

Thurrock and Brentwood Mind

England & Wales · Charity number 1106452

Details

Other names THURROCK MIND

Status Registered

Legal form Charitable company

Company number [05256793](#)

Registered 2004-10-26

Register [View on the Charity Commission register](#)

Contact

Address 152 Bridge Road
Grays
Essex
RM17 6DB

Phone 01375391411

Email reception@tbmind.org.uk

Website www.thurrockandbrentwoodmind.org.uk

Activities

Objects: THE OBJECTS ARE TO PROMOTE THE PRESERVATION OF MENTAL HEALTH AND TO ASSIST IN RELIEVING AND REHABILITATING PERSONS SUFFERING FROM MENTAL DISORDER OR CONDITIONS OF EMOTIONAL OR MENTAL DISTRESS REQUIRING ADVICE OR TREATMENT IN ASSOCIATION WITH MIND (THE NATIONAL ASSOCIATION FOR MENTAL HEALTH) (HEREINAFTER CALLED MIND) AND IN ACCORDANCE WITH THE AIMS AND OBJECTS OF MIND.THE AREA OF BENEFIT OF THE COMPANY SHALL BE THURROCK TOGETHER WITH NEARBY DISTRICTS IN ESSEX AND LONDON WHERE THE SERVICES OF THE COMPANY HAVE BEEN REQUESTED.

Activities: Services for the people of Thurrock and Brentwood suffering from emotional or mental distress: advocacy, befriending, counselling, groupwork, community bridge building/activities, horticultural training/work focused scheme

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE THURROCK
- Thurrock

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£4,148,649	£4,011,701	£1,914,162	90
2024-03-31	£4,295,263	£4,147,051	£1,777,214	98
2023-03-31	£4,223,691	£3,674,240	£1,629,002	92
2022-03-31	£2,607,845	£2,274,598	£1,079,551	68
2021-03-31	£1,749,587	£1,548,108	£746,304	53

Trustees

Name	Role	Appointed
Susan Margaret Lyons	Chair	2023-01-25
Andrew Emanuel		2025-09-24
Chloe Christina Turvill		2024-11-27
Dalee Kaur		2025-03-26
JOHN LYONS		2010-10-21
Jane Lydia Karite Itangata		2024-11-27
Karen Constance Hunter		2018-11-21
Paul Couchman		2025-10-22
SUSAN ANN LYONS		2010-10-21
Sofia Caroline Henderson		2024-11-27

Thurrock and Brentwood Mind

England & Wales - Charity number 1106452

Accounts

REGISTERED COMPANY NUMBER: 05256793 (England and Wales)
REGISTERED CHARITY NUMBER: 1106452

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025
FOR
THURROCK AND BRENTWOOD MIND**

Goldwyns Limited
Statutory Auditors and Chartered Accountants
1 Nelson Mews
Southend on Sea
Essex
SS1 1AL

THURROCK AND BRENTWOOD MIND

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FOR THE YEAR ENDED 31 MARCH 2025**

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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

The trustees, who are also directors of the charity for the purpose of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The financial statements comply with the Companies Act 2006 and the Statement of Recommended Practice, Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objective of the charity is to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.

Our aims are:

Staying well - Support people likely to develop mental health problems to stay well.

Empowering choice - Empower people who experience a mental health problem to make informed choices about how they live and recover.

Improving services and support - Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem.

Enabling social participation - Open the doors to people with experience of mental health problems participating fully in society.

Removing inequality of opportunity - Gain equality of treatment for people who experience both mental health and other forms of discrimination.

Organisational excellence - Make the most of our assets by building a culture of excellence.

The charity is affiliated to Mind and operates in accordance with the aims and objectives of Mind.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Committee members consider how planned activities will contribute to the aims and objectives they have set.

Objectives for the year

To meet our overall objects of the charity, aims and objectives for each project are set annually and recorded in the 'Overarching Operational Policy and Plan'. We have robust mechanisms in place to illicit, record and analyse qualitative experience and quantitative data relating to each project. At the start, review and end stage various channels are used to gather data which include surveys, verbal feedback, forums and outcome measurement tools (a short version of the Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)). Quarterly management reports demonstrate the outcomes of the project work and how these outcomes directly contribute to achieving the charitable objects and the public benefit as detailed in our strategic plan. Evaluation and analysis of findings are discussed with service users, within supervision, team and managers' meetings and reported in quarterly monitoring meetings with trustees and commissioners.

Strategies for the year

Our focus is on creating meaningful impact by working in partnership with service users, carers, and a wide range of organisations. By identifying people earlier within their communities, we will provide timely support that helps individuals build resilience, strengthen self-care skills, and improve their health and wellbeing. At the same time, we are committed to promoting greater participation and inclusion, reducing isolation, and fostering stronger, more connected communities.

All of our projects are designed to deliver measurable outcomes that directly contribute to our organisational aims and objectives. Guided by our Strategic Plan, we ensure that every activity not only meets expectations, but also creates lasting positive change and public benefit.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

OBJECTIVES AND ACTIVITIES

Principal activities

Outline of services

Thurrock and Brentwood Mind has continued to work collaboratively with the NHS, Local Minds and other mental health providers in the transformation of mental health services across Mid and South Essex (MSE) ICS (Integrated Care System). We were awarded funding from Mind to further structure and embed our approach to influence and participation and shared decision making. This pro-activity resulted in the successful implementation of our lived experience panel (LEP). Recruitment of members was not just limited to known service users but extended to reach under-represented communities. Our members have various strengths, experience and backgrounds that they bring to influence and participate in our charity and wider system work, ensuring that co-production and the voices of people with lived experience who represent our diverse, local communities are at the heart of what we do. Service users have been consulted in all steps in the process of continuing developments. Service users representing the voices of others, together with our services outlined below, contribute to achieving our aims and objectives. We empower people to make informed choices and those likely to develop mental health problems to stay well.

With the exception of services that are specifically delivered by telephone, all services are offered in accordance with the individual's preferred choice: face to face, telephone or via digital platforms.

Admission Prevention and Early Discharge (APED)

The Admission Prevention and Early Discharge Service is a collaborative service between EPUT and Thurrock and Brentwood Mind to prevent admission into the Mental Health wards and facilitate early discharge.

Crisis Sanctuary

In partnership with Choice Support, there are three sanctuaries covering the entire geography of the Mid and South Essex. We cover the South West Essex area of Thurrock, Basildon and Brentwood in partnership with Basildon Mind.

Crisis Sanctuaries are part of the 24-7 Mental Health Crisis Response and Care Service, to provide a safe place for individuals experiencing an emotional or mental health distress. Practical and emotional support is offered in a warm, welcoming and friendly environment. Outreach support enables service users to receive additional support if required, to link them with local services and opportunities. The Substance Misuse Worker provides specialist expertise and supports service users to engage with substance misuse services. The Community Link Worker engages and works collaboratively within the local community to address inequalities and encourage access to support.

Crisis House Sanctuary Plus

In partnership with other local Minds, the Crisis House is part of the 24-7 Mental Health Crisis Response and Care Service covering Mid and South Essex, that offers a range of non-clinical interventions and support. It is not an alternative to admission, but another supported accommodation pathway for those that do not require a hospital admission.

Day services - Thurrock

Wellbeing activities are held four times per week in person and once a week online. There are a range of activities: service users provide peer support to each other and take part in gardening, arts and crafts, quizzes, games and excursions. Funding for this service ended on 31 May 2025.

Day services to Peer Support - Brentwood

Five weekly plus two monthly wellbeing activities are offered from the Brentwood hub: tea and talk, colouring, mindfulness, seated exercise, arts and crafts, LGBT group and games group. With no funding, this service changed to Peer Support in September 2024.

An additional monthly confidence workshop is delivered from the Brentwood Community Theatre.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

OBJECTIVES AND ACTIVITIES

Principal activities - continued

Individual Placement and Support (IPS)

In partnership with Midlands Partnership NHS Foundation Trust, the service provides support to people with severe mental health difficulties into employment. Each individual is supported by their Employment Specialist to complete a vocational profile, which instigates discussion about their work aspirations and goals, workplace preferences, and any barriers they are concerned about. They are supported to create CVs, complete application forms, prepare for interviews and liaise with employers.

Mental Health Recovery Workers

In partnership with local Minds covering Mid and South Essex, to provide support to the Community Mental Health Teams and A&E, later in the newly built Mental Health Urgent Care Department (MHUCD), working alongside mental health liaison staff; providing emotional support and signposting into community groups and services to meet the service user's needs.

Peer Mentoring and Peer Support

Peer Mentoring offers low-level time-limited support to facilitate self-care in the community for those people that experience a mental health issue. Peer Support groups provide support through a shared interest. The project presents the opportunity for people to be identified earlier within their community and to enable them to access support in building resilience and self-care skills around their health and wellbeing. The funding for this service ended on 31 March 2025.

Positive Pathways

An integral part of the Shared Care Protocol, whereby statutory and voluntary sector colleagues work collaboratively with patients to help them to identify and access facilities in the community to maintain their recovery.

Adults Thurrock: In addition to referrals from the Primary Care Network (PCN), Essex Partnership University NHS Trust (EPUT) has continued to transfer specialist care patients into the project, where they are either signposted or supported to access other local groups and services to re-engage with the community.

Adults Basildon and Brentwood: EPUT Community Mental Health Teams and professionals in PCNs refer patients into the project, where they are either signposted or supported to access other local groups and services to re-engage with the community.

Youth Thurrock (14-18 years): Following therapeutic intervention, North East London NHS Foundation Trust (NELFT) Child and Adolescent Mental Health Service (CAMHS) refer young people into the project. They are encouraged to access opportunities in the community to maintain or improve their wellbeing. If needed, they can make use of a Personal Health Budget to achieve their wellbeing outcomes.

Youth Basildon (Coaching and Mentoring): Working with young people aged 11-16 years who have been absent from school for a minimum of 60 consecutive days due to mental ill health, are supported to re-engage with school or prepare for college.

Youth Basildon, Brentwood and Castlepoint and Rochford Support to Thrive: Working with young people aged 11-16 years from Brentwood and Basildon, at risk of mental ill health and school absence, offering early intervention support by phone or video.

Youthful Wellbeing: Working in partnership with other local Minds, the service extended to Mid and South Essex. Young adults aged 18-25 develop a wellbeing plan and are supported to engage in activities and achieve their goals. If needed, they can make use of a Personal Health Budget.

Psychological Therapies

Counselling and Groupwork Service: A British Association of Counselling and Psychotherapy (BACP) accredited counselling service. The service is based on an integrated approach, offering a confidential, non-judgemental, caring and safe environment, adhering to the Code of Confidentiality and Ethics as laid down by BACP. The service offers face to face and telephone counselling. Up to 12 student placements are provided each year. Partial funding for this service ended on 31 March 2025.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

OBJECTIVES AND ACTIVITIES

Bereavement Counselling: The service offers face to face and telephone counselling. Funding for this service ended on 31 March 2025.

Multi Ethnic Counselling Service: To provide counselling to residents from the Black Asian and Minority Ethnic communities. Clients generally have preferred to continue with telephone counselling, but face to face is also an option.

Inclusion Thurrock Talking Therapies (previously known as Improving Access to Psychological Therapies (IAPT)): In partnership with Midlands Partnership NHS Foundation Trust, we provide psychological interventions using a stepped care approach that complies with The National Institute for Health and Care Excellence (NICE) guidelines.

Recovery College

In partnership with Midlands Partnership NHS Foundation Trust, the Recovery College provides recovery-focused education and training courses across Thurrock and provides information that will help people to learn and give them the best chance of staying well and living the most fulfilling lives they can. People with lived experience of mental health issues (Peer Trainers) co-produce and co-deliver courses with other staff.

Thurrock Carers Service

The service is provided in partnership with Thurrock Lifestyle Solutions to provide information, advice and support to all adult unpaid carers of Thurrock residents. Information, advice and support is provided by telephone, face to face, or via digital platforms. Carers can receive one to one or group support.

GP Wellbeing Calls

This is part of the Mid and South Essex Depression pathway. People prescribed anti-depressants are referred for 4-6 weeks of wellbeing calls. This will provide an opportunity for people to discuss their concerns regarding the medication and provide reassurance. It provides support during the period of time it takes for the medication to take effect.

Commercial services

Thurrock and Brentwood Mind operates a Housing Project and Mind Talk, to provide private counselling and training.

Housing

Two of Thurrock and Brentwood Mind's properties are used for the housing project.

These are:

- Koinonia House (9 units). Consisting of 4 bedsits with en-suite plus 3 rooms with shared bathroom and toilet - all 7 share the kitchen, lounge and utility room. The 2 self-contained flats also share the utility room.
- Bridge House. Consists of 6 rooms with shared facilities.

Mind Talk

Provides counselling and training.

Counselling is a BACP accredited private counselling service, where all counsellors are qualified, and the client pays a set fee. A first appointment is offered within 10 working days.

Training is also provided on Mental Health First Aid for Adults or Youth.

Volunteering

There are a range of volunteering opportunities at Thurrock and Brentwood Mind within the projects listed above. All volunteers receive Volunteer Core Training with additional project specific training according to their role. Volunteer Counsellors are either qualified or in their final year of training. Volunteer recruitment remains a challenge.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

OBJECTIVES AND ACTIVITIES

Operational Performance

Reports on operational and financial performance are measured by trustees on a quarterly basis, sent to funders and quarterly contract monitoring meetings with Commissioners take place.

STRATEGIC REPORT

Financial position

Income

The primary sources of income remain Mid and South Essex ICB and Thurrock Council, who fund major statutory projects for public benefit within the Thurrock and Brentwood areas. The majority of £4.15m total annual income (2024 - £4.29m) supports specific projects and was awarded to us in a competitive process with controls on overhead margins. There was an annual surplus of £137k of income over expenditure (2024 - £148k).

The directly funded income stream is supplemented by other unrestricted sources of income by way of private counselling, housing benefits associated with our tenanted housing, donations, fundraising and discretionary grants.

The tenanted housing offers a total of 15 units with long or short-term duration dependent upon need.

The Mindtalk service continues to provide private counselling and external training generating some additional income.

We continue to explore alternative funding opportunities to diversify income by fund raising, providing training and voluntary donations. These additional sources of income aim to some give some degree of financial independence within our charitable aims.

Expenditure

Expenditure for the year totalled £4.01m (2024 - £4.15m). The main expenditure for the organisation is staff wages. Staff numbers continue to increase with expansion or changes of services in response to needs. Total staff wages were approximately £3.09m, including contributions for national insurance and pension costs (2024 - £3.13m).

Expenditure on utilities, rent, rates, mortgage costs and buildings maintenance are an essential overhead and notional losses on some projects continue to strain our profitability and reserves. Some of these overheads are unavoidable (utilities, insurances, accountancy fees, etc) but other non-core expenditure is carefully monitored. Due to the increased size of the organisation, costs for IT equipment and support, telephone (fixed line and mobile) and home working support expenditure is an increasing cost to the organisation.

Acceptance of home working arrangements are also dictated by the availability of office accommodation. This does have a beneficial side effect on the flexibility of staff working arrangements and resources.

Other "soft" costs include compliance with statutory obligations, quality standards, staff training, recruitment costs and general business expenditure, to ensure the organisation functions to best practice. This is reflected in the achievement of many recognised standards of excellence and awards, as noted elsewhere.

Thurrock and Brentwood Mind has tangible assets in the ownership of three buildings that provide a capital buffer as a long-term financial base, albeit with acceptance of mortgage costs.

Investment policy and objectives

The Committee have considered the investment requirements of the charity and has decided that uncommitted funds should be retained in banks and building societies and that any suggested changes to the banking arrangement should be agreed with them in advance. The Committee also feel that funds should be retained on interest bearing accounts wherever this is practical.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

STRATEGIC REPORT

Financial review

Reserves policy

Introduction

The policy is written in the light of the Charity Commissioners' guidance "Charities' Reserves" (CC19, January 2016)

Reserves are defined as "income which becomes available to the charity and is to be expended at the trustees' discretion in the furtherance of any of the charity's objectives (sometimes referred to as "general purposes" income); but which is not yet spent, committed or designated (i.e. is "free")" (para. 11).

The definition of reserves therefore excludes: permanent endowment; expendable endowment; restricted funds; designated funds; and income funds which could only be realised by disposing of fixed assets held for charity use (para. 11).

The reserves policy should cover as a minimum:

- the reason why the charity needs reserves;
- what level (or range) of reserves the trustees believe the charity needs;
- what steps the charity is going to take to establish or maintain reserves at the agreed level (or range); and
- arrangements for monitoring and reviewing the policy (para. 36).

Why Thurrock and Brentwood Mind needs reserves

Maintenance of properties - Thurrock and Brentwood Mind owns three properties and has decided it needs to have £45k available for emergency repairs and renovations to these properties in order that it could continue the services run from those buildings.

Winding up the charity - Thurrock and Brentwood Mind has decided that, in the event of the organisation having to be wound up, it would need to have six months running costs estimated to be £429k in reserves to allow for a proper running down.

A source of service funding ceases - Thurrock and Brentwood Mind has decided that it is necessary to keep a reserve of £272k for potential run-off and redundancy costs associated with any service where funding has ceased.

Investment in properties - Thurrock And Brentwood Mind own properties that are integral to the services provided to people experiencing emotional or mental distress.

The investment in properties is to enable services to remain sustainable in the long term.

The charity has commitments to long term mortgages and reserves have been designated to cover the historical cost carrying value less the outstanding mortgages. At 31 March 2025 the required Designated Reserve was £542k (2024 - £535k).

The level of reserves the trustees believe Thurrock and Brentwood Mind needs as at 31 March 2025

As set out above, Thurrock and Brentwood Mind has decided it needs reserves of circa £1,281k made up of the Designated Properties Fund of £535k and General Fund of £746k.

The unrestricted reserves at 31 March 2025 of £1,796k (2024 - £1,696k) is in excess of the targeted reserves of £1,281k.

Monitoring and reviewing the reserves policy

This policy and financial detail will be reviewed annually by the Board of Trustees.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

STRATEGIC REPORT

Future plans

Future plans were considered in Thurrock and Brentwood Mind's Business Plan 2023-2026 to encompass the period ending on 31 March 2025. The plans were built on four strategic pillars, each with specific objectives. Highlights include:

- Service Users - Maintain existing and develop new high quality services to respond to local need and national imperatives. Increase lived experience, influence and participation to influence and shape how the organisation works and enable them to communicate with statutory bodies and the public on mental health issues. Promote the services and use regular social media and the website to engage a wider audience.
- Finance - Diversify funding streams to provide additional services to meet the needs of local people experiencing mental health problems. An annual fundraising plan is in place and to maximise our income generating projects.
- Internal Process - Targeted trustee recruitment to diversify the Board of Trustees. To end the annual report and replace with an annual Impact report.
- Learning and Growth - To improve service information, retain staff and develop Minds in Essex.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

At the Annual General Meeting held on 27 November 2024, the charity's members unanimously approved a special resolution to amend the Articles of Association. Under the revised Articles, only the trustees are entitled to vote at general meetings.

This governance change was introduced to clarify accountability for decision-making, strengthen fiduciary oversight and ensure that matters reserved to trustees are determined by those with legal responsibility for the charity's operations.

To maintain transparency and stakeholder engagement, all existing members were invited to an Open Day and encouraged to join one of more of the charity's forums, which provide opportunities to contribute views and ideas on the charity's work. These arrangements ensure that trustee decisions continue to be informed by a broad range of perspective.

Thurrock and Brentwood Mind is a company limited by guarantee governed by its Memorandum and Articles dated 27 November 2024. It is registered as a charity with the Charity Commission. Anyone over the age of 18 can become a member of the charity, each of whom agrees to contribute £15 for an Organisational Membership, £5 for an individual.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

Thurrock and Brentwood Mind carries out its selection process of trustees following a process agreed by the Board of Trustees:

Stage 1

An information meeting is held with the Chief Executive Officer and/or Chair of the Board of Trustees with the following information given:-

- Annual report
- Terms of reference for the Board
- Job description of a trustee
- Information booklet on Management Committees
- Service information booklet
- Service leaflets
- Charity Commission trustee leaflet
- Volunteer trustee application form

If a volunteer wishes to proceed with becoming a trustee they have to complete and return their application form prior to election at the Annual General Meeting as below.

Stage 2

The Chair views applications received and if suitable, references are taken up and the person is informed of the nomination process.

Stage 3

A nomination form is completed giving a brief outline of relevant information and skills, and a proposer and a seconder is obtained. These forms need to be returned one week prior to the Annual General Meeting.

Stage 4

Nomination forms are taken forward for the election process at the Annual General Meeting.

All members of the Management Committee give their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 9 to the accounts.

Induction and training of new trustees

Training opportunities are made available to trustees and specific training for specific roles is identified and a training log is kept for each trustee. The sources of training information are identified through the Charity Commission's newsletters, Thurrock Council for Voluntary Service and The National Association of Councils and Voluntary Services.

Risk management

The Executive Committee has conducted its own review of the major risks to which the charity may be exposed to and has set up systems to mitigate these risks. The organisation adopts a pro-active approach with a programme of risk management that aims to preserve its assets and reputation and to provide protection against preventable injury and loss to employees, volunteers, clients and the general public.

Organisational Management

An Executive Management Committee (Board of Trustees) consisting of trustees appointed at the Annual General Meeting runs the charity.

The organisation operates on the direction and oversight of this management team but employs a number of operating staff that undertakes the work involved in the running of the charity. A Chief Executive Officer (CEO) has overall responsibility for various projects that in turn have lead project managers. There is a Delegation of Authority Policy and Control Procedures in place.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05256793 (England and Wales)

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

Registered Charity number

1106452

Registered office

152 Bridge Road
Grays
Essex
RM17 6DB

Trustees

J Lyons (resigned as Chairperson 24/11/2024)
D J Noble (resigned 13/10/2025)
Mrs S A Lyons Chairperson (appointed 24/11/2024)
Mrs S M Lyons
Mrs K Hunter
S Brown
Miss C C Turvill (appointed 27/11/2024)
Mrs L C Rock (appointed 27/11/2024)
Miss S C Henderson (appointed 27/11/2024)
Mrs J L K Itangata (appointed 27/11/2024)
P D Couchman (appointed 22/10/2025)
A G Emanuel (appointed 24/9/2025)
Miss D Kaur Lawyer (appointed 26/3/2025)

Senior Management

Mrs L Morgan
W Robertson
D George
M White (passed away February 2025)

Chief Executive Officer
Deputy Chief Executive Officer
Crisis Services Lead
Head of Services

Company Secretary

Mrs S A Lyons

Auditors

Goldwyns Limited
Statutory Auditors and Chartered Accountants
1 Nelson Mews
Southend on Sea
Essex
SS1 1AL

Solicitors

Aston Park Law, 9 Aston Park, Aston, Rowant, OX49 5SW

Bankers

Barclays Bank Plc, 9 High Street, Grays, Essex, RM17 6NL.

CAF Bank Limited, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Statement of Committee Members'/Directors' Responsibilities

The Trustees (who are also directors of Thurrock and Brentwood Mind for the purposes of company law) are responsible for preparing the report of the Management Committee and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Management Committee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company, for the year. In preparing these financial statements, the Management Committee are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities Statement of Recommended Practice (SORP);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Management Committee is responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable it to ensure that the financial statements comply with the Companies Act 2006. It is also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement as to Disclosure of Information to Auditors

So far as the committee members/directors are aware, there is no relevant audit information of which the charitable company's auditors are unaware, and each director has taken all the steps that he or she ought to have taken as a director in order to make himself or herself aware of any relevant audit information and to establish that the company's auditors are aware of that information.

AUDITORS

The auditors, Goldwyns Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 22 December 2025 and signed on the board's behalf by:

Mrs S A Lyons - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THURROCK AND BRENTWOOD MIND

Opinion

We have audited the financial statements of Thurrock and Brentwood Mind (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THURROCK AND BRENTWOOD MIND

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

In order to address the risks of misstatements in respect of irregularities, including fraud, we have:

- obtained an understanding of the key laws and regulations applicable to the charitable company, including the Companies Act 2006, the Charities Act 2011, and applicable taxation legislation;
- assessed the charitable company's own internal controls and systems for the prevention and detection of irregularities and particularly the control environment within which they operate;
- determined a materiality level and audit approach sufficient to identify most irregularities, including fraud, that may occur;
- considered our own involvement in the preparation of the charitable company's statutory financial statements;
- conducted audit verification work, on a sample basis, on the key audit areas and risks we have identified; and
- reflected on the outcome of our work, and the likelihood that conclusions drawn may be indicative of other areas of potential irregularity.

We therefore consider our audit approach has been sufficient to detect material irregularities, including fraud.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
THURROCK AND BRENTWOOD MIND**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

S T Blundell FCA (Senior Statutory Auditor)
for and on behalf of Goldwyns Limited
Statutory Auditors and Chartered Accountants
1 Nelson Mews
Southend on Sea
Essex
SS1 1AL

23 December 2025

THURROCK AND BRENTWOOD MIND

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	26,526	246	26,772	25,330
Charitable activities					
Mental health services	5	3,825,942	130,900	3,956,842	4,027,891
Charity shop		108	-	108	52,263
Rental income		96,889	-	96,889	92,417
Management and awareness		-	-	-	43,555
Other trading activities	3	43,891	116	44,007	37,421
Investment income	4	22,432	-	22,432	16,386
Other income		1,599	-	1,599	-
Total		<u>4,017,387</u>	<u>131,262</u>	<u>4,148,649</u>	<u>4,295,263</u>
EXPENDITURE ON					
Charitable activities					
Mental health services	6	3,828,562	29,099	3,857,661	3,938,007
Charity shop		177	-	177	75,149
Rental income		88,190	-	88,190	74,137
Management and awareness		65,673	-	65,673	59,758
Total		<u>3,982,602</u>	<u>29,099</u>	<u>4,011,701</u>	<u>4,147,051</u>
NET INCOME					
Transfers between funds	20	34,785	102,163	136,948	148,212
		<u>65,275</u>	<u>(65,275)</u>	<u>-</u>	<u>-</u>
Net movement in funds		100,060	36,888	136,948	148,212
RECONCILIATION OF FUNDS					
Total funds brought forward		1,695,653	81,561	1,777,214	1,629,002
TOTAL FUNDS CARRIED FORWARD		<u><u>1,795,713</u></u>	<u><u>118,449</u></u>	<u><u>1,914,162</u></u>	<u><u>1,777,214</u></u>

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND (REGISTERED NUMBER: 05256793)

BALANCE SHEET
31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Intangible assets	12	-	-	-	-
Tangible assets	13	1,166,647	19,205	1,185,852	1,195,222
		<u>1,166,647</u>	<u>19,205</u>	<u>1,185,852</u>	<u>1,195,222</u>
CURRENT ASSETS					
Debtors	14	404,861	-	404,861	224,572
Cash at bank and in hand		1,047,934	147,507	1,195,441	1,207,998
		<u>1,452,795</u>	<u>147,507</u>	<u>1,600,302</u>	<u>1,432,570</u>
CREDITORS					
Amounts falling due within one year	15	(144,895)	(48,265)	(193,160)	(182,046)
		<u>1,307,900</u>	<u>99,242</u>	<u>1,407,142</u>	<u>1,250,524</u>
NET CURRENT ASSETS					
		<u>1,307,900</u>	<u>99,242</u>	<u>1,407,142</u>	<u>1,250,524</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>2,474,547</u>	<u>118,447</u>	<u>2,592,994</u>	<u>2,445,746</u>
CREDITORS					
Amounts falling due after more than one year	16	(678,832)	-	(678,832)	(668,532)
		<u>1,795,715</u>	<u>118,447</u>	<u>1,914,162</u>	<u>1,777,214</u>
NET ASSETS					
		<u>1,795,715</u>	<u>118,447</u>	<u>1,914,162</u>	<u>1,777,214</u>
FUNDS					
20					
Unrestricted funds:					
General fund				1,253,377	1,160,968
Designated properties fund				542,338	534,685
				<u>1,795,715</u>	<u>1,695,653</u>
Restricted funds				<u>118,447</u>	<u>81,561</u>
TOTAL FUNDS					
				<u>1,914,162</u>	<u>1,777,214</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 22 December 2025 and were signed on its behalf by:

S A Lyons - Trustee

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	73,167	111,887
Net cash provided by operating activities		73,167	111,887
Cash flows from investing activities			
Purchase of tangible fixed assets		(23,725)	(28,160)
Sale of tangible fixed assets		1,600	-
Net cash used in investing activities		(22,125)	(28,160)
Cash flows from financing activities			
Loan repayments in year		(63,599)	(49,096)
Net cash used in financing activities		(63,599)	(49,096)
Change in cash and cash equivalents in the reporting period			
		(12,557)	34,631
Cash and cash equivalents at the beginning of the reporting period		1,207,998	1,173,367
Cash and cash equivalents at the end of the reporting period		1,195,441	1,207,998

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025 £	2024 £
Net income for the reporting period (as per the Statement of Financial Activities)	136,948	148,212
Adjustments for:		
Depreciation charges	33,095	33,571
Profit on disposal of fixed assets	(1,599)	-
Interest paid	45,858	45,757
Increase in debtors	(180,289)	(153,281)
Increase in creditors	39,154	37,628
	73,167	111,887
Net cash provided by operations	73,167	111,887

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/24 £	Cash flow £	At 31/3/25 £
Net cash			
Cash at bank and in hand	1,207,998	(12,557)	1,195,441
	1,207,998	(12,557)	1,195,441
Debt			
Debts falling due within 1 year	(8,542)	(13,492)	(22,034)
Debts falling due after 1 year	(624,890)	31,233	(593,657)
	(633,432)	17,741	(615,691)
Total	574,566	5,184	579,750

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity is limited by guarantee and is incorporated in the UK.

The place of business is at the registered office which can be located in the trustees' report.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets

Amortisation is provided at the following annual rate in order to write off each asset over its estimated useful life.

Computer software - Straight line over 5 years

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property - Straight line over 15 years and Straight line over 50 years
Improvements to property - Over remaining period of lease
Fixtures and fittings - 50% on cost and 25% on cost
Motor vehicles - 25% on cost

It is the charity's general policy to capitalise items costing over £250.

Taxation

HM Revenue and Customs have confirmed that the charity is exempt from Income and Corporation Taxes on its investment and trading income because of its charitable status and therefore no provision for taxation has been made in the financial statements.

Fund accounting

Restricted funds are grants and contracts awarded for specific purposes as laid down by the donor. Expenditure that meets these specific purposes is matched against grant income and allocated over the appropriate cost centres.

Unrestricted funds comprise other income received or generated for charitable purposes but which may be spent at the discretion of the Management Team.

Designated funds are those unrestricted funds that have been earmarked by the trustees for particular purposes.

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

1. ACCOUNTING POLICIES - continued

Operating leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

Donated goods

Goods donated are included at their market value at the date of the donation.

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	26,769	25,314
Subscriptions	3	16
	<u>26,772</u>	<u>25,330</u>

3. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Private counselling	13,180	10,205
Fund raising	26,407	22,859
Other	4,420	4,357
	<u>44,007</u>	<u>37,421</u>

4. INVESTMENT INCOME

	2025	2024
	£	£
Bank interest received	22,432	16,386
	<u>22,432</u>	<u>16,386</u>

Investment income arises from money held in interest bearing bank accounts.

5. INCOME FROM CHARITABLE ACTIVITIES

		2025	2024
	Activity	£	£
Grants	Mental health services	3,956,842	4,027,891
Charity shop sales	Charity shop	108	52,263
Rent	Rental income	96,889	92,417
Grants	Management and awareness	-	43,555
		<u>4,053,839</u>	<u>4,216,126</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 7) £	Totals £
Mental health services	3,562,012	295,649	3,857,661
Charity shop	91	86	177
Rental income	30,691	57,499	88,190
Management and awareness	-	65,673	65,673
	<u>3,592,794</u>	<u>418,907</u>	<u>4,011,701</u>

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Mental health services	295,649	-	295,649
Charity shop	86	-	86
Rental income	57,108	391	57,499
Management and awareness	-	65,673	65,673
	<u>352,843</u>	<u>66,064</u>	<u>418,907</u>

Support costs, included in the above, are as follows:

Management

				2025	2024
	Mental health services £	Charity shop £	Rental income £	Total activities £	Total activities £
Trustees' expenses	95	-	-	95	33
Hire of equipment	683	-	-	683	683
Rates and water	12,235	-	3,313	15,548	18,810
Insurance	20,366	-	2,895	23,261	20,541
Light and heat	14,603	-	8,428	23,031	30,123
Telephone	32,604	-	1,652	34,256	36,643
Postage and stationery	8,790	-	80	8,870	8,511
Advertising	3,198	-	-	3,198	694
Sundries	741	-	45	786	752
Rent of premises	13,041	-	-	13,041	26,347
Repairs and renewals	20,242	-	37,165	57,407	52,954
Recruitment	859	-	-	859	1,610
Information technology	83,955	-	17	83,972	101,685
Publications and subscriptions	4,590	-	3,445	8,035	5,899
Financial charges	46,552	86	68	46,706	48,161
Depreciation of tangible and heritage assets	33,095	-	-	33,095	33,571
	<u>295,649</u>	<u>86</u>	<u>57,108</u>	<u>352,843</u>	<u>387,017</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

7. SUPPORT COSTS - continued
Governance costs

		2025	2024
	Rental income £	Management and awareness £	Total activities £
Auditors' remuneration	-	6,900	6,780
Accountancy and bookkeeping	-	31,200	31,200
Legal costs and consultation	391	27,573	23,605
	<u>391</u>	<u>65,673</u>	<u>66,064</u>
		<u>66,064</u>	<u>61,585</u>

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Auditors' remuneration	6,900	6,780
Depreciation - owned assets	33,094	33,572
Hire of plant and machinery	683	683
Surplus on disposal of fixed assets	(1,599)	-
	<u>66,064</u>	<u>61,585</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

The charity reimbursed trustees with £95 for out of pocket expenses during the year (2024 - £33).

10. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	2,750,489	2,793,248
Social security costs	272,581	272,367
Other pension costs	67,955	67,498
	<u>3,091,025</u>	<u>3,133,113</u>

The average monthly number of employees during the year was as follows:

	2025	2024
Charitable activities and support staff	86	96
Senior management	4	2
	<u>90</u>	<u>98</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025	2024
£80,001 - £90,000	<u>2</u>	<u>2</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

10. STAFF COSTS - continued

During the year, the total remuneration paid to key management personnel was £289,539 (2024 - £188,654).

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	23,279	2,051	25,330
Charitable activities			
Mental health services	3,991,691	36,200	4,027,891
Charity shop	52,263	-	52,263
Rental income	92,417	-	92,417
Management and awareness	35,550	8,005	43,555
Other trading activities	37,421	-	37,421
Investment income	16,386	-	16,386
Total	4,249,007	46,256	4,295,263
EXPENDITURE ON			
Charitable activities			
Mental health services	3,904,224	33,783	3,938,007
Charity shop	75,149	-	75,149
Rental income	74,137	-	74,137
Management and awareness	59,758	-	59,758
Total	4,113,268	33,783	4,147,051
NET INCOME	135,739	12,473	148,212
RECONCILIATION OF FUNDS			
Total funds brought forward	1,559,913	69,089	1,629,002
TOTAL FUNDS CARRIED FORWARD	1,695,652	81,562	1,777,214

12. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 April 2024 and 31 March 2025	7,690
AMORTISATION	
At 1 April 2024 and 31 March 2025	7,690
NET BOOK VALUE	
At 31 March 2025	-
At 31 March 2024	-

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

13. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Motor vehicles £	Totals £
COST					
At 1 April 2024	1,075,938	315,035	160,607	8,700	1,560,280
Additions	-	19,205	4,520	-	23,725
Disposals	-	-	(58,840)	(8,700)	(67,540)
	<u>1,075,938</u>	<u>334,240</u>	<u>106,287</u>	<u>-</u>	<u>1,516,465</u>
At 31 March 2025	1,075,938	334,240	106,287	-	1,516,465
DEPRECIATION					
At 1 April 2024	173,182	49,674	133,503	8,699	365,058
Charge for year	17,972	11,321	3,801	-	33,094
Eliminated on disposal	-	-	(58,840)	(8,699)	(67,539)
	<u>191,154</u>	<u>60,995</u>	<u>78,464</u>	<u>-</u>	<u>330,613</u>
At 31 March 2025	191,154	60,995	78,464	-	330,613
NET BOOK VALUE					
At 31 March 2025	<u>884,784</u>	<u>273,245</u>	<u>27,823</u>	<u>-</u>	<u>1,185,852</u>
At 31 March 2024	<u>902,756</u>	<u>265,361</u>	<u>27,104</u>	<u>1</u>	<u>1,195,222</u>

Included in cost of freehold property is land of £213,718 (2024 - £213,718) which is not depreciated.

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Amounts recoverable on contract	394,812	218,182
Prepayments and accrued income	10,049	6,390
	<u>404,861</u>	<u>224,572</u>

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Bank loans and overdrafts (see note 17)	22,034	8,542
Trade creditors	42,162	79,229
Social security and other taxes	91,573	63,739
Other creditors	22,413	18,469
Accruals and deferred income	14,978	12,067
	<u>193,160</u>	<u>182,046</u>

Income relating to contracts for long term provision of services and projects is deferred and released when the services are provided. Income relating to assets is deferred and released over the useful life of the asset in the same proportion to the depreciation charge. Deferred income at the year ended 31 March 2025 was £91,907 (2024 - £47,157).

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

16. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2025	2024
	£	£
Bank loans (see note 17)	593,657	624,890
Accruals and deferred income	85,175	43,642
	678,832	668,532

17. LOANS

An analysis of the maturity of loans is given below:

	2025	2024
	£	£
Amounts falling due within one year on demand:		
Bank loans	22,034	8,542
Amounts falling between one and two years:		
Bank loans	22,034	8,542
Amounts falling due between two and five years:		
Bank loans	66,101	25,626
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans	505,522	590,722

18. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2025	2024
	£	£
Within one year	1,200	1,200

19. SECURED DEBTS

The following secured debts are included within creditors:

	2025	2024
	£	£
Bank loans	615,691	633,432

The bank loans are secured by a first legal charge over the charity's freehold properties.

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

20. MOVEMENT IN FUNDS

	At 1/4/24 £	Net movement in funds £	Transfers between funds £	At 31/3/25 £
Unrestricted funds				
General fund	1,160,968	34,787	57,622	1,253,377
Designated properties fund	534,685	-	7,653	542,338
	<u>1,695,653</u>	<u>34,787</u>	<u>65,275</u>	<u>1,795,715</u>
Restricted funds				
Crisis House Sanctuary Plus	67,886	7,279	(69,165)	6,000
Brentwood Wellbeing group	1,182	(2,630)	1,448	-
Sports England Grant	407	-	(407)	-
Youth Champion	3,486	(6,335)	2,849	-
Mind (NAMH)	6,000	(515)	-	5,485
Research Engagement Network	2,600	4,362	-	6,962
Postcode Lottery	-	100,000	-	100,000
	<u>81,561</u>	<u>102,161</u>	<u>(65,275)</u>	<u>118,447</u>
TOTAL FUNDS	<u>1,777,214</u>	<u>136,948</u>	<u>-</u>	<u>1,914,162</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	4,017,387	(3,982,600)	34,787
Restricted funds			
Crisis House Sanctuary Plus	25,001	(17,722)	7,279
Brentwood Wellbeing group	361	(2,991)	(2,630)
Youth Champion	-	(6,335)	(6,335)
Mind (NAMH)	-	(515)	(515)
Research Engagement Network	5,900	(1,538)	4,362
Postcode Lottery	100,000	-	100,000
	<u>131,262</u>	<u>(29,101)</u>	<u>102,161</u>
TOTAL FUNDS	<u>4,148,649</u>	<u>(4,011,701)</u>	<u>136,948</u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025

20. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
Unrestricted funds				
General fund	999,274	135,740	25,954	1,160,968
Designated properties fund	560,639	-	(25,954)	534,685
	<u>1,559,913</u>	<u>135,740</u>	<u>-</u>	<u>1,695,653</u>
Restricted funds				
Crisis House Sanctuary Plus	59,549	8,337	-	67,886
Brentwood Wellbeing group	4,775	(3,593)	-	1,182
Sports England Grant	3,636	(3,229)	-	407
Youth Champion	1,129	2,357	-	3,486
Mind (NAMH)	-	6,000	-	6,000
Research Engagement Network	-	2,600	-	2,600
	<u>69,089</u>	<u>12,472</u>	<u>-</u>	<u>81,561</u>
TOTAL FUNDS	<u>1,629,002</u>	<u>148,212</u>	<u>-</u>	<u>1,777,214</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	4,249,007	(4,113,267)	135,740
Restricted funds			
Crisis House Sanctuary Plus	25,001	(16,664)	8,337
Brentwood Wellbeing group	2,050	(5,643)	(3,593)
Sports England Grant	-	(3,229)	(3,229)
Youth Champion	8,005	(5,648)	2,357
Mind (NAMH)	6,000	-	6,000
Research Engagement Network	5,200	(2,600)	2,600
	<u>46,256</u>	<u>(33,784)</u>	<u>12,472</u>
TOTAL FUNDS	<u>4,295,263</u>	<u>(4,147,051)</u>	<u>148,212</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2025**

20. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/25 £
Unrestricted funds				
General fund	999,274	170,527	83,576	1,253,377
Designated properties fund	560,639	-	(18,301)	542,338
	<u>1,559,913</u>	<u>170,527</u>	<u>65,275</u>	<u>1,795,715</u>
Restricted funds				
Crisis House Sanctuary Plus	59,549	15,616	(69,165)	6,000
Brentwood Wellbeing group	4,775	(6,223)	1,448	-
Sports England Grant	3,636	(3,229)	(407)	-
Youth Champion	1,129	(3,978)	2,849	-
Mind (NAMH)	-	5,485	-	5,485
Research Engagement Network	-	6,962	-	6,962
Postcode Lottery	-	100,000	-	100,000
	<u>69,089</u>	<u>114,633</u>	<u>(65,275)</u>	<u>118,447</u>
TOTAL FUNDS	<u><u>1,629,002</u></u>	<u><u>285,160</u></u>	<u><u>-</u></u>	<u><u>1,914,162</u></u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	8,266,394	(8,095,867)	170,527
Restricted funds			
Crisis House Sanctuary Plus	50,002	(34,386)	15,616
Brentwood Wellbeing group	2,411	(8,634)	(6,223)
Sports England Grant	-	(3,229)	(3,229)
Youth Champion	8,005	(11,983)	(3,978)
Mind (NAMH)	6,000	(515)	5,485
Research Engagement Network	11,100	(4,138)	6,962
Postcode Lottery	100,000	-	100,000
	<u>177,518</u>	<u>(62,885)</u>	<u>114,633</u>
TOTAL FUNDS	<u><u>8,443,912</u></u>	<u><u>(8,158,752)</u></u>	<u><u>285,160</u></u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2025

21. RELATED PARTY DISCLOSURES

During the year ended 31 March 2025 the charity did not receive any rental receipts from trustees (2024 - £6,239).

During the year ended 31 March 2025 the charity received donations from the trustees totalling £680 (2024 - £nil).

22. PENSION COSTS

The charity operates defined contribution pension schemes. The assets of the schemes are held separately from those of the charity in independently administered funds. The pension cost charges representing contributions payable by the charity to the funds amounted to £67,954 (2024 - £67,498). At the balance sheet date contributions of £18,384 (2024 - £15,007) were outstanding.

Thurrock and Brentwood Mind

England & Wales - Charity number 1106452

Accounts

REGISTERED COMPANY NUMBER: 05256793 (England and Wales)
REGISTERED CHARITY NUMBER: 1106452

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
FOR
THURROCK AND BRENTWOOD MIND**

Goldwyns Limited
Statutory Auditors and Chartered Accountants
Rutland House
90-92 Baxter Avenue
Southend on Sea
Essex
SS2 6HZ

THURROCK AND BRENTWOOD MIND

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FOR THE YEAR ENDED 31 MARCH 2024**

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THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

The trustees, who are also directors of the charity for the purpose of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The financial statements comply with the Companies Act 2006 and the Statement of Recommended Practice, Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objective of the charity is to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.

Our aims are:

Staying well - Support people likely to develop mental health problems to stay well.

Empowering choice - Empower people who experience a mental health problem to make informed choices about how they live and recover.

Improving services and support - Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem.

Enabling social participation - Open the doors to people with experience of mental health problems participating fully in society.

Removing inequality of opportunity - Gain equality of treatment for people who experience both mental health and other forms of discrimination.

Organisational excellence - Make the most of our assets by building a culture of excellence.

The charity is affiliated to Mind and operates in accordance with the aims and objectives of Mind.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Committee members consider how planned activities will contribute to the aims and objectives they have set.

Objectives for the year

To meet our overall objects of the charity, aims and objectives for each project are set annually and recorded in the 'Overarching Operational Policy and Plan'. We have robust mechanisms in place to illicit, record and analyse qualitative experience and quantitative data relating to each project. At the start, review and end stage various channels are used to gather data which include surveys, verbal feedback, forums and outcome measurement tools (a short version of the Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)). Quarterly management reports demonstrate the outcomes of the project work and how these outcomes directly contribute to achieving the charitable objects and the public benefit as detailed in our strategic plan. Evaluation and analysis of findings are discussed with service users, within supervision, team and managers' meetings and reported in quarterly monitoring meetings with trustees and commissioners.

Strategies for the year

To achieve our goals, Thurrock and Brentwood Mind will work collaboratively with service users and carers, and multiple organisations, with a strong focus on prevention. To be able to identify people earlier within their community and enable them to access support in building resilience and self-care skills around their health and wellbeing, as well as promoting increased participation within their community.

Each project manager has targets to achieve in accordance with the contract funding agreement - these are aligned with our Operational Plan which details strategies for achieving our overall organisational aims and objectives.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

OBJECTIVES AND ACTIVITIES

Principal activities

Outline of services

Thurrock and Brentwood Mind has continued to work collaboratively with the NHS, Local Minds and other mental health providers in the transformation of mental health services across Mid and South Essex (MSE) STP (Sustainability and Transformation Partnership). Service users have been consulted in all steps in the process of continuing developments. Service users representing the voices of others together with our services outlined below contribute to achieving our aims and objectives. We empower people to make informed choices and those likely to develop mental health problems to stay well.

With the exception of services that are specifically delivered by telephone, all services are offered in accordance with the individual's preferred choice: face to face, telephone or via digital platforms.

Admission Prevention and Early Discharge (APED)

The Admission Prevention and Early Discharge Service is a collaborative service between EPUT and Thurrock and Brentwood Mind to prevent admission into the Mental Health wards and facilitate early discharge.

Crisis Sanctuary

In partnership with Choice Support there are three sanctuaries covering the entire geography of the Mid and South Essex. We cover the South West Essex area of Thurrock, Basildon and Brentwood in partnership with Basildon Mind.

Crisis Sanctuaries are part of the 24-7 Mental Health Crisis Response and Care Service to provide a safe place for individuals experiencing an emotional or mental health distress. Practical and emotional support is offered in a warm, welcoming and friendly environment. Outreach support enables service users to receive additional support if required, to link them with local services and opportunities. The Substance Misuse Worker provides specialist expertise and supports service users to engage with substance misuse services. The Community Link Worker engages and works collaboratively within the local community to address inequalities and encourage access to support.

Crisis House Sanctuary Plus

In partnership with other local Minds, the Crisis House is part of the 24-7 Mental Health Crisis Response and Care Service covering Mid and South Essex that offers a range of non-clinical interventions and support. It is not an alternative to admission but another supported accommodation pathway for those that do not require a hospital admission.

Day services - Thurrock

Wellbeing activities are held four times per week in person and once a week online. There are a range of activities: service users provide peer support to each other and take part in gardening, arts and crafts, quizzes, games and excursions.

Day services - Brentwood

Five weekly plus two monthly wellbeing activities are offered from the Brentwood hub: tea and talk, colouring, mindfulness, seated exercise, arts and crafts, LGBT group and games group.

An additional monthly confidence workshop is delivered from the Brentwood Community Theatre.

Individual Placement and Support (IPS)

In partnership with Midlands Partnership NHS Foundation Trust the service provides support to people with severe mental health difficulties into employment. Each individual is supported by their Employment Specialist to complete a vocational profile which instigates discussion about their work aspirations and goals, workplace preferences, and any barriers they are concerned about. They are supported to create CVs, complete application forms, prepare for interview and liaise with employers.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

OBJECTIVES AND ACTIVITIES

Mental Health Recovery Workers

In partnership with local Minds covering Mid and South Essex, to provide support to the Community Mental Health Teams and A&E, later in the newly built Mental Health Urgent Care Department (MHUCD) working alongside mental health liaison staff; providing emotional support and signposting into community groups and services to meet the service user's needs.

Peer Mentoring and Peer Support

Peer Mentoring offers low level time-limited support to facilitate self-care in the community for those people that experience a mental health issue. Peer Support groups provide support through a shared interest. The project presents the opportunity for people to be identified earlier within their community and to enable them to access support in building resilience and self-care skills around their health and wellbeing.

Positive Pathways

An integral part of the Shared Care Protocol, whereby statutory and voluntary sector colleagues work collaboratively with patients to help them to identify and access facilities in the community to maintain their recovery.

Adults Thurrock: In addition to referrals from the Primary Care Network (PCN), Essex Partnership University NHS Trust (EPUT) has continued to transfer specialist care patients into the project, where they are either signposted or supported to access other local groups and services to re-engage with the community.

Adults Basildon and Brentwood: EPUT Community Mental Health Teams and professionals in PCNs refer patients into the project, where they are either signposted or supported to access other local groups and services to re-engage with the community.

Youth Thurrock (14-18 years): Following therapeutic intervention, North East London NHS Foundation Trust (NELFT) Child and Adolescent Mental Health Service (CAMHS) refer young people into the project. They are encouraged to access opportunities in the community to maintain or improve their wellbeing. If needed they can make use of a Personal Health Budget to achieve their wellbeing outcomes.

Youth Basildon (Coaching and Mentoring): Working with young people aged 11-16 years who have been absent from school for a minimum of 60 consecutive days due to mental ill health, are supported to re-engage with school or prepare for college.

Support to Thrive: Working with young people aged 11-16 years from Brentwood and Basildon, at risk of mental ill health and school absence, offering early intervention support by phone or video.

Youthful Wellbeing: Working in partnership with other local Minds, the service extended to Mid and South Essex. Young adults aged 18-25 develop a wellbeing plan and are supported to engage in activities and achieve their goals. If needed they can make use of a Personal Health Budget.

Psychological Therapies

Counselling and Groupwork Service: A British Association of Counselling and Psychotherapy (BACP) accredited counselling service. The service is based on an integrated approach, offering a confidential, non-judgemental, caring and safe environment, adhering to the Code of Confidentiality and Ethics as laid down by BACP. The service offers face to face and telephone counselling. Up to 12 student placements are provided each year.

Bereavement Counselling: There are two services for Bereavement Counselling, with one being specific for bereavement due to Covid. Covid bereavement funding ended 31 March 2024.

Multi Ethnic Counselling Service: To provide counselling to residents from the Black Asian and Minority Ethnic communities. Clients generally have preferred to continue with telephone counselling, but face to face is also an option.

Inclusion Thurrock Improving Access to Psychological Therapies (IAPT): In partnership with Midlands Partnership NHS Foundation Trust, we provide psychological interventions using a stepped care approach that complies with The National Institute for Health and Care Excellence (NICE) guidelines.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

OBJECTIVES AND ACTIVITIES

Recovery College

In partnership with Midlands Partnership NHS Foundation Trust, the Recovery College provides recovery-focused education and training courses across Thurrock and provides information that will help people to learn and give them the best chance of staying well and living the most fulfilling lives they can. People with lived experience of mental health issues (Peer Trainers) co-produce and co-deliver courses with other staff.

Thurrock Carers Service

The service is provided in partnership with Thurrock Lifestyle Solutions and Thurrock Centre for Independent Living to provide information, advice and support to all adult unpaid carers of Thurrock residents. Information, advice and support is provided by telephone, face to face, or via digital platforms. Carers can receive one to one or group support.

Wellbeing Calls

Essex Partnership University NHS Foundation Trust (EPUT): Working collaboratively, EPUT identified high risk patients that with extra support through wellbeing calls on a regular basis which could prevent relapse in their mental health. Early signs of relapse were addressed promptly, and this can prevent hospitalisation. Funding ended 31 March 2024.

GP Wellbeing Calls

This is part of the MSE Depression pathway. People prescribed anti-depressants are referred for 4-6 weeks wellbeing calls. This will provide an opportunity for people to discuss their concerns regarding the medication and provide reassurance. It provides support during the period of time it takes for the medication to take effect.

Commercial services

Thurrock and Brentwood Mind operates a Housing Project, Charity Shop and Mind Talk, to provide private counselling and training.

Housing

Two of Thurrock and Brentwood Mind's properties are used for the housing project

These are:

- Koinonia House (9 units). Consisting of four bedsits with en-suite plus three rooms with shared bathroom and toilet - all seven share the kitchen, lounge and utility room. The two self-contained flats also share the utility room.
- Bridge House. Consists of 6 rooms with shared facilities.

Charity Shop

The Charity Shop despite the best efforts of the Manager became unsustainable due to the challenges in recruiting volunteers, closing on 31 January 2024.

Mind Talk

Provides counselling and training.

Counselling is a BACP accredited private counselling service, where all counsellors are qualified, and the client pays a set fee. A first appointment is offered within 10 working days.

Training is also provided on Mental Health First Aid for Adults or Youth.

Volunteering

There are a range of volunteering opportunities at Thurrock and Brentwood Mind within the projects listed above. All volunteers receive Volunteer Core Training with additional project specific training according to their role. Volunteer Counsellors are either qualified or in their final year of training. Volunteer recruitment remains a challenge for the second year running.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

OBJECTIVES AND ACTIVITIES

Operational Performance

Reports on operational and financial performance are measured by trustees on a quarterly basis, sent to funders and quarterly contract monitoring meetings with Commissioners take place.

STRATEGIC REPORT

Financial position

Income

The primary sources of income remain various branches of the National Health Service (NHS) and the local councils who fund major statutory projects for public benefit within the Thurrock and Brentwood areas. The majority of approximately £4.29m total annual income is restricted to specific projects and was awarded to us in a competitive process with controls on overhead margins. There was an annual surplus of £148k of income / expenditure. This was lower than the previous year (£549k) because of a contractual credit associated with the Mental Health Recovery service.

The directly funded income stream is supplemented by other unrestricted sources of income by way of private counselling, housing benefits associated with our tenanted housing, donations, fundraising and discretionary grants.

The tenanted housing offers a total of fifteen units with long or short-term duration dependent upon need.

The Mindtalk service continues to provide private counselling and external training generating some additional income.

We continue to explore alternative funding opportunities to diversify income by fund raising, providing training and voluntary donations. These additional sources of income aim to some give some degree of financial independence within our charitable aims.

Income from the retail charity shop outlet (£52k) was offset by overheads and salary costs (£75k) resulting in a reported loss of £23k for the year. An opportunity arose to exit the lease on the Shop without penalty and it was agreed to cease operations and subsequently dispose of the delivery/service van.

Expenditure

The main expenditure for the organisation is staff wages. Staff numbers continue to increase with expansion or changes of services in response to needs. Total staff wages were approximately £3.13m including contributions for national insurance and pension costs.

Expenditure on utilities, rent, rates, mortgage costs and buildings maintenance are an essential overhead and notional losses on some projects continue to strain our profitability and reserves. Some of these overheads are unavoidable (utilities, insurances, accountancy fees, etc) but other non-core expenditure is carefully monitored. Due to the increased size of the organisation costs for IT equipment and support, telephone (fixed line and mobile) and home working support expenditure is an increasing cost to the organisation.

Acceptance of home working arrangements are also dictated by the availability of office accommodation. This does have a beneficial side effect on the flexibility of staff working arrangements and resources.

Other "soft" costs include compliance with statutory obligations, quality standards, staff training, recruitment costs and general business expenditure to ensure the organisation functions to best practice. This is reflected in the achievement of many recognised standards of excellence and awards as noted elsewhere.

Thurrock and Brentwood Mind has tangible assets in the ownership of three buildings that provide a capital buffer as a long-term financial base albeit with acceptance of mortgage costs.

Investment policy and objectives

The Committee have considered the investment requirements of the charity and has decided that uncommitted funds should be retained in banks and building societies and that any suggested changes to the banking arrangement should be agreed with them in advance. The Committee also feel that funds should be retained on interest bearing accounts wherever this is practical.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

STRATEGIC REPORT

Financial review

Reserves policy

Introduction

The policy is written in the light of the Charity Commissioners' guidance "Charities' Reserves" (CC19, January 2016)

Reserves are defined as "income which becomes available to the charity and is to be expended at the trustees' discretion in the furtherance of any of the charity's objectives (sometimes referred to as "general purposes" income); but which is not yet spent, committed or designated (i.e. is "free")" (para. 11).

The definition of reserves therefore excludes: permanent endowment; expendable endowment; restricted funds; designated funds; and income funds which could only be realised by disposing of fixed assets held for charity use (para. 11).

The reserves policy should cover as a minimum:

- the reason why the charity needs reserves;
- what level (or range) of reserves the trustees believe the charity needs;
- what steps the charity is going to take to establish or maintain reserves at the agreed level (or range); and
- arrangements for monitoring and reviewing the policy (para. 36).

Why Thurrock and Brentwood Mind needs reserves

Maintenance of properties - Thurrock and Brentwood Mind owns three properties and has decided it needs to have £45k available for emergency repairs and renovations to these properties in order that it could continue the services run from those buildings.

Winding up the charity - Thurrock and Brentwood Mind has decided that, in the event of the organisation having to be wound up, it would need to have six months running costs estimated to be £429k in reserves to allow for a proper running down.

A source of service funding ceases - Thurrock and Brentwood Mind has decided that it is necessary to keep a reserve of £272k for potential run-off and redundancy costs associated with any service where funding has ceased.

Investment in properties - Thurrock And Brentwood Mind own properties that are integral to the services provided to people experiencing emotional or mental distress.

The investment in properties is to enable services to remain sustainable in the long term.

The charity has commitments to long term mortgages and reserves have been designated to cover the historical cost carrying value less the outstanding mortgages. At 31 March 2024 the required Designated Reserve was £535k.

The level of reserves the trustees believe Thurrock and Brentwood Mind needs as at 31 March 2024

As set out above, Thurrock and Brentwood Mind has decided it needs reserves of circa £1,281k made up of the Designated Properties Fund of £535k and General Fund of £746k.

The unrestricted reserves at 31 March 2024 of £1,696k is in excess of the targeted reserves of £1,281k.

Monitoring and reviewing the reserves policy

This policy and financial detail will be reviewed annually by the Board of Trustees.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

STRATEGIC REPORT

Future plans

Future plans were considered in Thurrock and Brentwood Mind's Business Plan 2023-2026 to encompass the period ending on 31 March 2024. The plans were built on four strategic pillars, each with specific objectives. Highlights include:

- Service Users - Maintain existing and develop new high quality services to respond to local need and national imperatives. Increase lived experience, influence and participation to influence and shape how the organisation works and enable them to communicate with statutory bodies and the public on mental health issues. Promote the services and use regular social media and the website to engage a wider audience.
- Finance - Diversify funding streams to provide additional services to meet the needs of local people experiencing mental health problems. An annual fundraising plan is in place and to maximise our income generating projects.
- Internal Process - Targeted trustee recruitment to diversify the Board of Trustees. To end the annual report and replace with an annual Impact report.
- Learning and Growth - To improve service information, retain staff and develop Minds in Essex.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Thurrock and Brentwood Mind is a company limited by guarantee governed by its Memorandum and Articles dated 4 December 2019. It is registered as a charity with the Charity Commission. Anyone over the age of 18 can become a member of the charity, each of whom agrees to contribute £15 for an Organisational Membership, £5 for an individual.

Recruitment and appointment of new trustees

Thurrock and Brentwood Mind carries out its selection process of trustees following a process agreed by the Board of Trustees:

Stage 1

An information meeting is held with the Chief Executive Officer and/or Chair of the Board of Trustees with the following information given:-

- Annual report
- Terms of reference for the Board
- Job description of a trustee
- Information booklet on Management Committees
- Service information booklet
- Service leaflets
- Charity Commission trustee leaflet
- Volunteer trustee application form

If a volunteer wishes to proceed with becoming a trustee they have to complete and return their application form prior to election at the Annual General Meeting as below.

Stage 2

The Chair views applications received and if suitable, references are taken up and the person is informed of the nomination process.

Stage 3

A nomination form is completed giving a brief outline of relevant information and skills, and a proposer and a seconder is obtained. These forms need to be returned one week prior to the Annual General Meeting.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Stage 4

Nomination forms are taken forward for the election process at the Annual General Meeting.

All members of the Management Committee give their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 9 to the accounts.

Induction and training of new trustees

Training opportunities are made available to trustees and specific training for specific roles is identified and a training log is kept for each trustee. The sources of training information are identified through the Charity Commission's newsletters, Thurrock Council for Voluntary Service and The National Association of Councils and Voluntary Services.

Outgoing trustees

The trustees are deeply saddened to report the passing of Pamela Wright and Nicholas Quish, and would like to express their sincere condolences to their families.

Risk management

The Executive Committee has conducted its own review of the major risks to which the charity may be exposed to and has set up systems to mitigate these risks. The organisation adopts a pro-active approach with a programme of risk management that aims to preserve its assets and reputation and to provide protection against preventable injury and loss to employees, volunteers, clients and the general public.

Organisational Management

An Executive Management Committee (Board of Trustees) consisting of trustees appointed at the Annual General Meeting runs the charity.

The organisation operates on the direction and oversight of this management team but employs a number of operating staff that undertakes the work involved in the running of the charity. A Chief Executive Officer (CEO) has overall responsibility for various projects that in turn have lead project managers. There is a Delegation of Authority Policy and Control Procedures in place.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05256793 (England and Wales)

Registered Charity number

1106452

Registered office

152 Bridge Road
Grays
Essex
RM17 6DB

Trustees

J Lyons Chairperson
D J Noble
Mrs S A Lyons
Mrs P Wright (resigned 14/12/2023)
Mrs S M Lyons
Mrs K Hunter
S Brown
N Quish (resigned 23/1/2024)

Senior Management

Mrs L Morgan
W Robertson

Chief Executive Officer
Deputy Chief Executive Officer

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

REFERENCE AND ADMINISTRATIVE DETAILS

Company Secretary

Mrs S A Lyons

Auditors

Goldwyns Limited
Statutory Auditors and Chartered Accountants
Rutland House
90-92 Baxter Avenue
Southend on Sea
Essex
SS2 6HZ

Solicitors

Aston Park Law, 9 Aston Park, Aston, Rowant, OX49 5SW

Bankers

Barclays Bank Plc, 9 High Street, Grays, Essex, RM17 6NL.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Statement of Committee Members'/Directors' Responsibilities

The Trustees (who are also directors of Thurrock and Brentwood Mind for the purposes of company law) are responsible for preparing the report of the Management Committee and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Management Committee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company, for the year. In preparing these financial statements, the Management Committee are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities Statement of Recommended Practice (SORP);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Management Committee is responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable it to ensure that the financial statements comply with the Companies Act 2006. It is also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement as to Disclosure of Information to Auditors

So far as the committee members/directors are aware, there is no relevant audit information of which the charitable company's auditors are unaware, and each director has taken all the steps that he or she ought to have taken as a director in order to make himself or herself aware of any relevant audit information and to establish that the company's auditors are aware of that information.

AUDITORS

The auditors, Goldwyns Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

THURROCK AND BRENTWOOD MIND

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024**

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 20 September 2024 and signed on the board's behalf by:

J Lyons - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THURROCK AND BRENTWOOD MIND

Opinion

We have audited the financial statements of Thurrock and Brentwood Mind (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THURROCK AND BRENTWOOD MIND

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

In order to address the risks of misstatements in respect of irregularities, including fraud, we have:

- obtained an understanding of the key laws and regulations applicable to the charitable company, including the Companies Act 2006, the Charities Act 2011, and applicable taxation legislation;
- assessed the charitable company's own internal controls and systems for the prevention and detection of irregularities and particularly the control environment within which they operate;
- determined a materiality level and audit approach sufficient to identify most irregularities, including fraud, that may occur;
- considered our own involvement in the preparation of the charitable company's statutory financial statements;
- conducted audit verification work, on a sample basis, on the key audit areas and risks we have identified; and
- reflected on the outcome of our work, and the likelihood that conclusions drawn may be indicative of other areas of potential irregularity.

We therefore consider our audit approach has been sufficient to detect material irregularities, including fraud.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
THURROCK AND BRENTWOOD MIND**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

S T Blundell FCA (Senior Statutory Auditor)
for and on behalf of Goldwyns Limited
Statutory Auditors and Chartered Accountants
Rutland House
90-92 Baxter Avenue
Southend on Sea
Essex
SS2 6HZ

20 September 2024

THURROCK AND BRENTWOOD MIND

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	23,279	2,051	25,330	19,987
Charitable activities					
Mental health services	5	3,991,691	36,200	4,027,891	3,871,907
Charity shop		52,263	-	52,263	68,946
Rental income		92,417	-	92,417	81,246
Management and awareness		35,550	8,005	43,555	125,524
Other trading activities	3	37,421	-	37,421	54,221
Investment income	4	16,386	-	16,386	1,860
Total		<u>4,249,007</u>	<u>46,256</u>	<u>4,295,263</u>	<u>4,223,691</u>
EXPENDITURE ON					
Charitable activities					
Mental health services	6	3,904,224	33,783	3,938,007	3,491,875
Charity shop		75,149	-	75,149	81,055
Rental income		74,137	-	74,137	54,066
Management and awareness		59,758	-	59,758	47,244
Total		<u>4,113,268</u>	<u>33,783</u>	<u>4,147,051</u>	<u>3,674,240</u>
NET INCOME		135,739	12,473	148,212	549,451
RECONCILIATION OF FUNDS					
Total funds brought forward		1,559,913	69,089	1,629,002	1,079,551
TOTAL FUNDS CARRIED FORWARD		<u><u>1,695,652</u></u>	<u><u>81,562</u></u>	<u><u>1,777,214</u></u>	<u><u>1,629,002</u></u>

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

**BALANCE SHEET
31 MARCH 2024**

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Intangible assets	12	-	-	-	-
Tangible assets	13	1,195,222	-	1,195,222	1,200,634
		<u>1,195,222</u>	<u>-</u>	<u>1,195,222</u>	<u>1,200,634</u>
CURRENT ASSETS					
Debtors	14	219,372	5,200	224,572	71,291
Cash at bank and in hand		1,129,037	78,961	1,207,998	1,173,367
		<u>1,348,409</u>	<u>84,161</u>	<u>1,432,570</u>	<u>1,244,658</u>
CREDITORS					
Amounts falling due within one year	15	(179,446)	(2,600)	(182,046)	(136,851)
		<u>1,168,963</u>	<u>81,561</u>	<u>1,250,524</u>	<u>1,107,807</u>
NET CURRENT ASSETS					
		<u>1,168,963</u>	<u>81,561</u>	<u>1,250,524</u>	<u>1,107,807</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		2,364,185	81,561	2,445,746	2,308,441
CREDITORS					
Amounts falling due after more than one year	16	(668,532)	-	(668,532)	(679,439)
		<u>1,695,653</u>	<u>81,561</u>	<u>1,777,214</u>	<u>1,629,002</u>
NET ASSETS					
		<u>1,695,653</u>	<u>81,561</u>	<u>1,777,214</u>	<u>1,629,002</u>
FUNDS					
20					
Unrestricted funds:					
General fund				1,160,968	999,274
Designated properties fund				534,685	560,639
				<u>1,695,653</u>	<u>1,559,913</u>
Restricted funds				<u>81,561</u>	<u>69,089</u>
TOTAL FUNDS					
				<u>1,777,214</u>	<u>1,629,002</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 20 September 2024 and were signed on its behalf by:

J Lyons - Trustee

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024**

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	111,887	1,027,441
Net cash provided by operating activities		<u>111,887</u>	<u>1,027,441</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(28,160)	(18,720)
Net cash used in investing activities		<u>(28,160)</u>	<u>(18,720)</u>
Cash flows from financing activities			
Loan repayments in year		(49,096)	(45,693)
Net cash used in financing activities		<u>(49,096)</u>	<u>(45,693)</u>
Change in cash and cash equivalents in the reporting period			
		34,631	963,028
Cash and cash equivalents at the beginning of the reporting period		<u>1,173,367</u>	<u>210,339</u>
Cash and cash equivalents at the end of the reporting period		<u><u>1,207,998</u></u>	<u><u>1,173,367</u></u>

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024	2023
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	148,212	549,451
Adjustments for:		
Depreciation charges	33,571	29,243
Interest paid	45,757	28,260
Decrease in stocks	-	300
(Increase)/decrease in debtors	(153,281)	459,551
Increase/(decrease) in creditors	37,628	(39,364)
	<u>111,887</u>	<u>1,027,441</u>
Net cash provided by operations	<u>111,887</u>	<u>1,027,441</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/23	Cash flow	At 31/3/24
	£	£	£
Net cash			
Cash at bank and in hand	1,173,367	34,631	1,207,998
	<u>1,173,367</u>	<u>34,631</u>	<u>1,207,998</u>
Debt			
Debts falling due within 1 year	(4,490)	(4,052)	(8,542)
Debts falling due after 1 year	(632,282)	7,392	(624,890)
	<u>(636,772)</u>	<u>3,340</u>	<u>(633,432)</u>
Total	<u>536,595</u>	<u>37,971</u>	<u>574,566</u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity is limited by guarantee and is incorporated in the UK.

The place of business is at the registered office which can be located in the trustees' report.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets

Amortisation is provided at the following annual rate in order to write off each asset over its estimated useful life.

Computer software - Straight line over 5 years

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property - Straight line over 15 years and Straight line over 50 years
Improvements to property - Over remaining period of lease
Fixtures and fittings - 50% on cost and 25% on cost
Motor vehicles - 25% on cost

It is the charity's general policy to capitalise items costing over £250.

Taxation

HM Revenue and Customs have confirmed that the charity is exempt from Income and Corporation Taxes on its investment and trading income because of its charitable status and therefore no provision for taxation has been made in the financial statements.

Fund accounting

Restricted funds are grants and contracts awarded for specific purposes as laid down by the donor. Expenditure that meets these specific purposes is matched against grant income and allocated over the appropriate cost centres.

Unrestricted funds comprise other income received or generated for charitable purposes but which may be spent at the discretion of the Management Team.

Designated funds are those unrestricted funds that have been earmarked by the trustees for particular purposes.

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

1. ACCOUNTING POLICIES - continued

Operating leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

Donated goods

Goods donated are included at their market value at the date of the donation.

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	25,314	19,946
Subscriptions	16	41
	<u>25,330</u>	<u>19,987</u>

3. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Private counselling	10,205	23,586
Fund raising	22,859	18,224
Other	4,357	12,411
	<u>37,421</u>	<u>54,221</u>

4. INVESTMENT INCOME

	2024	2023
	£	£
Bank interest received	16,386	1,860
	<u>16,386</u>	<u>1,860</u>

Investment income arises from money held in interest bearing bank accounts.

5. INCOME FROM CHARITABLE ACTIVITIES

		2024	2023
	Activity	£	£
Grants	Mental health services	4,027,891	3,871,907
Charity shop sales	Charity shop	52,263	68,946
Rent	Rental income	92,417	81,246
Grants	Management and awareness	43,555	125,524
		<u>4,216,126</u>	<u>4,147,623</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 7) £	Totals £
Mental health services	3,629,667	308,340	3,938,007
Charity shop	38,761	36,388	75,149
Rental income	30,021	44,116	74,137
Management and awareness	-	59,758	59,758
	<u>3,698,449</u>	<u>448,602</u>	<u>4,147,051</u>

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Mental health services	308,340	-	308,340
Charity shop	35,361	1,027	36,388
Rental income	43,316	800	44,116
Management and awareness	-	59,758	59,758
	<u>387,017</u>	<u>61,585</u>	<u>448,602</u>

Support costs, included in the above, are as follows:

Management

				2024	2023
	Mental health services £	Charity shop £	Rental income £	Total activities £	Total activities £
Trustees' expenses	33	-	-	33	-
Hire of equipment	683	-	-	683	683
Rates and water	11,919	2,080	4,811	18,810	13,550
Insurance	16,759	443	3,339	20,541	21,454
Light and heat	15,287	1,765	13,071	30,123	30,583
Telephone	34,412	35	2,196	36,643	35,927
Postage and stationery	8,409	102	-	8,511	10,133
Advertising	694	-	-	694	2,747
Sundries	745	-	7	752	619
Rent of premises	1,200	25,147	-	26,347	27,408
Repairs and renewals	33,271	3,375	16,308	52,954	54,232
Recruitment	1,610	-	-	1,610	1,237
Information technology	98,565	-	3,120	101,685	75,369
Publications and subscriptions	4,729	852	318	5,899	8,088
Financial charges	46,453	1,562	146	48,161	31,139
Depreciation of tangible and heritage assets	33,571	-	-	33,571	29,243
	<u>308,340</u>	<u>35,361</u>	<u>43,316</u>	<u>387,017</u>	<u>342,412</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

7. SUPPORT COSTS - continued
Governance costs

				2024	2023
	Charity shop £	Rental income £	Management and awareness £	Total activities £	Total activities £
Auditors' remuneration	-	-	6,780	6,780	6,660
Accountancy and bookkeeping	-	-	31,200	31,200	31,200
Legal costs and consultation	1,027	800	21,778	23,605	23,036
	<u>1,027</u>	<u>800</u>	<u>59,758</u>	<u>61,585</u>	<u>60,896</u>

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024 £	2023 £
Auditors' remuneration	6,780	6,660
Depreciation - owned assets	33,572	29,244
Hire of plant and machinery	683	683
	<u>61,585</u>	<u>60,896</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

The charity reimbursed trustees with £33 for out of pocket expenses during the year (2023 - £nil).

10. STAFF COSTS

	2024 £	2023 £
Wages and salaries	2,793,248	2,470,372
Social security costs	272,367	243,012
Other pension costs	67,498	58,889
	<u>3,133,113</u>	<u>2,772,273</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Charitable activities and support staff	96	90
Senior management	2	2
	<u>98</u>	<u>92</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

10. STAFF COSTS - continued

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024	2023
£70,001 - £80,000	-	1
£80,001 - £90,000	2	1
	2	2
	2	2

During the year, the total remuneration paid to key management personnel was £188,654 (2023 - £179,003).

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	19,987	-	19,987
Charitable activities			
Mental health services	3,598,041	273,866	3,871,907
Charity shop	68,946	-	68,946
Rental income	81,246	-	81,246
Management and awareness	98,968	26,556	125,524
Other trading activities	54,221	-	54,221
Investment income	1,860	-	1,860
Total	3,923,269	300,422	4,223,691
EXPENDITURE ON			
Charitable activities			
Mental health services	3,173,612	318,263	3,491,875
Charity shop	81,055	-	81,055
Rental income	54,066	-	54,066
Management and awareness	47,244	-	47,244
Total	3,355,977	318,263	3,674,240
NET INCOME/(EXPENDITURE)	567,292	(17,841)	549,451
Transfers between funds	113,052	(113,052)	-
Net movement in funds	680,344	(130,893)	549,451
RECONCILIATION OF FUNDS			
Total funds brought forward	879,568	199,983	1,079,551
TOTAL FUNDS CARRIED FORWARD	1,559,912	69,090	1,629,002

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

12. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 April 2023 and 31 March 2024	7,690
AMORTISATION	
At 1 April 2023 and 31 March 2024	7,690
NET BOOK VALUE	
At 31 March 2024	-
At 31 March 2023	-

13. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Motor vehicles £	Totals £
COST					
At 1 April 2023	1,075,938	315,035	132,447	8,700	1,532,120
Additions	-	-	28,160	-	28,160
At 31 March 2024	1,075,938	315,035	160,607	8,700	1,560,280
DEPRECIATION					
At 1 April 2023	155,210	38,352	129,225	8,699	331,486
Charge for year	17,972	11,322	4,278	-	33,572
At 31 March 2024	173,182	49,674	133,503	8,699	365,058
NET BOOK VALUE					
At 31 March 2024	902,756	265,361	27,104	1	1,195,222
At 31 March 2023	920,728	276,683	3,222	1	1,200,634

Included in cost of freehold property is land of £213,718 (2023 - £213,718) which is not depreciated.

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Amounts recoverable on contract	218,182	63,264
Prepayments and accrued income	6,390	8,027
	<u>224,572</u>	<u>71,291</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Bank loans and overdrafts (see note 17)	8,542	4,490
Trade creditors	79,229	27,464
Social security and other taxes	63,739	63,610
Other creditors	18,469	26,109
Accruals and deferred income	12,067	15,178
	<u>182,046</u>	<u>136,851</u>

Income relating to contracts for long term provision of services and projects is deferred and released when the services are provided. Income relating to assets is deferred and released over the useful life of the asset in the same proportion to the depreciation charge. Deferred income at the year ended 31 March 2024 was £47,157 (2023 - £50,672).

16. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2024	2023
	£	£
Bank loans (see note 17)	624,890	632,282
Accruals and deferred income	43,642	47,157
	<u>668,532</u>	<u>679,439</u>

17. LOANS

An analysis of the maturity of loans is given below:

	2024	2023
	£	£
Amounts falling due within one year on demand:		
Bank loans	<u>8,542</u>	<u>4,490</u>
Amounts falling between one and two years:		
Bank loans	<u>8,542</u>	<u>4,909</u>
Amounts falling due between two and five years:		
Bank loans	<u>25,626</u>	<u>16,707</u>
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans	590,722	610,666

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

18. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2024 £	2023 £
Within one year	1,200	21,200
	<u>1,200</u>	<u>21,200</u>

19. SECURED DEBTS

The following secured debts are included within creditors:

	2024 £	2023 £
Bank loans	633,432	636,772
	<u>633,432</u>	<u>636,772</u>

The bank loans are secured by a first legal charge over the charity's freehold properties.

20. MOVEMENT IN FUNDS

	At 1/4/23 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
Unrestricted funds				
General fund	999,274	135,740	25,954	1,160,968
Designated properties fund	560,639	-	(25,954)	534,685
	<u>1,559,913</u>	<u>135,740</u>	<u>-</u>	<u>1,695,653</u>
Restricted funds				
Crisis House Sanctuary Plus	59,549	8,337	-	67,886
Brentwood Wellbeing group	4,775	(3,593)	-	1,182
Sports England Grant	3,636	(3,229)	-	407
Youth Champion	1,129	2,357	-	3,486
Mind (NAMH)	-	6,000	-	6,000
Research Engagement Network	-	2,600	-	2,600
	<u>69,089</u>	<u>12,472</u>	<u>-</u>	<u>81,561</u>
TOTAL FUNDS	<u>1,629,002</u>	<u>148,212</u>	<u>-</u>	<u>1,777,214</u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

20. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	4,249,007	(4,113,267)	135,740
Restricted funds			
Crisis House Sanctuary Plus	25,001	(16,664)	8,337
Brentwood Wellbeing group	2,050	(5,643)	(3,593)
Sports England Grant	-	(3,229)	(3,229)
Youth Champion	8,005	(5,648)	2,357
Mind (NAMH)	6,000	-	6,000
Research Engagement Network	5,200	(2,600)	2,600
	<u>46,256</u>	<u>(33,784)</u>	<u>12,472</u>
TOTAL FUNDS	<u>4,295,263</u>	<u>(4,147,051)</u>	<u>148,212</u>

Comparatives for movement in funds

	At 1/4/22 £	Net movement in funds £	Transfers between funds £	At 31/3/23 £
Unrestricted funds				
General fund	327,351	567,293	104,630	999,274
Designated properties fund	552,217	-	8,422	560,639
	<u>879,568</u>	<u>567,293</u>	<u>113,052</u>	<u>1,559,913</u>
Restricted funds				
IMHA	-	11,465	(11,465)	-
Day Services Project	-	65,936	(65,936)	-
Stepping Stones	-	(4,493)	4,493	-
Carers Service	31,000	8,492	(39,492)	-
Thurrock Advocacy	7,456	(12,729)	5,273	-
PHB Assessments	941	(3,628)	2,687	-
Crisis House Sanctuary Plus	93,830	(34,281)	-	59,549
EPUT Wellbeing Calls	42,687	(40,747)	(1,940)	-
GP Wellbeing Calls	19,689	(2,431)	(17,258)	-
Digital Skills Training	4,380	-	(4,380)	-
Social Inclusion Groupworker	-	(14,498)	14,498	-
Brentwood Wellbeing group	-	4,775	-	4,775
Sports England Grant	-	3,636	-	3,636
Thurrock Wellbeing Group	-	(468)	468	-
Youth Champion	-	1,129	-	1,129
	<u>199,983</u>	<u>(17,842)</u>	<u>(113,052)</u>	<u>69,089</u>
TOTAL FUNDS	<u>1,079,551</u>	<u>549,451</u>	<u>-</u>	<u>1,629,002</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

20. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	3,923,269	(3,355,976)	567,293
Restricted funds			
IMHA	11,520	(55)	11,465
Day Services Project	67,181	(1,245)	65,936
Stepping Stones	-	(4,493)	(4,493)
Carers Service	135,777	(127,285)	8,492
Thurrock Advocacy	59,386	(72,115)	(12,729)
PHB Assessments	-	(3,628)	(3,628)
Crisis House Sanctuary Plus	-	(34,281)	(34,281)
EPUT Wellbeing Calls	-	(40,747)	(40,747)
GP Wellbeing Calls	1	(2,432)	(2,431)
Social Inclusion Groupworker	-	(14,498)	(14,498)
Brentwood Wellbeing group	9,930	(5,155)	4,775
Sports England Grant	9,890	(6,254)	3,636
Thurrock Wellbeing Group	-	(468)	(468)
Youth Champion	6,737	(5,608)	1,129
	<u>300,422</u>	<u>(318,264)</u>	<u>(17,842)</u>
TOTAL FUNDS	<u><u>4,223,691</u></u>	<u><u>(3,674,240)</u></u>	<u><u>549,451</u></u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

20. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/22 £	Net movement in funds £	Transfers between funds £	At 31/3/24 £
Unrestricted funds				
General fund	327,351	703,033	130,584	1,160,968
Designated properties fund	552,217	-	(17,532)	534,685
	<u>879,568</u>	<u>703,033</u>	<u>113,052</u>	<u>1,695,653</u>
Restricted funds				
IMHA	-	11,465	(11,465)	-
Day Services Project	-	65,936	(65,936)	-
Stepping Stones	-	(4,493)	4,493	-
Carers Service	31,000	8,492	(39,492)	-
Thurrock Advocacy	7,456	(12,729)	5,273	-
PHB Assessments	941	(3,628)	2,687	-
Crisis House Sanctuary Plus	93,830	(25,944)	-	67,886
EPUT Wellbeing Calls	42,687	(40,747)	(1,940)	-
GP Wellbeing Calls	19,689	(2,431)	(17,258)	-
Digital Skills Training	4,380	-	(4,380)	-
Social Inclusion Groupworker	-	(14,498)	14,498	-
Brentwood Wellbeing group	-	1,182	-	1,182
Sports England Grant	-	407	-	407
Thurrock Wellbeing Group	-	(468)	468	-
Youth Champion	-	3,486	-	3,486
Mind (NAMH)	-	6,000	-	6,000
Research Engagement Network	-	2,600	-	2,600
	<u>199,983</u>	<u>(5,370)</u>	<u>(113,052)</u>	<u>81,561</u>
TOTAL FUNDS	<u><u>1,079,551</u></u>	<u><u>697,663</u></u>	<u><u>-</u></u>	<u><u>1,777,214</u></u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024**

20. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	8,172,276	(7,469,243)	703,033
Restricted funds			
IMHA	11,520	(55)	11,465
Day Services Project	67,181	(1,245)	65,936
Stepping Stones	-	(4,493)	(4,493)
Carers Service	135,777	(127,285)	8,492
Thurrock Advocacy	59,386	(72,115)	(12,729)
PHB Assessments	-	(3,628)	(3,628)
Crisis House Sanctuary Plus	25,001	(50,945)	(25,944)
EPUT Wellbeing Calls	-	(40,747)	(40,747)
GP Wellbeing Calls	1	(2,432)	(2,431)
Social Inclusion Groupworker	-	(14,498)	(14,498)
Brentwood Wellbeing group	11,980	(10,798)	1,182
Sports England Grant	9,890	(9,483)	407
Thurrock Wellbeing Group	-	(468)	(468)
Youth Champion	14,742	(11,256)	3,486
Mind (NAMH)	6,000	-	6,000
Research Engagement Network	5,200	(2,600)	2,600
	<u>346,678</u>	<u>(352,048)</u>	<u>(5,370)</u>
TOTAL FUNDS	<u><u>8,518,954</u></u>	<u><u>(7,821,291)</u></u>	<u><u>697,663</u></u>

21. RELATED PARTY DISCLOSURES

During the year ended 31 March 2024 the charity received rental receipts of £6,239 from a trustee (2023 - £6,740).

22. PENSION COSTS

The charity operates defined contribution pension schemes. The assets of the schemes are held separately from those of the charity in independently administered funds. The pension cost charges representing contributions payable by the charity to the funds amounted to £67,498 (2023 - £58,889). At the balance sheet date contributions of £15,007 (2023 - £14,083) were outstanding.

Thurrock and Brentwood Mind

England & Wales - Charity number 1106452

Accounts

REGISTERED COMPANY NUMBER: 05256793 (England and Wales)
REGISTERED CHARITY NUMBER: 1106452

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023
FOR
THURROCK AND BRENTWOOD MIND**

Goldwyns Limited
Statutory Auditors and Chartered Accountants
Rutland House
90-92 Baxter Avenue
Southend on Sea
Essex
SS2 6HZ

THURROCK AND BRENTWOOD MIND

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FOR THE YEAR ENDED 31 MARCH 2023**

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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

The trustees, who are also directors of the charity for the purpose of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The financial statements comply with the Companies Act 2006 and the Statement of Recommended Practice, Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objective of the charity is to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.

Our aims are:

Staying well - Support people likely to develop mental health problems to stay well.

Empowering choice - Empower people who experience a mental health problem to make informed choices about how they live and recover.

Improving services and support - Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem.

Enabling social participation - Open the doors to people with experience of mental health problems participating fully in society.

Removing inequality of opportunity - Gain equality of treatment for people who experience both mental health and other forms of discrimination.

Organisational excellence - Make the most of our assets by building a culture of excellence.

The charity is affiliated to Mind and operates in accordance with the aims and objectives of Mind.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Committee members consider how planned activities will contribute to the aims and objectives they have set.

Objectives for the year

To meet our overall objects of the charity, aims and objectives for each project are set annually and recorded in the 'Overarching Operational Policy and Plan'. We have robust mechanisms in place to illicit, record and analyse qualitative experience and quantitative data relating to each project. At the start, review and end stage various channels are used to gather data which include surveys, verbal feedback, forums and outcome measurement tools (a short version of the Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)). Quarterly management reports demonstrate the outcomes of the project work and how these outcomes directly contribute to achieving the charitable objects and the public benefit as detailed in our strategic plan. Evaluation and analysis of findings are discussed with service users, within supervision, team and managers' meetings and reported in quarterly monitoring meetings with Trustees and Commissioners.

Strategies for the year

To achieve our goals, Thurrock and Brentwood Mind will work collaboratively with service users and carers, and multiple organisations, with a strong focus on prevention. To be able to identify people earlier within their community and enable them to access support in building resilience and self-care skills around their health and wellbeing, as well as promoting increased participation within their community.

Each project manager has targets to achieve in accordance with the contract funding agreement - these are aligned with our Operational Plan which details strategies for achieving our overall organisational aims and objectives.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

OBJECTIVES AND ACTIVITIES

Principal activities

Outline of Services

Thurrock and Brentwood Mind has continued to work collaboratively with the NHS, local Minds and other mental health providers in the transformation of mental health services across Mid and South Essex (MSE) STP (Sustainability and Transformation Partnership). Service users have been consulted in all steps in the process of continuing developments. Service users representing the voices of others together with our services outlined below contribute to achieving our aims and objectives. We empower people to make informed choices and those likely to develop mental health problems to stay well. With the exception of services that are specifically delivered by telephone, all services returned to offering face to face, telephone or via digital platforms. Unfortunately we were unsuccessful in the tender process and Thurrock Advocacy Service and Independent Mental Health Advocacy ended in December 2022.

Services provided in Brentwood have slowly increased with the introduction of Wellbeing activities. Thurrock Carers Service covers all carers of Thurrock residents, which also ensures the carers of people with mental health problems receive the support they require.

Admission Prevention and Early Discharge (APED)

The Admission Prevention and Early Discharge Service is a collaborative service between EPUT and Thurrock and Brentwood Mind to prevent admission into the Mental Health wards and facilitate early discharge.

Crisis Sanctuary

Crisis Sanctuaries are part of the 24-7 Mental Health Crisis Response and Care Service with three Sanctuaries covering the entire geography of the Mid and South Essex (MSE). We cover the South West Essex area of Thurrock, Basildon and Brentwood.

In partnership with Basildon Mind, our Crisis Sanctuary provides a safe place for individuals experiencing an emotional or mental health crisis. It offers practical and emotional support in a warm, welcoming and friendly environment. The outreach support enables service users to receive additional support if required to link them with local services and opportunities.

The Substance Misuse Worker provides specialist expertise and supports service users to engage with substance misuse services. The Community Link Worker engages and works collaboratively within the local community to address inequalities and encourage access to support.

Day Services

Thurrock wellbeing activities were held four times per week in person and three times per week online. There were a range of activities; service users provide peer support to each other and take part in gardening, arts and crafts, quizzes, games and excursions.

Brentwood wellbeing activities commenced during the year with the number of groups being offered increasing to five weekly groups and one monthly group. The activities that were offered included colouring, walking, LGBT group, ADHD/autism group, mindfulness and arts and crafts.

Individual Placement and Support (IPS)

In partnership with Midlands Partnership NHS Foundation Trust the service provides support to people with severe mental health difficulties into employment. The IPS team work alongside the secondary care mental health team with individuals as employment can be an integral part of recovery. Each individual is supported by their Employment Specialist to complete a vocational profile which instigates discussion about their work aspirations and goals, workplace preferences, and any barriers they are concerned about. They are supported to create CVs, complete application forms, prepare for interview and liaise with employers.

Mental Health Recovery Workers

In partnership with local Minds covering Mid and South Essex, to provide support to the Community Mental Health Teams and A&E Mental Health Liaison; providing emotional support and signposting into community groups and services to meet the service users' needs.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

OBJECTIVES AND ACTIVITIES

Peer Mentoring and Peer Support

Peer Mentoring offers low level time-limited support to facilitate self-care in the community for those people that experience a mental health issue. Peer Support groups provide support through a shared interest. The project presents the opportunity for people to be identified earlier within their community and to enable them to access support in building resilience and self-care skills around their health and wellbeing.

Positive Pathways

An integral part of the Shared Care Protocol, whereby statutory and voluntary sector colleagues work collaboratively with patients to help them to identify and access facilities in the community to maintain their recovery.

Adults Thurrock - In addition to referrals from the Primary Care Network (PCN), Essex Partnership University NHS Trust (EPUT) has continued to transfer specialist care patients into the project, where they are either signposted or supported to access other local groups and services to re-engage with the community.

Adults Basildon and Brentwood - EPUT Community Mental Health Teams and professionals in PCNs refer patients into the project, where they are either signposted or supported to access other local groups and services to re-engage with the community.

Youth Thurrock (14-18yrs) - Following therapeutic intervention, North East London NHS Foundation Trust (NELFT) Child & Adolescent Mental Health Service (CAMHS) refer young people into the project. They are encouraged to access opportunities in the community to maintain or improve their wellbeing. If needed they can make use of a Personal Health Budget to achieve their wellbeing outcomes.

Youth Basildon (Coaching and Mentoring) - Working with young people aged 11-16 years who have been absent from school for a minimum of 60 consecutive days due to mental ill health, are supported to re-engage with school or prepare for college.

Support to Thrive - Working with young people aged 11-16 years from Brentwood and Basildon, at risk of mental ill health and school absence, offering early intervention support by phone or video.

Youthful Wellbeing - Working in partnership with other local Mind associations, the service extended to Mid and South Essex. Young adults aged 18-25 develop a wellbeing plan and are supported to engage in activities and achieve their goals. If needed they can make use of a Personal Health Budget.

Psychological Therapies

Counselling and Groupwork Service - A British Association of Counselling and Psychotherapy (BACP) accredited counselling service. The service is based on an integrated approach, offering a confidential, non-judgemental, caring and safe environment, adhering to the Code of Confidentiality and Ethics as laid down by BACP. The service offers face to face and telephone counselling. Up to 12 student placements are provided each year.

Bereavement Counselling - There are two services for Bereavement Counselling, with one being specific for bereavement due to Covid.

Multi Ethnic Counselling Service - To provide counselling to residents from the Black Asian and Minority Ethnic communities. Clients generally have preferred to continue with telephone counselling, but face to face is also an option.

Inclusion Thurrock Improving Access to Psychological Therapies (IAPT) - In partnership with Midlands Partnership NHS Foundation Trust, we provide psychological interventions using a stepped care approach that complies with The National Institute for Health and Care Excellence (NICE) guidelines.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

OBJECTIVES AND ACTIVITIES

Recovery College

In partnership with Midlands Partnership NHS Foundation Trust, the Recovery College provides recovery-focused education and training courses across Thurrock and provides information that will help people to learn and give them the best chance of staying well and living the most fulfilling lives they can. People with lived experience of mental health issues (Peer Trainers) co-produce and co-deliver courses with other staff.

Thurrock Advocacy Service (until 31 December 2022)

In partnership with Thurrock Lifestyle Solutions and Thurrock Centre for Independent Living to provide Care Act Advocacy to individuals from the following client groups; learning difficulty, mental health conditions, sensory impairments, acquired brain injury, dementia, drug and alcohol, people who have substantial difficulty understanding relevant information, remembering information, using information to help them be involved in making decisions or communicating their views, wishes and feelings, and carers of all client groups. In addition, there is a form filling service.

Independent Mental Health Advocacy (until 31 December 2022)

IMHA support is a legal right for patients detained under eligible sections of the Mental Health Act. An Independent Mental Health Advocate helps patients understand their rights under law and can ensure their views about their care and treatment are heard.

Thurrock Carers Service

The service is provided in partnership with Thurrock Lifestyle Solutions and Thurrock Centre for Independent Living to provide information, advice and support to all adult unpaid carers of Thurrock residents. Information, advice and support was provided by telephone, face to face, on a one-to-one basis, in one of the support groups or at the Grays hub.

Wellbeing Calls

Essex Partnership University NHS Foundation Trust (EPUT) - Working collaboratively, EPUT identifies high risk patients that with extra support through wellbeing calls on a regular basis which could prevent relapse in their mental health, early signs of relapse are addressed promptly, and this can prevent hospitalisation.

GP Wellbeing Calls - This is part of the MSE Depression pathway. People prescribed anti-depressants are referred for 4-6 weeks wellbeing calls. This will provide an opportunity for people to discuss their concerns regarding the medication and provide reassurance. It provides support during the period of time it takes for the medication to take effect.

Commercial services

Thurrock and Brentwood Mind operates a Housing Project, Charity Shop and Mind Talk; to provide private counselling and training.

Housing

Two of Thurrock and Brentwood Mind's properties are used for the housing project. These are:

Koinonia House - nine units which consists of four bedsits with en-suite plus three rooms with shared bathroom and toilet; all seven share the kitchen, lounge and utility room. The two self-contained flats also share the utility room.

Bridge House - Consists of six rooms with shared facilities.

Charity Shop

The Charity Shop sells recycled goods, and also has a dedicated information corner where volunteers are able to provide members of the public with information on mental health and local services. Volunteering opportunities are available for service users and the wider community.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

OBJECTIVES AND ACTIVITIES

Mind Talk

Provides Counselling, Hypnotherapy and Training.

Counselling: This is a BACP accredited private counselling service, where all counsellors are qualified, and the client pays a set fee. A first appointment is offered within 10 working days.

Training: Mental Health First Aid for Adults or Youth.

Volunteering

There is a range of volunteering opportunities at Thurrock and Brentwood Mind within the projects listed above. Volunteers are generally Thurrock residents with and without mental health problems. All volunteers receive Volunteer Core Training with additional project specific training according to their role. Volunteer Counsellors are either qualified or in their final year of training. The pandemic has left a significant impact on volunteer recruitment; it has become much more challenging to recruit new volunteers during the course of the year.

Operational Performance

Reports on operational and financial performance are measured by trustees on a quarterly basis, sent to funders and quarterly contract monitoring meetings with Commissioners take place.

ACHIEVEMENT AND PERFORMANCE

Financial review and results for the year

A summary of the charitable company's financial performance for the year can be found in the annexed financial statements.

Successful tendering with existing partners and the development of new partnerships has provided the organisation with contracts of a longer duration, and engaging with a wider audience. Working collaboratively with other organisations to develop new services and / or pathways that benefit the public in accessing support when they need it has kept Thurrock and Brentwood Mind at the forefront of developments.

Both the level of grants and the year-end financial position were satisfactory during 2022/23. The annual negotiations of grant levels for 2022/23 increased significantly compared to 2021/22. Agreements are constantly reviewed with funders to ensure continuation of services and the provision of funding for all projects. New partnership agreements with other local providers are in place and we will continue to work in partnership or collaboratively with other organisations and diversify our income sources.

The expenditure and income of the charity for the year is reported on the Statement of Financial Activities.

FINANCIAL REVIEW

Investment policy and objectives

The Committee have considered the investment requirements of the charity and has decided that uncommitted funds should be retained in banks and building societies and that any suggested changes to the banking arrangement should be agreed with them in advance. The Committee also feel that funds should be retained on interest bearing accounts wherever this is practical.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

FINANCIAL REVIEW

Reserves policy

Introduction

The policy is written in the light of the Charity Commissioners' guidance "Charities' Reserves" (CC19, January 2016)

Reserves are defined as "income which becomes available to the charity and is to be expended at the trustees' discretion in the furtherance of any of the charity's objectives (sometimes referred to as "general purposes" income); but which is not yet spent, committed or designated (i.e. is "free")" (para. 11).

The definition of reserves therefore excludes: permanent endowment; expendable endowment; restricted funds; designated funds; and income funds which could only be realised by disposing of fixed assets held for charity use (para. 11).

The reserves policy should cover as a minimum:

- the reason why the charity needs reserves;
- what level (or range) of reserves the trustees believe the charity needs;
- what steps the charity is going to take to establish or maintain reserves at the agreed level (or range); and
- arrangements for monitoring and reviewing the policy (para. 36).

Why Thurrock and Brentwood Mind needs reserves

Maintenance of properties - Thurrock and Brentwood Mind owns three properties and has decided it needs to have £45k available for emergency repairs and renovations to these properties in order that it could continue the services run from those buildings.

Winding up the charity - Thurrock and Brentwood Mind has decided that, in the event of the organisation having to be wound up, it would need to have six months running costs estimated to be £369k in reserves to allow for a proper running down.

A source of service funding ceases - Thurrock and Brentwood Mind has decided that it is unnecessary to keep any reserves to allow for the continuation of any NHS or local authority funded services because should such funders decide to cease their funding without notice, it is the expectation that the relevant funder would ensure that they provide adequate funding to facilitate an orderly winding down or transfer of the service to minimise any disruption to the service users and avoid any adverse publicity.

Investment in properties - Thurrock And Brentwood Mind own properties that are integral to the services provided to people experiencing emotional or mental distress.

The investment in properties is to enable services to remain sustainable in the long term.

The Charity has commitments to long term mortgages and reserves have been designated to cover the historical cost carrying value less the outstanding mortgages.

The level of reserves the trustees believe Thurrock and Brentwood Mind needs as at 31 March 2023

As set out above, Thurrock and Brentwood Mind has decided it needs reserves of circa £975k made up of the Designated Properties Fund of £561k and General Fund of £414k.

The unrestricted reserves at 31 March 2023 of £1,560k is in excess of the targeted reserves of £975k.

Monitoring and reviewing the reserves policy

This policy and financial detail will be reviewed annually by the Board of Trustees.

Funds in deficit

Due to a transfer of unrestricted funds to restricted funds, no funds remain in deficit at the year end.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023**

FUTURE PLANS

Future plans were considered in Thurrock and Brentwood Mind's Business Plan 2017-2022 to encompass the period ending on 31 March 2022. The plans were to:

- Maintain existing and develop new high quality services to respond to local need and national imperatives.
- Promote the services and use regular social media and the website to engage a wider audience.
- Maintain existing and attract new sources of income in addition to, developing our income generating projects further to assist in diversifying our income.
- Strengthen existing and build new partnerships to create new services and expand existing to a wider audience.
- Ensure that our staff, volunteers and service users are able to influence and shape how the organisation works and enable them to communicate with statutory bodies and the public on mental health issues.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Thurrock and Brentwood Mind is a company limited by guarantee governed by its Memorandum and Articles dated 4 December 2019. It is registered as a charity with the Charity Commission. Anyone over the age of 18 can become a member of the charity, each of whom agrees to contribute £15 for an Organisational Membership, £5 for an individual.

Recruitment and appointment of new trustees

Thurrock and Brentwood Mind carries out its selection process of trustees following a process agreed by the Board of Trustees:

Stage 1

An information meeting is held with the Chief Executive Officer and/or Chair of the Board of Trustees with the following information given:-

- Annual report
- Terms of reference for the Board
- Job description of a trustee
- Information booklet on Management Committees
- Service information booklet
- Service leaflets
- Charity Commission trustee leaflet
- Volunteer trustee application form

If a volunteer wishes to proceed with becoming a trustee they have to complete and return their application form prior to election at the Annual General Meeting as below.

Stage 2

The Chair views applications received and if suitable, references are taken up and the person is informed of the nomination process.

Stage 3

A nomination form is completed giving a brief outline of relevant information and skills, and a proposer and a seconder is obtained. These forms need to be returned one week prior to the Annual General Meeting.

Stage 4

Nomination forms are taken forward for the election process at the Annual General Meeting.

All members of the Management Committee give their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 9 to the accounts.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

Training opportunities are made available to trustees and specific training for specific roles is identified and a training log is kept for each trustee. The sources of training information are identified through the Charity Commission's newsletters, Thurrock Council for Voluntary Service and The National Association of Councils and Voluntary Services.

Risk management

The Executive Committee has conducted its own review of the major risks to which the charity may be exposed to and has set up systems to mitigate these risks. The organisation adopts a pro-active approach with a programme of risk management that aims to preserve its assets and reputation and to provide protection against preventable injury and loss to employees, volunteers, clients and the general public.

Organisational Management

An Executive Management Committee (Board of Trustees) consisting of trustees appointed at the Annual General Meeting runs the charity.

The organisation operates on the direction and oversight of this management team but employs a number of operating staff that undertakes the work involved in the running of the charity. A Chief Executive Officer (CEO) has overall responsibility for various projects that in turn have lead project managers. There is a Delegation of Authority Policy and Control Procedures in place.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05256793 (England and Wales)

Registered Charity number

1106452

Registered office

152 Bridge Road
Grays
Essex
RM17 6DB

Trustees

J Lyons Chairperson
A P Harmer Vice Chairperson (resigned 25/1/2023)
D J Noble
Mrs S A Lyons
Mrs P Wright
Mrs S M Lyons (appointed 25/1/2023)
Mrs K Hunter
S Brown (appointed 25/1/2023)
N Quish (appointed 25/1/2023)

Senior Management

Mrs L Morgan
W Robertson

Chief Executive Officer
Deputy Chief Executive Officer

Company Secretary

Mrs S A Lyons

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Auditors

Goldwyns Limited
Statutory Auditors and Chartered Accountants
Rutland House
90-92 Baxter Avenue
Southend on Sea
Essex
SS2 6HZ

Solicitors

M Reynolds Partnership, 24 London Road, Grays, Essex, RM17 5XY.

Bankers

Barclays Bank Plc, 9 High Street, Grays, Essex, RM17 6NL.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Statement of Committee Members'/Directors' Responsibilities

The Trustees (who are also directors of Thurrock and Brentwood Mind for the purposes of company law) are responsible for preparing the report of the Management Committee and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Management Committee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company, for the year. In preparing these financial statements, the Management Committee are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities Statement of Recommended Practice (SORP);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Management Committee is responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable it to ensure that the financial statements comply with the Companies Act 2006. It is also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement as to Disclosure of Information to Auditors

So far as the committee members/directors are aware, there is no relevant audit information of which the charitable company's auditors are unaware, and each director has taken all the steps that he or she ought to have taken as a director in order to make himself or herself aware of any relevant audit information and to establish that the company's auditors are aware of that information.

AUDITORS

The auditors, Goldwyns Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 9 November 2023 and signed on its behalf by:

John Lyons

J Lyons - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THURROCK AND BRENTWOOD MIND

Opinion

We have audited the financial statements of Thurrock and Brentwood Mind (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THURROCK AND BRENTWOOD MIND

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

In order to address the risks of misstatements in respect of irregularities, including fraud, we have:

- obtained an understanding of the key laws and regulations applicable to the charitable company, including the Companies Act 2006, the Charities Act 2011, and applicable taxation legislation;
- assessed the charitable company's own internal controls and systems for the prevention and detection of irregularities and particularly the control environment within which they operate;
- determined a materiality level and audit approach sufficient to identify most irregularities, including fraud, that may occur;
- considered our own involvement in the preparation of the charitable company's statutory financial statements;
- conducted audit verification work, on a sample basis, on the key audit areas and risks we have identified; and
- reflected on the outcome of our work, and the likelihood that conclusions drawn may be indicative of other areas of potential irregularity.


We therefore consider our audit approach has been sufficient to detect material irregularities, including fraud.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
THURROCK AND BRENTWOOD MIND**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



S T Blundell FCA (Senior Statutory Auditor)
for and on behalf of Goldwyns Limited
Statutory Auditors and Chartered Accountants
Rutland House
90-92 Baxter Avenue
Southend on Sea
Essex
SS2 6HZ

Date: 20 November 2023

THURROCK AND BRENTWOOD MIND
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	19,987	-	19,987	31,612
Charitable activities					
Mental health services	5	3,598,041	273,866	3,871,907	2,392,292
Charity shop		68,946	-	68,946	47,709
Rental income		81,246	-	81,246	85,888
Management and awareness		98,968	26,556	125,524	11,017
Other trading activities	3	54,221	-	54,221	37,125
Investment income	4	1,860	-	1,860	18
Other income		-	-	-	2,404
Total		3,923,269	300,422	4,223,691	2,607,845
EXPENDITURE ON					
Raising funds		-	-	-	-
Charitable activities					
Mental health services	6	3,173,612	318,263	3,491,875	2,133,453
Charity shop		81,055	-	81,055	66,380
Rental income		54,066	-	54,066	37,253
Management and awareness		47,244	-	47,244	37,512
Total		3,355,977	318,263	3,674,240	2,274,598
NET INCOME/(EXPENDITURE)		567,292	(17,841)	549,451	333,247
Transfers between funds	21	113,052	(113,052)	-	-
Net movement in funds		680,344	(130,893)	549,451	333,247
RECONCILIATION OF FUNDS					
Total funds brought forward		879,568	199,983	1,079,551	746,304
TOTAL FUNDS CARRIED FORWARD		1,559,912	69,090	1,629,002	1,079,551

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND (REGISTERED NUMBER: 05256793)

BALANCE SHEET
31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Intangible assets	12	-	-	-	-
Tangible assets	13	1,200,634	-	1,200,634	1,211,158
		<u>1,200,634</u>	<u>-</u>	<u>1,200,634</u>	<u>1,211,158</u>
CURRENT ASSETS					
Stocks	14	-	-	-	300
Debtors	15	71,291	-	71,291	530,840
Cash at bank and in hand		1,104,278	69,089	1,173,367	210,339
		<u>1,175,569</u>	<u>69,089</u>	<u>1,244,658</u>	<u>741,479</u>
CREDITORS					
Amounts falling due within one year	16	(136,851)	-	(136,851)	(193,015)
		<u>1,038,718</u>	<u>69,089</u>	<u>1,107,807</u>	<u>548,464</u>
NET CURRENT ASSETS					
		<u>1,038,718</u>	<u>69,089</u>	<u>1,107,807</u>	<u>548,464</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>2,239,352</u>	<u>69,089</u>	<u>2,308,441</u>	<u>1,759,622</u>
CREDITORS					
Amounts falling due after more than one year	17	(679,439)	-	(679,439)	(680,071)
		<u>1,559,913</u>	<u>69,089</u>	<u>1,629,002</u>	<u>1,079,551</u>
NET ASSETS					
FUNDS					
21					
Unrestricted funds:					
General fund				999,274	327,351
Designated Properties Fund				560,639	552,217
				<u>1,559,913</u>	<u>879,568</u>
Restricted funds				<u>69,089</u>	<u>199,983</u>
TOTAL FUNDS				<u>1,629,002</u>	<u>1,079,551</u>

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 9 November 2023 and were signed on its behalf by:

John Lyons

J Lyons - Trustee

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023**

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	1	1,027,441	95,037
Net cash provided by operating activities		<u>1,027,441</u>	<u>95,037</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(18,720)	(40,413)
Net cash used in investing activities		<u>(18,720)</u>	<u>(40,413)</u>
Cash flows from financing activities			
Loan repayments in year		(45,693)	(45,148)
Net cash used in financing activities		<u>(45,693)</u>	<u>(45,148)</u>
Change in cash and cash equivalents in the reporting period			
Cash and cash equivalents at the beginning of the reporting period		963,028	9,476
Cash and cash equivalents at the end of the reporting period		<u>210,339</u>	<u>200,863</u>
Cash and cash equivalents at the end of the reporting period		<u>1,173,367</u>	<u>210,339</u>

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES	2023	2022	
	£	£	
Net income for the reporting period (as per the Statement of Financial Activities)	549,451	333,247	
Adjustments for:			
Depreciation charges	29,243	28,976	
Interest paid	28,260	17,061	
Decrease in stocks	300	-	
Decrease/(increase) in debtors	459,551	(296,476)	
(Decrease)/increase in creditors	(39,364)	12,229	
Net cash provided by operations	<u>1,027,441</u>	<u>95,037</u>	
2. ANALYSIS OF CHANGES IN NET (DEBT)/FUNDS			
	At 1.4.22	Cash flow	At 31.3.23
	£	£	£
Net cash			
Cash at bank and in hand	210,339	963,028	1,173,367
	<u>210,339</u>	<u>963,028</u>	<u>1,173,367</u>
Debt			
Debts falling due within 1 year	(24,805)	20,315	(4,490)
Debts falling due after 1 year	(629,399)	(2,883)	(632,282)
	<u>(654,204)</u>	<u>17,432</u>	<u>(636,772)</u>
Total	<u>(443,865)</u>	<u>980,460</u>	<u>536,595</u>

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity is limited by guarantee and is incorporated in the UK.

The place of business is at the registered office which can be located in the trustees' report.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets

Amortisation is provided at the following annual rate in order to write off each asset over its estimated useful life.

Computer software - Straight line over 5 years

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property - Straight line over 15 years and Straight line over 50 years
Improvements to property - Over remaining period of lease
Fixtures and fittings - 50% on cost and 25% on cost
Motor vehicles - 25% on cost

It is the charity's general policy to capitalise items costing over £250.

Taxation

HM Revenue and Customs have confirmed that the charity is exempt from Income and Corporation Taxes on its investment and trading income because of its charitable status and therefore no provision for taxation has been made in the financial statements.

Fund accounting

Restricted funds are grants and contracts awarded for specific purposes as laid down by the donor. Expenditure that meets these specific purposes is matched against grant income and allocated over the appropriate cost centres.

Unrestricted funds comprise other income received or generated for charitable purposes but which may be spent at the discretion of the Management Team.

Designated funds are those unrestricted funds that have been earmarked by the Trustees for particular purposes.

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023**

1. ACCOUNTING POLICIES - continued

Operating leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

Donated goods

Goods donated are included at their market value at the date of the donation.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	19,946	31,595
Subscriptions	41	17
	<u>19,987</u>	<u>31,612</u>

3. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Private counselling	23,586	19,270
Fund raising	18,224	17,855
Other	12,411	-
	<u>54,221</u>	<u>37,125</u>

4. INVESTMENT INCOME

	2023	2022
	£	£
Bank interest received	1,860	18
	<u>1,860</u>	<u>18</u>

Investment income arises from money held in interest bearing bank accounts.

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2023	2022
		£	£
Grants	Mental health services	3,871,907	2,392,292
Charity shop sales	Charity shop	68,946	47,709
Rent	Rental income	81,246	85,668
Grants	Management and awareness	125,524	11,017
		<u>4,147,623</u>	<u>2,536,686</u>

Grants received, included in the above, are as follows:

	2023	2022
	£	£
IMHA	11,519	14,976
Counselling and Groupwork	186,970	192,402
Thurrock Day Opportunities	67,181	67,181
Thurrock Carers Services	135,778	201,506
Thurrock Advocacy Service	59,387	78,731
IAPT	228,796	168,724
	<u>689,631</u>	<u>723,520</u>
Carried forward	689,631	723,520

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

5. INCOME FROM CHARITABLE ACTIVITIES - continued

	2023	2022
	£	£
Brought forward	689,631	723,520
IAPT Compliant	56,181	48,262
Peer Mentoring and Peer Support	55,222	53,247
Recovery College	57,760	76,769
Employment Advisor	43,813	38,178
PHB Assessments	7,219	3,971
PHB Mentorship	30,000	17,000
18-25 Mental Health Service	344,931	87,131
Crisis Sanctuary	645,619	450,047
Suicide prevention	26,091	31,141
Crisis House Sanctuary Plus	535,000	108,005
Management and Development	8,358	65,881
Wellbeing Calls	-	36,000
Mental Health Early Discharge	-	52,500
Digital skills training	-	4,380
Admission Prevention and Early Discharge	232,892	5,958
Mental Health Recovery Workers	369,306	80,138
Positive Pathways Adults - Thurrock	304,603	283,711
Positive Pathways Adults - Basildon and Brentwood	267,699	141,008
Positive Pathways CYP Thurrock Social Prescribing	105,904	96,464
Health Education England	90,610	-
Brentwood Wellbeing Group	9,930	-
Sports England	9,889	-
Youth Champions	6,737	-
At Risk Mental State Service	100,036	-
	<u>3,997,431</u>	<u>2,403,309</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Mental health services	3,208,684	283,191	3,491,875
Charity shop	43,178	37,877	81,055
Rental income	19,070	34,996	54,066
Management and awareness	-	47,244	47,244
	<u>3,270,932</u>	<u>403,308</u>	<u>3,674,240</u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Mental health services	271,070	12,121	283,191
Charity shop	36,346	1,531	37,877
Rental income	34,996	-	34,996
Management and awareness	-	47,244	47,244
	<u>342,412</u>	<u>60,896</u>	<u>403,308</u>

Support costs, included in the above, are as follows:

Management

				2023	2022
	Mental health services £	Charity shop £	Rental income £	Total activities £	Total activities £
Hire of equipment	683	-	-	683	649
Rates and water	8,907	974	3,669	13,550	9,601
Insurance	19,183	72	2,199	21,454	6,358
Light and heat	12,968	4,407	13,208	30,583	19,501
Telephone	33,828	33	2,066	35,927	25,088
Postage and stationery	9,871	262	-	10,133	8,713
Advertising	2,747	-	-	2,747	1,416
Sundries	619	-	-	619	510
Rent of premises	1,104	26,304	-	27,408	32,302
Repairs and renewals	39,562	1,123	13,547	54,232	38,002
Recruitment	1,237	-	-	1,237	6,229
Information technology	74,504	732	133	75,369	75,577
Publications and subscriptions	7,121	799	168	8,088	8,122
Financial charges	29,493	1,640	6	31,139	18,907
Depreciation of tangible and heritage assets	29,243	-	-	29,243	28,976
	<u>271,070</u>	<u>36,346</u>	<u>34,996</u>	<u>342,412</u>	<u>279,951</u>

Governance costs

				2023	2022
	Mental health services £	Charity shop £	Management and awareness £	Total activities £	Total activities £
Auditors' remuneration	-	-	6,660	6,660	5,760
Accountancy and bookkeeping	-	-	31,200	31,200	16,400
Legal costs and consultation	12,121	1,531	9,384	23,036	15,352
	<u>12,121</u>	<u>1,531</u>	<u>47,244</u>	<u>60,896</u>	<u>37,512</u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

8. NET INCOME/(EXPENDITURE)

Net Income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Auditors' remuneration	6,660	5,760
Depreciation - owned assets	29,244	28,372
Hire of plant and machinery	683	649
Computer software amortisation	-	600
	<u> </u>	<u> </u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

10. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	2,470,372	1,524,949
Social security costs	243,012	134,656
Other pension costs	58,889	35,952
	<u> </u>	<u> </u>
	<u>2,772,273</u>	<u>1,695,557</u>

The average monthly number of employees during the year was as follows:

	2023	2022
Charitable activities and support staff	90	66
Senior management	2	2
	<u> </u>	<u> </u>
	<u>92</u>	<u>68</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2023	2022
£60,001 - £70,000	-	1
£70,001 - £80,000	1	-
£80,001 - £90,000	1	-
	<u> </u>	<u> </u>
	<u>2</u>	<u>1</u>

During the year, the total remuneration paid to key management personnel was £179,003 (2022 - £141,152).

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	31,612	-	31,612
Charitable activities			
Mental health services	1,411,702	980,590	2,392,292
Charity shop	47,709	-	47,709
Rental income	85,668	-	85,668
Management and awareness	11,017	-	11,017
Other trading activities	37,125	-	37,125
Investment income	18	-	18
Other income	2,404	-	2,404
Total	<u>1,627,255</u>	<u>980,590</u>	<u>2,607,845</u>
EXPENDITURE ON			
Raising funds	-	-	-
Charitable activities			
Mental health services	1,235,762	897,691	2,133,453
Charity shop	66,380	-	66,380
Rental income	20,185	17,068	37,253
Management and awareness	37,512	-	37,512
Total	<u>1,359,839</u>	<u>914,759</u>	<u>2,274,598</u>
NET INCOME	267,416	65,831	333,247
Transfers between funds	5,470	(5,470)	-
Net movement in funds	<u>272,886</u>	<u>60,361</u>	<u>333,247</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	606,680	139,624	746,304
TOTAL FUNDS CARRIED FORWARD	<u>879,566</u>	<u>199,985</u>	<u>1,079,551</u>

12. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 April 2022 and 31 March 2023	<u>7,690</u>
AMORTISATION	
At 1 April 2022 and 31 March 2023	<u>7,690</u>
NET BOOK VALUE	
At 31 March 2023	<u>-</u>
At 31 March 2022	<u>-</u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

13. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Motor vehicles £	Totals £
COST					
At 1 April 2022	1,075,938	296,315	132,447	8,700	1,513,400
Additions	-	18,720	-	-	18,720
At 31 March 2023	1,075,938	315,035	132,447	8,700	1,532,120
DEPRECIATION					
At 1 April 2022	137,237	28,595	127,711	8,699	302,242
Charge for year	17,973	9,757	1,514	-	29,244
At 31 March 2023	155,210	38,352	129,225	8,699	331,486
NET BOOK VALUE					
At 31 March 2023	920,728	276,683	3,222	1	1,200,634
At 31 March 2022	938,701	267,720	4,736	1	1,211,158

Included in cost of freehold property is land of £213,718 (2022 - £213,718) which is not depreciated.

14. STOCKS

	2023 £	2022 £
Stocks	-	300

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Amounts recoverable on contract	63,264	488,952
Prepayments and accrued income	8,027	41,888
	71,291	530,840

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Bank loans and overdrafts (see note 18)	4,490	24,805
Trade creditors	27,464	43,893
Social security and other taxes	63,610	43,073
Other creditors	26,109	20,745
Accruals and deferred income	15,178	60,499
	136,851	193,015

Income relating to contracts for long term provision of services and projects is deferred and released when the services are provided. Income relating to assets is deferred and released over the useful life of the asset in the same proportion to the depreciation charge. Deferred Income at the year ended 31 March 2023 was £50,672 (2022 - £52,722).

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023**

17. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2023	2022
	£	£
Bank loans (see note 18)	632,282	629,399
Accruals and deferred income	47,157	50,672
	<u>679,439</u>	<u>680,071</u>

18. LOANS

An analysis of the maturity of loans is given below:

	2023	2022
	£	£
Amounts falling due within one year	4,490	24,805
Amounts falling due between one and two years	4,909	231,197
Amounts falling due between two and five years	16,707	61,328
Amounts falling due in more than five years	<u>610,666</u>	<u>336,874</u>
	<u>636,772</u>	<u>654,204</u>

19. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2023	2022
	£	£
Within one year	21,200	25,200
Between one and five years	-	24,000
	<u>21,200</u>	<u>49,200</u>

20. SECURED DEBTS

The following secured debts are included within creditors:

	2023	2022
	£	£
Bank loans	<u>636,772</u>	<u>654,204</u>

The bank loans are secured by a first legal charge over the charity's freehold properties.

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

21. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	327,351	567,293	104,630	999,274
Designated Properties Fund	552,217	-	8,422	560,639
	879,568	567,293	113,052	1,559,913
Restricted funds				
IMHA	-	11,465	(11,465)	-
Day Services Project	-	65,936	(65,936)	-
Stepping Stones	-	(4,493)	4,493	-
Carers Service	31,000	8,492	(39,492)	-
Thurrock Advocacy	7,456	(12,729)	5,273	-
PHB Assessments	941	(3,628)	2,687	-
Crisis House Sanctuary Plus	93,830	(34,281)	-	59,549
EPUT Wellbeing Calls	42,687	(40,747)	(1,940)	-
GP Wellbeing Calls	19,689	(2,431)	(17,258)	-
Digital Skills Training	4,380	-	(4,380)	-
Social Inclusion Groupworker	-	(14,498)	14,498	-
Brentwood Wellbeing group	-	4,775	-	4,775
Sports England Grant	-	3,636	-	3,636
Thurrock Wellbeing Group	-	(468)	468	-
Youth Champion	-	1,129	-	1,129
	199,983	(17,842)	(113,052)	69,089
TOTAL FUNDS	1,079,551	549,451	-	1,629,002

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	3,923,269	(3,355,976)	567,293
Restricted funds			
IMHA	11,520	(55)	11,465
Day Services Project	67,181	(1,245)	65,936
Stepping Stones	-	(4,493)	(4,493)
Carers Service	135,777	(127,285)	8,492
Thurrock Advocacy	59,386	(72,115)	(12,729)
PHB Assessments	-	(3,628)	(3,628)
Crisis House Sanctuary Plus	-	(34,281)	(34,281)
EPUT Wellbeing Calls	-	(40,747)	(40,747)
GP Wellbeing Calls	1	(2,432)	(2,431)
Social Inclusion Groupworker	-	(14,498)	(14,498)
Brentwood Wellbeing group	9,930	(5,155)	4,775
Sports England Grant	9,890	(6,254)	3,636
Thurrock Wellbeing Group	-	(468)	(468)
Youth Champion	6,737	(5,608)	1,129
	300,422	(318,264)	(17,842)
TOTAL FUNDS	4,223,691	(3,674,240)	549,451

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

21. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	58,896	267,418	1,037	327,351
Designated Capital	3,873	-	(3,873)	-
Designated Properties Fund	543,911	-	8,306	552,217
	<u>606,680</u>	<u>267,418</u>	<u>5,470</u>	<u>879,568</u>
Restricted funds				
Counselling	-	777	(777)	-
IAPT	-	(172)	172	-
Day Services Project	-	(583)	583	-
Stepping Stones	-	(3,996)	3,996	-
Carers Service	-	38,800	(7,800)	31,000
Recovery College	1,241	1,099	(2,340)	-
Thurrock Advocacy	-	(1,099)	8,555	7,456
PHB Assessments	-	941	-	941
Employment Advisor	-	1,200	(1,200)	-
Youth Coach Basildon	7,760	(384)	(7,376)	-
Open Dialogue	-	(123)	123	-
Crisis House Sanctuary Plus	-	93,830	-	93,830
Housing Manager	16,667	(17,068)	401	-
Befriending and Mentoring Digital Worker	12,118	(11,044)	(1,074)	-
ECF-iWill	4,553	(4,438)	(115)	-
EPUT Wellbeing Calls	27,468	15,219	-	42,687
EPUT Winter Pressure	28,767	(30,488)	1,721	-
GP Wellbeing Calls	35,823	(14,917)	(1,217)	19,689
MECS	5,227	(4,227)	(1,000)	-
Digital Skills Training	-	4,380	-	4,380
Social Inclusion Groupworker	-	(1,878)	1,878	-
	<u>139,624</u>	<u>65,829</u>	<u>(5,470)</u>	<u>199,983</u>
TOTAL FUNDS	<u>746,304</u>	<u>333,247</u>	<u>-</u>	<u>1,079,551</u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

21. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,627,255	(1,359,837)	267,418
Restricted funds			
IMHA	14,975	(14,975)	-
Counselling	66,330	(65,553)	777
IAPT	168,724	(168,896)	(172)
Day Services Project	67,181	(67,764)	(583)
Stepping Stones	(1)	(3,995)	(3,996)
Carers Service	201,507	(162,707)	38,800
Peer Support	53,246	(53,246)	-
Recovery College	76,768	(75,669)	1,099
Thurrock Advocacy	78,732	(79,831)	(1,099)
PHB Assessments	20,000	(19,059)	941
Employment Advisor	38,179	(36,979)	1,200
Youth Coach Basildon	46,562	(46,946)	(384)
Open Dialogue	-	(123)	(123)
Crisis House Sanctuary Plus	108,004	(14,174)	93,830
Housing Manager	1	(17,069)	(17,068)
Befriending and Mentoring Digital Worker	-	(11,044)	(11,044)
ECF-iWill	-	(4,438)	(4,438)
EPUT Wellbeing Calls	36,001	(20,782)	15,219
EPUT Winter Pressure	-	(30,488)	(30,488)
GP Wellbeing Calls	1	(14,918)	(14,917)
MECS	-	(4,227)	(4,227)
Digital Skills Training	4,380	-	4,380
Social Inclusion Groupworker	-	(1,878)	(1,878)
	<u>980,590</u>	<u>(914,761)</u>	<u>65,829</u>
TOTAL FUNDS	<u>2,607,845</u>	<u>(2,274,598)</u>	<u>333,247</u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

21. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	58,896	834,711	105,667	999,274
Designated Capital	3,873	-	(3,873)	-
Designated Properties Fund	543,911	-	16,728	560,639
	<u>606,680</u>	<u>834,711</u>	<u>118,522</u>	<u>1,559,913</u>
Restricted funds				
IMHA	-	11,465	(11,465)	-
Counselling	-	777	(777)	-
IAPT	-	(172)	172	-
Day Services Project	-	65,353	(65,353)	-
Stepping Stones	-	(8,489)	8,489	-
Carers Service	-	47,292	(47,292)	-
Recovery College	1,241	1,099	(2,340)	-
Thurrock Advocacy	-	(13,828)	13,828	-
PHB Assessments	-	(2,687)	2,687	-
Employment Advisor	-	1,200	(1,200)	-
Youth Coach Basildon	7,760	(384)	(7,376)	-
Open Dialogue	-	(123)	123	-
Crisis House Sanctuary Plus	-	59,549	-	59,549
Housing Manager	16,667	(17,068)	401	-
Befriending and Mentoring Digital Worker	12,118	(11,044)	(1,074)	-
ECF-iWill	4,553	(4,438)	(115)	-
EPUT Wellbeing Calls	27,468	(25,528)	(1,940)	-
EPUT Winter Pressure	28,767	(30,488)	1,721	-
GP Wellbeing Calls	35,823	(17,348)	(18,475)	-
MECS	5,227	(4,227)	(1,000)	-
Digital Skills Training	-	4,380	(4,380)	-
Social Inclusion Groupworker	-	(16,376)	16,376	-
Brentwood Wellbeing group	-	4,775	-	4,775
Sports England Grant	-	3,636	-	3,636
Thurrock Wellbeing Group	-	(468)	468	-
Youth Champion	-	1,129	-	1,129
	<u>139,624</u>	<u>47,987</u>	<u>(118,522)</u>	<u>69,089</u>
TOTAL FUNDS	<u>746,304</u>	<u>882,698</u>	<u>-</u>	<u>1,629,002</u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023

21. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	5,550,524	(4,715,813)	834,711
Restricted funds			
IMHA	26,495	(15,030)	11,465
Counselling	66,330	(65,553)	777
IAPT	168,724	(168,896)	(172)
Day Services Project	134,362	(69,009)	65,353
Stepping Stones	(1)	(8,488)	(8,489)
Carers Service	337,284	(289,992)	47,292
Peer Support	53,246	(53,246)	-
Recovery College	76,768	(75,669)	1,099
Thurrock Advocacy	138,118	(151,946)	(13,828)
PHB Assessments	20,000	(22,687)	(2,687)
Employment Advisor	38,179	(36,979)	1,200
Youth Coach Basildon	46,562	(46,946)	(384)
Open Dialogue	-	(123)	(123)
Crisis House Sanctuary Plus	108,004	(48,455)	59,549
Housing Manager	1	(17,069)	(17,068)
Befriending and Mentoring Digital Worker	-	(11,044)	(11,044)
ECF-iWill	-	(4,438)	(4,438)
EPUT Wellbeing Calls	36,001	(61,529)	(25,528)
EPUT Winter Pressure	-	(30,488)	(30,488)
GP Wellbeing Calls	2	(17,350)	(17,348)
MECS	-	(4,227)	(4,227)
Digital Skills Training	4,380	-	4,380
Social Inclusion Groupworker	-	(16,376)	(16,376)
Brentwood Wellbeing group	9,930	(5,155)	4,775
Sports England Grant	9,890	(6,254)	3,636
Thurrock Wellbeing Group	-	(468)	(468)
Youth Champion	6,737	(5,608)	1,129
	<u>1,281,012</u>	<u>(1,233,025)</u>	<u>47,987</u>
TOTAL FUNDS	<u>6,831,536</u>	<u>(5,948,838)</u>	<u>882,698</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2023**

22. RELATED PARTY DISCLOSURES

During the year ended 31 March 2023 the charity received rental receipts of £8,740 from a newly appointed trustee.

23. PENSION COSTS

The charity operates defined contribution pension schemes. The assets of the schemes are held separately from those of the charity in independently administered funds. The pension cost charges representing contributions payable by the charity to the funds amounted to £58,888 (2022 - £35,953). At the balance sheet date contributions of £14,083 (2022 - £9,974) were outstanding.

Thurrock and Brentwood Mind

England & Wales - Charity number 1106452

Accounts

REGISTERED COMPANY NUMBER: 05256793 (England and Wales)
REGISTERED CHARITY NUMBER: 1106452

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022
FOR
THURROCK AND BRENTWOOD MIND**

Goldwyns Limited
Statutory Auditors and Chartered Accountants
Rutland House
90-92 Baxter Avenue
Southend on Sea
Essex
SS2 6HZ

THURROCK AND BRENTWOOD MIND

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FOR THE YEAR ENDED 31 MARCH 2022**

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THURROCK AND BRENTWOOD MIND

CHAIRMAN'S REPORT FOR THE YEAR ENDED 31 MARCH 2022

Thurrock and Brentwood Mind continue to work towards the development of mental health services mainly in Thurrock and have expanded and developed into Brentwood. Our prime objectives of providing services for public benefit and remaining affiliated to "National Mind" remain a core principle.

Following the easing of the Covid pandemic restrictions the organisation has gradually been returning to some normality. However, things have had to change particularly in our way of working. During the past years we have accepted that staff increasingly have been working from home to preserve the services that we provide. This is now accepted as normal for many of the staff that do not necessarily have to have a major presence in a formal work place. The increased numbers of staff also demand this because there is insufficient office or work space to accommodate desk working or dedicated room for specific tasks for all staff.

Specialist interaction with some clients requires one to one working that can be done with appropriate safety measures in place for home visits. Regular communication with line managers ensures standards of service are fulfilled. Remote work is enabled by the increased use of laptop computers and mobile phones allocated to most staff. Client records and reports can be securely held on the laptops as necessary. This saves time transferring data from written notes to formal files.

Conference meetings are also held for example via the "Zoom" facility to reduce the need for staff and others to come into close contact face to face. A small core of staff maintains a presence at 152 Bridge Road building to provide a base contact for clients and other essential services.

Partnering with other organisations has a significant role in our operations across area boundaries. This enables us to participate and receive funding in conjunction with other providers on a wider scale to provide services to clients with various degrees of mental health needs.

The two residential houses remain a core provision along with a partner scheme for a crisis sanctuary and a short term residence in Basildon. These cater for a housing need for various single occupants.

In addition to residential housing we also continue to expand private services such as "Mindtalk" and the retail shop in Grays. Other fund raising activities provide some degree of financial independence along with directly funded income.

The work done by the permanent staff and volunteers, with the support of the trustees to provide governance and oversight of the organisation, result in the maintenance of our high standards, reputation and the achievements gained by the organisation. Our reputation and esteem continues to attract praise within the sphere of our area and beyond.

THURROCK AND BRENTWOOD MIND

TREASURER'S REPORT FOR THE YEAR ENDED 31 MARCH 2022

The AGM report includes the audited financial accounts for the year ended 31 March 2022 concerning the charitable business activities of Thurrock and Brentwood Mind. The accounts have been audited by Goldwyns Limited of Southend. They have scrutinised the financial records of the organisation to produce their report. A detailed breakdown of income/expenditure is contained in the accompanying financial accounts. As is required, the accounts once approved by the Management Board are duly reported to Companies House.

Sources of income

The primary sources of income remain the local councils and various branches of the NHS who fund major projects for public benefit within Thurrock and to a lesser extent Brentwood. The majority of our total income is identified to specific projects and is awarded in a competitive process with controls on overhead margins.

The directly funded income is supplemented by income by way of private counselling, housing benefits associated with our tenanted housing, donations and discretionary grants. This is classified as "unrestricted" and may be utilised as determined by the Board to support the aims of the organisation.

Among this the tenanted housing offers a total of fifteen units with long or short term duration dependent upon need and the Mindtalk counselling service. Additional funding is obtained from social events, fundraising, providing mental health training and voluntary donations.

Income from the retail shop outlet provides an additional source of diverse funding as well as providing a physical profile in Thurrock.

These additional sources of income aim to some give some degree of financial independence within our charitable aims.

Expenditure

The main expenditure for the organisation is staff wage costs that include national insurance and workplace pensions. Staff numbers, now over 80, continue to increase with the expansion of services within Thurrock and Brentwood and also with associated partners on projects across South Essex.

Essential overheads and running costs such as property rents, rates, mortgage costs and buildings maintenance are also necessary expenditures to our overall outlay. These overheads are unavoidable but other non-core expenditure is carefully monitored. These may include "soft" costs such as, compliance with statutory obligations, various licenses and affiliation charges, quality standards, staff training, recruitment costs and general business expenditure to ensure the organisation functions to best practice.

Servicing the IT costs has increased because of the need to provide laptops and mobile phones to staff particularly for remote and at home working. Keeping pace with technology may not be recognised by funders when some old contracts were awarded.

Thurrock and Brentwood Mind has solid assets in ownership of three buildings that provide a capital buffer as a long term financial base.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

The trustees, who are also directors of the charity for the purpose of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The financial statements comply with the Companies Act 2006 and the Statement of Recommended Practice, Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objective of the charity is to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.

Our aims are:

Staying well - Support people likely to develop mental health problems to stay well.

Empowering choice - Empower people who experience a mental health problem to make informed choices about how they live and recover.

Improving services and support - Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem.

Enabling social participation - Open the doors to people with experience of mental health problems participating fully in society.

Removing inequality of opportunity - Gain equality of treatment for people who experience both mental health and other forms of discrimination.

Organisational excellence - Make the most of our assets by building a culture of excellence.

The charity is affiliated to Mind and operates in accordance with the aims and objectives of Mind.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Committee members consider how planned activities will contribute to the aims and objectives they have set.

Objectives for the year

To meet our overall objects of the charity, aims and objectives for each project are set annually and recorded in the 'Overarching Operational Policy and Plan'. We have robust mechanisms in place to illicit, record and analyse qualitative experience and quantitative data relating to each project. At the start, review and end stage various channels are used to gather data which include surveys, verbal feedback, forums and outcome measurement tools (a short version of the Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)). Quarterly management reports demonstrate the outcomes of the project work and how these outcomes directly contribute to achieving the charitable objects and the public benefit as detailed in our strategic plan. Evaluation and analysis of findings are discussed with service users, within supervision, team and managers' meetings and reported in quarterly monitoring meetings with Trustees and Commissioners.

Strategies for the year

To achieve our goals, Thurrock and Brentwood Mind will work collaboratively with service users and carers, and multiple organisations, with a strong focus on prevention. To be able to identify people earlier within their community and enable them to access support in building resilience and self-care skills around their health and wellbeing, as well as promoting increased participation within their community.

Each project manager has targets to achieve in accordance with the contract funding agreement - these are aligned with our Operational Plan which details strategies for achieving our overall organisational aims and objectives.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

OBJECTIVES AND ACTIVITIES

Principal activities

Outline of Services

Thurrock and Brentwood Mind has continued to work collaboratively with the NHS, local Minds and other mental health providers in the transformation of mental health services across Mid and South Essex (MSE) STP (Sustainability and Transformation Partnership). Service users have been consulted in all steps in the process of continuing developments. Service users representing the voices of others together with our services outlined below contribute to achieving our aims and objectives. We empower people to make informed choices and those likely to develop mental health problems to stay well. All services were delivered by telephone or via digital platforms, except for where necessary Thurrock Care Act Advocacy and Basildon and Brentwood Positive Pathways Youth and Stepping Stones Gardening Group who met up outdoors in line with Government guidance. Towards the end of the year, face to face support was available for all Thurrock and Brentwood Mind services.

Thurrock Carers Service covers all carers of Thurrock residents, which also ensures the carers of people with mental health problems receive the support they require.

Admission Prevention and Early Discharge (APED)

The Admission Prevention and Early Discharge Service is a collaborative service between EPUT and Thurrock and Brentwood Mind to prevent admission into the Mental Health wards and facilitate early discharge.

Crisis Sanctuary

Crisis Sanctuaries are part of the 24-7 Mental Health Crisis Response and Care Service with 3 Sanctuaries covering the entire geography of the Mid and South Essex (MSE). We cover the South West Essex area of Thurrock, Basildon and Brentwood.

In partnership with Basildon Mind, our Crisis Sanctuary provides a safe place for individuals experiencing an emotional or mental health crisis. It offers practical and emotional support in a warm, welcoming and friendly environment. The outreach support enables service users to receive additional support if required to link them with local services and opportunities.

Day Services

Wellbeing activities were held four times per week and were well attended. There were a range of activities; services users singing along to tribute acts to peer support; sharing their lived experiences of mental health; and managing their mental health during lockdown. Small groups met outside for the gardening activities, in line with Government guidance. For people unable to access digital platforms, weekly wellbeing calls were made and gradually small face to face groups were introduced.

Individual Placement and Support (IPS)

In partnership with Midlands Partnership NHS Foundation Trust the service provides support to help people with severe mental health difficulties into employment. The IPS team work alongside the secondary care mental health team with individuals as employment can be an integral part of recovery. Each individual is supported by their Employment Specialist to complete a vocational profile which instigates discussion about their work aspirations and goals, workplace preferences, and any barriers they are concerned about. They are supported to create CV's, complete application forms, prepare for interview and liaise with employers.

Mental Health Recovery Workers

In partnership with local Minds covering Mid and South Essex, to provide support to the Community Mental Health Teams and A&E Mental Health Liaison; providing emotional support and signposting into community groups and services to meet the service user's needs.

Peer Mentoring and Peer Support

Peer Mentoring offers low level time-limited support to facilitate self-care in the community for those people that experience a mental health issue. Peer Support groups provide support through a shared interest. The project presents the opportunity for people to be identified earlier within their community and to enable them to access support in building resilience and self-care skills around their health and wellbeing.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

OBJECTIVES AND ACTIVITIES

Positive Pathways

An integral part of the Shared Care Protocol, whereby statutory and voluntary sector colleagues work collaboratively with patients to help them to identify and access facilities in the community to maintain their recovery.

Adults Thurrock - In addition to new referrals from the Primary Care Network (PCN), Essex Partnership University NHS Trust (EPUT) has continued to transfer secondary care patients into the project, where they are either signposted or supported to access other local groups and services to re-engage with the community.

Adults Basildon and Brentwood - EPUT Community Mental Health Teams and professionals in PCNs refer patients into the project, where they are either signposted or supported to access other local groups and services to re-engage with the community.

Youth Thurrock (14-18 years) - In partnership with North East London NHS Foundation Trust (NELFT) Emotional Wellbeing and Mental Health Service (EWMHS) young people are referred into the project. The focus was on young people and their families keeping well during lockdown as they struggled with mental ill-health, and the young people gradually returned to face to face groups.

Youth Basildon (Coaching and Mentoring) - Working with young people aged 11-16 years who have been absent from school for a minimum of 60 consecutive days due to mental ill health, are supported to re-engage with school or prepare for college.

Youth Basildon (Support to Thrive) - Working with young people aged 11-16 years at risk of mental ill health and school absence, offering early intervention support by phone or video.

Young Adults - A one-year pilot project working with people aged 18-25 years to support them to reach their goals and stay well.

Psychological Therapies

Counselling and Groupwork Service - A British Association of Counselling and Psychotherapy (BACP) accredited counselling service. The service is based on an integrated approach, offering a confidential, non-judgemental, caring and safe environment, adhering to the Code of Confidentiality and Ethics as laid down by BACP.

Bereavement Counselling - There are two services for Bereavement Counselling, with one being specific for bereavement due to Covid.

Multi Ethnic Counselling Service - To provide counselling to residents from the Black Asian and Minority Ethnic communities. Clients preferred to continue with telephone counselling, but face to face is also an option.

Inclusion Thurrock Improving Access to Psychological Therapies (IAPT) - In partnership with Midlands Partnership NHS Foundation Trust, we provide psychological interventions using a stepped care approach that complies with The National Institute for Health and Care Excellence (NICE) guidelines.

Recovery College

In partnership with Midlands Partnership NHS Foundation Trust, the Recovery College provides recovery-focused education and training courses across Thurrock and provides information that will help people to learn and give them the best chance of staying well and living the most fulfilling lives they can. People with lived experience of mental health issues (Peer Trainers) co-produce and co-deliver courses with other staff.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

OBJECTIVES AND ACTIVITIES

Thurrock Advocacy Service

In partnership with Thurrock Lifestyle Solutions and Thurrock Centre for Independent Living to provide Care Act Advocacy to individuals from the following client groups: learning difficulty, mental health conditions, sensory impairments, acquired brain injury, Dementia, Drug and Alcohol, people who have substantial difficulty understanding relevant information, remembering information, using information to help them be involved in making decisions or communicating their views, wishes and feelings, and carers of all client groups. In addition, there is a form filling service.

Independent Mental Health Advocacy

IMHA support is a legal right for patients detained under eligible sections of the Mental Health Act. An Independent Mental Health Advocate helps patients understand their rights under law and can ensure their views about their care and treatment are heard.

Thurrock Carers Service

The service is provided in partnership with Thurrock Lifestyle Solutions and Thurrock Centre for Independent Living to provide information, advice and support to all adult unpaid carers of Thurrock residents. Information, advice and support was provided by telephone, face to face, on a one-to-one basis, in one of the support groups or at the Grays hub.

Wellbeing Calls

Essex Partnership University NHS Foundation Trust (EPUT) - Working collaboratively, EPUT identified high risk patients that with extra support through wellbeing calls on a regular basis could prevent relapse in their mental health, early signs of relapse are addressed promptly, and this can prevent hospitalisation.

GP Wellbeing Calls - This is part of the MSE Depression pathway. People prescribed anti-depressants are referred for 4-6 weeks wellbeing calls. This will provide an opportunity for people to discuss their concerns regarding the medication and provide reassurance. It provides support during the period of time it takes for the medication to take effect.

Commercial services

Thurrock and Brentwood Mind operates a Housing Project, Charity Shop, Gardening Project and Mind Talk. Services available are private counselling, and training.

Housing

Two of Thurrock and Brentwood Mind's properties are used for the housing project. These are:

Koinonia House - nine units which consists of four bedsits with en-suite plus three rooms with shared bathroom and toilet; all seven share the kitchen, lounge and utility room. The two self-contained flats also share the utility room.

Bridge House - Consists of six rooms with shared facilities.

Charity Shop

The Charity Shop sells recycled goods, and also has a dedicated information corner where volunteers are able to provide members of the public with information on mental health and local services. Work placements and volunteering opportunities are available for service users and the wider community. The pandemic had significant impact on this service.

Gardening - Stepping Stones

Throughout this year the project has held seasonal activities, in line with Government guidance. The pandemic had impact on the service.

Mind Talk

Provides Counselling, Hypnotherapy and Training.

Counselling: This is a BACP accredited private counselling service, where all counsellors are qualified, and the client pays a set fee. A first appointment is offered within 10 working days.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

OBJECTIVES AND ACTIVITIES

Training: Mental Health First Aid for Adults or Youth. The pandemic had significant impact on this service.

Volunteering

There is a range of volunteering opportunities at Thurrock and Brentwood Mind within the projects listed above. Volunteers are generally Thurrock residents with and without mental health problems. All volunteers receive Volunteer Core Training with additional project specific training according to their role. Volunteer Counsellors are either qualified or in their final year of training. The pandemic had significant impact on volunteering.

Operational Performance

Reports on operational and financial performance are measured by trustees on a quarterly basis, sent to funders and quarterly contract monitoring meetings with Commissioners take place.

ACHIEVEMENT AND PERFORMANCE

Financial review and results for the year

A summary of the charitable company's financial performance for the year can be found in the annexed financial statements.

Successful tendering with existing partners and the development of new partnerships has provided the organisation with contracts of a longer duration, and engaging with a wider audience. Working collaboratively with other organisations to develop new services and / or pathways that benefit the public in accessing support when they need it has kept Thurrock and Brentwood Mind at the forefront of developments.

Both the level of grants and the year-end financial position were satisfactory during 2021/22. The annual negotiations of grant levels for 2021/22 increased significantly compared to 2020/21. Agreements are constantly reviewed with funders to ensure continuation of services and the provision of funding for all projects. New partnership agreements with other local providers are in place and we will continue to work in partnership or collaboratively with other organisations and diversify our income sources.

The expenditure and income of the charity for the year is reported on the Statement of Financial Activities.

FINANCIAL REVIEW

Investment policy and objectives

The Committee have considered the investment requirements of the charity and has decided that uncommitted funds should be retained in banks and building societies and that any suggested changes to the banking arrangement should be agreed with them in advance. The Committee also feel that funds should be retained on interest bearing accounts wherever this is practical.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

FINANCIAL REVIEW

Reserves policy

Introduction

The policy is written in the light of the Charity Commissioners' guidance "Charities' Reserves" (CC19, January 2016)

Reserves are defined as "income which becomes available to the charity and is to be expended at the trustees' discretion in the furtherance of any of the charity's objectives (sometimes referred to as "general purposes" income); but which is not yet spent, committed or designated (i.e. is "free")" (para. 11).

The definition of reserves therefore excludes: permanent endowment; expendable endowment; restricted funds; designated funds; and income funds which could only be realised by disposing of fixed assets held for charity use (para. 11).

The reserves policy should cover as a minimum:

- the reason why the charity needs reserves;
- what level (or range) of reserves the trustees believe the charity needs;
- what steps the charity is going to take to establish or maintain reserves at the agreed level (or range); and
- arrangements for monitoring and reviewing the policy (para. 36).

Why Thurrock and Brentwood Mind needs reserves

Maintenance of properties - Thurrock and Brentwood Mind owns three properties and has decided it needs to have £20k available for emergency repairs and renovations to these properties in order that it could continue the services run from those buildings.

Winding up the charity - Thurrock and Brentwood Mind has decided that, in the event of the organisation having to be wound up, it would need to have six months running costs estimated to be £304k in reserves to allow for a proper running down.

A source of service funding ceases - Thurrock and Brentwood Mind has decided that it is unnecessary to keep any reserves to allow for the continuation of any NHS or local authority funded services because should such funders decide to cease their funding without notice, it is the expectation that the relevant funder would ensure that they provide adequate funding to facilitate an orderly winding down or transfer of the service to minimise any disruption to the service users and avoid any adverse publicity.

Investment in properties - Thurrock And Brentwood Mind own properties that are integral to the services provided to people experiencing emotional or mental distress.

The investment in properties is to enable services to remain sustainable in the long term.

The Charity has commitments to long term mortgages and reserves have been designated to cover the historical cost carrying value less the outstanding mortgages.

The level of reserves the trustees believe Thurrock and Brentwood Mind needs as at 31 March 2022

As set out above, Thurrock and Brentwood Mind has decided it needs reserves of circa £876k made up of the Designated Properties Fund of £552k and General Fund of £324k.

The unrestricted reserves at 31 March 2022 of £880k is in excess of the targeted reserves of £876k.

Monitoring and reviewing the reserves policy

This policy and financial detail will be reviewed annually by the Board of Trustees.

Funds in deficit

Due to a transfer of unrestricted funds to restricted funds, no funds remain in deficit at the year end.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

FUTURE PLANS

Future plans were considered in Thurrock and Brentwood Mind's Business Plan 2017-2022 to encompass the period ending on 31 March 2022. The plans were to:

- Maintain existing and develop new high quality services to respond to local need and national imperatives.
- Promote the services and use regular social media and the website to engage a wider audience.
- Maintain existing and attract new sources of income in addition to, developing our income generating projects further to assist in diversifying our income.
- Strengthen existing and build new partnerships to create new services and expand existing to a wider audience.
- Ensure that our staff, volunteers and service users are able to influence and shape how the organisation works and enable them to communicate with statutory bodies and the public on mental health issues.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Thurrock and Brentwood Mind is a company limited by guarantee governed by its Memorandum and Articles dated 4 December 2019. It is registered as a charity with the Charity Commission. Anyone over the age of 18 can become a member of the charity and there are currently 5 members, each of whom agrees to contribute £15 for an Organisational Membership, £5 for an individual.

Recruitment and appointment of new trustees

Thurrock and Brentwood Mind carries out its selection process of trustees following a process agreed by the Board of Trustees:

Stage 1

An information meeting is held with the Chief Executive Officer and/or Chair of the Board of Trustees with the following information given:-

- Annual report
- Terms of reference for the Board
- Job description of a trustee
- Information booklet on Management Committees
- Service information booklet
- Service leaflets
- Charity Commission trustee leaflet
- Volunteer trustee application form

If a volunteer wishes to proceed with becoming a trustee they have to complete and return their application form prior to election at the Annual General Meeting as below.

Stage 2

The Chair views applications received and if suitable, references are taken up and the person is informed of the nomination process.

Stage 3

A nomination form is completed giving a brief outline of relevant information and skills, and a proposer and a seconder is obtained. These forms need to be returned one week prior to the Annual General Meeting.

Stage 4

Nomination forms are taken forward for the election process at the Annual General Meeting.

All members of the Management Committee give their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 9 to the accounts.

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

Training opportunities are made available to trustees and specific training for specific roles is identified and a training log is kept for each trustee. The sources of training information are identified through the Charity Commission's newsletters, Thurrock Council for Voluntary Service and The National Association of Councils and Voluntary Services.

Risk management

The Executive Committee has conducted its own review of the major risks to which the charity may be exposed to and has set up systems to mitigate these risks. The organisation adopts a pro-active approach with a programme of risk management that aims to preserve its assets and reputation and to provide protection against preventable injury and loss to employees, volunteers, clients and the general public.

Organisational Management

An Executive Management Committee (Board of Trustees) consisting of trustees appointed at the Annual General Meeting runs the charity.

The organisation operates on the direction and oversight of this management team but employs a number of operating staff that undertakes the work involved in the running of the charity. A Chief Executive Officer (CEO) has overall responsibility for various projects that in turn have lead project managers. There is a Delegation of Authority Policy and Control Procedures in place.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05256793 (England and Wales)

Registered Charity number

1106452

Registered office

152 Bridge Road
Grays
Essex
RM17 6DB

Trustees

J Lyons Chairperson
A P Harmer Vice Chairperson
D J Noble
Mrs S Lyons
Mrs P Wright
Mrs K Hunter

Senior Management

Mrs L Morgan
W Robertson

Chief Executive Officer
Deputy Chief Executive Officer

Company Secretary

Mrs S Lyons

Auditors

Goldwyns Limited
Statutory Auditors and Chartered Accountants
Rutland House
90-92 Baxter Avenue
Southend on Sea
Essex
SS2 6HZ

THURROCK AND BRENTWOOD MIND

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Solicitors

M Reynolds Partnership, 24 London Road, Grays, Essex, RM17 5XY.

Bankers

Barclays Bank Plc, 9 High Street, Grays, Essex, RM17 6NL.

EVENTS SINCE THE END OF THE YEAR

Information relating to events since the end of the year is given in the notes to the financial statements.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Statement of Committee Members'/Directors' Responsibilities

The Trustees (who are also directors of Thurrock and Brentwood Mind for the purposes of company law) are responsible for preparing the report of the Management Committee and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Management Committee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company, for the year. In preparing these financial statements, the Management Committee are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities Statement of Recommended Practice (SORP);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Management Committee is responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable it to ensure that the financial statements comply with the Companies Act 2006. It is also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement as to Disclosure of Information to Auditors

So far as the committee members/directors are aware, there is no relevant audit information of which the charitable company's auditors are unaware, and each director has taken all the steps that he or she ought to have taken as a director in order to make himself or herself aware of any relevant audit information and to establish that the company's auditors are aware of that information.

AUDITORS

The auditors, Goldwyns Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 21 December 2022 and signed on its behalf by:

J Lyons - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THURROCK AND BRENTWOOD MIND

Opinion

We have audited the financial statements of Thurrock and Brentwood Mind (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THURROCK AND BRENTWOOD MIND

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

In order to address the risks of misstatements in respect of irregularities, including fraud, we have:

- obtained an understanding of the key laws and regulations applicable to the charitable company, including the Companies Act 2006, the Charities Act 2011, and applicable taxation legislation;
- assessed the charitable company's own internal controls and systems for the prevention and detection of irregularities and particularly the control environment within which they operate;
- determined a materiality level and audit approach sufficient to identify most irregularities, including fraud, that may occur;
- considered our own involvement in the preparation of the charitable company's statutory financial statements;
- conducted audit verification work, on a sample basis, on the key audit areas and risks we have identified; and
- reflected on the outcome of our work, and the likelihood that conclusions drawn may be indicative of other areas of potential irregularity.

We therefore consider our audit approach has been sufficient to detect material irregularities, including fraud.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
THURROCK AND BRENTWOOD MIND**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

S T Blundell FCA (Senior Statutory Auditor)
for and on behalf of Goldwyns Limited
Statutory Auditors and Chartered Accountants
Rutland House
90-92 Baxter Avenue
Southend on Sea
Essex
SS2 6HZ

21 December 2022

THURROCK AND BRENTWOOD MIND

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	31,612	-	31,612	26,472
Charitable activities					
Main activity		1,422,720	980,589	2,403,309	1,596,946
Other trading activities	3	170,502	-	170,502	112,955
Investment income	4	18	-	18	136
Other income		2,404	-	2,404	13,078
Total		<u>1,627,256</u>	<u>980,589</u>	<u>2,607,845</u>	<u>1,749,587</u>
EXPENDITURE ON					
Raising funds		-	-	-	-
Charitable activities					
Main activity	6	1,359,838	914,760	2,274,598	1,548,108
Total		<u>1,359,838</u>	<u>914,760</u>	<u>2,274,598</u>	<u>1,548,108</u>
NET INCOME					
Transfers between funds	21	267,418	65,829	333,247	201,479
		5,470	(5,470)	-	-
Net movement in funds		272,888	60,359	333,247	201,479
RECONCILIATION OF FUNDS					
Total funds brought forward		606,680	139,624	746,304	544,825
TOTAL FUNDS CARRIED FORWARD		<u><u>879,568</u></u>	<u><u>199,983</u></u>	<u><u>1,079,551</u></u>	<u><u>746,304</u></u>

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

**BALANCE SHEET
31 MARCH 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Intangible assets	12	-	-	-	600
Tangible assets	13	1,211,158	-	1,211,158	1,199,117
		<u>1,211,158</u>	<u>-</u>	<u>1,211,158</u>	<u>1,199,717</u>
CURRENT ASSETS					
Stocks	14	300	-	300	300
Debtors	15	483,564	47,276	530,840	234,363
Cash at bank and in hand		17,812	192,527	210,339	200,863
		<u>501,676</u>	<u>239,803</u>	<u>741,479</u>	<u>435,526</u>
CREDITORS					
Amounts falling due within one year	16	(203,867)	(39,820)	(243,687)	(232,410)
		<u>297,809</u>	<u>199,983</u>	<u>497,792</u>	<u>203,116</u>
NET CURRENT ASSETS					
		<u>297,809</u>	<u>199,983</u>	<u>497,792</u>	<u>203,116</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		1,508,967	199,983	1,708,950	1,402,833
CREDITORS					
Amounts falling due after more than one year	17	(629,399)	-	(629,399)	(656,529)
		<u>879,568</u>	<u>199,983</u>	<u>1,079,551</u>	<u>746,304</u>
NET ASSETS					
		<u>879,568</u>	<u>199,983</u>	<u>1,079,551</u>	<u>746,304</u>
FUNDS					
21					
Unrestricted funds:					
General fund				327,351	58,896
Designated Capital				-	3,873
Designated Properties Fund				552,217	543,911
				<u>879,568</u>	<u>606,680</u>
Restricted funds				199,983	139,624
				<u>1,079,551</u>	<u>746,304</u>
TOTAL FUNDS					
				<u>1,079,551</u>	<u>746,304</u>

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 21 December 2022 and were signed on its behalf by:

J Lyons - Trustee

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022**

	Notes	2022 £	2021 £
Cash flows from operating activities			
Cash generated from operations	1	95,037	147,316
Net cash provided by operating activities		<u>95,037</u>	<u>147,316</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(40,413)	-
Net cash (used in)/provided by investing activities		<u>(40,413)</u>	<u>-</u>
Cash flows from financing activities			
Loan repayments in year		(45,148)	(45,148)
Net cash used in financing activities		<u>(45,148)</u>	<u>(45,148)</u>
Change in cash and cash equivalents in the reporting period			
		9,476	102,168
Cash and cash equivalents at the beginning of the reporting period		<u>200,863</u>	<u>98,695</u>
Cash and cash equivalents at the end of the reporting period		<u><u>210,339</u></u>	<u><u>200,863</u></u>

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022 £	2021 £
Net income for the reporting period (as per the Statement of Financial Activities)	333,247	201,479
Adjustments for:		
Depreciation charges	28,976	31,487
Interest paid	17,061	18,756
Increase in debtors	(296,476)	(168,326)
Increase in creditors	12,229	63,920
Net cash provided by operations	<u>95,037</u>	<u>147,316</u>

2. ANALYSIS OF CHANGES IN NET DEBT

	At 1/4/21 £	Cash flow £	At 31/3/22 £
Net cash			
Cash at bank and in hand	200,863	9,476	210,339
	<u>200,863</u>	<u>9,476</u>	<u>210,339</u>
Debt			
Debts falling due within 1 year	(25,762)	957	(24,805)
Debts falling due after 1 year	(656,529)	27,130	(629,399)
	<u>(682,291)</u>	<u>28,087</u>	<u>(654,204)</u>
Total	<u>(481,428)</u>	<u>37,563</u>	<u>(443,865)</u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity is limited by guarantee and is incorporated in the UK.

The place of business is at the registered office which can be located in the trustees' report.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets

Amortisation is provided at the following annual rate in order to write off each asset over its estimated useful life.

Computer software - Straight line over 5 years

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property - Straight line over 15 years and Straight line over 50 years
Improvements to property - Over remaining period of lease
Fixtures and fittings - 50% on cost and 25% on cost
Motor vehicles - 25% on cost

It is the charity's general policy to capitalise items costing over £250.

Stocks

Stocks at the year-end represent a small amount of stocks held for re-sale and have been valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

HM Revenue and Customs have confirmed that the charity is exempt from Income and Corporation Taxes on its investment and trading income because of its charitable status and therefore no provision for taxation has been made in the financial statements.

Fund accounting

Restricted funds are grants and contracts awarded for specific purposes as laid down by the donor. Expenditure that meets these specific purposes is matched against grant income and allocated over the appropriate cost centres.

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

1. ACCOUNTING POLICIES - continued

Fund accounting

Unrestricted funds comprise other income received or generated for charitable purposes but which may be spent at the discretion of the Management Team.

Designated funds are those unrestricted funds that have been earmarked by the Trustees for particular purposes.

Operating leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

Donated goods

Goods donated are included at their market value at the date of the donation.

2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Donations	31,595	26,431
Subscriptions	17	41
	31,612	26,472
	31,612	26,472

3. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Rent	85,668	80,919
Charity shop sales	46,944	7,543
Private counselling	19,270	20,295
Fund raising	17,855	3,058
Other	765	1,140
	170,502	112,955
	170,502	112,955

4. INVESTMENT INCOME

	2022	2021
	£	£
Bank interest received	18	136
	18	136
	18	136

Investment income arises from money held in interest bearing bank accounts.

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2022	2021
		£	£
Grants	Main activity	2,403,309	1,596,946

Grants received, included in the above, are as follows:

	2022	2021
	£	£
IMHA	14,976	12,854
Counselling and Groupwork	192,402	171,332
Thurrock Day Opportunities	67,181	44,581
Thurrock Carers Services	201,506	142,204
Thurrock Advocacy Service	78,731	88,268
IAPT	168,724	172,464
IAPT Compliant	48,262	50,424
Peer Mentoring and Peer Support	53,247	51,500
Recovery College	76,769	1,241
Employment Advisor	38,178	35,849
Peer Trainers	-	39,670
PHB Assessments	3,971	3,089
PHB Mentorship	17,000	-
PHB's 18-25 year olds	20,000	-
Crisis Sanctuary	450,047	253,891
Suicide prevention	31,141	-
Crisis House Sanctuary Plus	108,005	-
Open Dialogue	-	42,338
Charity Shop	-	30,000
Management and Development	65,881	22,622
MECS	-	47,000
Helpdesk	-	20,064
Befriendly and Mentoring Digital Worker	-	43,623
ECF-iWill	-	5,000
Housing Manager	-	50,000
Wellbeing Calls	36,000	48,000
GP Wellbeing Calls	-	35,823
Mental Health Early Discharge	52,500	35,000
Digital skills training	4,380	-
APED	5,958	-
MH Recovery workers	80,136	-
Positive Pathways Adults - Thurrock	283,711	64,170
Positive Pathways Adults - Basildon and Brentwood	141,008	-
Positive Pathways CYP Thurrock Social Prescribing	163,595	85,939
	2,403,309	1,596,946

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 7) £	Totals £
Main activity	1,957,135	317,463	2,274,598
	<u>1,957,135</u>	<u>317,463</u>	<u>2,274,598</u>

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Main activity	279,951	37,512	317,463
	<u>279,951</u>	<u>37,512</u>	<u>317,463</u>

Support costs, included in the above, are as follows:

Management

	2022 Main activity £	2021 Total activities £
Hire of equipment	649	1,251
Rates and water	9,601	11,271
Insurance	6,358	6,884
Light and heat	19,501	20,096
Telephone	25,088	14,360
Postage and stationery	8,713	8,364
Advertising	1,416	6,315
Sundries	510	237
Rent of premises	32,302	30,607
Repairs and renewals	38,002	22,679
Recruitment	6,229	1,674
Information technology	75,577	64,296
Publications and subscriptions	8,122	2,944
Financial charges	18,907	17,790
Depreciation of tangible and heritage assets	28,976	31,487
	<u>279,951</u>	<u>240,255</u>

Governance costs

	2022 Main activity £	2021 Total activities £
Auditors' remuneration	5,760	5,759
Accountancy and bookkeeping	16,400	-
Legal costs and consultation	15,352	11,908
	<u>37,512</u>	<u>17,667</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Auditors' remuneration	5,760	5,759
Depreciation - owned assets	28,372	29,948
Hire of plant and machinery	649	1,251
Computer software amortisation	600	1,540
	55,681	60,508

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

10. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	1,524,949	1,057,122
Social security costs	134,656	88,869
Other pension costs	35,952	28,542
	1,695,557	1,174,533

The average monthly number of employees during the year was as follows:

	2022	2021
Charitable activities and support staff	66	51
Senior management	2	2
	68	53

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2022	2021
£60,001 - £70,000	1	-
£70,001 - £80,000	-	1
	1	1

During the year, the total remuneration paid to key management personnel was £141,152 (2021 - £145,678)

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	26,318	154	26,472
Charitable activities			
Main activity	52,621	1,544,325	1,596,946
Other trading activities	112,948	7	112,955
Investment income	136	-	136
Other income	13,078	-	13,078
	<hr/>	<hr/>	<hr/>
Total	205,101	1,544,486	1,749,587
	<hr/>	<hr/>	<hr/>
EXPENDITURE ON			
Raising funds	-	-	-
Charitable activities			
Main activity	151,633	1,396,475	1,548,108
	<hr/>	<hr/>	<hr/>
Total	151,633	1,396,475	1,548,108
	<hr/>	<hr/>	<hr/>
NET INCOME	53,468	148,011	201,479
Transfers between funds	11,531	(11,531)	-
	<hr/>	<hr/>	<hr/>
Net movement in funds	64,999	136,480	201,479
RECONCILIATION OF FUNDS			
Total funds brought forward	541,680	3,145	544,825
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS CARRIED FORWARD	606,679	139,625	746,304
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

12. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 April 2021 and 31 March 2022	7,690
	<hr/>
AMORTISATION	
At 1 April 2021	7,090
Charge for year	600
	<hr/>
At 31 March 2022	7,690
	<hr/>
NET BOOK VALUE	
At 31 March 2022	-
	<hr/> <hr/>
At 31 March 2021	600
	<hr/> <hr/>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

13. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Motor vehicles £	Totals £
COST					
At 1 April 2021	1,075,938	258,715	129,634	8,700	1,472,987
Additions	-	37,600	2,813	-	40,413
At 31 March 2022	<u>1,075,938</u>	<u>296,315</u>	<u>132,447</u>	<u>8,700</u>	<u>1,513,400</u>
DEPRECIATION					
At 1 April 2021	119,265	20,976	124,930	8,699	273,870
Charge for year	17,972	7,619	2,781	-	28,372
At 31 March 2022	<u>137,237</u>	<u>28,595</u>	<u>127,711</u>	<u>8,699</u>	<u>302,242</u>
NET BOOK VALUE					
At 31 March 2022	<u>938,701</u>	<u>267,720</u>	<u>4,736</u>	<u>1</u>	<u>1,211,158</u>
At 31 March 2021	<u>956,673</u>	<u>237,739</u>	<u>4,704</u>	<u>1</u>	<u>1,199,117</u>

Included in cost of freehold property is land of £213,718 (2021 - £213,718) which is not depreciated.

14. STOCKS

	2022 £	2021 £
Stocks	<u>300</u>	<u>300</u>

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Amounts recoverable on contract	488,952	180,672
Prepayments and accrued income	41,888	53,691
	<u>530,840</u>	<u>234,363</u>

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Bank loans and overdrafts (see note 18)	24,805	25,762
Trade creditors	43,893	21,995
Social security and other taxes	43,073	39,754
Other creditors	20,745	7,482
Accruals and deferred income	111,171	137,417
	<u>243,687</u>	<u>232,410</u>

Income relating to contracts for long term provision of services and projects is deferred and released when the services are provided. Income relating to assets is deferred and released over the useful life of the asset in the same proportion to the depreciation charge. Deferred income at the year ended 31 March 2022 was £52,722 (2021 - £123,632).

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

17. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022	2021
	£	£
Bank loans (see note 18)	629,399	656,529
	<u>629,399</u>	<u>656,529</u>

18. LOANS

An analysis of the maturity of loans is given below:

	2022	2021
	£	£
Amounts falling due within one year	24,805	25,762
Amounts falling due between one and two years	231,197	26,335
Amounts falling due between two and five years	61,328	271,926
Amounts falling due in more than five years	<u>336,874</u>	<u>358,268</u>
	<u>654,204</u>	<u>682,291</u>

19. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2022	2021
	£	£
Within one year	25,200	24,000
Between one and five years	<u>24,000</u>	<u>48,000</u>
	<u>49,200</u>	<u>72,000</u>

20. SECURED DEBTS

The following secured debts are included within creditors:

	2022	2021
	£	£
Bank loans	<u>654,204</u>	<u>682,291</u>

The bank loans are secured by a first legal charge over the charity's freehold properties.

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

21. MOVEMENT IN FUNDS

	At 1/4/21 £	Net movement in funds £	Transfers between funds £	At 31/3/22 £
Unrestricted funds				
General fund	58,896	267,418	1,037	327,351
Designated Capital	3,873	-	(3,873)	-
Designated Properties Fund	543,911	-	8,306	552,217
	<u>606,680</u>	<u>267,418</u>	<u>5,470</u>	<u>879,568</u>
Restricted funds				
Counselling	-	777	(777)	-
IAPT	-	(172)	172	-
Day Services Project	-	(583)	583	-
Stepping Stones	-	(3,996)	3,996	-
Carers Service	-	38,800	(7,800)	31,000
Recovery College	1,241	1,099	(2,340)	-
Thurrock Advocacy	-	(1,099)	8,555	7,456
PHB Assessments	-	941	-	941
Employment Advisor	-	1,200	(1,200)	-
Youth Coach Basildon	7,760	(384)	(7,376)	-
Open Dialogue	-	(123)	123	-
Crisis House Sanctuary Plus	-	93,830	-	93,830
Housing Manager	16,667	(17,068)	401	-
Befriending and Mentoring Digital Worker	12,118	(11,044)	(1,074)	-
ECF-iWill	4,553	(4,438)	(115)	-
EPUT Wellbeing Calls	27,468	15,219	-	42,687
EPUT Winter Pressure	28,767	(30,488)	1,721	-
GP Wellbeing Calls	35,823	(14,917)	(1,217)	19,689
MECS	5,227	(4,227)	(1,000)	-
Digital Skills Training	-	4,380	-	4,380
Social Inclusion Groupworker	-	(1,878)	1,878	-
	<u>139,624</u>	<u>65,829</u>	<u>(5,470)</u>	<u>199,983</u>
TOTAL FUNDS	<u>746,304</u>	<u>333,247</u>	<u>-</u>	<u>1,079,551</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

21. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,627,255	(1,359,837)	267,418
Restricted funds			
IMHA	14,975	(14,975)	-
Counselling	66,330	(65,553)	777
IAPT	168,724	(168,896)	(172)
Day Services Project	67,181	(67,764)	(583)
Stepping Stones	(1)	(3,995)	(3,996)
Carers Service	201,507	(162,707)	38,800
Peer Support	53,246	(53,246)	-
Recovery College	76,768	(75,669)	1,099
Thurrock Advocacy	78,732	(79,831)	(1,099)
PHB Assessments	20,000	(19,059)	941
Employment Advisor	38,179	(36,979)	1,200
Youth Coach Basildon	46,562	(46,946)	(384)
Open Dialogue	-	(123)	(123)
Crisis House Sanctuary Plus	108,004	(14,174)	93,830
Housing Manager	1	(17,069)	(17,068)
Befriending and Mentoring Digital Worker	-	(11,044)	(11,044)
ECF-iWill	-	(4,438)	(4,438)
EPUT Wellbeing Calls	36,001	(20,782)	15,219
EPUT Winter Pressure	-	(30,488)	(30,488)
GP Wellbeing Calls	1	(14,918)	(14,917)
MECS	-	(4,227)	(4,227)
Digital Skills Training	4,380	-	4,380
Social Inclusion Groupworker	-	(1,878)	(1,878)
	<u>980,590</u>	<u>(914,761)</u>	<u>65,829</u>
TOTAL FUNDS	<u><u>2,607,845</u></u>	<u><u>(2,274,598)</u></u>	<u><u>333,247</u></u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

21. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/20 £	Net movement in funds £	Transfers between funds £	At 31/3/21 £
Unrestricted funds				
General fund	(6,104)	53,469	11,531	58,896
Designated Capital	3,873	-	-	3,873
Designated Properties Fund	543,911	-	-	543,911
	<u>541,680</u>	<u>53,469</u>	<u>11,531</u>	<u>606,680</u>
Restricted funds				
IMHA	-	(1,330)	1,330	-
Counselling	-	248	(248)	-
IAPT	-	1,803	(1,803)	-
Day Services Project	-	7,123	(7,123)	-
Stepping Stones	-	(148)	148	-
Carers Service	-	(288)	288	-
Peer Support	-	(148)	148	-
Recovery College	-	104	1,137	1,241
Work Placement Facilitator from Cooombewood Amenity Fund	42	-	(42)	-
Thurrock Advocacy	-	(314)	314	-
PHB Assessments	-	5	(5)	-
Positive Pathways Adult	-	171	(171)	-
Peer Trainers	621	3,193	(3,814)	-
Employment Advisor	311	221	(532)	-
Youth Coach Basildon	128	7,910	(278)	7,760
Open Dialogue	1,739	74	(1,813)	-
Crisis House Sanctuary Plus	304	3,172	(3,476)	-
Housing Manager	-	16,667	-	16,667
Befriending and Mentoring Digital Worker	-	12,118	-	12,118
ECF-iWill	-	4,553	-	4,553
EPUT Wellbeing Calls	-	27,468	-	27,468
EPUT Winter Pressure	-	28,767	-	28,767
GP Wellbeing Calls	-	35,823	-	35,823
Helpdesk	-	(1)	1	-
MECS	-	5,227	-	5,227
Youth Transition Worker	-	(4,408)	4,408	-
	<u>3,145</u>	<u>148,010</u>	<u>(11,531)</u>	<u>139,624</u>
TOTAL FUNDS	<u>544,825</u>	<u>201,479</u>	<u>-</u>	<u>746,304</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

21. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	205,102	(151,633)	53,469
Restricted funds			
IMHA	12,856	(14,186)	(1,330)
Counselling	221,886	(221,638)	248
IAPT	172,466	(170,663)	1,803
Day Services Project	41,581	(34,458)	7,123
Stepping Stones	3,009	(3,157)	(148)
Carers Service	142,203	(142,491)	(288)
Peer Support	51,498	(51,646)	(148)
Recovery College	1,240	(1,136)	104
Thurrock Advocacy	88,288	(88,602)	(314)
PHB Assessments	3,090	(3,085)	5
Positive Pathways Adult	64,170	(63,999)	171
Peer Trainers	39,670	(36,477)	3,193
Employment Advisor	35,850	(35,629)	221
Youth Coach Basildon	51,636	(43,726)	7,910
Open Dialogue	42,338	(42,264)	74
Crisis House Sanctuary Plus	253,892	(250,720)	3,172
Housing Manager	50,000	(33,333)	16,667
Befriending and Mentoring Digital Worker	43,624	(31,506)	12,118
ECF-iWill	5,000	(447)	4,553
EPUT Wellbeing Calls	48,000	(20,532)	27,468
EPUT Winter Pressure	35,000	(6,233)	28,767
GP Wellbeing Calls	35,823	-	35,823
Helpdesk	20,063	(20,064)	(1)
MECS	47,000	(41,773)	5,227
Youth Transition Worker	34,302	(38,710)	(4,408)
	<u>1,544,485</u>	<u>(1,396,475)</u>	<u>148,010</u>
TOTAL FUNDS	<u><u>1,749,587</u></u>	<u><u>(1,548,108)</u></u>	<u><u>201,479</u></u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

21. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/20 £	Net movement in funds £	Transfers between funds £	At 31/3/22 £
Unrestricted funds				
General fund	(6,104)	320,887	12,568	327,351
Designated Capital	3,873	-	(3,873)	-
Designated Properties Fund	543,911	-	8,306	552,217
	<u>541,680</u>	<u>320,887</u>	<u>17,001</u>	<u>879,568</u>
Restricted funds				
IMHA	-	(1,330)	1,330	-
Counselling	-	1,025	(1,025)	-
IAPT	-	1,631	(1,631)	-
Day Services Project	-	6,540	(6,540)	-
Stepping Stones	-	(4,144)	4,144	-
Carers Service	-	38,512	(7,512)	31,000
Peer Support	-	(148)	148	-
Recovery College	-	1,203	(1,203)	-
Work Placement Facilitator from Cooibewood Amenity Fund	42	-	(42)	-
Thurrock Advocacy	-	(1,413)	8,869	7,456
PHB Assessments	-	946	(5)	941
Positive Pathways Adult	-	171	(171)	-
Peer Trainers	621	3,193	(3,814)	-
Employment Advisor	311	1,421	(1,732)	-
Youth Coach Basildon	128	7,526	(7,654)	-
Open Dialogue	1,739	(49)	(1,690)	-
Crisis House Sanctuary Plus	304	97,002	(3,476)	93,830
Housing Manager	-	(401)	401	-
Befriending and Mentoring Digital Worker	-	1,074	(1,074)	-
ECF-iWill	-	115	(115)	-
EPUT Wellbeing Calls	-	42,687	-	42,687
EPUT Winter Pressure	-	(1,721)	1,721	-
GP Wellbeing Calls	-	20,906	(1,217)	19,689
Helpdesk	-	(1)	1	-
MECS	-	1,000	(1,000)	-
Youth Transition Worker	-	(4,408)	4,408	-
Digital Skills Training	-	4,380	-	4,380
Social Inclusion Groupworker	-	(1,878)	1,878	-
	<u>3,145</u>	<u>213,839</u>	<u>(17,001)</u>	<u>199,983</u>
TOTAL FUNDS	<u>544,825</u>	<u>534,726</u>	<u>-</u>	<u>1,079,551</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022**

21. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,832,357	(1,511,470)	320,887
Restricted funds			
IMHA	27,831	(29,161)	(1,330)
Counselling	288,216	(287,191)	1,025
IAPT	341,190	(339,559)	1,631
Day Services Project	108,762	(102,222)	6,540
Stepping Stones	3,008	(7,152)	(4,144)
Carers Service	343,710	(305,198)	38,512
Peer Support	104,744	(104,892)	(148)
Recovery College	78,008	(76,805)	1,203
Thurrock Advocacy	167,020	(168,433)	(1,413)
PHB Assessments	23,090	(22,144)	946
Positive Pathways Adult	64,170	(63,999)	171
Peer Trainers	39,670	(36,477)	3,193
Employment Advisor	74,029	(72,608)	1,421
Youth Coach Basildon	98,198	(90,672)	7,526
Open Dialogue	42,338	(42,387)	(49)
Crisis House Sanctuary Plus	361,896	(264,894)	97,002
Housing Manager	50,001	(50,402)	(401)
Befriending and Mentoring Digital Worker	43,624	(42,550)	1,074
ECF-iWill	5,000	(4,885)	115
EPUT Wellbeing Calls	84,001	(41,314)	42,687
EPUT Winter Pressure	35,000	(36,721)	(1,721)
GP Wellbeing Calls	35,824	(14,918)	20,906
Helpdesk	20,063	(20,064)	(1)
MECS	47,000	(46,000)	1,000
Youth Transition Worker	34,302	(38,710)	(4,408)
Digital Skills Training	4,380	-	4,380
Social Inclusion Groupworker	-	(1,878)	(1,878)
	<u>2,525,075</u>	<u>(2,311,236)</u>	<u>213,839</u>
TOTAL FUNDS	<u><u>4,357,432</u></u>	<u><u>(3,822,706)</u></u>	<u><u>534,726</u></u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 MARCH 2022

22. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

23. POST BALANCE SHEET EVENTS

Since the balance sheet date, the Trustees have decided to award those who have carried out various duties over and above what was expected over the pandemic period, with a one-off discretionary payment as a token of appreciation for their exceptional contributions to the charity during this unprecedented time.

24. PENSION COSTS

The company operates defined contribution pension schemes. The assets of the schemes are held separately from those of the company in independently administered funds. The pension cost charges representing contributions payable by the company to the funds amounted to £35,953 (2021 - £28,542). At the balance sheet date contributions of £9,974 (2021 - £7,478) were outstanding.

Thurrock and Brentwood Mind

England & Wales - Charity number 1106452

Accounts

REGISTERED COMPANY NUMBER: 05256793 (England and Wales)
REGISTERED CHARITY NUMBER: 1106452

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021
FOR
THURROCK AND BRENTWOOD MIND**

Goldwyns Limited
Statutory Auditors and Chartered Accountants
Rutland House
90-92 Baxter Avenue
Southend on Sea
Essex
SS2 6HZ

THURROCK AND BRENTWOOD MIND

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FOR THE YEAR ENDED 31 MARCH 2021**

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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021**

The trustees, who are also directors of the charity for the purpose of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The financial statements comply with the Companies Act 2006 and the Statement of Recommended Practice, Accounting and Reporting by Charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objective of the charity is to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.

Our aims are:

Staying well - Support people likely to develop mental health problems to stay well.

Empowering choice - Empower people who experience a mental health problem to make informed choices about how they live and recover.

Improving services and support - Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem.

Enabling social participation - Open the doors to people with experience of mental health problems participating fully in society.

Removing inequality of opportunity - Gain equality of treatment for people who experience both mental health and other forms of discrimination.

Organisational excellence - Make the most of our assets by building a culture of excellence.

The charity is affiliated to Mind and operates in accordance with the aims and objectives of Mind.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Committee members consider how planned activities will contribute to the aims and objectives they have set.

Objectives for the year

To meet our overall objects of the charity, aims and objectives for each project are set annually and recorded in the 'Overarching Operational Policy and Plan'. We have robust mechanisms in place to illicit, record and analyse qualitative experience and quantitative data relating to each project. At the start, review and end stage various channels are used to gather data which include surveys, verbal feedback, forums and outcome measurement tools (a short version of the Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)). Quarterly management reports demonstrate the outcomes of the project work and how these outcomes directly contribute to achieving the charitable objects and the public benefit as detailed in our strategic plan. Evaluation and analysis of findings are discussed with service users, within supervision, team and managers' meetings and reported in quarterly monitoring meetings with Trustees and Commissioners.

Strategies for the year

To achieve our goals, Thurrock and Brentwood Mind will work collaboratively with service users and carers, and multiple organisations, with a strong focus on prevention. To be able to identify people earlier within their community and enable them to access support in building resilience and self-care skills around their health and wellbeing, as well as promoting increased participation within their community.

Each project manager has targets to achieve in accordance with the contract funding agreement; these are aligned with our Operational Plan which details strategies for achieving our overall organisational aims and objectives.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

OBJECTIVES AND ACTIVITIES

Principal activities

Outline of Services

Thurrock and Brentwood Mind has continued to work collaboratively with the NHS, Local Minds and other mental health providers in the transformation of mental health services across Mid and South Essex (MSE) STP (Sustainability and Transformation Partnership). Service users have been consulted in all steps in the process of further developing the NHS Crisis pathway across the STP. Service users representing the voices of others, have been involved in high level meetings for a Crisis House, naming it Sanctuary Plus, and informing the Operational Policies and Guidance, Job Descriptions and Person Specifications etc. This together with our services outlined below contribute to achieving our aims and objectives. We empower people to make informed choices and those likely to develop mental health problems to stay well. Despite the pandemic and lockdowns, all our services remained open. This was made possible through the Thurrock Clinical Commissioning Group, Thurrock Council, Mind and Essex Community Foundation Trust who supported the organisation with funding purchase equipment to deliver services remotely. All services were delivered by telephone or via digital platforms, except for Thurrock Care Act Advocacy where face to face support was provided where necessary and Basildon and Brentwood Positive Pathways Youth and Stepping Stones Gardening Group who met up outdoors in line with Government guidance. Thurrock Carers Service covers all carers of Thurrock residents, which also ensures the carers of people with mental health problems receive the support they require.

Crisis Sanctuary

Crisis Sanctuaries are part of the 24-7 Mental Health Crisis Response and Care Service covering the entire geography of the Mid and South Essex (MSE).

The Crisis Sanctuaries provide a safe place for individuals experiencing an emotional or mental health crisis. It offers practical and emotional support in a warm, welcoming and friendly environment. The outreach support enables service users to receive additional support if required. In partnership with Basildon Mind the service went live on 1 April 2020 and 676 people accessed the service.

Day Services

Wellbeing activities were held three times per week and were well attended. There were a range of activities: services users singing along to tribute acts to peer support; sharing their lived experiences of mental health; and managing their mental health during lockdown. Small groups met outside for the gardening activities, in line with Government guidance. For people unable to access digital platforms, weekly wellbeing calls were made.

176 people were supported, a significant increase from the year before (63 people).

Individual Placement and Support (IPS)

In partnership with Midlands Partnership NHS Foundation Trust the service provides support to people with severe mental health difficulties into employment. The IPS team, work alongside the secondary care mental health team with individuals as employment can be an integral part recovery. Each individual is supported by their Employment Specialist to complete a vocational profile which instigates discussion about their work aspirations and goals, workplace preferences, and any barriers they are concerned about. They are supported to create CV's, complete application forms, prepare for interview and liaise with employers.

Peer Mentoring and Peer Support

Peer Mentoring offers low level time-limited support to facilitate self-care in the community for those people that experience a mental health issue. Peer Support groups provide support through a shared interest. The project presents the opportunity for people to be identified earlier within their community and to enable them to access support in building resilience and self-care skills around their health and wellbeing. 128 people were active on the project.

Positive Pathways

An integral part of the Shared Care Protocol, whereby statutory and voluntary sector colleagues work collaboratively with patients to help them to identify and access facilities in the community to maintain their recovery.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021**

OBJECTIVES AND ACTIVITIES

- Thurrock Adults - Essex Partnership University NHS Trust (EPUT) has continued to transfer secondary care patients into the project, where they are either signposted or supported to access other local groups and services to re-engage with the community. 140 service users were supported.

- Youth Thurrock (14-18yrs) - North East London NHS Foundation Trust (NELFT) Emotional Wellbeing and Mental Health Service (EWMHS) referred 49 young people into the project. The focus was on young people and their families keeping well during lockdown as they struggled with mental ill-health. A youth group was formed for like-minded young people to come together using digital platforms.

- Youth Basildon - The 6 month pilot project ended in August 2020 and a further year was granted to continue working with young people aged 11-16 years who had been absent from school for a minimum of 60 consecutive days due to mental ill health. 19 young people were supported.

Psychological Therapies

- Counselling and Groupwork Service - A British Association of Counselling and Psychotherapy (BACP) accredited counselling service. The service is based on an integrated approach, offering a confidential, non-judgemental, caring and safe environment, adhering to the Code of Confidentiality and Ethics as laid down by BACP. 944 people accessed the service, which includes bereavement counselling service clients.

- Multi Ethnic Counselling Service - To provide counselling to residents from the Black Asian and Minority Ethnic communities. 241 people accessed the service.

- Inclusion Thurrock Improving Access to Psychological Therapies (IAPT) and Recovery College - In partnership with Midlands Partnership NHS Foundation Trust, we provide psychological interventions using a stepped care approach that complies with The National Institute for Health and Care Excellence (NICE) guidelines.

- Recovery College - The Recovery College provides recovery-focused education and training courses across Thurrock and provides information that will help people to learn and give them the best chance of staying well and living the most fulfilling lives they can. People with lived experience of mental health issues (Peer Trainers) co-produced and co-deliver courses with staff.

Thurrock Advocacy Service

In partnership with Thurrock Lifestyle Solutions and Thurrock Centre for Independent Living to provide Care Act Advocacy to individuals from the following client groups: learning difficulty, mental health conditions, sensory impairments, acquired brain injury, Dementia, drug and alcohol, people who have substantial difficulty understanding relevant information, remembering information, using information to help them be involved in making decisions or communicating their views, wishes and feelings, and carers of all client groups. In addition, there is a form filling service. 596 people accessed the advocacy service.

Independent Mental Health Advocate

IMHA support is a legal right for patients detained under eligible sections of the Mental Health Act. An IMHA helps patients understand their rights under law and can ensure their views about their care and treatment are heard. 80 patients were supported by the IMHA.

Thurrock Carers Service

The service is provided in partnership with Thurrock Lifestyle Solutions and Thurrock Centre for Independent Living to provide information, advice and support to all adult unpaid carers of Thurrock residents. Information, Advice and Support was provided to 377 carers either by telephone, face to face, on a one to one basis, in one of the 9 support groups or from one of the 8 outreach centres in the localities of Thurrock.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021**

OBJECTIVES AND ACTIVITIES

Wellbeing Calls

- Essex Partnership University NHS Foundation Trust (EPUT) - Working collaboratively, EPUT identified high risk patients that with extra support through wellbeing calls on a regular basis could prevent relapse in their mental health, early signs of relapse are addressed promptly, and this can prevent hospitalisation. 41 people were supported during the first quarter of operation.

- GP Wellbeing Calls - This is part of the MSE Depression pathway. People prescribed anti-depressants are referred for 4 weeks of wellbeing calls. This will provide an opportunity for people to discuss their concerns regarding the medication and provide reassurance. It provides support during the period of time it takes for the medication to take effect. The service will go live on 1 April 2022.

Commercial Services

Thurrock and Brentwood Mind operates a Housing Project, Charity Shop, Gardening Project and Mind Talk. Services available are private counselling, and training.

Housing

Two of Thurrock and Brentwood Mind's properties are used for the housing project. These are;

- Koinonia House (9 units) which consists of four bedsits with en-suite plus three rooms with shared bathroom and toilet; all seven share the kitchen, lounge and utility room. The two self-contained flats also share the utility room.
- Bridge House which consists of 6 rooms with shared facilities.

17 tenants were supported. There was little housing available for tenants to move on during the year.

Charity Shop

The Charity Shop sells recycled goods, and also has a dedicated information corner where volunteers are able to provide members of the public with information on mental health and local services. Work placements and volunteering opportunities are available for service users and the wider community.

The pandemic had significant impact on this service.

Gardening - Stepping Stones

Throughout this year the project has held sessional activities, in line with Government guidance.

The pandemic had significant impact on this service.

Mind Talk

Provides Counselling, Hypnotherapy and Training.

- Counselling: This is a BACP accredited private counselling service, where all counsellors are qualified, and the client - pays a set fee. A first appointment is offered within 10 working days.
- Training: Mental Health First Aid for Adults or Youth.

The pandemic had significant impact on this service.

Volunteering

There is a range of volunteering opportunities at Thurrock and Brentwood Mind within the projects listed above. Volunteers are generally Thurrock residents with and without mental health problems. All volunteers receive Volunteer Core Training with additional project specific training according to their role. Volunteer Counsellors are either qualified or in their final year of training. The pandemic had significant impact on volunteering.

Operational Performance

Reports on operational and financial performance are measured by trustees on a quarterly basis, sent to funders and quarterly contract monitoring meetings with Commissioners take place.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021**

ACHIEVEMENT AND PERFORMANCE

Financial review and results for the year

A summary of the results for the year is given on page 14 of the financial statements.

Successful tendering with existing partners and the development of new partnerships has provided the organisation with contracts of a longer duration, and engaging with a wider audience. Working collaboratively with other organisations to develop new services and / or pathways that benefit the public in accessing support when they need it has kept Thurrock and Brentwood Mind at the forefront of developments.

Both the level of grants and the year-end financial position were satisfactory during 2020/21. The annual negotiations of grant levels for 2020/21 increased significantly compared to 2019/20. Agreements are constantly reviewed with funders to ensure continuation of services and the provision of funding for all projects. New partnership agreements with other local providers are in place and we will continue to work in partnership or collaboratively with other organisations and diversify our income sources.

The expenditure and income of the charity for the year is reported on the Statement of Financial Activities.

FINANCIAL REVIEW

Investment policy and objectives

The Committee have considered the investment requirements of the charity and has decided that uncommitted funds should be retained in banks and building societies and that any suggested changes to the banking arrangement should be agreed with them in advance. The Committee also feel that funds should be retained on interest bearing accounts wherever this is practical.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

FINANCIAL REVIEW

Reserves policy

Introduction

The policy is written in the light of the Charity Commissioners' guidance "Charities' Reserves" (CC19, January 2016)

Reserves are defined as "income which becomes available to the charity and is to be expended at the trustees' discretion in the furtherance of any of the charity's objectives (sometimes referred to as "general purposes" income); but which is not yet spent, committed or designated (i.e. is "free")" (para. 11).

The definition of reserves therefore excludes: permanent endowment; expendable endowment; restricted funds; designated funds; and income funds which could only be realised by disposing of fixed assets held for charity use (para. 11).

The reserves policy should cover as a minimum:

- the reason why the charity needs reserves;
- what level (or range) of reserves the trustees believe the charity needs;
- what steps the charity is going to take to establish or maintain reserves at the agreed level (or range); and
- arrangements for monitoring and reviewing the policy (para. 36).

Thurrock and Brentwood Mind's reserves

Thurrock and Brentwood Mind owns properties that are integral to the services provided to people experiencing emotional or mental distress. The investment in property is to enable services to remain sustainable in the long term. The organisation has a commitment to a long term mortgage and given the income required to build up reserves to meet the £682k, we do in effect have negative reserves.

Why Thurrock and Brentwood Mind needs reserves

Upkeep of premises - Thurrock and Brentwood Mind owns three properties; two are for the purpose of accommodation and one for offices and services. Thurrock and Brentwood Mind has decided it needs to have £20k available for emergency repairs and renovations in order that it could continue the services run from those properties.

Winding up the charity - Thurrock and Brentwood Mind has decided that, in the event of the organisation having to be wound up, it would need to have six months running costs (£774k) in reserves to allow for a proper running down.

Redundancy - Thurrock and Brentwood Mind has decided to keep a sum of £20k to cover redundancy.

A source of income ceases - Thurrock and Brentwood Mind has decided that it needs to keep £250k (the annual costs of its largest project) in reserves to allow for a year's running costs should the income for that project cease with no notice. One year would be needed to run the project whilst other sources of funding were sought.

The level of reserves the trustees believe Thurrock and Brentwood Mind needs as at 31 March 2021

Thurrock and Brentwood Mind's average monthly expenditure was £129k and this includes a monthly salary bill of around £98k. The agreed budget for expenditure for the first six months of 2021/22 totals £774k.

Taking the above into account, Thurrock and Brentwood Mind has decided to aim to keep reserves equivalent to six months expenditure (a sum of £774k).

Establishing and maintaining reserves at the agreed level - Thurrock and Brentwood Mind has agreed to aim for a reserves figure of £774k in cash or readily realisable assets. Currently, it has unrestricted, non designated reserves of £607k.

THURROCK AND BRENTWOOD MIND (REGISTERED NUMBER: 05256793)

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021**

FINANCIAL REVIEW

The current level of reserves (£607k), is below 6 months budgeted expenditure (£774k).

Monitoring and reviewing the reserves policy

This policy and financial detail will be reviewed annually by the Board of Trustees.

Having considered the overall position of reserves shown in the 2020/21 accounts the Board recognises that reserves are substantially lower than the expected level. The 2020/21 agreed budgets predict a very slight increase in reserves as a result of planned activities, however the Board recognised that restricted income levels mean that the reserves can only be built up over a period of several years. The Board understands that this continues to be an important aim, but does not think that the current position should restrict any of our present plans or activities.

Funds in deficit

Due to a transfer of unrestricted funds to restricted funds, no funds remain in deficit at the year end.

FUTURE PLANS

Future plans were considered in Thurrock and Brentwood Mind's Business Plan 2017-2022 to encompass the period ending on 31 March 2021. The plans were to:

- Maintain existing and develop new high quality services to respond to local need and national imperatives.
- Promote the services and use regular social media and the website to engage a wider audience.
- Maintain existing and attract new sources of income in addition to, developing our income generating projects further to assist in diversifying our income.
- Strengthen existing and build new partnerships to create new services and expand existing to a wider audience.
- Ensure that our staff, volunteers and service users are able to influence and shape how the organisation works and enable them to communicate with statutory bodies and the public on mental health issues.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Thurrock and Brentwood Mind is a company limited by guarantee governed by its Memorandum and Articles dated 4 December 2019. It is registered as a charity with the Charity Commission. Anyone over the age of 18 can become a member of the charity and there are currently 9 members, each of whom agrees to contribute £25 for an Organisational Membership, £3 for an individual.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

Thurrock and Brentwood Mind carries out its selection process of trustees following a process agreed by the Board of Trustees:

Stage 1

An information meeting is held with the Chief Executive Officer and/or Chair of the Board of Trustees with the following information given:-

- Annual report
- Terms of reference for the Board
- Job description of a trustee
- Information booklet on Management Committees
- Service information booklet
- Service leaflets
- Charity Commission trustee leaflet
- Volunteer trustee application form

If a volunteer wishes to proceed with becoming a trustee they have to complete and return their application form prior to election at the Annual General Meeting as below.

Stage 2

The Chair views applications received and if suitable, references are taken up and the person is informed of the nomination process.

Stage 3

A nomination form is completed giving a brief outline of relevant information and skills, and a proposer and a seconder is obtained. These forms need to be returned one week prior to the Annual General Meeting.

Stage 4

Nomination forms are taken forward for the election process at the Annual General Meeting.

All members of the Management Committee give their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in note 9 to the accounts.

Induction and training of new trustees

Training opportunities are made available to trustees and specific training for specific roles is identified and a training log is kept for each trustee. The sources of training information are identified through the Charity Commission's newsletters, Thurrock Council for Voluntary Service and The National Association of Councils and Voluntary Services.

Risk management

The Executive Committee has conducted its own review of the major risks to which the charity may be exposed to and has set up systems to mitigate these risks. The organisation adopts a pro-active approach with a programme of risk management that aims to preserve its assets and reputation and to provide protection against preventable injury and loss to employees, volunteers, clients and the general public.

Organisational Management

An Executive Management Committee (Board of Trustees) consisting of trustees appointed at the Annual General Meeting runs the charity.

The organisation operates on the direction and oversight of this management team but employs a number of operating staff that undertakes the work involved in the running of the charity. A Chief Executive Officer (CEO) has overall responsibility for various projects that in turn have lead project managers. There is a Delegation of Authority Policy and Control Procedures in place.

THURROCK AND BRENTWOOD MIND (REGISTERED NUMBER: 05256793)

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021**

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05256793 (England and Wales)

Registered Charity number

1106452

Registered office

152 Bridge Road

Grays

Essex

RM17 6DB

Trustees

D J Noble Chairperson

A P Harmer Vice Chairperson

J Lyons

Mrs S Lyons

Mrs P Wright

Mrs S M Lyons (resigned 31/3/2021)

Mrs K Hunter

Senior Management

Mrs L Morgan

W Robertson

Chief Executive Officer

Deputy Chief Executive Officer

Company Secretary

Mrs S Lyons

Auditors

Goldwyns Limited

Statutory Auditors and Chartered Accountants

Rutland House

90-92 Baxter Avenue

Southend on Sea

Essex

SS2 6HZ

Solicitors

M Reynolds Partnership, 24 London Road, Grays, Essex, RM17 5XY.

Bankers

Barclays Bank Plc, 9 High Street, Grays, Essex, RM17 6NL.

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021**

STATEMENT OF TRUSTEES' RESPONSIBILITIES

Statement of Committee Members'/Directors' Responsibilities

The Trustees (who are also directors of Thurrock and Brentwood Mind for the purposes of company law) are responsible for preparing the report of the Management Committee and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Management Committee to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charitable company, for the year. In preparing these financial statements, the Management Committee are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities Statement of Recommended Practice (SORP);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Management Committee is responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable it to ensure that the financial statements comply with the Companies Act 2006. It is also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement as to Disclosure of Information to Auditors

So far as the committee members/directors are aware, there is no relevant audit information of which the charitable company's auditors are unaware, and each director has taken all the steps that he or she ought to have taken as a director in order to make himself or herself aware of any relevant audit information and to establish that the company's auditors are aware of that information.

AUDITORS

The auditors, Goldwyns Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 23 March 2022 and signed on its behalf by:

Mrs S Lyons - Secretary

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THURROCK AND BRENTWOOD MIND

Opinion

We have audited the financial statements of Thurrock and Brentwood Mind (the 'charitable company') for the year ended 31 March 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF THURROCK AND BRENTWOOD MIND

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

In order to address the risks of misstatements in respect of irregularities, including fraud, we have:

- obtained an understanding of the key laws and regulations applicable to the charitable company, including the Companies Act 2006, the Charities Act 2011, and applicable taxation legislation;
- assessed the charitable company's own internal controls and systems for the prevention and detection of irregularities and particularly the control environment within which they operate;
- determined a materiality level and audit approach sufficient to identify most irregularities, including fraud, that may occur;
- considered our own involvement in the preparation of the charitable company's statutory financial statements;
- conducted audit verification work, on a sample basis, on the key audit areas and risks we have identified; and
- reflected on the outcome of our work, and the likelihood that conclusions drawn may be indicative of other areas of potential irregularity.

We therefore consider our audit approach has been sufficient to detect material irregularities, including fraud.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
THURROCK AND BRENTWOOD MIND**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

S T Blundell FCA (Senior Statutory Auditor)
for and on behalf of Goldwyns Limited
Statutory Auditors and Chartered Accountants
Rutland House
90-92 Baxter Avenue
Southend on Sea
Essex
SS2 6HZ

24 March 2022

THURROCK AND BRENTWOOD MIND
STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	26,318	154	26,472	29,298
Charitable activities					
Main activity	5	65,301	1,544,325	1,609,626	833,423
Other trading activities	3	100,268	7	100,275	164,849
Investment income	4	136	-	136	298
Other income		13,078	-	13,078	5,676
Total		<u>205,101</u>	<u>1,544,486</u>	<u>1,749,587</u>	<u>1,033,544</u>
EXPENDITURE ON					
Raising funds		-	-	-	-
Charitable activities					
Main activity	6	151,633	1,396,475	1,548,108	1,021,089
Total		<u>151,633</u>	<u>1,396,475</u>	<u>1,548,108</u>	<u>1,021,089</u>
NET INCOME		<u>53,468</u>	<u>148,011</u>	<u>201,479</u>	<u>12,455</u>
Transfers between funds	21	<u>11,531</u>	<u>(11,531)</u>	-	-
Net movement in funds		64,999	136,480	201,479	12,455
RECONCILIATION OF FUNDS					
Total funds brought forward		541,680	3,145	544,825	532,370
TOTAL FUNDS CARRIED FORWARD		<u><u>606,679</u></u>	<u><u>139,625</u></u>	<u><u>746,304</u></u>	<u><u>544,825</u></u>

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND (REGISTERED NUMBER: 05256793)

BALANCE SHEET
31 MARCH 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Intangible assets	12	-	600	600	2,140
Tangible assets	13	1,199,117	-	1,199,117	1,229,065
		<u>1,199,117</u>	<u>600</u>	<u>1,199,717</u>	<u>1,231,205</u>
CURRENT ASSETS					
Stocks	14	300	-	300	300
Debtors	15	4,340	230,023	234,363	66,038
Cash at bank and in hand		109,830	91,033	200,863	98,695
		<u>114,470</u>	<u>321,056</u>	<u>435,526</u>	<u>165,033</u>
CREDITORS					
Amounts falling due within one year	16	(50,981)	(181,429)	(232,410)	(167,674)
		<u>63,489</u>	<u>139,627</u>	<u>203,116</u>	<u>(2,641)</u>
NET CURRENT ASSETS					
TOTAL ASSETS LESS CURRENT LIABILITIES		1,262,606	140,227	1,402,833	1,228,564
CREDITORS					
Amounts falling due after more than one year	17	(655,926)	(603)	(656,529)	(683,739)
NET ASSETS		<u>606,680</u>	<u>139,624</u>	<u>746,304</u>	<u>544,825</u>
FUNDS					
Unrestricted funds	21			606,680	541,680
Restricted funds				139,624	3,145
TOTAL FUNDS				<u>746,304</u>	<u>544,825</u>

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 23 March 2022 and were signed on its behalf by:

D J Noble - Trustee

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021**

	Notes	2021 £	2020 £
Cash flows from operating activities			
Cash generated from operations	1	147,316	150,924
Net cash provided by operating activities		<u>147,316</u>	<u>150,924</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		-	(101,931)
Net cash provided by/(used in) investing activities		<u>-</u>	<u>(101,931)</u>
Cash flows from financing activities			
Loan repayments in year		(45,148)	(45,148)
Net cash used in financing activities		<u>(45,148)</u>	<u>(45,148)</u>
Change in cash and cash equivalents in the reporting period		<u>102,168</u>	<u>3,845</u>
Cash and cash equivalents at the beginning of the reporting period		<u>98,695</u>	<u>94,850</u>
Cash and cash equivalents at the end of the reporting period		<u><u>200,863</u></u>	<u><u>98,695</u></u>

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2021 £	2020 £
Net income for the reporting period (as per the Statement of Financial Activities)	201,479	12,455
Adjustments for:		
Depreciation charges	31,487	35,624
Interest paid	18,756	25,625
Increase in debtors	(168,326)	(30,821)
Increase in creditors	63,920	108,041
	<u>147,316</u>	<u>150,924</u>
Net cash provided by operations	<u>147,316</u>	<u>150,924</u>

2. ANALYSIS OF CHANGES IN NET DEBT

	At 1/4/20 £	Cash flow £	At 31/3/21 £
Net cash			
Cash at bank and in hand	98,695	102,168	200,863
	<u>98,695</u>	<u>102,168</u>	<u>200,863</u>
Debt			
Debts falling due within 1 year	(24,946)	(816)	(25,762)
Debts falling due after 1 year	(683,739)	27,210	(656,529)
	<u>(708,685)</u>	<u>26,394</u>	<u>(682,291)</u>
Total	<u>(609,990)</u>	<u>128,562</u>	<u>(481,428)</u>

The notes form part of these financial statements

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity is limited by guarantee and is incorporated in the UK.

The place of business is at the registered office which can be located in the trustees' report.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Intangible fixed assets

Amortisation is provided at the following annual rate in order to write off each asset over its estimated useful life.

Computer software - Straight line over 5 years

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Freehold property - Straight line over 15 years and Straight line over 50 years
Improvements to property - Over remaining period of lease
Fixtures and fittings - 50% on cost and 25% on cost
Motor vehicles - 25% on cost

It is the charity's general policy to capitalise items costing over £250.

Stocks

Stocks at the year-end represent a small amount of stocks held for re-sale and have been valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

HM Revenue and Customs have confirmed that the charity is exempt from Income and Corporation Taxes on its investment and trading income because of its charitable status and therefore no provision for taxation has been made in the financial statements.

Fund accounting

Restricted funds are grants and contracts awarded for specific purposes as laid down by the donor. Expenditure that meets these specific purposes is matched against grant income and allocated over the appropriate cost centres.

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

1. ACCOUNTING POLICIES - continued

Fund accounting

Unrestricted funds comprise other income received or generated for charitable purposes but which may be spent at the discretion of the Management Team.

Designated funds are those unrestricted funds that have been earmarked by the Trustees for particular purposes.

Operating leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

Donated goods

Goods donated are included at their market value at the date of the donation.

2. DONATIONS AND LEGACIES

	2021	2020
	£	£
Donations	26,431	29,278
Subscriptions	41	20
	<u>26,472</u>	<u>29,298</u>

3. OTHER TRADING ACTIVITIES

	2021	2020
	£	£
Services rendered	80,919	68,512
Sales	7,543	53,110
Private counselling	7,615	23,585
Client activities	-	418
Fund raising	3,058	3,677
Training	1,140	15,547
	<u>100,275</u>	<u>164,849</u>

4. INVESTMENT INCOME

	2021	2020
	£	£
Bank interest received	136	298
	<u>136</u>	<u>298</u>

Investment income arises from money held in interest bearing bank accounts.

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2021	2020
		£	£
Management fees	Main activity	12,680	8,239
Grants	Main activity	1,596,946	825,184
		<u>1,609,626</u>	<u>833,423</u>

Grants received, included in the above, are as follows:

	2021	2020
	£	£
IMHA	12,854	14,922
Counselling	221,756	175,060
IAPT	172,464	163,269
Day Services	41,581	37,181
Stepping Stones (formerly Garden Project)	3,000	1,000
World of Work	-	6,750
Peer Support	51,500	50,790
Recovery College	1,241	-
Positive Pathways - Adult	64,170	27,405
PHB Assessments	3,089	5,823
Positive Pathways - Youth	-	24,176
Peer Trainers	39,670	56,263
Carers Service	142,204	132,493
Thurrock Advocacy Service	88,268	72,632
Peerfest	-	2,522
Koinonia Building Grant	-	6,500
Employment Advisor	35,849	12,174
Crisis Sanctuary	253,891	13,199
Youth Worker	51,637	13,023
Open Dialogue	42,338	10,002
Charity Shop	30,000	-
Management and Development	22,622	-
MECS	47,000	-
Helpdesk	20,064	-
Befriendly and Mentoring Digital Worker	43,623	-
ECF-iWill	5,000	-
Housing Manager	50,000	-
Youth Transition Worker	34,302	-
EPUT Wellbeing Calls	48,000	-
EPUT Winter Pressure	35,000	-
GP Wellbeing Calls	35,823	-
	<u>1,596,946</u>	<u>825,184</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 7) £	Totals £
Main activity	1,288,775	259,333	1,548,108

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Main activity	240,255	19,078	259,333

Support costs, included in the above, are as follows:

Management

	2021 Main activity £	2020 Total activities £
Hire of equipment	1,251	2,796
Rates and water	11,271	6,515
Insurance	6,884	7,860
Light and heat	20,096	15,812
Telephone	14,360	11,149
Postage and stationery	8,364	12,235
Advertising	6,315	7,273
Sundries	237	1,351
Rent of premises	30,607	35,147
Repairs and renewals	22,679	11,496
Recruitment	1,674	3,073
Information technology	64,296	24,896
Publications and subscriptions	2,944	3,044
Financial charges	17,790	22,303
Depreciation of tangible and heritage assets	31,487	35,624
	240,255	200,574

Governance costs

	2021 Main activity £	2020 Total activities £
Auditors' remuneration	5,759	5,999
Promotional expenditure	1,411	1,636
Legal costs and consultation	11,908	10,240
	19,078	17,875

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Auditors' remuneration	5,759	5,999
Depreciation - owned assets	29,948	34,352
Hire of plant and machinery	1,251	2,796
Computer software amortisation	1,540	1,539
	<u> </u>	<u> </u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

10. STAFF COSTS

	2021	2020
	£	£
Wages and salaries	1,057,122	628,380
Social security costs	88,869	48,630
Other pension costs	28,542	19,295
	<u> </u>	<u> </u>
	<u>1,174,533</u>	<u>696,305</u>

The average monthly number of employees during the year was as follows:

	2021	2020
Charitable activities	43	36
Charity shop	3	3
Cleaning	1	1
Administration	3	3
Finance	1	1
Senior management	2	2
	<u> </u>	<u> </u>
	<u>53</u>	<u>46</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2021	2020
£60,001 - £70,000	-	1
£70,001 - £80,000	1	-
	<u> </u>	<u> </u>
	<u>1</u>	<u>1</u>

During the year, the total remuneration paid to key management personnel was £132,867 (2020 - £104,080)

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	20,092	9,206	29,298
Charitable activities			
Main activity	14,738	818,685	833,423
Other trading activities	163,743	1,106	164,849
Investment income	298	-	298
Other income	5,406	270	5,676
	<hr/>	<hr/>	<hr/>
Total	204,277	829,267	1,033,544
 EXPENDITURE ON			
Raising funds	-	-	-
Charitable activities			
Main activity	189,330	831,759	1,021,089
	<hr/>	<hr/>	<hr/>
Total	189,330	831,759	1,021,089
	<hr/>	<hr/>	<hr/>
NET INCOME/(EXPENDITURE)	14,947	(2,492)	12,455
Transfers between funds	(111,481)	111,481	-
	<hr/>	<hr/>	<hr/>
Net movement in funds	(96,534)	108,989	12,455
 RECONCILIATION OF FUNDS			
Total funds brought forward	638,206	(105,836)	532,370
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS CARRIED FORWARD	<u>541,672</u>	<u>3,153</u>	<u>544,825</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

12. INTANGIBLE FIXED ASSETS

	Computer software £
COST	
At 1 April 2020 and 31 March 2021	7,690
AMORTISATION	
At 1 April 2020	5,550
Charge for year	1,540
At 31 March 2021	7,090
NET BOOK VALUE	
At 31 March 2021	600
At 31 March 2020	2,140

13. TANGIBLE FIXED ASSETS

	Freehold property £	Improvements to property £	Fixtures and fittings £	Motor vehicles £	Totals £
COST					
At 1 April 2020 and 31 March 2021	1,075,938	258,715	129,634	8,700	1,472,987
DEPRECIATION					
At 1 April 2020	104,160	12,585	120,652	6,525	243,922
Charge for year	15,105	8,391	4,278	2,174	29,948
At 31 March 2021	119,265	20,976	124,930	8,699	273,870
NET BOOK VALUE					
At 31 March 2021	956,673	237,739	4,704	1	1,199,117
At 31 March 2020	971,778	246,130	8,982	2,175	1,229,065

Included in cost of freehold property is land of £213,718 (2020 - £213,718) which is not depreciated.

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

14. STOCKS	2021 £	2020 £
Stocks	300	300
	<u> </u>	<u> </u>
15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2021 £	2020 £
Amounts recoverable on contract	180,672	58,398
Prepayments and accrued income	53,691	7,640
	<u> </u>	<u> </u>
	<u>234,363</u>	<u>66,038</u>
16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2021 £	2020 £
Bank loans and overdrafts (see note 18)	25,762	24,946
Trade creditors	21,995	22,974
Social security and other taxes	39,754	18,515
Other creditors	7,482	5,739
Accruals and deferred income	137,417	95,500
	<u> </u>	<u> </u>
	<u>232,410</u>	<u>167,674</u>
Income relating to contracts for long term provision of services and projects is deferred and released when the services are provided. Deferred income at the year ended 31 March 2021 was £123,632 (2020 - £84,145).		
17. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR	2021 £	2020 £
Bank loans (see note 18)	656,529	683,739
	<u> </u>	<u> </u>
18. LOANS		
An analysis of the maturity of loans is given below:		
	2021 £	2020 £
Amounts falling due within one year	25,762	24,946
Amounts falling due between one and two years	26,335	25,674
Amounts falling due between two and five years	271,926	272,704
Amounts falling due in more than five years	358,268	385,361
	<u> </u>	<u> </u>
	<u>682,291</u>	<u>708,685</u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

19. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2021 £	2020 £
Within one year	24,000	24,000
Between one and five years	48,000	72,000
	<u>72,000</u>	<u>96,000</u>

20. SECURED DEBTS

The following secured debts are included within creditors:

	2021 £	2020 £
Bank loans	<u>682,291</u>	<u>708,685</u>

The bank loans are secured by a first legal charge over the charity's freehold properties.

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

21. MOVEMENT IN FUNDS

	At 1/4/20 £	Net movement in funds £	Transfers between funds £	At 31/3/21 £
Unrestricted funds				
General fund	(6,104)	53,469	11,531	58,896
Designated Capital	3,873	-	-	3,873
Designated Fixed Asset	543,911	-	-	543,911
	<u>541,680</u>	<u>53,469</u>	<u>11,531</u>	<u>606,680</u>
Restricted funds				
IMHA	-	(1,330)	1,330	-
Counselling	-	248	(248)	-
IAPT	-	1,803	(1,803)	-
Day Services Project	-	7,123	(7,123)	-
Stepping Stones	-	(148)	148	-
Carers Service	-	(288)	288	-
Peer Support	-	(148)	148	-
Recovery College	-	104	1,137	1,241
Work Placement Facilitator from Coombeewood Amenity Fund	42	-	(42)	-
Thurrock Advocacy	-	(314)	314	-
PHB Assessments	-	5	(5)	-
Positive Pathways Adult	-	171	(171)	-
Peer Trainers	621	3,193	(3,814)	-
Employment Advisor	311	221	(532)	-
Youth Coach Basildon	128	7,910	(278)	7,760
Open Dialogue	1,739	74	(1,813)	-
Crisis Sanctuary	304	3,172	(3,476)	-
Housing Manager	-	16,667	-	16,667
Befriending and Mentoring Digital Worker	-	12,118	-	12,118
ECF-iWill	-	4,553	-	4,553
EPUT Wellbeing Calls	-	27,468	-	27,468
EPUT Winter Pressure	-	28,767	-	28,767
GP Wellbeing Calls	-	35,823	-	35,823
Helpdesk	-	(1)	1	-
MECS	-	5,227	-	5,227
Youth Transition Worker	-	(4,408)	4,408	-
	<u>3,145</u>	<u>148,010</u>	<u>(11,531)</u>	<u>139,624</u>
TOTAL FUNDS	<u>544,825</u>	<u>201,479</u>	<u>-</u>	<u>746,304</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

21. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	205,102	(151,633)	53,469
Restricted funds			
IMHA	12,856	(14,186)	(1,330)
Counselling	221,886	(221,638)	248
IAPT	172,466	(170,663)	1,803
Day Services Project	41,581	(34,458)	7,123
Stepping Stones	3,009	(3,157)	(148)
Carers Service	142,203	(142,491)	(288)
Peer Support	51,498	(51,646)	(148)
Recovery College	1,240	(1,136)	104
Thurrock Advocacy	88,288	(88,602)	(314)
PHB Assessments	3,090	(3,085)	5
Positive Pathways Adult	64,170	(63,999)	171
Peer Trainers	39,670	(36,477)	3,193
Employment Advisor	35,850	(35,629)	221
Youth Coach Basildon	51,636	(43,726)	7,910
Open Dialogue	42,338	(42,264)	74
Crisis Sanctuary	253,892	(250,720)	3,172
Housing Manager	50,000	(33,333)	16,667
Befriending and Mentoring Digital Worker	43,624	(31,506)	12,118
ECF-iWill	5,000	(447)	4,553
EPUT Wellbeing Calls	48,000	(20,532)	27,468
EPUT Winter Pressure	35,000	(6,233)	28,767
GP Wellbeing Calls	35,823	-	35,823
Helpdesk	20,063	(20,064)	(1)
MECS	47,000	(41,773)	5,227
Youth Transition Worker	34,302	(38,710)	(4,408)
	<u>1,544,485</u>	<u>(1,396,475)</u>	<u>148,010</u>
TOTAL FUNDS	<u><u>1,749,587</u></u>	<u><u>(1,548,108)</u></u>	<u><u>201,479</u></u>

THURROCK AND BRENTWOOD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021

21. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/4/19 £	Net movement in funds £	Transfers between funds £	At 31/3/20 £
Unrestricted funds				
General fund	90,422	14,955	(111,481)	(6,104)
Designated Capital	3,873	-	-	3,873
Designated Fixed Asset	543,911	-	-	543,911
	<u>638,206</u>	<u>14,955</u>	<u>(111,481)</u>	<u>541,680</u>
Restricted funds				
IMHA	(2,970)	(93)	3,063	-
Counselling	(447)	(128)	575	-
IAPT	(2,116)	(3)	2,119	-
Day Services Project	(56,649)	650	55,999	-
Stepping Stones	(29,946)	(3,727)	33,673	-
Carers Service	(5,970)	(820)	6,790	-
Ecotherapy	(619)	-	619	-
Peer Support	(1,397)	48	1,349	-
Recovery College	(1,822)	36	1,786	-
Work Placement Facilitator from Coombeewood Amenity Fund	42	-	-	42
World of Work	(52)	(53)	105	-
AIM	(477)	-	477	-
Thurrock Advocacy	(1,558)	(687)	2,245	-
Beautiful Minds	1,430	(3,287)	1,857	-
Positive Pathways Adult	(225)	90	135	-
Peer Trainers	(6)	627	-	621
Positive Pathways Youth	(34)	(85)	119	-
Peerfest	(3,020)	2,450	570	-
Employment Advisor	-	311	-	311
Youth Coach Basildon	-	128	-	128
Open Dialogue	-	1,739	-	1,739
Crisis Sanctuary	-	304	-	304
	<u>(105,836)</u>	<u>(2,500)</u>	<u>111,481</u>	<u>3,145</u>
TOTAL FUNDS	<u>532,370</u>	<u>12,455</u>	<u>-</u>	<u>544,825</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

21. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	204,278	(189,323)	14,955
Restricted funds			
IMHA	14,923	(15,016)	(93)
Counselling	176,480	(176,608)	(128)
IAPT	163,540	(163,543)	(3)
Day Services Project	38,140	(37,490)	650
Stepping Stones	1,356	(5,083)	(3,727)
Carers Service	140,060	(140,880)	(820)
Peer Support	50,792	(50,744)	48
Recovery College	-	36	36
World of Work	6,749	(6,802)	(53)
Thurrock Advocacy	72,634	(73,321)	(687)
Beautiful Minds	-	(3,287)	(3,287)
PHB Assessments	5,823	(5,823)	-
Positive Pathways Adult	27,406	(27,316)	90
Peer Trainers	56,264	(55,637)	627
Positive Pathways Youth	24,178	(24,263)	(85)
Peerfest	2,522	(72)	2,450
Employment Advisor	12,174	(11,863)	311
Youth Coach Basildon	13,023	(12,895)	128
Open Dialogue	10,002	(8,263)	1,739
Crisis Sanctuary	13,200	(12,896)	304
	<u>829,266</u>	<u>(831,766)</u>	<u>(2,500)</u>
TOTAL FUNDS	<u><u>1,033,544</u></u>	<u><u>(1,021,089)</u></u>	<u><u>12,455</u></u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

21. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1/4/19 £	Net movement in funds £	Transfers between funds £	At 31/3/21 £
Unrestricted funds				
General fund	90,422	68,424	(99,950)	58,896
Designated Capital	3,873	-	-	3,873
Designated Fixed Asset	543,911	-	-	543,911
	<u>638,206</u>	<u>68,424</u>	<u>(99,950)</u>	<u>606,680</u>
Restricted funds				
IMHA	(2,970)	(1,423)	4,393	-
Counselling	(447)	120	327	-
IAPT	(2,116)	1,800	316	-
Day Services Project	(56,649)	7,773	48,876	-
Stepping Stones	(29,946)	(3,875)	33,821	-
Carers Service	(5,970)	(1,108)	7,078	-
Ecotherapy	(619)	-	619	-
Peer Support	(1,397)	(100)	1,497	-
Recovery College	(1,822)	140	2,923	1,241
Work Placement Facilitator from Coombe Wood Amenity Fund	42	-	(42)	-
World of Work	(52)	(53)	105	-
AIM	(477)	-	477	-
Thurrock Advocacy	(1,558)	(1,001)	2,559	-
Beautiful Minds	1,430	(3,287)	1,857	-
PHB Assessments	-	5	(5)	-
Positive Pathways Adult	(225)	261	(36)	-
Peer Trainers	(6)	3,820	(3,814)	-
Positive Pathways Youth	(34)	(85)	119	-
Peerfest	(3,020)	2,450	570	-
Employment Advisor	-	532	(532)	-
Youth Coach Basildon	-	8,038	(278)	7,760
Open Dialogue	-	1,813	(1,813)	-
Crisis Sanctuary	-	3,476	(3,476)	-
Housing Manager	-	16,667	-	16,667
Befriending and Mentoring Digital Worker	-	12,118	-	12,118
ECF-iWill	-	4,553	-	4,553
EPUT Wellbeing Calls	-	27,468	-	27,468
EPUT Winter Pressure	-	28,767	-	28,767
GP Wellbeing Calls	-	35,823	-	35,823
Helpdesk	-	(1)	1	-
MECS	-	5,227	-	5,227
Youth Transition Worker	-	(4,408)	4,408	-
	<u>(105,836)</u>	<u>145,510</u>	<u>99,950</u>	<u>139,624</u>
TOTAL FUNDS	<u>532,370</u>	<u>213,934</u>	<u>-</u>	<u>746,304</u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

21. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	409,380	(340,956)	68,424
Restricted funds			
IMHA	27,779	(29,202)	(1,423)
Counselling	398,366	(398,246)	120
IAPT	336,006	(334,206)	1,800
Day Services Project	79,721	(71,948)	7,773
Stepping Stones	4,365	(8,240)	(3,875)
Carers Service	282,263	(283,371)	(1,108)
Peer Support	102,290	(102,390)	(100)
Recovery College	1,240	(1,100)	140
World of Work	6,749	(6,802)	(53)
Thurrock Advocacy	160,922	(161,923)	(1,001)
Beautiful Minds	-	(3,287)	(3,287)
PHB Assessments	8,913	(8,908)	5
Positive Pathways Adult	91,576	(91,315)	261
Peer Trainers	95,934	(92,114)	3,820
Positive Pathways Youth	24,178	(24,263)	(85)
Peerfest	2,522	(72)	2,450
Employment Advisor	48,024	(47,492)	532
Youth Coach Basildon	64,659	(56,621)	8,038
Open Dialogue	52,340	(50,527)	1,813
Crisis Sanctuary	267,092	(263,616)	3,476
Housing Manager	50,000	(33,333)	16,667
Befriending and Mentoring Digital Worker	43,624	(31,506)	12,118
ECF-iWill	5,000	(447)	4,553
EPUT Wellbeing Calls	48,000	(20,532)	27,468
EPUT Winter Pressure	35,000	(6,233)	28,767
GP Wellbeing Calls	35,823	-	35,823
Helpdesk	20,063	(20,064)	(1)
MECS	47,000	(41,773)	5,227
Youth Transition Worker	34,302	(38,710)	(4,408)
	<u>2,373,751</u>	<u>(2,228,241)</u>	<u>145,510</u>
TOTAL FUNDS	<u><u>2,783,131</u></u>	<u><u>(2,569,197)</u></u>	<u><u>213,934</u></u>

THURROCK AND BRENTWOOD MIND

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2021**

22. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

23. PENSION COSTS

The company operates defined contribution pension schemes. The assets of the schemes are held separately from those of the company in independently administered funds. The pension cost charges representing contributions payable by the company to the funds amounted to £28,542 (2020 - £19,295). At the balance sheet date contributions of £7,478 (2020 - £4,077) were outstanding. The full balance was paid after the year end.