

**MIND Active**

**Unaudited Financial Statements**

**31 March 2025**

**Investors in People Standard**

# **MIND Active**

## **Financial Statements**

**Year ended 31 March 2025**

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# MIND Active

## Trustees' Annual Report

Year ended 31 March 2025

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

### Reference and administrative details

**Registered charity name** MIND Active

**Charity registration number** 1096712

**Principal office** 24 Front Street West  
Bedlington  
Northumberland  
NE22 5UB

### The trustees

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

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

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

# MIND Active

## Trustees' Annual Report *(continued)*

Year ended 31 March 2025

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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. After making provision for Redundancy Costs, free reserves decreased from £80,293 to £65,007 during the year, equating to approximately 3 months of expenditure. Whilst the current level of reserves may prove sufficient, it is our view that it is prudent to ensure we hold an adequate amount of Free Reserves to maintain financial flexibility and resilience over the course of forthcoming challenges and uncertainties.

#### Objectives and activities

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

#### Strategic report

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

#### Achievements and performance

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

# MIND Active

## Trustees' Annual Report *(continued)*

**Year ended 31 March 2025**

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

### **Financial review**

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

### **Plans for future periods**

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

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

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

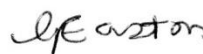
We have developed a long-term plan to continue to deliver meaningful quality of life provision, and we will endeavour to secure additional grants to our existing funds as needed.

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

G Slaughter  
Trustee



G Easton  
Trustee



# **MIND Active**

## **Independent Examiner's Report to the Trustees of MIND Active**

**Year ended 31 March 2025**

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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 2025.

### **Responsibilities and basis of report**

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

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

### **Independent examiner's statement**

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

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

# MIND Active

## Statement of Financial Activities

Year ended 31 March 2025

			2025		2024
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
<b>Income</b>					
Donations and grants	4	11,485	82,469	93,954	62,008
Investment income	5	1,229	—	1,229	936
<b>Total income</b>		<u>12,714</u>	<u>82,469</u>	<u>95,183</u>	<u>62,944</u>
<b>Expenditure</b>					
Expenditure on raising funds:					
Costs of raising donations and grants	6	28,178	58,066	86,244	83,147
Governance	7	150	1,650	1,800	1,800
<b>Total expenditure</b>		<u>28,328</u>	<u>59,716</u>	<u>88,044</u>	<u>84,947</u>
<b>Net income/(expenditure)</b>		<u>(15,614)</u>	<u>22,753</u>	<u>7,139</u>	<u>(22,003)</u>
Transfers between funds		328	(328)	—	—
<b>Net movement in funds</b>		<u>(15,286)</u>	<u>22,425</u>	<u>7,139</u>	<u>(22,003)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		80,293	10,925	91,218	113,221
<b>Total funds carried forward</b>		<u>65,007</u>	<u>33,350</u>	<u>98,357</u>	<u>91,218</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 14 form part of these financial statements.

# MIND Active

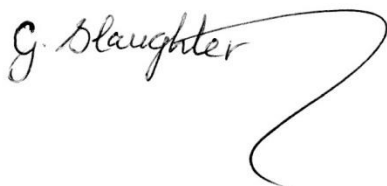
## Statement of Financial Position

31 March 2025

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

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

G Slaughter  
Trustee



G Easton  
Trustee



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



# **MIND Active**

## **Notes to the Financial Statements**

**Year ended 31 March 2025**

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### **1. General information**

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

### **2. Statement of compliance**

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

### **3. Accounting policies**

#### **Basis of preparation**

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

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

#### **Going concern**

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

#### **Fund accounting**

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

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

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

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

##### Incoming resources

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

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

##### Resources expended

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

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

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

# MIND Active

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

Year ended 31 March 2025

### 4. Donations and grants

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
<b>Donations and fundraising</b>			
Donations and fundraising	11,485	–	11,485
<b>Grants</b>			
Ballinger Trust	–	20,000	20,000
LNER	–	21,476	21,476
Ridley Family Trust	–	5,000	5,000
The Prime Fund Community Foundation for Tyne and Wear & Northumberland	–	10,000	10,000
The Barnes Fund Community Foundation for Tyne and Wear & Northumberland	–	5,000	5,000
Community Fund	–	19,993	19,993
Sherburn House Charity	–	1,000	1,000
	<u>11,485</u>	<u>82,469</u>	<u>93,954</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
<b>Donations and fundraising</b>			
Donations and fundraising	8,165	–	8,165
<b>Grants</b>			
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>

# MIND Active

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

Year ended 31 March 2025

### 5. Investment income

	Unrestricted Funds	Total Funds 2025	Unrestricted Funds	Total Funds 2024
	£	£	£	£
Bank interest receivable	<u>1,229</u>	<u>1,229</u>	<u>936</u>	<u>936</u>

### 6. Costs of raising donations and grants

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

	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	<u>86</u>	<u>203</u>	<u>289</u>
	<u>28,528</u>	<u>54,619</u>	<u>83,147</u>

# MIND Active

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

Year ended 31 March 2025

### 7. Governance

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Support costs	<u>150</u>	<u>1,650</u>	<u>1,800</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Support costs	<u>200</u>	<u>1,600</u>	<u>1,800</u>

### 8. Independent examination fees

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

### 9. Staff costs

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

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

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

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

### 10. Trustee remuneration and expenses

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

### 11. Debtors

	2025 £	2024 £
Other debtors	<u>319</u>	<u>288</u>

# MIND Active

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

Year ended 31 March 2025

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

	2025	2024
	£	£
Trade creditors	21,570	21,570
Accruals and deferred income	22	243
Social security and other taxes	—	699
	<u>21,592</u>	<u>22,512</u>

### 13. Analysis of charitable funds

#### Unrestricted funds

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

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

#### Restricted funds

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

# MIND Active

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

Year ended 31 March 2025

### 13. Analysis of charitable funds *(continued)*

#### Restricted funds

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

### 14. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Current assets	86,599	33,350	119,949
Creditors less than 1 year	(21,592)	—	(21,592)
<b>Net assets</b>	<u>65,007</u>	<u>33,350</u>	<u>98,357</u>

# MIND Active

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

Year ended 31 March 2025

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

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



# **MIND Active**

## **Management Information**

**Year ended 31 March 2025**

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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 2025

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



**MIND Active**

**Annual Report  
2024 - 2025**





High Sheriff of Northumberland  
Invitation to Falloden Hall - Alnwick

**Registered Charity Number: 1096712**

**MIND Active**

24 Front Street West  
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

X (Formerly Twitter): MINDActiveNE

🐦 @mac-2024.bsky.social

**Acknowledgements:**

**Thanks to our:**

Dedicated Team of Volunteers, Artists, Partnerships & Staff.

&

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

**Bank Account:**

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

**Independent Examiner:**

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

*"The time I spend with you is so special to me as I get to see  
people, chat, listen to music - it's my social lifeline".*

(Beneficiary Feedback. "How Are We Doing". Sept. 2024)





Promoting Group Mental and Physical Wellbeing

## Foreword

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

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

Rachel Miller  
Managing Director  
Smile Through Sport

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

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



The Bigger Picture - Helping Social Influencers Target Local Need

## Vision

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

## Mission

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

## Charity Objective 2.1

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

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





22 Years Success Delivering Inclusion and Enhanced Quality of Life

## "Welcome to our 22nd Annual Report"

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

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

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

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

*G. Slaughter*

Gillian Slaughter (Chair)

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





*Kelsey*



*Gillian*



*Judy*

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

*(Volunteer. 2/2/2025)*



*Eleanor*



*Glad*



*Catherine*

## Trustees

## Trustees

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

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

Trustees also support the legal aspects of the organisation.

Trustees are personally liable only if the:

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

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

## End of Year Report approved by:

(Chair): *G. Slaughter*

(Trustee): *Eleanor Kelly*

Date: *31<sup>st</sup> March 2025*

*"You's do a fantastic job!"*

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





Interactive Care and Nursing Home Performances and Sing-alongs

## Artists and Partnerships

Ageing Well Network

Alnwick Gardens

Andy McGowan

Anita James

Bed. Salvation Army

Bomarsund Welfare

CVA Blyth Valley

Discovery Zoo

Eric Clark

Fool's Gold

Jessica Irving

Kaley Ede

Ken & Jan Phillipson

Ken Fitzgerald

Mark McCann

Mavis Crudace

Mike L

Musical Memories

National Trust

Northumberland CC

Northumberland CVA

Pete Cryer

Slinky Wolves

Smile Through Sport

WATBus

West Sleekburn Hall

Service Sector Partners

Tea Dances

Singer & Room Bound Support

Dolly Mixture

Social Activity Day Venue

Themed Tea Dance

Voluntary Sector Support

Exotic Pets

Singer

Performances

Singer

Period Singer

Singers "Kind Konnections"

Popular Music

Singer

Gentle Exercise & Movement

Singer

Show Group

Reduced Entry - Corbridge

Coasts, Parks & Leisure

Networks & Alliances

Bed/Room Bound Support

Ron & Jules Singer

Group Games and Movement

Community Transport

Summer Picnics Venue

*"... takes all your cares away for a few hours".*

(Carer/Loved One. "Share Your Thoughts". Jan. 2025)





Social Inclusion at Public Events

## Building Resilience

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

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

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

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





Care and Nursing Activity Co-ordinators' Network Meeting

## Sharing Good Practice

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

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

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

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





'Four Musketeers'  
Manny, Brian, David & Stephen

## Working Together

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

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

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

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

A remarkable and worthwhile success, where everyone wins.

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

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





### Dance Fever 🎶

Some of our ladies had a fabulous day out today at Bedlington. Visiting the Salvation Army centre for the monthly community tea dance with the wonderful [MIND Active](#) team 🍵

We danced & sang our afternoon away to live entertainment from the brilliant Andy McGowan performing our favourite rock n' roll hits, enjoyed lunch from the local bakers, had fun on the quiz and even won prizes on the raffle! 🎵 ... [See more](#)



Social Media Partnerships

## Social Investment

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

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

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

*"I enjoy being in all the company".*

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





Informal Get-Togethers, Sharing Time and Listening to Views

## Tailored Support

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

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

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

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

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

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

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





*"Thank You"*

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

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

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

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

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



Influencing Informed Change

## Statistical Data

The team has successfully achieved the following:

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

**3,476 Total Number of Beneficiary Attendances**

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

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





Amazingly Popular, Competitive & Mood lifting 10 Pin Bowling

## Proactive Engagement

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

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

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

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





Promoting Awareness Presentations

## Reaching Out

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

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

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

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





*"Compararim" (Ready)*

**Veni vidi vici** (Latin. Julius Caesar 47AD)

(I came, I saw and I conquered)

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

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

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

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





Lifting Mood, Promoting Satisfaction & Enabling Friendships



Corbridge Roman Town Summer Outing



### Best of Northumberland Awards

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



#### MIND Active

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We invest in people. Standard.