dance
Singer
Show Group
Coasts, Parks & Leisure
Networks & Alliances
Bed/Room Bound Support
Ron & Jules Singer
Group Games and Movement
Christmas Big Event
Singers "Good Company"
Free & Reduced Cost Transport
Summer Picnics Venue



Beamish Outdoor Museum Tram Ride - "Room on top"

3D's - Delivery, Delivery, Delivery!

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

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

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

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

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

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



Feelings of Value and Belonging

Positive Advantage

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

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

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

(Loved One/Carer Feedback. Jan. 2024)

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

Not magic, simply to live and belong!



Male Helpers

Engaged Volunteers & Helpers

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

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

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

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

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

(Volunteer Feedback, 24/1/24)



Beneficiary Group Advisory Panel (GAP)

Mind The G.A.P.

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

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

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

(“Time-To-Tell” Carer Feedback. Jan. 2024)



Maxed Out!

“Welcome to our 21st Annual Report”

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

“...everyone joined in and had a great time, can’t wait for the next one”.

(Beneficiary Feedback. Jan. 2024)

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

We are all looking forward to the growing challenges ahead.

Gillian Slaughter (Chair)



Churches Together



Small Change Collection Jars



Six - Local Business Charity Night



Surprise Cheque



Family Donations



Anonymous Donations

Thanks to the following for their funding support this year:

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

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

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

(Volunteer Feedback. 24/1/24)



Care and Nursing Home Activities

Statistical Data

The team has successfully achieved the following:

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

1,737 Total Number of Activities

10,475 Total Number of Beneficiary Attendances

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

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



Beamish Outdoor Museum Tram Ride - "Room on top"

Va-Va-Voom

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

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

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

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

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

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



10 Pin Bowling Challenge - Betty Bates Cup

The views of a volunteer and community group member

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

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

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

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

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

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

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

(24th Jan.2024)



Meaningful Quality Time

Bring It On

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

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

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

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

(*"Time-To-Tell"* Feedback. September 2023)

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

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

"Not on our watch!"



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



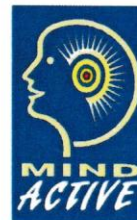
Well Deserved Retirement Thank You Surprise

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



King Charles III Coronation Tea Party Team

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



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MIND Active Bedlington



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