

# HAVERING MIND

England & Wales · Charity number 1108470

## Details

|                |                                                         |
|----------------|---------------------------------------------------------|
| Status         | Registered                                              |
| Legal form     | Charitable company                                      |
| Company number | <a href="#">04184862</a>                                |
| Registered     | 2005-03-07                                              |
| Register       | <a href="#">View on the Charity Commission register</a> |

## Contact

|         |                                                                                |
|---------|--------------------------------------------------------------------------------|
| Address | Harrow Lodge House<br>Hornchurch Road<br>Hornchurch<br>RM11 1JU                |
| Phone   | 01708457040                                                                    |
| Email   | <a href="mailto:reach.us@haveringmind.org.uk">reach.us@haveringmind.org.uk</a> |
| Website | <a href="http://www.haveringmind.org.uk">www.haveringmind.org.uk</a>           |

## Activities

**Objects:** 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 THE LONDON BOROUGH OF HAVERING AND SURROUNDING AREA (THE AREA OF BENEFIT) IN ASSOCIATION AND IN ACCORDANCE WITH THE AIMS AND OBJECTS OF NATIONAL MIND.

**Activities:** Havering Mind provides a range of services that pro-actively support and educate people about mental health in its local community. It aims to support individuals in their recovery and promote social inclusion. Raising awareness to reduce stigma around mental health is also a key activity. We won't give up until everyone experiencing a mental health problem gets both support and respect.

## Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies

## Geography

- **Area of benefit:** LONDON BOROUGH OF HAVERING AND THE SURROUNDING AREA.
- Barking And Dagenham
- Havering

## Finances

| Period end | Income     | Expenditure | Assets   | Employees |
|------------|------------|-------------|----------|-----------|
| 2025-03-31 | £1,574,501 | £1,582,624  | £678,592 | 45        |
| 2024-03-31 | £1,467,168 | £1,341,193  | £686,715 | 44        |
| 2023-03-31 | £1,424,838 | £1,356,932  | £560,740 | 51        |
| 2022-03-31 | £970,764   | £844,525    | £488,386 | 28        |
| 2021-03-31 | £518,811   | £389,591    | £362,147 | 13        |

## Trustees

| Name                 | Role | Appointed  |
|----------------------|------|------------|
| David Hodge          |      | 2022-09-02 |
| Gary Anderson        |      | 2021-05-18 |
| LINDA VAN DEN HENDE  |      | 2021-05-21 |
| PAUL MASTERSON       |      | 2021-05-18 |
| Peter Herrington     |      | 2022-12-19 |
| Philip Hamilton      |      | 2025-01-31 |
| Rajinder Johal       |      | 2022-08-05 |
| Sarah Louise Luheshi |      | 2026-01-07 |
| Shahina Haque        |      | 2021-05-21 |
| Sunita Sawali        |      | 2022-09-20 |
| Warren Bailey        |      | 2026-01-13 |
| Zenya Greenaway      |      | 2019-08-29 |

---

# Accounts

---

**REGISTERED COMPANY NUMBER: 04184862 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1108470**

**Report of the Trustees and**  
**Audited Financial Statements for the Year Ended 31 March 2025**  
**for**  
**Havering Mind**

## **Havering Mind**

### **Contents of the Financial Statements for the Year Ended 31 March 2025**

|                                           | <b>Page</b>     |
|-------------------------------------------|-----------------|
| <b>Chairman's Statement</b>               | <b>1</b>        |
| <b>Report of the Trustees</b>             | <b>2 to 11</b>  |
| <b>Report of the Independent Auditors</b> | <b>12 to 14</b> |
| <b>Statement of Financial Activities</b>  | <b>15</b>       |
| <b>Balance Sheet</b>                      | <b>16</b>       |
| <b>Cash Flow Statement</b>                | <b>17</b>       |
| <b>Notes to the Cash Flow Statement</b>   | <b>18</b>       |
| <b>Notes to the Financial Statements</b>  | <b>19 to 27</b> |

## **Havering Mind**

### **Chairman's Statement for the Year Ended 31 March 2025**

This year, we have continued to find innovative ways to meet the increasing demand for support, and we have touched the lives of more people than ever before through our Services and Events.

A great example of this is the step change we've made in welcoming volunteers in to our work. Our wonderful volunteers are having a significant impact supporting our people across the organisation through our projects and programmes as well as through Christmas Land and Summer Fest - our 2 big annual fundraising events. We are so grateful to them for their commitment and passion.

We continue to put our service users at the heart of everything we do and I'm excited about where this will take us. Without mental health, there is no health. And, with this in mind, we are addressing health inequalities in relation to wellbeing through all of our projects and initiatives.

I'm delighted that our Ready for Adulthood and Parent Support Group initiatives, have continued to receive funding across both Boroughs. Having support for young people and their parents/carers during times of struggle, can be truly life-changing and can prevent problems escalating in the future.

Christmas Land 2024 welcomed over 30,000 guests across 28 evenings during the Festive Season. Once again, Santa helped nearly 2,000 families make more wonderful memories when they visited his Grotto, and the love shown by all for this Festive and cheery activity was overwhelmingly joyful to see. A huge thank you to every volunteer who helped us to set up, look after guests in December, and take down in January.

It has been a busy and at times, a challenging year. We have restructured in order to meet growing demand and an ever changing landscape, offering care and support to members of our communities when they needed it most. The Senior Management Team along with Sarah, CEO, has led with professionalism, passion and good humour; continuing to put people and communities first in everything we do.

A big Thank You to them and to our dedicated staff, volunteers, Trustees, donors, supporters and service users for their hard work, and continuing commitment to Mind in Havering, Barking & Dagenham (MindHBD).

**Mr Paul Masterson - Chairman**

P. Masterson 01/10/2025

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2025**

The Trustees who are also Directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The Trustees have adopted the provisions of 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).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

Havering Mind (operating as Mind in Havering, Barking & Dagenham) objectives are:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions or emotional or mental distress requiring advice or treatment, in the London Borough of Havering and surrounding area (the area of benefit) in association and in accordance with the aims and objects of National Mind.

**Mind in Havering, Barking & Dagenham - About Us**

During 2024/25, we touched the lives of more people than ever before, continuing to provide high quality mental health support to meet growing demand, alongside our community events.

From individual support in our Supported Self Help Service through to group support in our Meaningful Activities Programme and social activities that build confidence, our emphasis is on empowering people to learn to manage their mental health and wellbeing. We've also been seeking new ways to deliver our support to not only help those who are struggling, but to also provide opportunities for others to stay well. For example, we've recruited more Infant Feeding volunteers in to our support offer and also developed a new Volunteer Programme which offers skills training, learning opportunities, social interaction and a safe space to grow within a safe, warm and welcoming environment.

Together with our communities, we offer hope and support for good mental health, so that no one feels alone. We know that we have a great responsibility in the Boroughs that we serve - to provide advice and support, services, understanding and awareness, to empower anyone experiencing a mental health problem. We will continue to be there for everyone who needs us.

**What We Do**

- " We work with our communities so everyone can understand how to take care of their mental health and get the support they need.
- " We work in partnership with local health services, NHS, community organisations and other local Minds to reduce health inequalities.
- " We strive to support people of all ages, from young people in schools to older people struggling in isolation.
- " We provide services for people with mild to moderate mental health issues, including anxiety, stress and depression as well as those in crisis, who have experienced serious trauma and/or are living with a long term mental health condition.
- " We listen, support and advise, pushing for better outcomes for everyone experiencing a mental health issue.
- " We work to develop and embed inclusive, accessible projects and support services that meet local needs.
- " We do all this by constantly and intentionally enhancing our offering for people impacted by mental health and suicide.

Our inclusive and empowering mental health support is available free of charge, to residents living in Havering and Barking & Dagenham.

Not all our services are currently available across both Boroughs, but we are working hard to change this.

**We won't give up until everyone experiencing mental health problems gets the understanding and support they need.**

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2025**

**OBJECTIVES AND ACTIVITIES**

**Charitable Activities and Public benefit**

At Havering Mind we are pro-active in supporting and educating people about mental health in our local community. We do this through:

1. Providing advice and information
2. Helping individuals learn how to manage their mental health
3. Providing activities to create peer support
4. Raising awareness and providing education to reduce the stigma around mental health

The Trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit.

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2025**

**STRATEGIC REPORT**  
**Achievements and performance**  
**ACHIEVEMENT AND PERFORMANCE**  
**Some of our Achievements during 2024-2025**

**We support. We partner. We make a difference.**

- 4,838 people were supported across all of our services
- 318 Havering residents were supported by our Advocacy Team
- 30,000 people visited Christmas Land 2024
- 8,000+ people came to Summer Fest 2024 Weekend
- 1127 interventions of help and support were provided through our Gateway Service
- 133 young people were supported through our Ready for Adulthood group sessions
- 216 babies and toddlers were cared for through our Mini Minds Matter crèche
- 171 people were supported through our Safe Connections Suicide Prevention Programme across North East London
- 547 people were reached through our multi lingual online support for Ukrainian families and their hosts
- 440+ volunteer hours given to support our Projects and activities
- 47 volunteer breastfeeding peers were recruited to support our Maternal Health Programme
- 618 women were supported through our Maternal Health Programme
- 202 parents and carers joined our Parent Support Groups
- 334 mums attended our Mums Matter Programme and their babies joined our Mini Minds Matter crèche
- 381 people were supported by our Peer Support Workers in their community
- 335 adults joined our Social Inclusion Service
- 105 people completed our online Supported Self Help Programme
- 11 families were supported through our Early Help Service
- 23 new dads benefitted from joining our Dads In Mind group
- 107 residents joined our Live A Better Life Project
- 136 adults attended our Meaningful Activities Programme of activities
- 27 young people received 1:1 support through our Wellbeing Service
- We launched a new Service offering 1:1 Wellbeing Sessions for young people
- We were awarded the national Mind Federation Quality Mark
- " We were the Winner of 2 Awards for our Essex Family Festival and Mums Matter Project, and Highly Commended for Christmas Land in the Essex Mums Awards in 2024

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2025**

**" 1.2million social media viewership across a 7 week period in November/December 2024**

**" We have listened and created a new and ambitious 5 year Strategic Plan 2025 - 2030**

#### **WHAT OUR CLIENTS HAVE TO SAY**

"The group helps build relationships and provides somewhere to go and you're not alone."

"Keep doing what you're doing - the course is amazing and help you meet others that are also suffering."

"You've really set my mind at rest - thank you."

"Having the space to express myself without feeling judged has been incredibly empowering for me. As a neuro diverse mum, it can be really difficult to express myself and even harder to be heard."

"The sessions have been a lifeline. To gain some advice, perspective and the science behind behaviour has been crucial to us as a family."

"I would tell another young person that it is a brilliant opportunity to feel more confident and be a better person of yourself."

"I found my confidence again due to the support I received."

"I would not have been able to get back out in the community without my peer support worker."

"Yes, I would recommend this course to a friend or a family member, the sessions were covered brilliantly and compassionately."

#### **Financial review**

##### **Financial performance**

The charity held fund balances at 31 March 2025 of £678,592 (2024 - £686,715) comprising restricted funds of £82,951 (2024 - £185,333), and unrestricted funds of £595,641 (2024 - £501,382).

**In 2024/25, Mind in Havering, Barking & Dagenham generated an income of £1,574,501, which was an increase of 7% on 2023/24.**

During the same period, our expenditure on direct services was £1,288,737 and £262,170 was spent on generating funds.

Our principal funders were:

- National Lottery Fund to fund our Live a Better Life Programme
- North East London Foundation Trust to fund our Peer Support Workers across both Boroughs
- London Borough of Havering to fund our Statutory Advocacy Service in Havering
- London Borough of Barking & Dagenham to fund our Mums Matter, Dads in Mind and Mini Minds Matter Services in Barking & Dagenham
- Havering Integrated Care Board to fund our Meaningful Activities Project in Havering

We also secured grant and trust funding throughout the year including a grant from Garfield Weston Foundation.

Some of our work was funded by grants to provide specific services, for example, the Tudor Trust supported our Gateway Service and the National Lottery Community Fund supported our Live a Better Life Project.

In 2024/25, through our own community fundraising, we raised £350,913 to help continue our priority services. This was a significant achievement in a particularly challenging and increasingly competitive fundraising environment for charities. Fundraising helps us to reach more people, and our 2 large scale events each year help us achieve that.

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2025**

**STRATEGIC REPORT**

**Financial review**

**Fundraising, Donations and Legacies**

During 2024/25 our fundraising activities made a significant contribution to our overall income and service delivery.

We raised £350,913 through community and corporate fundraising activities during the 12 months. Our spectacular Christmas Land attraction and Summer Festival were again huge successes with the local community and visitors from far and wide.

A huge thank you to all of our community and corporate fundraisers, individuals, groups of friends and companies who have chosen to highlight mental health and wellbeing and support our work through their fundraising efforts.

Income generated through fundraising, donations and legacies continues to play an important role in ensuring the sustainability and diversity of our services.

Our Corporate and Community Fundraising Strategy includes a focus on increasing our corporate partnership and sponsorship income; and encouraging the amazing individuals and local organisations who continue to support us. We maintain that our fundraising should be carried out in a responsible manner. As such, we will not use fundraising methods that might be considered intrusive or that put pressure on people to donate. We will not share or purchase donor data from third parties.

There were no complaints about our fundraising activities during the year.

**The difference between local Mind and national Mind**

We are an independent charity, led by our own Board of Trustees and raise our own funds. We are also affiliated to Mind nationally.

This means that we meet high quality standards, have the benefits of the experiences and knowledge of a wide network of Mind associations but are able to work locally, to meet local needs. There are around 100 local Minds in communities across England and Wales. Each local Mind is unique; we're independent charities run by local people who understand the needs of our community and tailor our services to match.

If you fundraise for Mind in Havering, Barking & Dagenham or a local Mind, the money raised is spent locally to support local people through services tailored to meet local need.

If you fundraise for or leave a legacy in your Will to Mind, the money raised will only be received and spent nationally to further the work of Mind across England and Wales.

Nationally, Mind campaigns to raise awareness, promote understanding and campaign for change, and is also the first point of call for information and advice.

**Investment policy and objectives**

The Trustees manage the investments within the regulations contained in the Trustee Investments Act 1961. Due to the need to maintain the liquidity of the charity funds are currently held in a deposit account or on bank deposit.

**Haivering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2025**

**STRATEGIC REPORT**

**Financial review**

**Reserves Policy**

Ordinarily, the Trustees' policy is to maintain an appropriate level of unrestricted funds not committed or invested in tangible fixed assets, so that in the event of all funding being withdrawn there would be sufficient resources to wind down the current activities in a professional manner. We have estimated that to ensure an orderly wind down of the Charity a reserve of £300,000 (approximately three months expenditure incurred on Charitable Activities) is required which would be funded from the unrestricted free reserves.

In addition to the estimated wind up costs the trustees have agreed to designate funds to be spent in the coming financial year as follows:

|                                                  | <b>Funding from unrestricted free reserves of</b> |
|--------------------------------------------------|---------------------------------------------------|
| Designated Project                               | <b>£523,600</b>                                   |
| Winding up of charity (3 months operating costs) | 300,000                                           |
| Senior hires                                     | 90,000                                            |
| Fully funded salary increase and NI impact       | 60,000                                            |
| MINDBHD funded projects - Prevention Services    | 25,500                                            |
| - Gateway                                        | 28,000                                            |
| - Supported                                      | 20,100                                            |
| Requirement                                      | 523,600                                           |

Whilst inflation has trended down over the past year the cost of living remains high. We are aware of the pressures this places on staff and the consequent demand for higher salaries. To continue to grow the Charity and ensure we can deliver on the objectives of the Charity we must ensure we continue to attract and retain good quality staff to deliver the continuing demands for our service. However the recent changes to the Employers National Insurance contribution has placed a further financial burden on the Charity which may negatively impact the recruitment and replacement of staff going forward. We may at times therefore self-fund salary adjustments to ensure existing projects do not suffer any degradation to this service.

Due to the nature of the charity's activities it is felt that the maintenance of such reserves is not only financially prudent in general, but is a key requirement in order to provide a managed handover process for clients in the event that the charity had to be wound down. It also provides a positive feeling of stability to both current and potential sources of funding alike, thus giving them confidence that the organisation is sustainable and well managed in its financial affairs.

**Going concern**

The Trustees consider the Charity to be a going concern and they are not aware of any material uncertainties which may cast significant doubt on this view. In addition they have a reasonable expectation that the Charity has adequate resources to continue for the foreseeable future.

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2025**

**STRATEGIC REPORT**

**Financial review**

Total revenue for the year ended 31st March 2025 was £1,574,501 representing an increase of 7.3% compared with last year.

Total costs were £1,582,624 representing an increase of 18.0% compared with last year.

This has resulted in a deficit for the year of £8,123 compared to a surplus in the previous year of £125,975. The increase in expenditure has been partly caused by the increase in Fundraising costs, up by 20.7%. However this is more than compensated for by the 58.4% increase in income from Fundraising events due primarily to the ongoing very successful and profitable Christmas Land annual event. This is very much a family focussed event and once again has been proved to be extremely popular.

**Free reserves have increased to £583,161 (2024: £494,438).**

The main sources of project income for the year are the London Borough of Havering (£161,743), London Borough of Barking and Dagenham (£340,878), BHRUT Clinical Commissioning Group (£69,750) and other charitable foundations (£577,209).

The charity's main expenditure item continues to be staffing costs, which, at £1,129,344 represents 71.5% of total expenditure as compared to 71.2% for last year. Whilst the increase is minimal we expect this expenditure to increase further as the full effect of the increase in National Insurance contributions take effect. The organisation has an experienced, dedicated and hardworking group of staff and we will continue to aim to always recruit staff of the highest possible calibre. Without them and our dedicated team of volunteers our quality range of services could not be maintained in such an efficient manner.

In summary, whilst the UK in general is facing a number of financial challenges, the Charity sector may face further challenges as to how it raises funds and attracts sponsors. MindHBD has successfully consolidated its position in the local community and beyond in the last twelve months and we continue to attract funding with the aim and expectation that we will continue to expand when funding opportunities become available.

**CONCLUSION**

The Charity will continue to endeavour to maintain income and attract sponsorship to ensure stability in what continues to be a difficult economic climate, whilst striving to further improve and expand our services in assisting all members of society who are affected by mental health issues.

**Looking Forward**

Our key goals for 2025/26 are to continue to put people first and build on our organisational excellence

We will

- Make sure that people know about our services and that support is available to them and people that they know, when they need it
- Support people likely to develop mental health problems to stay well
- Empower service users to make informed choices about how they live and recover, and enable them to participate fully in society
- Offer and develop high quality, flexible mental health support through a range of channels including face to face and digital
- Continue to grow our strong, dedicated team and make the most of our assets and resources by building a culture of excellence
- Maintain serving people who reach out to us equally and without judgement; never defining people by a mental health diagnosis

"I'm less isolated. I have options. I know that I'm understood tacitly because everyone's in the same boat. I can be with people without having to explain myself or justify why I'm there." Anonymous, Peer Support Group Member

**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.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2025**

Havering Mind founded in 1961, is a registered charity (No: 1108470). The Charity was incorporated as a company limited by guarantee on 22 March 2001 and is governed by a memorandum and articles of association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

#### **Recruitment and appointment of new Trustees**

The Trustees are appointed every three years by the members of the company at the Annual General Meeting. Additionally the Trustees who are also Directors may be appointed by the existing Directors subject to a maximum of 20.

#### **Organisational structure**

The Charity is run by the Management committee which consists of 3 officers and an elected number of members as decided at the Annual General Meeting. In addition the Committee may co-opt representatives of the voluntary and statutory bodies concerned with Mental Health.

The charity is managed by the trustees. However, the trustees delegate the day to day management of the charity to the Chief Executive Officer by a policy document covering the responsibilities of the Chief Executive Officer.

#### **Induction and training of new Trustees**

Most Trustees are already familiar with the practical work of the charity but all new Trustees undergo an orientation course to brief them on their legal obligations under charity and company law, the content of the Memorandum and Articles of Charity. The committee, decision making processes, the business plan and recent financial performance together with Health and Safety are all covered within the induction. Trustees are encouraged to attend appropriate external training events to support the role they are performing.

#### **Affiliation**

We are affiliated to Mind, the national mental health charity. In all, more than 100 local Minds are affiliated to national Mind. During the year, we have been involved in working with the Mind network, and played a key role in the Mind in London network and a newly formed North East London Strategic Alliance with Mind in Tower Hamlet and Newham, and Mind in City, Hackney and Waltham Forest. We have embedded our expansion of service in the London Borough of Barking & Dagenham.

#### **Staffing**

At the end of the year, Havering Mind had 44 staff (15 full time and 29 part time).

The trustees are responsible for establishing remuneration levels for senior management.

#### **Risk management**

The trustees have identified staff recruitment and retention and sustainability of income as the key risks faced.

The Trustees actively review the major risks which the charity faces on a regular basis and believes maintaining reserves at current levels, combined with a regular review over key financial systems, will provide sufficient resources in the event of any adverse conditions arising. The trustees have also examined other operational and business risks faced by the charity and confirm they have established systems to mitigate significant risks.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

04184862 (England and Wales)

##### **Registered Charity number**

1108470

##### **Registered office**

Harmile House  
54 St Mary's Lane  
Upminster  
Essex  
RM14 2QP

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2025**

**Trustees**

Ms Zenya Greenaway  
Mr Gary Anderson  
Mrs Shahina Haque  
Mr Daniel Robert Shore (resigned 31.12.24)  
Mr Paul Masterson  
Mrs Linda Joy Van Den Hende  
Mrs Rajinder Kaur Johal  
Mr David Alan Hodge  
Miss Sunita Sawali  
Mr Peter Edward Herrington  
Mr Philip Hamilton (appointed 26.2.25)

**Auditors**

Ward Williams  
Belgrave House  
39-43 Monument Hill  
Weybridge  
Surrey  
KT13 8RN

**Bankers**

Barclays Bank Plc  
Newham Business Centre  
737 Barking Road  
London  
E13 9PL

Metro Bank Plc  
Brewery Walk  
Waterloo Road  
Romford RM1 1AU

**CHIEF EXECUTIVE**

Sarah Balser

**STATEMENT OF TRUSTEES' RESPONSIBILITIES**

The trustees (who are also the directors of Havering Mind for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees 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 that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable 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 business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are 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.

**Havering Mind**

**Report of the Trustees  
for the Year Ended 31 March 2025**

**STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued**

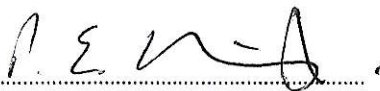
In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

**AUDITORS**

Ward Williams were appointed as auditor to the company and a resolution proposing that they be reappointed will be put at a General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on *15 October 2025* and signed on the board's behalf by:



Mr Peter Edward Herrington - Trustee

## **Report of the Independent Auditors to the Trustees of Havering Mind**

### **Opinion**

We have audited the financial statements of Havering 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.

### **Matters on which we are required to report by exception**

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

## **Report of the Independent Auditors to the Trustees of Havering Mind**

### **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**

We have been appointed as auditors under Section 145 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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

- We obtained an understanding of the legal and regulatory frameworks applicable to the charity and the sector in which they operate. We determined that the following were most significant: the Companies Act 2006, the Charities Act 2011, Child safeguarding and the Health & Safety Executive (HSE).

- We obtained an understanding of how the charity are complying with those legal and regulatory frameworks by making inquiries to the management of the charity. We corroborated our inquiries through our review of correspondence during our audit work.

- We assessed the susceptibility of the charity's financial statements to material misstatement, including how fraud might occur. Audit procedures performed included:

- identifying and assessing the design effectiveness of controls management has in place to prevent and detect fraud;
- understanding how those charged with governance considered and addressed the potential for override of controls or other inappropriate influence over the financial reporting process;
- challenging assumptions and judgements made by management in its significant accounting estimates;
- identifying and testing journal entries, in particular and journal entries posted with unusual account combinations; and
- assessing the extent of compliance with the relevant laws and regulations.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

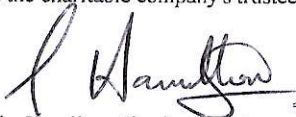
A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

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](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

**Report of the Independent Auditors to the Trustees of  
Havering Mind**

**Use of our report**

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees 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 trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Colin Hamilton (Senior Statutory Auditor)

for and on behalf of Ward Williams

Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006

Belgrave House

39-43 Monument Hill

Weybridge

Surrey

KT13 8RN

Date: 20/10/25

**Havering Mind**

**Statement of Financial Activities  
for the Year Ended 31 March 2025**

|                                    | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 31.3.25<br>Total<br>funds<br>£ | 31.3.24<br>Total<br>funds<br>£ |
|------------------------------------|-------|----------------------------|--------------------------|--------------------------------|--------------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                            |                          |                                |                                |
| Donations and legacies             | 2     | 60,416                     | -                        | 60,416                         | 42,378                         |
| <b>Charitable activities</b>       | 5     |                            |                          |                                |                                |
| Client services                    |       | 163,753                    | 985,827                  | 1,149,580                      | 1,196,478                      |
| Other trading activities           | 3     | 350,913                    | -                        | 350,913                        | 221,482                        |
| Investment income                  | 4     | <u>13,592</u>              | <u>-</u>                 | <u>13,592</u>                  | <u>6,830</u>                   |
| <b>Total</b>                       |       | <u>588,674</u>             | <u>985,827</u>           | <u>1,574,501</u>               | <u>1,467,168</u>               |
| <b>EXPENDITURE ON</b>              |       |                            |                          |                                |                                |
| Raising funds                      | 6     | 262,170                    | -                        | 262,170                        | 217,082                        |
| <b>Charitable activities</b>       | 7     |                            |                          |                                |                                |
| Client services                    |       | 466,055                    | 822,682                  | 1,288,737                      | 1,096,853                      |
| Other                              |       | <u>31,717</u>              | <u>-</u>                 | <u>31,717</u>                  | <u>27,258</u>                  |
| <b>Total</b>                       |       | <u>759,942</u>             | <u>822,682</u>           | <u>1,582,624</u>               | <u>1,341,193</u>               |
| <b>NET INCOME/(EXPENDITURE)</b>    |       | (171,268)                  | 163,145                  | (8,123)                        | 125,975                        |
| Transfers between funds            | 17    | <u>265,527</u>             | <u>(265,527)</u>         | <u>-</u>                       | <u>-</u>                       |
| <b>Net movement in funds</b>       |       | 94,259                     | (102,382)                | (8,123)                        | 125,975                        |
| <b>RECONCILIATION OF FUNDS</b>     |       |                            |                          |                                |                                |
| Total funds brought forward        |       | <u>501,382</u>             | <u>185,333</u>           | <u>686,715</u>                 | <u>560,740</u>                 |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <u>595,641</u>             | <u>82,951</u>            | <u>678,592</u>                 | <u>686,715</u>                 |

The notes form part of these financial statements

# Haivering Mind

## Balance Sheet 31 March 2025

|                                                  | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 31.3.25<br>Total<br>funds<br>£ | 31.3.24<br>Total<br>funds<br>£ |
|--------------------------------------------------|-------|----------------------------|--------------------------|--------------------------------|--------------------------------|
| <b>FIXED ASSETS</b>                              |       |                            |                          |                                |                                |
| Tangible assets                                  | 13    | 12,480                     | -                        | 12,480                         | 6,944                          |
| <b>CURRENT ASSETS</b>                            |       |                            |                          |                                |                                |
| Debtors: amounts falling due within one year     | 14    | 63,006                     | 188,804                  | 251,810                        | 301,465                        |
| Cash at bank and in hand                         |       | <u>628,672</u>             | <u>35,608</u>            | <u>664,280</u>                 | <u>639,651</u>                 |
|                                                  |       | 691,678                    | 224,412                  | 916,090                        | 941,116                        |
| <b>CREDITORS</b>                                 |       |                            |                          |                                |                                |
| Amounts falling due within one year              | 15    | (108,517)                  | (141,461)                | (249,978)                      | (261,345)                      |
| <b>NET CURRENT ASSETS</b>                        |       | <u>583,161</u>             | <u>82,951</u>            | <u>666,112</u>                 | <u>679,771</u>                 |
| <b>TOTAL ASSETS LESS CURRENT<br/>LIABILITIES</b> |       | <u>595,641</u>             | <u>82,951</u>            | <u>678,592</u>                 | <u>686,715</u>                 |
| <b>NET ASSETS</b>                                |       | <u>595,641</u>             | <u>82,951</u>            | <u>678,592</u>                 | <u>686,715</u>                 |
| <b>FUNDS</b>                                     | 17    |                            |                          |                                |                                |
| Unrestricted funds:                              |       |                            |                          |                                |                                |
| General fund                                     |       |                            |                          | 595,641                        | 501,382                        |
| Restricted funds                                 |       |                            |                          | <u>82,951</u>                  | <u>185,333</u>                 |
| <b>TOTAL FUNDS</b>                               |       |                            |                          | <u>678,592</u>                 | <u>686,715</u>                 |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

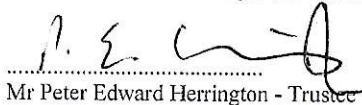
The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been audited under the requirements of Section 145 of the Charities Act 2011.

The financial statements were approved by the Board of Trustees and authorised for issue on 15 October 2025 and were signed on its behalf by:

  
Mr Peter Edward Herrington - Trustee

The notes form part of these financial statements

# Havering Mind

## Cash Flow Statement for the Year Ended 31 March 2025

|                                                                           | Notes | 31.3.25<br>£ | 31.3.24<br>£ |
|---------------------------------------------------------------------------|-------|--------------|--------------|
| <b>Cash flows from operating activities</b>                               |       |              |              |
| Cash generated from operations                                            | 1     | 19,483       | (208,746)    |
| Net cash provided by/(used in) operating activities                       |       | 19,483       | (208,746)    |
| <b>Cash flows from investing activities</b>                               |       |              |              |
| Purchase of tangible fixed assets                                         |       | (8,446)      | (4,762)      |
| Interest received                                                         |       | 13,592       | 6,830        |
| Net cash provided by investing activities                                 |       | 5,146        | 2,068        |
| <b>Change in cash and cash equivalents in the reporting period</b>        |       | 24,629       | (206,678)    |
| <b>Cash and cash equivalents at the beginning of the reporting period</b> |       | 639,651      | 846,329      |
| <b>Cash and cash equivalents at the end of the reporting period</b>       |       | 664,280      | 639,651      |

The notes form part of these financial statements

# Havering Mind

## Notes to the Cash Flow Statement for the Year Ended 31 March 2025

### 1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

|                                                                                                  | 31.3.25<br>£  | 31.3.24<br>£     |
|--------------------------------------------------------------------------------------------------|---------------|------------------|
| Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities) | (8,123)       | 125,975          |
| Adjustments for:                                                                                 |               |                  |
| Depreciation charges                                                                             | 2,910         | 1,425            |
| Loss on disposal of fixed assets                                                                 | -             | 1,421            |
| Interest received                                                                                | (13,592)      | (6,830)          |
| Decrease/(increase) in debtors                                                                   | 49,655        | (264,287)        |
| Decrease in creditors                                                                            | (11,367)      | (66,450)         |
| Net cash provided by/(used in) operations                                                        | <u>19,483</u> | <u>(208,746)</u> |

### 2. ANALYSIS OF CHANGES IN NET FUNDS

|                          | At 1.4.24<br>£ | Cash flow<br>£ | At 31.3.25<br>£ |
|--------------------------|----------------|----------------|-----------------|
| Net cash                 |                |                |                 |
| Cash at bank and in hand | <u>639,651</u> | <u>24,629</u>  | <u>664,280</u>  |
|                          | <u>639,651</u> | <u>24,629</u>  | <u>664,280</u>  |
| Total                    | <u>639,651</u> | <u>24,629</u>  | <u>664,280</u>  |

The notes form part of these financial statements

## **Haivering Mind**

### **Notes to the Financial Statements for the Year Ended 31 March 2025**

#### **1. ACCOUNTING POLICIES**

##### **BASIS OF PREPARING THE FINANCIAL STATEMENTS AND GOING CONCERN**

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.

##### **Going concern**

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these accounts. The trustees have made this assessment in respect to a period of one year from the date of approval of these accounts.

The trustees of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern.

##### **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.

##### **ALLOCATION AND APPORTIONMENT OF COSTS**

The costs of generating funds relate to the costs incurred by the charitable company in raising the funds for its charitable work. Fundraising costs incorporate an apportionment of the cost of the time spent by the administration staff in obtaining new sources of funding and securing the renewal of current funding.

##### **TANGIBLE FIXED ASSETS**

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

|                       |                           |
|-----------------------|---------------------------|
| Plant and machinery   | - 33% on cost             |
| Fixtures and fittings | - 25% on reducing balance |
| Computer equipment    | - 25% on reducing balance |

##### **TAXATION**

The company is a registered charity and therefore is not liable for income tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

##### **FUND ACCOUNTING**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

## Havering Mind

### Notes to the Financial Statements - continued for the Year Ended 31 March 2025

#### 1. ACCOUNTING POLICIES - continued

##### PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### 2. DONATIONS AND LEGACIES

|              | 31.3.25       | 31.3.24       |
|--------------|---------------|---------------|
|              | £             | £             |
| Other income | 30,399        | 1,324         |
| Donations    | 30,017        | 41,054        |
|              | <u>60,416</u> | <u>42,378</u> |

#### 3. OTHER TRADING ACTIVITIES

|                    | 31.3.25 | 31.3.24 |
|--------------------|---------|---------|
|                    | £       | £       |
| Fundraising events | 350,913 | 221,482 |

#### 4. INVESTMENT INCOME

|                          | 31.3.25 | 31.3.24 |
|--------------------------|---------|---------|
|                          | £       | £       |
| Deposit account interest | 13,592  | 6,830   |

#### 5. INCOME FROM CHARITABLE ACTIVITIES

|        | 31.3.25   | 31.3.24   |
|--------|-----------|-----------|
|        | £         | £         |
| Grants | 1,149,580 | 1,196,478 |

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

|                                                             | 31.3.25        | 31.3.24          |
|-------------------------------------------------------------|----------------|------------------|
|                                                             | £              | £                |
| Lottery - Sustainable Building Capabilities Project         | 19,054         | 92,306           |
| London Borough of Havering - Peer Support                   | -              | 83,497           |
| London Borough of Barking and Dagenham - Hoarding project   | -              | 50,826           |
| Meaningful Activities Pathway                               | 81,780         | 47,150           |
| MIND - Suicide prevention                                   | 34,503         | 34,195           |
| Tudor Trust - Gateway                                       | 31,500         | 30,000           |
| HBD - VIP project funded by UCL                             | -              | 6,000            |
| BHRUT CCG - Mum's matter                                    | 69,750         | 94,500           |
| London Borough of Barking and Dagenham - Mums Matter        | 235,000        | 258,500          |
| London Borough of Barking and Dagenham - NELFT Peer Support | 105,878        | 141,940          |
| London Borough of Havering - NELFT Peer Support             | 161,743        | 100,812          |
| London Borough of Barking and Dagenham - Pause2Start        | -              | 55,134           |
| RFA/PSG                                                     | 79,500         | 81,250           |
| London Borough of Havering - Ukrainian Project              | -              | 4,000            |
| BEC - Early help                                            | 45,600         | 51,556           |
| Infant Feeding Lifeline                                     | 60,000         | 36,000           |
| Mind's Supported Self Help Fund                             | 13,405         | 28,812           |
| Dads Matter                                                 | 55,000         | -                |
| Carried forward                                             | <u>992,713</u> | <u>1,196,478</u> |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2025

### 5. INCOME FROM CHARITABLE ACTIVITIES - continued

|                 | 31.3.25          | 31.3.24          |
|-----------------|------------------|------------------|
|                 | £                | £                |
| Brought forward | 992,713          | 1,196,478        |
| Advocacy        | 156,867          | -                |
|                 | <u>1,149,580</u> | <u>1,196,478</u> |

### 6. RAISING FUNDS

#### RAISING DONATIONS AND LEGACIES

Fundraising costs comprise:-

|                      | 31.3.25        | 31.3.24        |
|----------------------|----------------|----------------|
|                      | £              | £              |
| Salaries             | 36,283         | 34,554         |
| Fundraising expenses | 194,887        | 153,190        |
| External fundraiser  | 31,000         | 29,338         |
|                      | <u>262,170</u> | <u>217,082</u> |

### 7. CHARITABLE ACTIVITIES COSTS

|                 | Direct<br>Costs<br>£ |
|-----------------|----------------------|
| Client services | <u>1,288,737</u>     |

### 8. SUPPORT COSTS

|                          | Management<br>£ | Finance<br>£ | Governance<br>costs<br>£ | Totals<br>£   |
|--------------------------|-----------------|--------------|--------------------------|---------------|
| Other resources expended | <u>21,162</u>   | <u>955</u>   | <u>9,600</u>             | <u>31,717</u> |

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

|                        | 31.3.25                             | 31.3.24                  |
|------------------------|-------------------------------------|--------------------------|
|                        | Other<br>resources<br>expended<br>£ | Total<br>activities<br>£ |
| Wages                  | 21,162                              | 19,328                   |
| Bank charges           | 955                                 | 1,030                    |
| Auditors' remuneration | 9,600                               | 6,900                    |
|                        | <u>31,717</u>                       | <u>27,258</u>            |

## Havering Mind

### Notes to the Financial Statements - continued for the Year Ended 31 March 2025

#### 9. NET INCOME/(EXPENDITURE)

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

|                                     | 31.3.25           | 31.3.24           |
|-------------------------------------|-------------------|-------------------|
|                                     | £                 | £                 |
| Auditors' remuneration              | 9,600             | 6,900             |
| Depreciation - owned assets         | 2,910             | 1,425             |
| Deficit on disposal of fixed assets | -                 | 1,421             |
|                                     | <u>          </u> | <u>          </u> |

#### 10. 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.

The Charity subscribes to the Mind block insurance scheme, for trustees and officers.

##### TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

#### 11. STAFF COSTS

|                       | 31.3.25           | 31.3.24           |
|-----------------------|-------------------|-------------------|
|                       | £                 | £                 |
| Wages and salaries    | 1,026,315         | 871,612           |
| Social security costs | 82,775            | 65,498            |
| Other pension costs   | 20,254            | 18,364            |
|                       | <u>          </u> | <u>          </u> |
|                       | <u>1,129,344</u>  | <u>955,474</u>    |

The total remuneration of key management personnel amounted to £68,686 (2024: £65,475).

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

|                        | 31.3.25           | 31.3.24           |
|------------------------|-------------------|-------------------|
| Chief executive        | 1                 | 1                 |
| Direct charitable work | 36                | 37                |
| Administration         | 7                 | 5                 |
| Fundraising            | 1                 | 1                 |
|                        | <u>          </u> | <u>          </u> |
|                        | <u>45</u>         | <u>44</u>         |

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

|                   | 31.3.25           | 31.3.24           |
|-------------------|-------------------|-------------------|
| £60,001 - £70,000 | 1                 | 1                 |
|                   | <u>          </u> | <u>          </u> |

**Havering Mind**

**Notes to the Financial Statements - continued  
for the Year Ended 31 March 2025**

**12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

|                                    | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>funds<br>£   |
|------------------------------------|----------------------------|--------------------------|-----------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |                            |                          |                       |
| Donations and legacies             | 42,378                     | -                        | 42,378                |
| <b>Charitable activities</b>       |                            |                          |                       |
| Client services                    | 199,945                    | 996,533                  | 1,196,478             |
| Other trading activities           | 221,482                    | -                        | 221,482               |
| Investment income                  | 6,830                      | -                        | 6,830                 |
| <b>Total</b>                       | <u>470,635</u>             | <u>996,533</u>           | <u>1,467,168</u>      |
| <b>EXPENDITURE ON</b>              |                            |                          |                       |
| Raising funds                      | 217,082                    | -                        | 217,082               |
| <b>Charitable activities</b>       |                            |                          |                       |
| Client services                    | 444,822                    | 652,031                  | 1,096,853             |
| Other                              | 27,258                     | -                        | 27,258                |
| <b>Total</b>                       | <u>689,162</u>             | <u>652,031</u>           | <u>1,341,193</u>      |
| <b>NET INCOME/(EXPENDITURE)</b>    | (218,527)                  | 344,502                  | 125,975               |
| Transfers between funds            | 366,300                    | (366,300)                | -                     |
| <b>Net movement in funds</b>       | <u>147,773</u>             | <u>(21,798)</u>          | <u>125,975</u>        |
| <b>RECONCILIATION OF FUNDS</b>     |                            |                          |                       |
| Total funds brought forward        | 353,609                    | 207,131                  | 560,740               |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <u><u>501,382</u></u>      | <u><u>185,333</u></u>    | <u><u>686,715</u></u> |

## Havering Mind

### Notes to the Financial Statements - continued for the Year Ended 31 March 2025

#### 13. TANGIBLE FIXED ASSETS

|                       | Plant and<br>machinery<br>£ | Fixtures<br>and<br>fittings<br>£ | Computer<br>equipment<br>£ | Totals<br>£ |
|-----------------------|-----------------------------|----------------------------------|----------------------------|-------------|
| <b>COST</b>           |                             |                                  |                            |             |
| At 1 April 2024       | 15,909                      | 9,611                            | 11,765                     | 37,285      |
| Additions             | -                           | -                                | 8,446                      | 8,446       |
| At 31 March 2025      | 15,909                      | 9,611                            | 20,211                     | 45,731      |
| <b>DEPRECIATION</b>   |                             |                                  |                            |             |
| At 1 April 2024       | 15,909                      | 7,620                            | 6,812                      | 30,341      |
| Charge for year       | -                           | 497                              | 2,413                      | 2,910       |
| At 31 March 2025      | 15,909                      | 8,117                            | 9,225                      | 33,251      |
| <b>NET BOOK VALUE</b> |                             |                                  |                            |             |
| At 31 March 2025      | -                           | 1,494                            | 10,986                     | 12,480      |
| At 31 March 2024      | -                           | 1,991                            | 4,953                      | 6,944       |

Plant and machinery comprises assets associated with the Christmas Land fundraising event.

#### 14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                |                |                |
|--------------------------------|----------------|----------------|
|                                | 31.3.25<br>£   | 31.3.24<br>£   |
| Trade debtors                  | 197,428        | 271,203        |
| Other debtors                  | -              | 5,909          |
| Prepayments and accrued income | 54,382         | 24,353         |
|                                | <u>251,810</u> | <u>301,465</u> |

#### 15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                             |                |                |
|---------------------------------------------|----------------|----------------|
|                                             | 31.3.25<br>£   | 31.3.24<br>£   |
| Trade creditors                             | 25,015         | 41,393         |
| Social security and other taxes             | 24,586         | 13,847         |
| Other creditors                             | 5,957          | 9,583          |
| Accruals and deferred income                | 194,420        | 196,522        |
|                                             | <u>249,978</u> | <u>261,345</u> |
| <b>Deferred Income</b>                      |                |                |
| Deferred income at 1 April 2024             | 187,568        | 275,387        |
| Incoming resources deferred during the year | 182,647        | 187,568        |
| Released from previous years                | (187,568)      | (275,387)      |
| Deferred income as at 31 March 2025         | <u>182,647</u> | <u>187,568</u> |

Deferred income comprises grants for services to be provided after the balance sheet date.

# **Havering Mind**

## **Notes to the Financial Statements - continued** **for the Year Ended 31 March 2025**

### **16. LEASING AGREEMENTS**

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

|                            | 31.3.25<br>£ | 31.3.24<br>£ |
|----------------------------|--------------|--------------|
| Within one year            | 960          | 480          |
| Between one and five years | 1,132        | 701          |
|                            | <u>2,092</u> | <u>1,181</u> |

### **17. MOVEMENT IN FUNDS**

|                           | At 1.4.24<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.3.25<br>£ |
|---------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                                    |                    |
| General fund              | 501,382        | (171,268)                        | 265,527                            | 595,641            |
| <b>Restricted funds</b>   |                |                                  |                                    |                    |
| Restricted funds          | 185,333        | 163,145                          | (265,527)                          | 82,951             |
| <b>TOTAL FUNDS</b>        | <u>686,715</u> | <u>(8,123)</u>                   | <u>-</u>                           | <u>678,592</u>     |

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

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 588,674                    | (759,942)                  | (171,268)                 |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 985,827                    | (822,682)                  | 163,145                   |
| <b>TOTAL FUNDS</b>        | <u>1,574,501</u>           | <u>(1,582,624)</u>         | <u>(8,123)</u>            |

#### **Comparatives for movement in funds**

|                           | At 1.4.23<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.3.24<br>£ |
|---------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                                    |                    |
| General fund              | 353,609        | (218,527)                        | 366,300                            | 501,382            |
| <b>Restricted funds</b>   |                |                                  |                                    |                    |
| Restricted funds          | 207,131        | 344,502                          | (366,300)                          | 185,333            |
| <b>TOTAL FUNDS</b>        | <u>560,740</u> | <u>125,975</u>                   | <u>-</u>                           | <u>686,715</u>     |

## Havering Mind

### Notes to the Financial Statements - continued for the Year Ended 31 March 2025

#### 17. MOVEMENT IN FUNDS - continued

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

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 470,635                    | (689,162)                  | (218,527)                 |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 996,533                    | (652,031)                  | 344,502                   |
| <b>TOTAL FUNDS</b>        | <u>1,467,168</u>           | <u>(1,341,193)</u>         | <u>125,975</u>            |

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

|                           | At 1.4.23<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.3.25<br>£ |
|---------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                                    |                    |
| General fund              | 353,609        | (389,795)                        | 631,827                            | 595,641            |
| <b>Restricted funds</b>   |                |                                  |                                    |                    |
| Restricted funds          | 207,131        | 507,647                          | (631,827)                          | 82,951             |
| <b>TOTAL FUNDS</b>        | <u>560,740</u> | <u>117,852</u>                   | <u>-</u>                           | <u>678,592</u>     |

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

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 1,059,309                  | (1,449,104)                | (389,795)                 |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 1,982,360                  | (1,474,713)                | 507,647                   |
| <b>TOTAL FUNDS</b>        | <u>3,041,669</u>           | <u>(2,923,817)</u>         | <u>117,852</u>            |

#### TRANSFERS BETWEEN FUNDS

The transfer of funds from Restricted Funds to Unrestricted Funds is the net summation of surpluses and deficits arising from projects which came to a natural end during the financial year ending 31 March 2025. For the avoidance of doubt this will also include projects commencing prior to the current financial year which would have been retained as Restricted Funds as at 31 March 2024. Furthermore the nature of these agreements allows the Charity to retain any surplus and similarly cover any deficits arising on a project by project basis.

## **Havering Mind**

### **Notes to the Financial Statements - continued for the Year Ended 31 March 2025**

#### **17. MOVEMENT IN FUNDS - continued**

##### **TRANSFERS BETWEEN FUNDS - continued**

Within the unrestricted funds we have designated an amount of £300,000 to cover any wind up costs should the Charity encounter financial difficulties in the future. This amount will be reviewed annually and will be increased in line with any future growth. Details of how the Charity intends to the remainder of the unrestricted funds is shown in the Financial Report.

#### **18. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2025.

There were no donations from trustees.

#### **19. STATUS**

The organisation is a charitable company limited by guarantee. The company was established under a Memorandum of Association which establishes the object and powers of the charitable company and is governed under its Articles of Association.

---

# Accounts

---

**REGISTERED COMPANY NUMBER: 04184862 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1108470**

**Report of the Trustees and**  
**Audited Financial Statements for the Year Ended 31 March 2024**  
**for**  
**Havering Mind**

## **Havering Mind**

### **Contents of the Financial Statements for the Year Ended 31 March 2024**

|                                                   | <b>Page</b>     |
|---------------------------------------------------|-----------------|
| <b>Chairman's Statement</b>                       | <b>1</b>        |
| <b>Report of the Trustees</b>                     | <b>2 to 14</b>  |
| <b>Report of the Independent Auditors</b>         | <b>15 to 17</b> |
| <b>Statement of Financial Activities</b>          | <b>18</b>       |
| <b>Balance Sheet</b>                              | <b>19</b>       |
| <b>Cash Flow Statement</b>                        | <b>20</b>       |
| <b>Notes to the Cash Flow Statement</b>           | <b>21</b>       |
| <b>Notes to the Financial Statements</b>          | <b>22 to 30</b> |
| <b>Detailed Statement of Financial Activities</b> | <b>31 to 32</b> |

## Haivering Mind

### Chairman's Statement for the Year Ended 31 March 2024

As well as maintaining several of our existing Projects and Services, the development of newly funded services is evidence of an increase in demand for many of our services across both Havering and Barking & Dagenham. Supporting 3,311+ people across both Boroughs in 2023/24, we are continuing to reach more and different members of our community with direct support that is accessible and meets their needs. As trends in demand expand, new services are mobilised, new staff and skills become embedded, and extended partnerships are developed, we will intentionally build from the margins, prioritising those most impacted, least supported and often disenfranchised.

With both awareness and demand increasing, the dedication and passion of our staff and volunteers remain exceptionally high. Staff continue to work with kindness, empathy, care and commitment to both new and existing service users and each other. Despite navigating a challenging landscape this year, and working long hours, colleagues have always put our clients needs first. Staff dedication, resilience and perseverance is remarkable, and I thank them for what they have achieved during the last 12 months.

Both our Summer and Christmas events were fantastic community engagement and awareness raising platforms, despite the Summer Fest only being able to go ahead on 2 out of the 3 planned days due to appalling weather conditions. A big thank you to everyone who was involved in any way, big or small with the planning and delivery of these important local events. They are a unique opportunity for volunteers, clients and staff to come together as one big team for the benefit of the charity; and of course, the funds raised help to maintain our services.

During this year, we said goodbye to Sheldon Attridge, who was part of Mind in Havering, Barking & Dagenham for over 3 decades through his participation in our services, as a volunteer and as a Trustee. Sheldon died on 2nd March 2024 and will be remembered by all who knew him.

You will see from the Treasurers Report that the charity is in a strong financial position. Despite the continued statutory mental health funding and staffing challenges, I believe that we are in a good position to sustain the charity for the future, helping to provide mental health services in Havering and Barking & Dagenham for which we are respected and valued.

Last but not least, a huge thank you to all of our staff, volunteers and Trustees who have been fantastic, and worked collaboratively and so hard this year. I cannot end without also thanking our wonderful sponsors, donors and supporters for their commitment and investment in what we do. Thank you.

*P. Masterson 09/10/2024*

Mr Paul Masterson - Chairman

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

The Trustees who are also Directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The Trustees have adopted the provisions of 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).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

Mind in Havering, Barking & Dagenham objectives are:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions or emotional or mental distress requiring advice or treatment, in the London Borough of Havering and surrounding area (the area of benefit) in association and in accordance with the aims and objects of National Mind.

##### **Charitable Activities and Public benefit**

At Mind in Havering, Barking & Dagenham we are pro-active in supporting and educating people about mental health in our local community.

We do this through:

1. Providing advice and information
2. Helping individuals learn how to manage their mental health
3. Providing activities to create peer support
4. Raising awareness and providing education to reduce the stigma around mental health

The Trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

**Report of the Trustees  
for the Year Ended 31 March 2024**

**STRATEGIC REPORT**

**Achievement and performance**

**Some of our Achievements during 2023-24**

- o We expanded our outreach and conversations around suicide prevention to 124 people across North East London, and connected directly with 1,136 people
- o We supported 1,330 members of the public seeking help and advice through our Gateway Service
- o We directly supported 3,311 individuals through our services, with a ripple effect spreading to over 7,000+ indirectly
- o Our Live a Better Live Programme saw an aggregated attendance of 1,694 at sessions across both Boroughs
- o 20 clients in Barking & Dagenham were supported through our Hoarding Pathway Programme
- o Our Peer Support Workers have worked directly with 171 clients across both Boroughs
- o We delivered Community Workshops on suicide prevention and raised awareness through 357 workshops across North East London
- o We designed and launched our new Mini Minds Matter Programme for under 3's across both Boroughs
- o 145 parents and carers with similar experiences in Havering and Barking & Dagenham, met with peers through our Parent Support Group
- o We designed and mobilised our new Dads in Mind Programme in Barking & Dagenham
- o Our Social Inclusion Programme saw an aggregated attendance of 455 at sessions delivered in Havering
- o We developed our staff through supporting hundreds of hours of continuous personal development training
- o 422 unique visitors accessed our multi lingual online support for Ukrainian refugees and their hosts
- o Havering Christmas Land was visited by over 24,000 people during December 2023
- o We were awarded Best Local Event Winner in the Mums Guide to Romford Awards 2023
- o We delivered 91 face to face interventions through our Gateway Service
- o 263 women were empowered to talk of their own mental health and wellbeing through our Mums Matter Programme across both Boroughs
- o We launched a new Supported Self Help Service, supporting residents across both Boroughs
- o Our total income was £1,467,168
- o Over 28,000 people attended Mind in Havering, Barking & Dagenham Christmas Land, Pop Fest and Family Fest events in 2023
- o We delivered excellent outcomes for many people using our services

**Gateway Service**

**1,333 initial contact, information and advice enquiries**

Our Gateway Service is the foundation of what we do, providing access to information at a time when callers are feeling afraid, anxious, depressed or just don't know what to do. Our interventions have been via telephone, email and face to face

- Supporting people who present in crisis to access the best service to meet their needs
- Offering an initial assessment and further short-term intervention
- Supporting families, friends and carers seeking help for someone they are close to
- Offering a navigation service so that people access the right service at the right time
- Signposting to other local providers to ensure continuity of support
- Introducing new clients to the range of services offered at Mind in Havering, Barking & Dagenham and the local community

People call the Gateway service for advice, information, signposting, and referrals regarding services to support their mental health and matters affecting it. In most cases a client will call or email, have a single conversation after which we don't usually hear from them again. Repeat calls generally arise from complex situations where new resources need to be found.

**People we supported also said:**

"Thank you very much, it's the information I needed"

"Brilliant, you have been so helpful"

"Thank you for taking the time to listen to me"

"Thank you so much, Mind has been the most helpful"

"Thank you, it's good to talk it through to someone who is listening to me"

"Thank you for calling me in my lunch hour, so helpful, thank you"

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

We delivered this service across Havering, Barking and Dagenham

#### **Live a Better Life Project**

272 people supported

Our Live a Better Life Programme supports adults with mental health problems, giving them the tools they need to manage their wellbeing and resilience, acting as a preventative service to reduce further problems from arising. Our aim is to improve the recovery time for those experiencing a crisis with their mental health and ensure ongoing support is provided. We also help people achieve improvements in their overall physical health, and support the development of life-long coping skills for mental wellbeing. The programme run over several weeks, aims to achieve individual goals through CBT informed workshops including 'How to manage stress' and 'How to cope with anxiety'; physical activities including yoga, gardening, badminton and cycling; health workshops such as 'Food & Mood' and 'Sleep & Stress'; and other groups including walking.

"My first day I was nervous if anyone was turning up. I found out about Mind through my doctors and a friend spoke to someone who works at Mind. I met up at Mind and it went from there. I was sent a message to attend the Live a better life 10 week programme. The group on a Wednesday was very handy for me as I go swimming lessons start right after the session. Since joining the programme I now feel I'm not alone, I was at ease in the group and listened to what the presenters were telling us how the group goes and we were asked what we would like to get from the programme. Each session was different and I found it interesting. I am a good listener. Having 2 hrs with the group was a nice feeling and was impressed with how many turned up each week. I liked it that the people were from all walks of life."

We delivered this service in Havering and Barking & Dagenham

#### **Meaningful Activities Project**

105 people supported

Meaningful Activities Project gives a space for those who are suffering with long term mental illness. The project provides sessions which help with mindfulness, confidence and encourages socializing. There are different groups including i) self-discovery which includes poetry, News topics and current affairs ii) games including pool and table tennis iii) creativity including arts, crafts, writing and much more.

"MW has experienced feelings of paranoia and worthlessness. He believes that other people are aware of his mental health struggles. He spent 5 months in Goodmayes Psychiatric Hospital because he was contemplating suicide. He reports having daily fleeting thoughts of suicide and feels unable to escape them. MW - since joining the group I have made some really good friends, I have improved my social life, made connections with friends, and I can open up about any problems that I have shared with people who are in the same position, I enjoy the trips, bowling and the park walks. I and three other members of the group meet and play pool and go for coffee which has helped my mental health. The group is uplifting with banter and jokes, which create a happy atmosphere. Through coming to the group another client has helped me get a volunteering position in a local charity shop, which I really enjoy, without the group I would be absolutely lost, it would leave a big empty space in my life, I would sink back into that dark lonely place I was in, where I felt like my life wasn't worth living. I have been made to feel very welcome, I always look forward to every Wednesday, it's my social getaway day, I can't thank you enough for your support and the massive support for my mental health improvement."

We delivered this service in Havering

#### **Ready for Adulthood Project**

122 young people supported

Ready for Adulthood is a 6-week face-to-face programme for 17-25 year olds experiencing mental health challenges. The interactive and supportive group connects young people and comprises sessions on topics including communication, resilience, wellbeing, living skills plus 1:1 support and peer activities.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

**"Just to let you know, my son went out today with some young people from the Mind group. They went to a park at 1pm and he is still out (email sent at 6pm). He just face-timed me to say they are all going into town together. He looked happier than he has been for years. I can't thank you enough for enabling them all to get together. It really is the best thing that has happened to him."**

We delivered this service in Havering and Barking & Dagenham

#### **Parent Support Group**

##### **145 people supported**

Our Parent Support Group is a 6-week online programme for parents and carers of young people aged 11-25 years experiencing mental health challenges. Our parents and carers meet with peers with similar experiences and receive signposting information plus reassurance, tips and techniques for supporting their young person and their own wellbeing.

**"It is very reassuring to know that I am not the only parent in a similar situation but we all know our children differently. I have learnt that I am a good parent and there are techniques from the course I can employ to encourage a natural flow of communication. Having been selfless and putting my child first as a parent, I am also learning the importance of self-care and to put myself first and enjoying my life with all the turbulence it comes with. I have learnt not to raise my voice and to walk away from situations that can be volatile."**

We delivered this service in Havering and Barking & Dagenham

#### **Mums Matter Project**

##### **263 people supported**

Our Mums Matter Teams were established in January 2022. Mums Matter is a support service to empower mums to take control of their health and wellbeing. The 6 week course was originally designed by mums for mums with a perinatal mental health problem. Our aim is to support mums using a holistic approach to their health and wellbeing incorporating practical and emotional support. We are pleased to share that we support our mums with creche facilities to ensure our mums are able to participate fully in the group sessions. We also invite dads/supporters of each mum to have a 1:1 session with our practitioners towards the end of each course. We have started peer support sessions with fortnightly buggy walks from Harrow Lodge to link Mums in with each other and the project.

**"I don't really know how to put into words how much the Mums Matter Project helped me. When I started the course, I would barely go one day without crying or having a meltdown, due to the frustration I felt for not being a good enough mum. Although I always felt at ease to speak with my husband about how I felt, I found that sharing how I felt with other mums was crucial - and the peer support received from the other mums and the facilitators worked wonders - much better than any medicine, in my opinion. Also, a big thanks to the crèche workers, who always went above and beyond to ensure the little ones were so well looked after! Those two hours every Tuesday were the highlight of my week - they made me realise that us that ask for help are indeed excellent mums. I hope this project continues to help many mums in the future, I'm always talking about it."**

We delivered this service across Havering and Barking and Dagenham

#### **Safe Connections Service**

##### **124 people supported**

Safe Connections aims to support people who are experiencing suicidal thoughts to access the right service at the right time. The primary focus is to support people not known to mental health services, as we want to reach those who are most isolated and vulnerable in the community, and work with them to find other localised support they may need. We offer a safe space for people to talk about their feelings and concerns and explore the underlying reasons as to why someone may feel suicidal. We provide a mixture of emotional and practical support, tailored signposting to help meet the individual's needs, and a personalised wellbeing plan which provides coping strategies and sources of support to use before or during a crisis. The service is integrated with the crisis services within each Local Borough, as well as with local community services. People who present to the service in mental health or suicidal crisis will be supported to access Crisis Intervention or Emergency Services.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

#### **Safe Connections - 0300 561 0115**

Grief in Pieces supports anyone who is bereaved by suicide in the Northeast London boroughs, with the offer of grief education, one to one therapy, and support groups to help navigate the healing and coping process in a safe and confidential environment. The service helps people understand grief, develop coping strategies, and offers a safe space to explore thoughts, feelings, and experience with others. Ongoing support and information about suicide loss is also provided such as, preparing for the inquest, how to support families and children and other relevant services.

#### **Grief in Pieces - 07949 879557**

We delivered this service across North East London

#### **Hoarding Project**

20 people supported

Life should be more than just 'getting by'. But for thousands of people living with a mental health problem that is all they can do. Adults who are reluctant to or who do not engage with services can have complex and diverse needs that often fall between different agencies and can leave them at direct risk of harm. Self-neglect can cover a wide range of behaviours such as neglecting personal hygiene, health or living environment, and includes hoarding. In these situations, peoples' needs are usually long standing and recurring and may be commonly known to a range of agencies. They may frequently put themselves and neighbours, family and animals at significant high risk of harm as self-neglect and hoarding behaviours can lead to the risk of fires, gas and water leaks and of infestations spreading.

The service closed in Autumn 2023, and the service provided a pathway to enable change in hoarding behaviours. Working in partnership with Social Care and Mental Health Teams, we received and worked with people referred to us by statutory services for specified support.

We delivered this service in Barking & Dagenham

#### **Peer Support Workers**

171 people supported

We launched our Peer Support programme in partnership with NELFT in early 2022. Peer support is delivered by those with lived experience of mental distress or as a carer, to build empathy and recovery as a template in their roles. This is a provision of support and recovery guidance to individuals experiencing common and severe mental health problems, and supports recovery-based programmes for service users and members of the local community, in partnership with statutory and community organisations.

**"I am very grateful to have my Peer Support Worker. We need more people in this world helping people like me to grow and become better people. I have been able to live more stable, and achieved more since having her as support. I will truly miss my Peer Support Worker but her own lived life skills will have a lasting effect on me to help me cope in the future."**

We delivered this service across Havering and Barking & Dagenham

#### **Prevention Service/Social Inclusion Project**

178 people supported

Within this service, we supported adults living with mental health problems who are socially isolated and disconnected with their community. The aim of the project is to reduce isolation and promote inclusion.

Within this project, participants are offered:

- A friendly one to one appointment to complete a Recovery Star assessment and to discuss support needs and opportunities

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

- Access to the Ways to Wellbeing course where we share tips for managing stress and improving resilience, good sleeping practices, as well as learning relaxation skills, Mindfulness, peer skills, five ways to wellbeing and confidence building
- Access to the Link course where we share the importance of connecting with nature, walk and talk, practicing Mindfulness, Mood and Food, being kind to yourself, problem solving, opportunities to connect with your local community, discovering volunteering opportunities, and creating a personalised wellbeing plan
- Signposting and warm transfer to other relevant services

"Before joining the programme, I was overwhelmed with anxiety and felt very isolated and alone. I knew no one in the area and was very overwhelmed with my situation at home. Since starting the programme and in this present moment I feel more confident and have found genuine friendships and support. I am able to share my story without fear of judgement or repercussion (which I cannot do at home). I have noticed a difference in myself, my general outlook has improved and for the first time in a long time I am looking forward to my future. Getting my own place is something I would have really struggled with without the support I have found here. I have enjoyed meeting everyone and expanding my social circle also learning coping mechanisms for my symptoms. These tools have really helped with my personal development. You really don't understand how much you have helped me."

We delivered this service in Havering

#### **Pause 2 Start**

5 people supported through to July 2023 when the service closed

Pause 2 Start is a programme designed in collaboration with our delivery partner Pause, and the service users supported by Pause who have children removed from their care. The programme offers eight sessions. Within these sessions, a safe environment is created should service users want to discuss their journey and feelings of guilt grief and loss. Other sessions include information and opportunity to discuss, anger, self-esteem, confidence, communication with the aims of providing information to support future resilience to life's adversities. Sessions on self-nurturing such as a cookery workshop and arts and crafts are included to provide an opportunity for feel good activities to be used for future wellbeing.

Feedback from clients has shown value for coming together in a safe space, trying new activities and providing learning to support resilience.

"I have enjoyed the art and the cookery. I felt that I wouldn't join in but I did and I feel good about that"

"I enjoyed the programme. It was easy to share my views within the group. I was comfortable being with the group"

"I feel that I understood my bodies' response's to emotions better which helps me have more control"

We delivered this service in Barking and Dagenham

#### **Supported Self Help**

16 people supported

Launched in early Spring 2024, our new service helps clients to understand their emotions over a 6 week programme. We provide information, resources and regular phone calls to help people improve how they feel.

Topics explored include Anxiety - Anger Management - Depression - Feeling Alone - Grief and Loss - Self Esteem - Stress - Menopause

[mind.org.uk/supported-self-help](http://mind.org.uk/supported-self-help)

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

"My practitioner was so helpful and lovely. I felt at ease talking to her and she intercepted when required but also gave me time to process my thoughts and feelings. I felt comfortable expressing my emotions to her and she always helped me providing me the relevant workbooks as appropriate to our session. Supported Self-Help helped me to categorise my thoughts and helped with my anxiety. Now I have my ups and downs but I feel better as I've recognised what I can improve on. I would definitely recommend supported self-help to others."

We delivered this service in Havering, Barking & Dagenham and nationally

#### **Infant Feeding Programme**

13 volunteer breastfeeding peers recruited

111 women supported

We work with parents currently in antenatal and postnatal stages (focused on the first 6 months of life - but open to any family) who have questions about breastfeeding past this age, as WHO recommends breastfeeding until at least 2 years of age). This programme is part of the Start for Life initiative, with the aim of creating through training, a committed and diverse network of volunteer breastfeeding peer supporters who will provide advice when it's needed, as well as face-to-face and online breastfeeding support sessions.

"I'm an older mum. I wasn't expecting to feel like this but when I had my son I was somewhat isolated. I thought feeding him would be easy. He is a very inquisitive baby and easily gets distracted when feeding, it felt frustrating to me as feeds would take long and I wasn't sure I could persevere. I felt like my baby was rejecting my feeds. I met the infant feeding team at Thames Community Hub and I have been going there weekly ever since. I appreciate the help and support they give me and I look forward to going each week. The ladies have reassured me that my son taking longer to feed is normal, they have supported me and given me the strength to carry on breast feeding. I feel I belong, it's great to know I can call them or just pop along to the group each week. I felt I was failing but now I am doing well."

"I am a mother of four, my eldest child is 14 and my youngest 18 months. I am dedicated to my children and I wouldn't have it any other way but part of me felt like I was missing a sense of purpose. I was introduced to the Infant Feeding Team by Mums Matter. They offered me the chance to become a volunteer and provided me with infant feeding training. I have experience of feeding but the course has taught me lots that I didn't already know. I feel like I have done something for myself and I am proud that I can help others. I feel like I have a new sense of purpose, I've always wanted to do something that helps other people, it feels nice that I can."

We delivered this service in Barking & Dagenham

#### **Early Help Service**

11 people supported

We have started working as a lead member of a Consortium of 7 local organizations through the Start for Life initiative to deliver a service that offers wrap-around support for families who may be struggling and need some early help. We support families with at least one child between conception to 5 years. The support is provided to the whole family, including any siblings up to the age of 19 years (or 25 years with SEND) .

"Thank you for today your assistance it is helping to bring stability to mine and H's life, we appreciate you."

"Before you help me I was low you gave me hope."

"Thank you for the moral support when visiting the school and for meeting with my children."

We delivered this service in Barking & Dagenham

#### **Ukrainian Refugee Support Project**

422 people supported

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

Over 2 million people have fled to neighbouring countries including the UK, as the tragedy in the Ukraine continues to unfold.

The new microcyte resource on our website provided access to mental health and wellbeing support for Ukrainian refugees, and advice for their hosts on how they can support those affected by the crisis in Ukraine.

We offered information, practical advice, signposting to resources and organisations promoting additional support.

**We delivered this service through our website [www.haveringmind.org.uk](http://www.haveringmind.org.uk)**

#### **Training**

We have provided tailored mental health training to organisations, businesses, individuals, charities and schools this year. Our 3 main training programmes are:

- Mental Health Awareness
- Mental Health in the Workplace
- Mental Health and Young People

Taking part in our training can lead to - more confidence to talk about mental health - improved knowledge around what support is available - greater understanding of mental health - more mindfulness of how people are feeling - more positive ways to start conversations in the workplace.

#### **Fundraising, Donations and Legacies**

Income generated through fundraising, donations and legacies will continue to play an important role in ensuring the sustainability and diversity of our services. Our Corporate and Community Fundraising Strategy includes a focus on increasing our corporate partnership and sponsorship income; and encouraging the amazing individuals and local organisations who continue to support us. We maintain that our fundraising should be carried out in a responsible manner. As such, we will not use fundraising methods that might be considered intrusive or that put pressure on people to donate. We will not share or purchase donor data from third parties.

There were no complaints about our fundraising activities during the year.

#### **Financial review**

##### **Financial position**

The charity held fund balances at 31 March 2024 of £686,715 (2023 - £560,740) comprising restricted funds of £185,333 (2023 - £207,131), and unrestricted funds of £501,382 (2023 - £353,609).

During the period under review a number of planned MIND funded projects were delayed due to the appropriate resources not being available and several projects coming to a natural end, both of which contributed to the surplus, and consequently the increase in unrestricted funds, for the year under review.

As the Charity now generates an annual level of income in excess of £1,000,000 it is legally required to appoint an auditor to conduct an annual independent audit. Ward Williams have been appointed as Auditors to the Charity and their report for the year ended 31 March 2024 is attached.

##### **Principal funding sources**

The principal funding sources for the charity were grants from the London Borough of Havering and the London Borough of Barking & Dagenham, NHS Clinical Commissioning Groups and ICB, the Lottery Community Fund, The Garfield Weston Foundation, The Tudor Trust and North East London Foundation Trust amongst others.

We are grateful to all our funders for their support during a challenging year.

##### **Investment policy and objectives**

The Trustees manage the investments within the regulations contained in the Trustee Investments Act 1961. Due to the need to maintain the liquidity of the charity funds are currently held in a deposit account or on bank deposit.

## Haivering Mind

### Report of the Trustees for the Year Ended 31 March 2024

#### Financial review

##### Reserves Policy

Ordinarily, the Trustees' policy is to maintain an appropriate level of unrestricted funds not committed or invested in tangible fixed assets, so that in the event of all funding being withdrawn there would be sufficient resources to wind down the current activities in a professional manner. We have estimated that to ensure an orderly wind down of the Charity a reserve of £250,000 (approximately three months expenditure incurred on Charitable Activities) is required which would be funded from the unrestricted free reserves.

In addition to the estimated wind up costs the trustees have agreed to designate funds to be spent in the coming financial year as follows:

|                                                           | Funding from unrestricted free reserves of |
|-----------------------------------------------------------|--------------------------------------------|
| Designated Project                                        | <b>£501,382</b>                            |
| Winding up of charity (3 months operating costs)          | 250,000                                    |
| Refurbishment costs -Furniture & fittings and IT upgrades | 45,000                                     |
| Senior hires and fully funded salary increase             | 82,000                                     |
| MINDBHD funded projects - Social Inclusion                | 55,000                                     |
| - Gateway                                                 | 25,000                                     |
| - Supported                                               | 25,000                                     |
| Self Help Requirement                                     | 482,000                                    |

Whilst inflation has trended down over the past year the cost of living remains high. We are aware of the pressures this places on staff and the consequent demand for higher salaries. To continue to grow the Charity and ensure we can deliver on the objectives of the Charity we must ensure we continue to attract and retain good quality staff to deliver the continuing demands for our service. We may at times therefore self-fund salary adjustments to ensure existing projects do not suffer any degradation to this service.

Due to the nature of the charity's activities it is felt that the maintenance of such reserves is not only financially prudent in general, but is a key requirement in order to provide a managed handover process for clients in the event that the charity had to be wound down. It also provides a positive feeling of stability to both current and potential sources of funding alike, thus giving them confidence that the organisation is sustainable and well managed in its financial affairs.

#### Going concern

The Trustees consider the Charity to be a going concern and they are not aware of any material uncertainties which may cast significant doubt on this view. In addition they have a reasonable expectation that the Charity has adequate resources to continue for the foreseeable future.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

#### **Financial review Treasurer's Report**

Total revenue for the year ended 31st March 2024 was £1,467,168 representing an increase of 2.7% compared with last year.

Total costs were £1,341,193 representing a decrease of 1.2% compared with last year.

Net surplus for the year amounted to £125,975 compared to a surplus in the previous year of £72,354.

Free reserves have increased to £494,438 (2023: £348,581).

The main sources of project income for the year are the London Borough of Havering (£188,309), London Borough of Barking and Dagenham (£506,400), BHRUT Clinical Commissioning Group (£94,500) and other charitable foundations (£407,269).

The charity's main expenditure item continues to be staffing costs, which, at £955,474 represents 71.2% of total expenditure as compared to 74% for last year. The decrease is primarily due to unexpected staff departures and are currently actively recruiting. The organisation has an experienced, dedicated and hardworking group of staff and we will continue to aim to always recruit staff of the highest possible calibre. Without them and our dedicated team of volunteers our quality range of services could not be maintained in such an efficient manner.

In summary, the charity has consolidated its position in the local community and beyond in the last twelve months and we continue to attract funding with the aim and expectation that we will continue to expand when funding opportunities become available.

#### **CONCLUSION**

The Board will endeavour to maintain income to ensure stability in what continues to a difficult economic climate, whilst striving to further improve and expand our services in assisting all members of society who are affected by mental health issues.

#### **Future plans**

The trustees are focussed on increasing project funding from additional sources so that the organisation is able to widen, increase and improve further the various mental health services it provides in Havering Barking and Dagenham.

This continues to be supplemented by the excellent contribution from the fundraising team. Although our Essex Fest Weekend was not as profitable as planned for due to severe bad weather leading to the cancellation of one of the days, the Havering Christmas Land was even more successful than previous events and significantly contributed once again to our income. These events not only raise income for the charity but also increase our profile in Havering and Barking and Dagenham to the general public.

The charity will continue to rely upon voluntary staff, who assist significantly in the day to day running of our organisation. It is very important that we continue to invest in the training and support for both volunteers and staff alike.

#### **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.

Havering Mind founded in 1961, is a registered charity (No: 1108470). The Charity was incorporated as a company limited by guarantee on 22 March 2001 and is governed by a memorandum and articles of association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

##### **Recruitment and appointment of new Trustees**

The Trustees are appointed every three years by the members of the company at the Annual General Meeting. Additionally the Trustees who are also Directors may be appointed by the existing Directors subject to a maximum of 20.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Organisational structure**

The Charity is run by the Management committee which consists of 4 officers and an elected number of members as decided at the Annual General Meeting. In addition the Committee may co-opt representatives of the voluntary and statutory bodies concerned with Mental Health.

The charity is managed by the trustees. However, the trustees delegate the day to day management of the charity to the Chief Executive Officer by a policy document covering the responsibilities of the Chief Executive Officer.

##### **Induction and training of new Trustees**

Most Trustees are already familiar with the practical work of the charity but all new Trustees undergo an orientation course to brief them on their legal obligations under charity and company law, the content of the Memorandum and Articles of Charity. The committee, decision making processes, the business plan and recent financial performance together with Health and Safety are all covered within the induction. Trustees are encouraged to attend appropriate external training events to support the role they are performing.

##### **Affiliation**

We are affiliated to Mind, the national mental health charity. In all, more than 114 local Minds are affiliated to national Mind. During the year, we have been involved in working with the Mind network, and played a key role in the Mind in London network and a newly formed North East London Strategic Alliance with Mind in Tower Hamlet and Newham, and Mind in City, Hackney and Waltham Forest. We have embedded our expansion of service in the London Borough of Barking & Dagenham.

##### **Staffing**

At the end of the year, Havering Mind had 39 staff (9 full time and 30 part time).

The trustees are responsible for establishing remuneration levels for senior management.

##### **Risk management**

The trustees have identified staff recruitment and retention and sustainability of income as the key risks faced.

The Trustees actively review the major risks which the charity faces on a regular basis and believes maintaining reserves at current levels, combined with a regular review over key financial systems, will provide sufficient resources in the event of any adverse conditions arising. The trustees have also examined other operational and business risks faced by the charity and confirm they have established systems to mitigate significant risks.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

04184862 (England and Wales)

##### **Registered Charity number**

1108470

##### **Registered office**

Harmile House  
54 St Mary's Lane  
Upminster  
Essex  
RM14 2QP

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2024**

#### **Trustees**

Ms Zenya Greenaway  
Mr Gary Anderson  
Mrs Shahina Haque  
Mr Daniel Robert Shore  
Mr Paul Masterson  
Mrs Linda Joy Van Den Hende  
Miss Tracey Colleen Nunn (resigned 19.4.23)  
Mrs Rajinder Kaur Johal  
Mr David Alan Hodge  
Miss Sunita Sawali  
Mr Peter Edward Herrington

#### **Auditors**

Ward Williams  
Belgrave House  
39-43 Monument Hill  
Weybridge  
Surrey  
KT13 8RN

#### **Bankers**

Barclays Bank Plc  
Newham Business Centre  
737 Barking Road  
London  
E13 9PL

Metro Bank Plc  
Brewery Walk  
Waterloo Road  
Romford RM1 1AU

#### **CHIEF EXECUTIVE**

Sarah Balser

#### **STATEMENT OF TRUSTEES' RESPONSIBILITIES**

The trustees (who are also the directors of Havering Mind for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees 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 that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable 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 business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are 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.

**Havering Mind**

**Report of the Trustees  
for the Year Ended 31 March 2024**

**STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued**

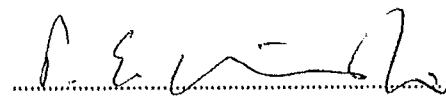
In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

**AUDITORS**

Ward Williams were appointed as auditor to the company and a resolution proposing that they be reappointed will be put at a General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on .....02/01/2024..... and signed on the board's behalf by:



Mr Peter Edward Herrington - Trustee

## **Report of the Independent Auditors to the Trustees of Havering Mind**

### **Opinion**

We have audited the financial statements of Havering Mind (the 'charity') for the year ended 31 March 2024 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the 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, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (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.

### **Matters on which we are required to report by exception**

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- the charitable company has not kept adequate accounting records; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

## **Report of the Independent Auditors to the Trustees of Havering Mind**

### **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**

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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

- We obtained an understanding of the legal and regulatory frameworks applicable to the charity and the sector in which they operate. We determined that the following were most significant: the Companies Act 2006, the Charities Act 2011, Child safeguarding and the Health & Safety Executive (HSE).

- We obtained an understanding of how the charity are complying with those legal and regulatory frameworks by making inquiries to the management of the charity. We corroborated our inquiries through our review of correspondence during our audit work.

- We assessed the susceptibility of the charity's financial statements to material misstatement, including how fraud might occur. Audit procedures performed included:

- identifying and assessing the design effectiveness of controls management has in place to prevent and detect fraud;
- understanding how those charged with governance considered and addressed the potential for override of controls or other inappropriate influence over the financial reporting process;
- challenging assumptions and judgements made by management in its significant accounting estimates;
- identifying and testing journal entries, in particular and journal entries posted with unusual account combinations; and
- assessing the extent of compliance with the relevant laws and regulations.

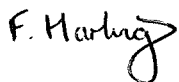
Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditors-responsibilities>. This description forms part of our auditor's report.

**Report of the Independent Auditors to the Trustees of  
Havering Mind**

**Use of our report**

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees 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 trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Frank Harling (Senior Statutory Auditor)  
for and on behalf of Ward Williams  
Eligible to act as an auditor in terms of Section 1212 of the Companies Act 2006  
Belgrave House  
39-43 Monument Hill  
Weybridge  
Surrey  
KT13 8RN

Date: 11/10/2024.....

# Havering Mind

## Statement of Financial Activities for the Year Ended 31 March 2024

|                                        |       | Unrestricted<br>funds<br>£  | Restricted<br>funds<br>£    | 31.3.24<br>Total<br>funds<br>£ | 31.3.23<br>Total<br>funds<br>£ |
|----------------------------------------|-------|-----------------------------|-----------------------------|--------------------------------|--------------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>      | Notes |                             |                             |                                |                                |
| Donations and legacies                 | 2     | 42,378                      | -                           | 42,378                         | 35,716                         |
| <b>Charitable activities</b>           | 5     |                             |                             |                                |                                |
| Client services                        |       | 199,945                     | 996,533                     | 1,196,478                      | 1,138,878                      |
| Other trading activities               | 3     | 221,482                     | -                           | 221,482                        | 248,517                        |
| Investment income                      | 4     | 6,830                       | -                           | 6,830                          | 1,727                          |
| Other income                           |       | -                           | -                           | -                              | 4,448                          |
| <b>Total</b>                           |       | <u>470,635</u>              | <u>996,533</u>              | <u>1,467,168</u>               | <u>1,429,286</u>               |
| <br><b>EXPENDITURE ON</b>              |       |                             |                             |                                |                                |
| Raising funds                          | 6     | 217,082                     | -                           | 217,082                        | 260,226                        |
| <b>Charitable activities</b>           | 7     |                             |                             |                                |                                |
| Client services                        |       | 444,822                     | 652,031                     | 1,096,853                      | 1,074,073                      |
| Other                                  |       | <u>27,258</u>               | <u>-</u>                    | <u>27,258</u>                  | <u>22,633</u>                  |
| <b>Total</b>                           |       | <u>689,162</u>              | <u>652,031</u>              | <u>1,341,193</u>               | <u>1,356,932</u>               |
| <br><b>NET INCOME/(EXPENDITURE)</b>    |       |                             |                             |                                |                                |
| Transfers between funds                | 16    | (218,527)<br><u>366,300</u> | 344,502<br><u>(366,300)</u> | 125,975<br><u>-</u>            | 72,354<br><u>-</u>             |
| Net movement in funds                  |       | 147,773                     | (21,798)                    | 125,975                        | 72,354                         |
| <br><b>RECONCILIATION OF FUNDS</b>     |       |                             |                             |                                |                                |
| Total funds brought forward            |       | <u>353,609</u>              | <u>207,131</u>              | <u>560,740</u>                 | <u>488,386</u>                 |
| <br><b>TOTAL FUNDS CARRIED FORWARD</b> |       | <u><u>501,382</u></u>       | <u><u>185,333</u></u>       | <u><u>686,715</u></u>          | <u><u>560,740</u></u>          |

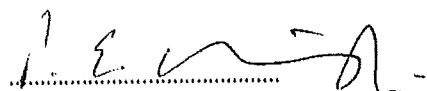
The notes form part of these financial statements

# Haverling Mind

## Balance Sheet 31 March 2024

|                                                  | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 31.3.24<br>Total<br>funds<br>£ | 31.3.23<br>Total<br>funds<br>£ |
|--------------------------------------------------|-------|----------------------------|--------------------------|--------------------------------|--------------------------------|
| <b>FIXED ASSETS</b>                              |       |                            |                          |                                |                                |
| Tangible assets                                  | 13    | 6,944                      | -                        | 6,944                          | 5,028                          |
| <b>CURRENT ASSETS</b>                            |       |                            |                          |                                |                                |
| Debtors: amounts falling due within one year     | 14    | 30,262                     | 271,203                  | 301,465                        | 37,178                         |
| Cash at bank and in hand                         |       | <u>639,651</u>             | <u>-</u>                 | <u>639,651</u>                 | <u>846,329</u>                 |
|                                                  |       | 669,913                    | 271,203                  | 941,116                        | 883,507                        |
| <b>CREDITORS</b>                                 |       |                            |                          |                                |                                |
| Amounts falling due within one year              | 15    | (175,475)                  | (85,870)                 | (261,345)                      | (327,795)                      |
| <b>NET CURRENT ASSETS</b>                        |       | <u>494,438</u>             | <u>185,333</u>           | <u>679,771</u>                 | <u>555,712</u>                 |
| <b>TOTAL ASSETS LESS CURRENT<br/>LIABILITIES</b> |       | <u>501,382</u>             | <u>185,333</u>           | <u>686,715</u>                 | <u>560,740</u>                 |
| <b>NET ASSETS</b>                                |       | <u>501,382</u>             | <u>185,333</u>           | <u>686,715</u>                 | <u>560,740</u>                 |
| <b>FUNDS</b>                                     | 16    |                            |                          |                                |                                |
| Unrestricted funds:                              |       |                            |                          |                                |                                |
| General fund                                     |       |                            |                          | 501,382                        | 353,609                        |
| Restricted funds                                 |       |                            |                          | <u>185,333</u>                 | <u>207,131</u>                 |
| <b>TOTAL FUNDS</b>                               |       |                            |                          | <u>686,715</u>                 | <u>560,740</u>                 |

The financial statements were approved by the Board of Trustees and authorised for issue on  
 .....02/10/2024..... and were signed on its behalf by:

  
 .....  
 Mr Peter Edward Herrington - Trustee

The notes form part of these financial statements

# Havering Mind

## Cash Flow Statement for the Year Ended 31 March 2024

|                                                                           | Notes | 31.3.24<br>£                 | 31.3.23<br>£                 |
|---------------------------------------------------------------------------|-------|------------------------------|------------------------------|
| <b>Cash flows from operating activities</b>                               |       |                              |                              |
| Cash generated from operations                                            | 1     | <u>(208,746)</u>             | <u>324,927</u>               |
| Net cash (used in)/provided by operating activities                       |       | <u>(208,746)</u>             | <u>324,927</u>               |
| <b>Cash flows from investing activities</b>                               |       |                              |                              |
| Purchase of tangible fixed assets                                         |       | (4,762)                      | -                            |
| Sale of tangible fixed assets                                             |       | -                            | 5,100                        |
| Interest received                                                         |       | <u>6,830</u>                 | <u>1,727</u>                 |
| Net cash provided by investing activities                                 |       | <u>2,068</u>                 | <u>6,827</u>                 |
|                                                                           |       | <hr/>                        | <hr/>                        |
| <b>Change in cash and cash equivalents in the reporting period</b>        |       | <b>(206,678)</b>             | <b>331,754</b>               |
| <b>Cash and cash equivalents at the beginning of the reporting period</b> |       | <u><b>846,329</b></u>        | <u><b>514,575</b></u>        |
| <b>Cash and cash equivalents at the end of the reporting period</b>       |       | <u><u><b>639,651</b></u></u> | <u><u><b>846,329</b></u></u> |

The notes form part of these financial statements

# Havering 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

|                                                                                    |                  |                |
|------------------------------------------------------------------------------------|------------------|----------------|
|                                                                                    | 31.3.24          | 31.3.23        |
|                                                                                    | £                | £              |
| Net income for the reporting period (as per the Statement of Financial Activities) | 125,975          | 72,354         |
| Adjustments for:                                                                   |                  |                |
| Depreciation charges                                                               | 1,425            | 1,895          |
| Loss/(profit) on disposal of fixed assets                                          | 1,421            | (4,448)        |
| Interest received                                                                  | (6,830)          | (1,727)        |
| (Increase)/decrease in debtors                                                     | (264,287)        | 180,104        |
| (Decrease)/increase in creditors                                                   | <u>(66,450)</u>  | <u>76,749</u>  |
| Net cash (used in)/provided by operations                                          | <u>(208,746)</u> | <u>324,927</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 | <u>846,329</u> | <u>(206,678)</u> | <u>639,651</u> |
|                          | <u>846,329</u> | <u>(206,678)</u> | <u>639,651</u> |
| Total                    | <u>846,329</u> | <u>(206,678)</u> | <u>639,651</u> |

The notes form part of these financial statements

Notes to the Financial Statements  
for the Year Ended 31 March 2024

1. ACCOUNTING POLICIES

**BASIS OF PREPARING THE FINANCIAL STATEMENTS AND GOING CONCERN**

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.

**Going concern**

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these accounts. The trustees have made this assessment in respect to a period of one year from the date of approval of these accounts.

The trustees of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern.

**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.

**ALLOCATION AND APPORTIONMENT OF COSTS**

The costs of generating funds relate to the costs incurred by the charitable company in raising the funds for its charitable work. Fundraising costs incorporate an apportionment of the cost of the time spent by the administration staff in obtaining new sources of funding and securing the renewal of current funding.

**TANGIBLE FIXED ASSETS**

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

|                       |                           |
|-----------------------|---------------------------|
| Plant and machinery   | - 33% on cost             |
| Fixtures and fittings | - 25% on reducing balance |
| Computer equipment    | - 25% on reducing balance |

**TAXATION**

The company is a registered charity and therefore is not liable for income tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

**FUND ACCOUNTING**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2024

### 1. ACCOUNTING POLICIES - continued

#### PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

### 2. DONATIONS AND LEGACIES

|              | 31.3.24       | 31.3.23       |
|--------------|---------------|---------------|
|              | £             | £             |
| Other income | 1,324         | 5,461         |
| Donations    | <u>41,054</u> | <u>30,255</u> |
|              | <u>42,378</u> | <u>35,716</u> |

### 3. OTHER TRADING ACTIVITIES

|                    | 31.3.24        | 31.3.23        |
|--------------------|----------------|----------------|
|                    | £              | £              |
| Fundraising events | <u>221,482</u> | <u>248,517</u> |

### 4. INVESTMENT INCOME

|                          | 31.3.24      | 31.3.23      |
|--------------------------|--------------|--------------|
|                          | £            | £            |
| Deposit account interest | <u>6,830</u> | <u>1,727</u> |

### 5. INCOME FROM CHARITABLE ACTIVITIES

|        | 31.3.24          | 31.3.23          |
|--------|------------------|------------------|
|        | £                | £                |
| Grants | <u>1,196,478</u> | <u>1,138,878</u> |

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

|                                                             | 31.3.24       | 31.3.23       |
|-------------------------------------------------------------|---------------|---------------|
|                                                             | £             | £             |
| Garfield Weston                                             | -             | 30,000        |
| Lottery - Sustainable Building Capabilities Project         | 92,306        | 83,562        |
| London Borough of Havering - Peer Support                   | 83,497        | 76,519        |
| London Borough of Havering - Telephone triage service       | -             | 44,500        |
| London Borough of Barking and Dagenham - Hoarding project   | 50,826        | 51,701        |
| Meaningful Activities Pathway                               | 47,150        | 54,428        |
| MIND - Suicide prevention                                   | 34,195        | 42,744        |
| Tapestry - Social prescriber                                | -             | 19,367        |
| Tudor Trust - Gateway                                       | 30,000        | 30,000        |
| DWP - Economical Wellbeing Project                          | -             | 41,111        |
| Bulldog - Peer support                                      | -             | 9,596         |
| HBD - VIP project funded by UCL                             | 6,000         | 58,880        |
| BHRUT CCG - Mum's matter                                    | 94,500        | 91,392        |
| London Borough of Barking and Dagenham - Mums Matter        | 258,500       | 114,000       |
| London Borough of Barking and Dagenham - NELFT Peer Support | 141,940       | 103,492       |
| London Borough of Havering - NELFT Peer Support             | 100,812       | 151,813       |
| Peoples Health Trust - LINKS                                | -             | 1,500         |
| London Borough of Barking and Dagenham - Pause2Start        | <u>55,134</u> | <u>55,134</u> |
| Carried forward                                             | 994,860       | 1,059,739     |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2024

### 5. INCOME FROM CHARITABLE ACTIVITIES - continued

|                                                | 31.3.24          | 31.3.23          |
|------------------------------------------------|------------------|------------------|
|                                                | £                | £                |
| Brought forward                                | 994,860          | 1,059,739        |
| RFA/PSG                                        | 81,250           | 73,139           |
| London Borough of Havering - Ukrainian Project | 4,000            | 6,000            |
| BEC - Early help                               | 51,556           | -                |
| Infant Feeding Lifeline                        | 36,000           | -                |
| Mind's Supported Self Help Fund                | 28,812           | -                |
|                                                | <u>1,196,478</u> | <u>1,138,878</u> |

### 6. RAISING FUNDS

#### RAISING DONATIONS AND LEGACIES

Fundraising costs comprise:-

|                      | 31.3.24        | 31.3.23        |
|----------------------|----------------|----------------|
|                      | £              | £              |
| Salaries             | 34,554         | 31,052         |
| Fundraising expenses | 153,190        | 142,352        |
| External fundraiser  | 29,338         | 86,822         |
|                      | <u>217,082</u> | <u>260,226</u> |

### 7. CHARITABLE ACTIVITIES COSTS

|                 | Direct<br>Costs<br>£ |
|-----------------|----------------------|
| Client services | <u>1,096,853</u>     |

### 8. SUPPORT COSTS

|                          | Management<br>£ | Finance<br>£ | Governance<br>costs<br>£ | Totals<br>£   |
|--------------------------|-----------------|--------------|--------------------------|---------------|
| Other resources expended | <u>19,328</u>   | <u>1,030</u> | <u>6,900</u>             | <u>27,258</u> |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2024

### 8. SUPPORT COSTS - continued

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

|                        | 31.3.24                             | 31.3.23                  |
|------------------------|-------------------------------------|--------------------------|
|                        | Other<br>resources<br>expended<br>£ | Total<br>activities<br>£ |
| Wages                  | 19,328                              | 14,657                   |
| Bank charges           | 1,030                               | 1,076                    |
| Auditors' remuneration | <u>6,900</u>                        | <u>6,900</u>             |
|                        | <u>27,258</u>                       | <u>22,633</u>            |

### 9. NET INCOME/(EXPENDITURE)

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

|                                               | 31.3.24      | 31.3.23        |
|-----------------------------------------------|--------------|----------------|
|                                               | £            | £              |
| Auditors' remuneration                        | 6,900        | 6,900          |
| Depreciation - owned assets                   | 1,425        | 1,895          |
| (Deficit)/surplus on disposal of fixed assets | <u>1,421</u> | <u>(4,448)</u> |

### 10. 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.

The Charity subscribes to the Mind block insurance scheme, for trustees and officers.

#### TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

### 11. STAFF COSTS

|                       | 31.3.24        | 31.3.23          |
|-----------------------|----------------|------------------|
|                       | £              | £                |
| Wages and salaries    | 871,612        | 923,289          |
| Social security costs | 65,498         | 70,236           |
| Other pension costs   | <u>18,364</u>  | <u>16,362</u>    |
|                       | <u>955,474</u> | <u>1,009,887</u> |

The total remuneration of key management personnel amounted to £65,475 (2023: £62,474).

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

|                        | 31.3.24   | 31.3.23   |
|------------------------|-----------|-----------|
| Chief executive        | 1         | 1         |
| Direct charitable work | 37        | 48        |
| Administration         | 5         | 1         |
| Fundraising            | <u>1</u>  | <u>1</u>  |
|                        | <u>44</u> | <u>51</u> |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2024

### 11. STAFF COSTS - continued

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

|                   |                 |                 |
|-------------------|-----------------|-----------------|
|                   | <b>31.3.24</b>  | <b>31.3.23</b>  |
| £60,001 - £70,000 | <u><u>1</u></u> | <u><u>1</u></u> |

### 12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

|                                    | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>funds<br>£   |
|------------------------------------|----------------------------|--------------------------|-----------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |                            |                          |                       |
| Donations and legacies             | 35,716                     | -                        | 35,716                |
| <b>Charitable activities</b>       |                            |                          |                       |
| Client services                    | 262,871                    | 876,007                  | 1,138,878             |
| Other trading activities           | 248,517                    | -                        | 248,517               |
| Investment income                  | 1,727                      | -                        | 1,727                 |
| Other income                       | <u>4,448</u>               | <u>-</u>                 | <u>4,448</u>          |
| <b>Total</b>                       | <u>553,279</u>             | <u>876,007</u>           | <u>1,429,286</u>      |
| <b>EXPENDITURE ON</b>              |                            |                          |                       |
| Raising funds                      | 173,404                    | 86,822                   | 260,226               |
| <b>Charitable activities</b>       |                            |                          |                       |
| Client services                    | 238,045                    | 836,028                  | 1,074,073             |
| Other                              | <u>22,633</u>              | <u>-</u>                 | <u>22,633</u>         |
| <b>Total</b>                       | <u>434,082</u>             | <u>922,850</u>           | <u>1,356,932</u>      |
| <b>NET INCOME/(EXPENDITURE)</b>    | 119,197                    | (46,843)                 | 72,354                |
| Transfers between funds            | <u>(77,631)</u>            | <u>77,631</u>            | <u>-</u>              |
| <b>Net movement in funds</b>       | 41,566                     | 30,788                   | 72,354                |
| <b>RECONCILIATION OF FUNDS</b>     |                            |                          |                       |
| Total funds brought forward        | <u>312,043</u>             | <u>176,343</u>           | <u>488,386</u>        |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <u><u>353,609</u></u>      | <u><u>207,131</u></u>    | <u><u>560,740</u></u> |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2024

### 13. TANGIBLE FIXED ASSETS

|                        | Plant and<br>machinery<br>£ | Fixtures<br>and<br>fittings<br>£ | Computer<br>equipment<br>£ | Totals<br>£   |
|------------------------|-----------------------------|----------------------------------|----------------------------|---------------|
| <b>COST</b>            |                             |                                  |                            |               |
| At 1 April 2023        | 15,909                      | 39,742                           | 25,272                     | 80,923        |
| Additions              | -                           | 192                              | 4,570                      | 4,762         |
| Disposals              | -                           | (30,323)                         | (18,077)                   | (48,400)      |
| At 31 March 2024       | <u>15,909</u>               | <u>9,611</u>                     | <u>11,765</u>              | <u>37,285</u> |
| <b>DEPRECIATION</b>    |                             |                                  |                            |               |
| At 1 April 2023        | 15,909                      | 36,278                           | 23,708                     | 75,895        |
| Charge for year        | -                           | 663                              | 762                        | 1,425         |
| Eliminated on disposal | -                           | (29,321)                         | (17,658)                   | (46,979)      |
| At 31 March 2024       | <u>15,909</u>               | <u>7,620</u>                     | <u>6,812</u>               | <u>30,341</u> |
| <b>NET BOOK VALUE</b>  |                             |                                  |                            |               |
| At 31 March 2024       | <u>-</u>                    | <u>1,991</u>                     | <u>4,953</u>               | <u>6,944</u>  |
| At 31 March 2023       | <u>-</u>                    | <u>3,464</u>                     | <u>1,564</u>               | <u>5,028</u>  |

Plant and machinery comprises assets associated with the Christmas Land fundraising event.

### 14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                |                |               |
|--------------------------------|----------------|---------------|
|                                | 31.3.24        | 31.3.23       |
|                                | £              | £             |
| Trade debtors                  | 271,203        | 2,746         |
| Other debtors                  | 5,909          | -             |
| Prepayments and accrued income | <u>24,353</u>  | <u>34,432</u> |
|                                | <u>301,465</u> | <u>37,178</u> |

### 15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                 |                |                |
|---------------------------------|----------------|----------------|
|                                 | 31.3.24        | 31.3.23        |
|                                 | £              | £              |
| Trade creditors                 | 41,393         | 22,751         |
| Social security and other taxes | 13,847         | 16,657         |
| Other creditors                 | 9,583          | 4,047          |
| Accruals and deferred income    | <u>196,522</u> | <u>284,340</u> |
|                                 | <u>261,345</u> | <u>327,795</u> |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2024

### 15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR - continued

|                                             | 31.3.24<br>£     | 31.3.23<br>£     |
|---------------------------------------------|------------------|------------------|
| <b>Deferred Income</b>                      |                  |                  |
| Deferred income at 1 April 2023             | 275,387          | 198,671          |
| Incoming resources deferred during the year | 187,568          | 275,387          |
| Released from previous years                | <u>(275,387)</u> | <u>(198,671)</u> |
| Deferred income as at 31 March 2024         | <u>187,568</u>   | <u>275,387</u>   |

Deferred income comprises grants for services to be provided after the balance sheet date.

### 16. MOVEMENT IN FUNDS

|                           | At 1.4.23<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.3.24<br>£ |
|---------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                                    |                    |
| General fund              | 353,609        | (218,527)                        | 366,300                            | 501,382            |
| <b>Restricted funds</b>   |                |                                  |                                    |                    |
| Restricted funds          | 207,131        | 344,502                          | (366,300)                          | 185,333            |
| <b>TOTAL FUNDS</b>        | <u>560,740</u> | <u>125,975</u>                   | <u>-</u>                           | <u>686,715</u>     |

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

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 470,635                    | (689,162)                  | (218,527)                 |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 996,533                    | (652,031)                  | 344,502                   |
| <b>TOTAL FUNDS</b>        | <u>1,467,168</u>           | <u>(1,341,193)</u>         | <u>125,975</u>            |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2024

### 16. MOVEMENT IN FUNDS - continued

#### Comparatives for movement in funds

|                           | At 1.4.22<br>£    | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.3.23<br>£ |
|---------------------------|-------------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b> |                   |                                  |                                    |                    |
| General fund              | 312,043           | 119,197                          | (77,631)                           | 353,609            |
| <b>Restricted funds</b>   |                   |                                  |                                    |                    |
| Restricted funds          | 176,343           | (46,843)                         | 77,631                             | 207,131            |
|                           | <u>          </u> | <u>          </u>                | <u>          </u>                  | <u>          </u>  |
| <b>TOTAL FUNDS</b>        | <u>488,386</u>    | <u>72,354</u>                    | <u>-</u>                           | <u>560,740</u>     |

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

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 553,279                    | (434,082)                  | 119,197                   |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 876,007                    | (922,850)                  | (46,843)                  |
|                           | <u>          </u>          | <u>          </u>          | <u>          </u>         |
| <b>TOTAL FUNDS</b>        | <u>1,429,286</u>           | <u>(1,356,932)</u>         | <u>72,354</u>             |

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

|                           | At 1.4.22<br>£    | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.3.24<br>£ |
|---------------------------|-------------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b> |                   |                                  |                                    |                    |
| General fund              | 312,043           | (99,330)                         | 288,669                            | 501,382            |
| <b>Restricted funds</b>   |                   |                                  |                                    |                    |
| Restricted funds          | 176,343           | 297,659                          | (288,669)                          | 185,333            |
|                           | <u>          </u> | <u>          </u>                | <u>          </u>                  | <u>          </u>  |
| <b>TOTAL FUNDS</b>        | <u>488,386</u>    | <u>198,329</u>                   | <u>-</u>                           | <u>686,715</u>     |

## Haivering Mind

### Notes to the Financial Statements - continued for the Year Ended 31 March 2024

#### 16. 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<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 1,023,914                  | (1,123,244)                | (99,330)                  |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 1,872,540                  | (1,574,881)                | 297,659                   |
| <b>TOTAL FUNDS</b>        | <u>2,896,454</u>           | <u>(2,698,125)</u>         | <u>198,329</u>            |

#### TRANSFERS BETWEEN FUNDS

The transfer of funds from Restricted Funds to Unrestricted Funds is the net summation of surpluses and deficits arising from projects which came to a natural end during the financial year ending 31 March 2024. For the avoidance of doubt this will also include projects commencing prior to the current financial year which would have been retained as Restricted Funds as at 31 March 2023. Furthermore the nature of these agreements allows the Charity to retain any surplus and similarly cover any deficits arising on a project by project basis. "

Within the unrestricted funds we have designated an amount of £250,000 to cover any wind up costs should the Charity encounter financial difficulties in the future. This amount will be reviewed annually and will be increased in line with any future growth. Details of how the Charity intends to the remainder of the unrestricted funds is shown in the Financial Report.

#### 17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

There were no donations from trustees.

#### 18. STATUS

The organisation is a charitable company limited by guarantee. The company was established under a Memorandum of Association which establishes the object and powers of the charitable company and is governed under its Articles of Association.

# Havering Mind

## Detailed Statement of Financial Activities for the Year Ended 31 March 2024

|                                       | 31.3.24<br>£     | 31.3.23<br>£     |
|---------------------------------------|------------------|------------------|
| <b>INCOME AND ENDOWMENTS</b>          |                  |                  |
| <b>Donations and legacies</b>         |                  |                  |
| Other income                          | 1,324            | 5,461            |
| Donations                             | <u>41,054</u>    | <u>30,255</u>    |
|                                       | 42,378           | 35,716           |
| <b>Other trading activities</b>       |                  |                  |
| Fundraising events                    | 221,482          | 248,517          |
| <b>Investment income</b>              |                  |                  |
| Deposit account interest              | 6,830            | 1,727            |
| <b>Charitable activities</b>          |                  |                  |
| Grants                                | 1,196,478        | 1,138,878        |
| <b>Other income</b>                   |                  |                  |
| Gain on sale of tangible fixed assets | <u>-</u>         | <u>4,448</u>     |
| <b>Total incoming resources</b>       | <b>1,467,168</b> | <b>1,429,286</b> |
| <b>EXPENDITURE</b>                    |                  |                  |
| <b>Raising donations and legacies</b> |                  |                  |
| Wages                                 | 34,554           | 31,052           |
| Fundraising costs                     | <u>182,528</u>   | <u>229,174</u>   |
|                                       | 217,082          | 260,226          |
| <b>Charitable activities</b>          |                  |                  |
| Wages                                 | 817,730          | 877,580          |
| Social security                       | 65,498           | 70,236           |
| Pensions                              | 18,364           | 16,362           |
| Premises costs                        | 47,307           | 22,629           |
| Sundries                              | 116,984          | 58,110           |
| Minibus costs                         | 60               | 1,644            |
| Volunteer and staff travel            | 15,334           | 10,163           |
| Subscriptions and publications        | 1,925            | 7,536            |
| Insurance                             | 10,805           | 7,918            |
| Depreciation                          | -                | 1,895            |
| Fixtures and fittings                 | 663              | -                |
| Computer equipment                    | 762              | -                |
| Loss on sale of tangible fixed assets | <u>1,421</u>     | <u>-</u>         |
|                                       | 1,096,853        | 1,074,073        |
| <b>Support costs</b>                  |                  |                  |
| <b>Management</b>                     |                  |                  |
| Wages                                 | 19,328           | 14,657           |

This page does not form part of the statutory financial statements

## Havering Mind

### Detailed Statement of Financial Activities for the Year Ended 31 March 2024

|                               | 31.3.24<br>£          | 31.3.23<br>£         |
|-------------------------------|-----------------------|----------------------|
| <b>Management<br/>Finance</b> |                       |                      |
| Bank charges                  | 1,030                 | 1,076                |
| <b>Governance costs</b>       |                       |                      |
| Auditors' remuneration        | <u>6,900</u>          | <u>6,900</u>         |
| Total resources expended      | <u>1,341,193</u>      | <u>1,356,932</u>     |
| <b>Net income</b>             | <u><u>125,975</u></u> | <u><u>72,354</u></u> |

This page does not form part of the statutory financial statements

---

# Accounts

---

**REGISTERED COMPANY NUMBER: 04184862 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1108470**

**Report of the Trustees and**  
**Audited Financial Statements for the Year Ended 31 March 2023**  
**for**  
**Havering Mind**

## **Havering Mind**

### **Contents of the Financial Statements for the Year Ended 31 March 2023**

|                                                   | <b>Page</b>     |
|---------------------------------------------------|-----------------|
| <b>Chairman's Statement</b>                       | <b>1</b>        |
| <b>Report of the Trustees</b>                     | <b>2 to 14</b>  |
| <b>Report of the Independent Auditors</b>         | <b>15 to 17</b> |
| <b>Statement of Financial Activities</b>          | <b>18</b>       |
| <b>Balance Sheet</b>                              | <b>19</b>       |
| <b>Cash Flow Statement</b>                        | <b>20</b>       |
| <b>Notes to the Cash Flow Statement</b>           | <b>21</b>       |
| <b>Notes to the Financial Statements</b>          | <b>22 to 30</b> |
| <b>Detailed Statement of Financial Activities</b> | <b>31 to 32</b> |

## **Havering Mind**

### **Chairman's Statement for the Year Ended 31 March 2023**

We continue to experience an increase in referrals and demand for our services across both Havering and Barking & Dagenham. This has been evidenced by the development of newly funded services, aimed at supporting more and different members of our community with direct support that is accessible and in a way that meets their needs. I am pleased to say that we have also maintained several of our existing projects as both awareness and demand has increased.

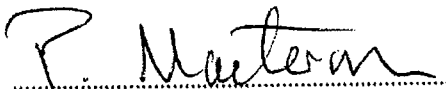
The dedication and passion of our staff and volunteers have never faltered, despite navigating some challenging scenarios over the course of the year. Staff have continued to work from a place of care, kindness and commitment to both new and existing service users, working long hours and putting our clients first. I thank them for their admirable resilience and perseverance.

The weather in July was an incredible back drop for our Family Fest weekend and the Christmas Land event in December benefitted from 'real snow'! Both events were a fantastic success once again and I thank everyone who was involved in in any way, big or small with the planning and execution of these important local events. We see both volunteers, service users and staff coming together as one big team for the benefit of the charity; and of course, the funds raised help to maintain our services. Unfortunately, we had to make the difficult decision not to go ahead with the planned Half Marathon in 2022 because the costs of running the event dramatically increased; making the staging of the event unrealistic.

During this year Sheldon Attridge, Eithne Herlihy, Steve McCann, Amy Burgess and Georgia Russell have stepped down as Trustees of the charity and I thank them for their longstanding contributions over many years. We are pleased to have welcomed Sunita Sawali, Rajinder Johal, Peter Herington and David Hodge to the Board.

You will see from the Treasurers Report that the charity is in a strong financial position. Despite the continued mental health cost of the pandemic I believe that we are in a good position to sustain the charity for the future, helping to provide the mental health services in Havering and Barking & Dagenham for which we are respected and valued.

I would like to finish by saying a huge thank you to all of our staff, volunteers and Trustees who have been fantastic, and worked collaboratively and so hard this year. I cannot end without also thanking our wonderful sponsors, donors and supporters for their commitment and investment in what we do. Thank you.



Mr Paul Masterson - Chairman

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2023**

The Trustees who are also Directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The Trustees have adopted the provisions of 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).

#### **OBJECTIVES AND ACTIVITIES**

##### **Objectives and aims**

Havering Mind objectives are:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions or emotional or mental distress requiring advice or treatment, in the London Borough of Havering and surrounding area (the area of benefit) in association and in accordance with the aims and objects of National Mind.

##### **Charitable Activities and Public benefit**

At Havering Mind we are pro-active in supporting and educating people about mental health in our local community.

We do this through:

1. Providing advice and information
2. Helping individuals learn how to manage their mental health
3. Providing activities to create peer support
4. Raising awareness and providing education to reduce the stigma around mental health

The Trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2023**

#### **Achievement and performance**

##### **Some of our Achievements during 2022-23**

We expanded our reach to people with mental health concerns across both Boroughs of Havering and Barking & Dagenham

We supported 2,212 members of the public seeking help and advice through our Gateway Service

This represents a 10% increase on the previous year

We directly supported 3,673 individuals through our services

Our Live a Better Live Programme delivered 492 live sessions across both Boroughs

87 counselling sessions were provided offering the right support at the right time

Our Peer Support Workers have been fully trained and integrated with the Locality Teams in each Borough

We delivered mental health awareness sessions to schools in Havering

129 parents and carers with similar experiences met with peers through our Parent Support Group

We partnered with Pause to deliver our new service - Pause2Start - in Barking & Dagenham

We developed our staff through supporting hundreds of hours of continuous personal development training

We developed a multi lingual microsite on our website to support Ukrainian refugees and their hosts

Havering Christmas Land was visited by over 25,000 people during December 2022

We delivered 180 face to face interventions through our Gateway Service (39 in 2021/22)

This represents an increase of 362% on the previous year

250 women were empowered to talk of their own mental health and wellbeing through our Mums Matter Programme across both Boroughs

We have increased our support through Gateway to men from Asian, Arab and multiple ethnicities

Our support for those presenting on contact with trauma increased by 486%, with self harm increased by 135% and with suicidal feelings increased by 173% on previous year

We welcomed 4 new Trustees to our governing Board

Our total income was £1,429,286

We delivered excellent outcomes for many people using our services

#### **Gateway Service**

##### **2,212 initial contact, information and advice enquiries**

Our Gateway Service is the foundation of what we do, providing access to information at a time when callers are feeling afraid, anxious, depressed or just don't know what to do. Our interventions have been via telephone, email and face to face

- Supporting people who present in crisis to access the best service to meet their needs
- Offering an initial assessment and further short-term intervention
- Supporting families, friends and carers seeking help for someone they are close to

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2023**

- Offering a navigation service so that people access the right service at the right time
- Signposting to other local providers to ensure continuity of support
- Introducing new clients to the range of services offered at Havering Mind and the local community

'I rang up in desperate need of help for my son who I believed was going through a crisis with his mental health. The lady I spoke to was very helpful and empathetic. She talked me through the services that they provide and how my son could go about getting involved. She also spoke to me about ways in which I can support not only his, but my own mental health during this difficult time.'

We delivered this service across Havering, Barking and Dagenham

#### **Live a Better Life Project**

299 people supported

Our Live a Better Life Programme supports adults with mental health problems, giving them the tools they need to manage their wellbeing and resilience, acting as a preventative service to reduce further problems from arising. Our aim is to improve the recovery time for those experiencing a crisis with their mental health and ensure ongoing support is provided. We also help people achieve improvements in their overall physical health, and support the development of life-long coping skills for mental wellbeing. The programme run over several weeks, aims to achieve individual goals through CBT informed workshops including 'How to manage stress' and 'How to cope with anxiety'; physical activities including yoga, gardening, badminton and cycling; health workshops such as 'Food & Mood' and 'Sleep & Stress'; and other groups including walking.

'I've learnt a lot more about myself, as well as skills such as confidence and assertiveness that I am applying to my life. Having the awareness about mental health is very important and it is easier now to notice changes within myself that I can work to improve. I'm making more of an effort to be mindful and work on myself. Learning things like breathing techniques and meditation is useful to apply in situations where I am feeling anxious and I try to incorporate this in to my life when necessary. I am going out more and being a lot more social, making positive steps to grow my business and no longer feel 'stuck'.

We delivered this service in Havering and Barking & Dagenham

#### **Meaningful Activities Project**

115 people supported

Meaningful Activities Project gives a space for those who are suffering with long term mental illness. The project provides sessions which help with mindfulness, confidence and encourages socialising. There are different groups including i) self-discovery which includes poetry, News topics and current affairs ii) games including pool and table tennis iii) creativity including arts, crafts, writing and much more.

'Unless I push myself to get out there and do things, I can become isolated. So it's really beneficial to have a place to meet people - it's about interaction, communication, self-esteem and security. If I didn't have that place, I can become reclusive and blinkered- everything becomes more difficult. And the longer that goes on, the harder it is to persuade myself to go out of the front door.'

We delivered this service in Havering

#### **Work Well Programme**

145 people supported

Our Work Well Programme Team launched in November 2021 and was completed in November 2022. The Work Well Programme was created to support eligible\* local residents to promote positive mental health and wellbeing and increase employability plus other opportunities. (\*Eligibility subject to receiving unemployment benefit)

We offered an up to 6 week programme, tailored to the required support to achieve future aims and ambitions.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2023**

**"The people I got to experience with - the team and the other clients. I feel like I am now part of a 'friendship group.' Clients who take on this course are very lucky as they are in great hands" Participant of Cohort #1**

**"I feel confident to go out looking for a job." Participant of Cohort #4**

**"The service has helped a lot, gained confidence and opened my eyes to future opportunities. Support, counselling, guidance and made friends." Participant of Cohort #8**

We delivered this service in Havering

#### **Ready for Adulthood Project**

84 young people supported

Ready for Adulthood is a 6-week face-to-face programme for 17-25 year olds experiencing mental health challenges. The interactive and supportive group connects young people and comprises sessions on topics including communication, resilience, wellbeing, living skills plus 1:1 support and peer activities.

**"My grandson has started to become more sociable in a safe environment and I can see a great improvement in him. He is making conversations more with family and people he comes in contact with. He is really enjoying the sessions and looks forward to attending - he is meeting some of them for an organised bowling session in Romford today. It makes me so happy to see my grandson smiling more and mixing with people nearer his own age without becoming overwhelmed with anxiety. I know he still has a way to go yet but the progress has been great and he wouldn't have arrived at this point without your help and encouragement! Your work is so important as there are so many youngsters who can't see any future and they need to get the help before it is too late."**

We delivered this service in Havering

#### **Parent Support Group**

129 people supported

Our Parent Support Group is a 6-week online programme for parents and carers of young people aged 11-25 years experiencing mental health challenges. Our parents and carers meet with peers with similar experiences and receive signposting information plus reassurance, tips and techniques for supporting their young person and their own wellbeing.

**"It's so nice to sit here every week to share things with like-minded parents, it really warms the heart."**

**"The programme has given me lots of ideas to try out. I've felt a sense of community knowing that we're going through these battles and surviving it."**

**"This group has changed me, the way I would normally react has changed. Instead of me shouting, they come home and they tell me what has happened in their day."**

We delivered this service in Havering.

#### **Gateway Counselling Service**

87 sessions delivered

When our other services weren't considered to be appropriate, counselling enabled and empowered people to express their concerns through 1:1 sessions with a trained counsellor. Through free to access, person centred counselling, we were able to:

- Provide support when the need was greatest
- Help individuals resolve complicated feelings or find ways to live with them
- Help find resolutions for future planning
- Reduce isolation and loneliness
- Build inner resilience

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2023**

- Reduce depression and anxiety
- Reduce self-harm
- Educate and inform about positive coping strategies for stress and anxiety
- Reduce suicidal thoughts

We delivered this service across Havering and Barking & Dagenham

#### **Mums Matter Project**

250 people supported

Our Mums Matter Teams were established in January 2022. Mums Matter is a support service to empower mums to take control of their health and wellbeing. The 6 week course was originally designed by mums for mums with a perinatal mental health problem. Our aim is to support mums using a holistic approach to their health and wellbeing incorporating practical and emotional support. We are pleased to share that we support our mums with creche facilities to ensure our mums are able to participate fully in the group sessions. We also invite dads/supporters of each mum to have a 1:1 session with our practitioners towards the end of each course. We have started peer support sessions with fortnightly buggy walks from Harrow Lodge to link Mums in with each other and the project.

"I don't really know how to put into words how much the Mums Matter Project helped me. When I started the course, I would barely go one day without crying or having a meltdown, due to the frustration I felt for not being a good enough mum. Although I always felt at ease to speak with my husband about how I felt, I found that sharing how I felt with other mums was crucial - and the peer support received from the other mums and the facilitators worked wonders - much better than any medicine, in my opinion. Also, a big thanks to the crèche workers, who always went above and beyond to ensure the little ones were so well looked after! Those two hours every Tuesday were the highlight of my week - they made me realise that us that ask for help are indeed excellent mums. I hope this project continues to help many mums in the future, I'm always talking about it."

We delivered this service across Havering and Barking and Dagenham

#### **Safe Connections Service**

21 people supported

Safe Connections aims to support people who are experiencing suicidal thoughts to access the right service at the right time. The primary focus is to support people not known to mental health services, as we want to reach those who are most isolated and vulnerable in the community, and work with them to find other localised support they may need. We offer a safe space for people to talk about their feelings and concerns and explore the underlying reasons as to why someone may feel suicidal. We provide a mixture of emotional and practical support, tailored signposting to help meet the individual's needs, and a personalised wellbeing plan which provides coping strategies and sources of support to use before or during a crisis. The service is integrated with the crisis services within each Local Borough, as well as with local community services. People who present to the service in mental health or suicidal crisis will be supported to access Crisis Intervention or Emergency Services.

Safe Connections - 0300 561 0115

Grief in Pieces supports anyone who is bereaved by suicide in the Northeast London boroughs, with the offer of grief education, one to one therapy, and support groups to help navigate the healing and coping process in a safe and confidential environment. The service helps people understand grief, develop coping strategies, and offers a safe space to explore thoughts, feelings, and experience with others. Ongoing support and information about suicide loss is also provided such as, preparing for the inquest, how to support families and children and other relevant services.

Grief in Pieces - 07949 879557

We delivered this service across Havering and Barking & Dagenham

#### **Hoarding Project**

7 people supported

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2023**

Life should be more than just 'getting by'. But for thousands of people living with a mental health problem that is all they can do. Adults who are reluctant to or who do not engage with services can have complex and diverse needs that often fall between different agencies and can leave them at direct risk of harm. Self-neglect can cover a wide range of behaviours such as neglecting personal hygiene, health or living environment, and includes hoarding. In these situations, peoples' needs are usually long standing and recurring and may be commonly known to a range of agencies. They may frequently put themselves and neighbours, family and animals at significant high risk of harm as self-neglect and hoarding behaviours can lead to the risk of fires, gas and water leaks and of infestations spreading.

We mobilised and launched our Hoarding Project in the final quarter of 2021/22, and the service has provided a pathway to enable change in hoarding behaviours. Working in partnership with Social Care and Mental Health Teams, we are receiving and working with people referred to us by statutory services for specified support.

We delivered this service in Barking & Dagenham

#### **Peer Support Workers**

116 people supported

We launched our Peer Support programme in partnership with NELFT in early 2022. Peer support is delivered by those with lived experience of mental distress or as a carer, to build empathy and recovery as a template in their roles. This is a provision of support and recovery guidance to individuals experiencing common and severe mental health problems, and supports recovery-based programmes for service users and members of the local community, in partnership with statutory and community organisations.

We delivered this service across Havering and Barking & Dagenham

#### **Prevention Service/Social Inclusion Project**

178 people supported

Within this service, we supported adults living with mental health problems who are socially isolated and disconnected with their community. The aim of the project is to reduce isolation and promote inclusion.

Within this project, participants are offered:

- A friendly one to one appointment to complete a Recovery Star assessment and to discuss support needs and opportunities
- Access to the Ways to Wellbeing course where we share tips for managing stress and improving resilience, good sleeping practices, as well as learning relaxation skills, Mindfulness, peer skills, five ways to wellbeing and confidence building
- Access to the Link course where we share the importance of connecting with nature, walk and talk, practicing Mindfulness, Mood and Food, being kind to yourself, problem solving, opportunities to connect with your local community, discovering volunteering opportunities, and creating a personalised wellbeing plan
- Signposting and warm transfer to other relevant services

"I came to Mind when I was at my worst and being part of this project, has had a major impact on my life I feel like I'm on the journey back to being me again".

"It has given me the confidence to try new things; I joined a games group which I wouldn't have done without the support and encouragement I received from accessing this group"

"I'm now looking forward and I believe things can get better."

We delivered this service in Havering

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2023**

**Victim Improvement Package**

Older people are vulnerable to sustained high levels of psychosocial distress following a crime. A cognitive behavioural therapy (CBT)-informed psychological therapy, the Victim Improvement Package (VIP) can help to aid the recovery. Working in partnership with UCL, Mind in Havering, Barking & Dagenham has delivered the VIP trial since the summer of 2021. The trial aims to test the clinical and cost-effectiveness of the VIP for alleviating depressive and anxiety symptoms in older victims of crime.

People aged 65 years or more who have reported being a victim of crime, are screened by the Metropolitan Police Service Safer Neighbourhood Teams within a month of the crime for distress. Those who screened positive in the assessment are signposted to their GP for assistance, and re-screened at 3 months. Participants who screened positive for depression and/or anxiety at re-screening are randomised to a CBT informed VIP in addition to treatment as usual (TAU), compared to TAU alone. This VIP intervention has consisted of 10 individual 1 hour sessions, delivered weekly by therapists from the pan London Mind network, and facilitated by Mind in Havering, Barking & Dagenham.

Due to some challenges with the initial screening process last year, our partner UCL was unable to deliver the VIP Trial as intended. The VIP Trial should resume in 2023/24.

We delivered this service across North and East London

**Pause 2 Start**

12 people supported

Pause 2 Start is a programme designed in collaboration with our delivery partner Pause, and the service users supported by Pause who have children removed from their care. The programme offers eight sessions. Within these sessions, a safe environment is created should service users want to discuss their journey and feelings of guilt grief and loss. Other sessions include information and opportunity to discuss, anger, self-esteem, confidence, communication with the aims of providing information to support future resilience to life's adversities. Sessions on self-nurturing such as a cookery workshop and arts and crafts are included to provide an opportunity for feel good activities to be used for future wellbeing.

Feedback from clients has shown value for coming together in a safe space, trying new activities and providing learning to support resilience.

"I have enjoyed the art and the cookery. I felt that I wouldn't join in but I did and I feel good about that"

"I enjoyed the programme. It was easy to share my views within the group. I was comfortable being with the group"

"I feel that I understood my bodies' response's to emotions better which helps me have more control"

We delivered this service in Barking and Dagenham

**Ukrainian Refugee Support Project**

92 people supported

Over 2 million people have fled to neighbouring countries including the UK, as the tragedy in the Ukraine continues to unfold.

The new microsite resource on our website provided access to mental health and wellbeing support for Ukrainian refugees, and advice for their hosts on how they can support those affected by the crisis in Ukraine.

We offered information, practical advice, signposting to resources and organisations promoting additional support.

We delivered this service through our website [www.haveringmind.org.uk](http://www.haveringmind.org.uk)

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2023**

#### **Training**

We have provided tailored mental health training to organisations, businesses, individuals, charities and schools this year. Our 3 main training programmes delivered have been:

- Mental Health Awareness
- Mental Health in the Workplace
- Mental Health and Young People

Taking part in our training can lead to - more confidence to talk about mental health - improved knowledge around what support is available - greater understanding of mental health - more mindfulness of how people are feeling - more positive ways to start conversations in the workplace

#### **Fundraising, Donations and Legacies**

Income generated through fundraising, donations and legacies will continue to play an important role in ensuring the sustainability and diversity of our services. Our Corporate and Community Fundraising Strategy includes a focus on increasing our corporate partnership and sponsorship income; and encouraging the amazing individuals and local organisations who continue to support us. We maintain that our fundraising should be carried out in a responsible manner. As such, we will not use fundraising methods that might be considered intrusive or that put pressure on people to donate. We will not share or purchase donor data from third parties.

There were no complaints about our fundraising activities during the year.

#### **Financial review**

##### **Financial position**

The charity held fund balances at 31 March 2023 of £560,740 (2022- £488,386) comprising restricted funds of £207,131 (2022 - £176,343), and general funds of £353,609 (2022 - £312,043).

Due to our continuing success in growing the charity and providing a broad range of services, the consequential increase in income now requires us to have an annual independent audit. We are delighted to have appointed Ward Williams to conduct the audit for the year to 31 March 2023 and their report is attached.

##### **Principal funding sources**

The principal funding sources for the charity were grants from the London Borough of Havering and the London Borough of Barking & Dagenham, NHS Clinical Commissioning Groups and ICB, the Lottery Community Fund, The Tudor Trust and North East London Foundation Trust amongst others.

We are grateful to all our funders for their support during a challenging year.

##### **Investment policy and objectives**

The Trustees manage the investments within the regulations contained in the Trustee Investments Act 1961. Due to the need to maintain the liquidity of the charity funds are currently held in a deposit account or on bank deposit.

## **Haverling Mind**

### **Report of the Trustees for the Year Ended 31 March 2023**

#### **Financial review**

##### **Reserves Policy**

Ordinarily, the Trustees' policy is to maintain an appropriate level of unrestricted funds not committed or invested in tangible fixed assets, so that in the event of all funding being withdrawn there would be sufficient resources to wind down the current activities in a professional manner. We have estimated that to ensure an orderly wind down of the Charity a reserve of £175,000 (3 months operating costs) is required which would be funded from the unrestricted free reserves.

The unrestricted free reserves are £348,581. In addition to the general requirement, the trustees have agreed to designate funding to be spent in the coming financial year.

|                                                  | <b>Funding from unrestricted free reserves of £348,581</b> |
|--------------------------------------------------|------------------------------------------------------------|
| Designated Project                               |                                                            |
| Winding up of charity (3 months operating costs) | 175,000                                                    |
| Staff salaries inflationary increase             | 64,000                                                     |
| Office refurbishment and capital investment      | 30,000                                                     |
| Live a Better Life Project                       | 15,000                                                     |
| Gateway Project                                  | 15,000                                                     |
| Requirement                                      | 338,000                                                    |
| Undesignated reserves deficit                    | £10,581                                                    |

Whilst there is a small deficit to the ideal level of reserves the Trustees have made plans to reduce the deficit over the coming financial period.

Additionally, at a time of high inflation and the consequent demand for higher salaries, we must ensure we continue to attract and retain good quality staff to continue to provide a high quality service. We may at times therefore self-fund salary adjustments to ensure existing projects do not suffer degradation to this service.

Due to the nature of the charity's activities it is felt that the maintenance of such reserves is not only financially prudent in general, but is a key requirement in order to provide a managed handover process for clients in the event that the charity had to be wound down. It also provides a positive feeling of stability to both current and potential sources of funding alike, thus giving them confidence that the organisation is sustainable and well managed in its financial affairs.

##### **Going concern**

The Trustees consider the Charity to be a going concern and they are not aware of any material uncertainties which may cast significant doubt on this view. In addition they have a reasonable expectation that the Charity has adequate resources to continue for the foreseeable future.

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2023**

**Financial review**  
**Treasurer's Report**

Total revenue for the year ended 31st March 2023 was £1,429,286 representing an increase of 47.2% compared with last year.

Total costs were £1,356,932 representing an increase of 60.7% compared with last year.

Net surplus for the year amounted to £72,354 compared to a surplus in the previous year of £126,239.

Free reserves have increased to £348,581 (2022: £304,468).

The main sources of project income for the year are the London Borough of Havering (£272,832), London Borough of Barking and Dagenham (£324,372), BHRUT Clinical Commissioning Group (£91,392) and other charitable foundations (£450,282).

The charity's main expenditure item continues to be staffing costs, which, at £1,009,887 represents 74% of total expenditure as compared to 71% for last year. The significant increase in staff costs is indicative of the increase in staff numbers due to our continuing success in tendering for new projects. The organisation has an experienced, dedicated and hardworking group of staff and volunteers. Without them our quality range of services could not be maintained in such an efficient manner.

**CONCLUSION**

In summary, the charity has expanded considerably in the last 12 months prompted by a large increase in funding from both central and local government and continues to be financially stable. Fundraising levels in the year ended 31 March 2023 were also returning to pre pandemic levels with a significant contribution from the Christmas Land event.

The Board will endeavour to maintain income to ensure stability in what is a very difficult economic climate, whilst striving to further improve and expand our services in assisting all members of society who are affected by mental health issues.

**Future plans**

The trustees are focussed on increasing project funding from additional sources so that the organisation is able to widen, increase and improve further the various mental health services it provides in Havering Barking and Dagenham.

This will be supplemented by a continued excellent contribution from the fundraising team. Our two main fundraising events, the Havering Tribute Fest weekend and the Havering Christmas Land significantly contributed once again to our income. These events not only raise income for the charity but also increase our profile in Havering and Barking and Dagenham to the general public.

The charity will continue to rely upon voluntary staff, who assist significantly in the day to day running of our organisation. It is very important that we continue to invest

**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.

Havering Mind, founded in 1961, is a registered charity (No: 1108470). The Charity was incorporated as a company limited by guarantee on 22 March 2001 and is governed by a memorandum and articles of association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

**Recruitment and appointment of new Trustees**

The Trustees are appointed every three years by the members of the company at the Annual General Meeting. Additionally the Trustees who are also Directors may be appointed by the existing Directors subject to a maximum of 20.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2023**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Organisational structure**

The Charity is run by the Management committee which consists of 4 officers and an elected number of members as decided at the Annual General Meeting. In addition the Committee may co-opt representatives of the voluntary and statutory bodies concerned with Mental Health.

The charity is managed by the trustees. However, the trustees delegate the day to day management of the charity to the Chief Executive Officer by a policy document covering the responsibilities of the Chief Executive Officer.

##### **Induction and training of new Trustees**

Most Trustees are already familiar with the practical work of the charity but all new Trustees undergo an orientation course to brief them on their legal obligations under charity and company law, the content of the Memorandum and Articles of Charity. The committee, decision making processes, the business plan and recent financial performance together with Health and Safety are all covered within the induction. Trustees are encouraged to attend appropriate external training events to support the role they are performing.

##### **Affiliation**

We are affiliated to Mind, the national mental health charity. In all, more than 114 local Minds are affiliated to national Mind. During the year, we have been involved in working with the Mind network, and played a key role in the Mind in London network and a newly formed North East London Strategic Alliance with Mind in Tower Hamlet and Newham, and Mind in City, Hackney and Waltham Forest. We have embedded our expansion of service in the London Borough of Barking & Dagenham.

##### **Staffing**

At the end of the year, Havering Mind had 47 staff (13 full time and 34 part time).

The trustees are responsible for establishing remuneration levels for senior management.

##### **Risk management**

The trustees have identified staff recruitment and retention and sustainability of income as the key risks faced.

The Trustees actively review the major risks which the charity faces on a regular basis and believes maintaining reserves at current levels, combined with a regular review over key financial systems, will provide sufficient resources in the event of any adverse conditions arising. The trustees have also examined other operational and business risks faced by the charity and confirm they have established systems to mitigate significant risks.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

04184862 (England and Wales)

##### **Registered Charity number**

1108470

##### **Registered office**

Harmile House  
54 St Mary's Lane  
Upminster  
Essex  
RM14 2QP

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2023**

#### **Trustees**

Mr Sheldon Attridge (resigned 18.10.22)  
Eithne Anne Herlihy (resigned 17.8.22)  
Mr Stephen McCann (resigned 3.2.23)  
Ms Zenya Greenaway  
Mr Gary Anderson  
Miss Amy Elizabeth Burgess (resigned 21.2.23)  
Mrs Shahina Haque  
Miss Georgia Russell (resigned 31.5.22)  
Mr Daniel Robert Shore  
Mr Paul Masterson  
Mrs Linda Joy Van Den Hende  
Miss Tracey Colleen Nunn (resigned 19.4.23)  
Mrs Rajinder Kaur Johal (appointed 5.8.22)  
Mr David Alan Hodge (appointed 2.9.22)  
Miss Sunita Sawali (appointed 20.9.22)  
Mr Peter Edward Herrington (appointed 16.11.22)

#### **Auditors**

Ward Williams  
Belgrave House  
39-43 Monument Hill  
Weybridge  
Surrey  
KT13 8RN

#### **Bankers**

Barclays Bank Plc  
Newham Business Centre  
737 Barking Road  
London  
E13 9PL

Metro Bank Plc  
Brewery Walk  
Waterloo Road  
Romford RM1 1AU

#### **CHIEF EXECUTIVE**

Sarah Balser

#### **STATEMENT OF TRUSTEES' RESPONSIBILITIES**

The trustees (who are also the directors of Havering Mind for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees 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 that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable 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 business.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2023**

#### **STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued**

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are 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.

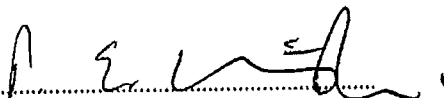
In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

#### **AUDITORS**

Ward Williams were appointed as auditor to the company and a resolution proposing that they be reappointed will be put at a General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on .....17/10/2023..... and signed on the board's behalf by:

..........  
Mr Peter Edward Herrington - Trustee

## **Report of the Independent Auditors to the Members of Havering Mind**

### **Opinion**

We have audited the financial statements of Havering Mind (the 'charity') for the year ended 31 March 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the 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, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (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 is responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and 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 there is a material misstatement in the financial statements or a material misstatement of the other information. 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.

### **Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; 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

## **Report of the Independent Auditors to the Members of Havering Mind**

### **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.

### **Auditor's responsibilities for the audit of the financial statements**

We have been appointed as auditors under section 145 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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 an auditor's report 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. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We obtained an understanding of the legal and regulatory frameworks applicable to the charity and the sector in which they operate. We determined that the following were most significant: the Companies Act 2006 and the Charities Act 2011.

We obtained an understanding of how the charity are complying with those legal and regulatory frameworks by making inquiries to the management of the charity. We corroborated our inquiries through our review of correspondence during our audit work.

We assessed the susceptibility of the charity's financial statements to material misstatement, including how fraud might occur. Audit procedures performed included:

- identifying and assessing the design effectiveness of controls management has in place to prevent and detect fraud;
- understanding how those charged with governance considered and addressed the potential for override of controls or other inappropriate influence over the financial reporting process;
- challenging assumptions and judgements made by management in its significant accounting estimates;
- identifying and testing journal entries, in particular and journal entries posted with unusual account combinations; and
- assessing the extent of compliance with the relevant laws and regulations.

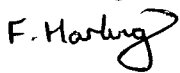
Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

**Report of the Independent Auditors to the Members of  
Haverling 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.



Frank Harling (Senior Statutory Auditor)  
for and on behalf of Ward Williams  
Chartered Accountants  
Belgrave House  
39-43 Monument Hill  
Weybridge  
Surrey  
KT13 8RN

Date: 20/10/2023

Ward Williams is eligible for appointment as auditor of the charity by virtue of its eligibility for appointment as auditor of a company under of section 1212 of the Companies Act 2006

# Havering Mind

## Statement of Financial Activities for the Year Ended 31 March 2023

|                                       |       | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 31.3.23<br>Total<br>funds<br>£ | 31.3.22<br>Total<br>funds<br>£ |
|---------------------------------------|-------|----------------------------|--------------------------|--------------------------------|--------------------------------|
|                                       | Notes |                            |                          |                                |                                |
| <b>INCOME AND ENDOWMENTS FROM</b>     |       |                            |                          |                                |                                |
| Donations and legacies                | 2     | 35,716                     | -                        | 35,716                         | 36,934                         |
| <b>Charitable activities</b>          | 5     |                            |                          |                                |                                |
| Client services                       |       | 262,871                    | 876,007                  | 1,138,878                      | 734,360                        |
| Other trading activities              | 3     | 248,517                    | -                        | 248,517                        | 199,019                        |
| Investment income                     | 4     | 1,727                      | -                        | 1,727                          | 451                            |
| Gain on sale of tangible fixed assets | 9     | 4,448                      | -                        | 4,448                          | -                              |
| <b>Total</b>                          |       | <u>553,279</u>             | <u>876,007</u>           | <u>1,429,286</u>               | <u>970,764</u>                 |
| <b>EXPENDITURE ON</b>                 |       |                            |                          |                                |                                |
| Raising funds                         | 6     | 173,404                    | 86,822                   | 260,226                        | 176,373                        |
| <b>Charitable activities</b>          | 7     |                            |                          |                                |                                |
| Client services                       |       | 238,045                    | 836,028                  | 1,074,073                      | 651,748                        |
| Other                                 | 8     | 22,633                     | -                        | 22,633                         | 16,404                         |
| <b>Total</b>                          |       | <u>434,082</u>             | <u>922,850</u>           | <u>1,356,932</u>               | <u>844,525</u>                 |
| <b>NET INCOME/(EXPENDITURE)</b>       |       |                            |                          |                                |                                |
| Transfers between funds               | 16    | 119,197<br>(77,631)        | (46,843)<br>77,631       | 72,354<br>-                    | 126,239<br>-                   |
| <b>Net movement in funds</b>          |       | 41,566                     | 30,788                   | 72,354                         | 126,239                        |
| <b>RECONCILIATION OF FUNDS</b>        |       |                            |                          |                                |                                |
| Total funds brought forward           |       | 312,043                    | 176,343                  | 488,386                        | 362,147                        |
| <b>TOTAL FUNDS CARRIED FORWARD</b>    |       | <u>353,609</u>             | <u>207,131</u>           | <u>560,740</u>                 | <u>488,386</u>                 |

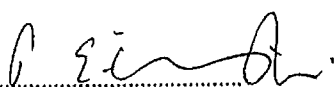
The notes form part of these financial statements

# Haverling Mind

## Balance Sheet 31 March 2023

|                                                  | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 31.3.23<br>Total<br>funds<br>£ | 31.3.22<br>Total<br>funds<br>£ |
|--------------------------------------------------|-------|----------------------------|--------------------------|--------------------------------|--------------------------------|
| <b>FIXED ASSETS</b>                              |       |                            |                          |                                |                                |
| Tangible assets                                  | 13    | 5,028                      | -                        | 5,028                          | 7,575                          |
| <b>CURRENT ASSETS</b>                            |       |                            |                          |                                |                                |
| Debtors: amounts falling due within one year     | 14    | 30,246                     | 6,932                    | 37,178                         | 217,282                        |
| Cash at bank and in hand                         |       | <u>493,807</u>             | <u>352,522</u>           | <u>846,329</u>                 | <u>514,575</u>                 |
|                                                  |       | 524,053                    | 359,454                  | 883,507                        | 731,857                        |
| <b>CREDITORS</b>                                 |       |                            |                          |                                |                                |
| Amounts falling due within one year              | 15    | (175,472)                  | (152,323)                | (327,795)                      | (251,046)                      |
| <b>NET CURRENT ASSETS</b>                        |       | <u>348,581</u>             | <u>207,131</u>           | <u>555,712</u>                 | <u>480,811</u>                 |
| <b>TOTAL ASSETS LESS CURRENT<br/>LIABILITIES</b> |       | <u>353,609</u>             | <u>207,131</u>           | <u>560,740</u>                 | <u>488,386</u>                 |
| <b>NET ASSETS</b>                                |       | <u>353,609</u>             | <u>207,131</u>           | <u>560,740</u>                 | <u>488,386</u>                 |
| <b>FUNDS</b>                                     | 16    |                            |                          |                                |                                |
| Unrestricted funds:                              |       |                            |                          |                                |                                |
| General fund                                     |       |                            |                          | 353,609                        | 312,043                        |
| Restricted funds                                 |       |                            |                          | <u>207,131</u>                 | <u>176,343</u>                 |
| <b>TOTAL FUNDS</b>                               |       |                            |                          | <u>560,740</u>                 | <u>488,386</u>                 |

The financial statements were approved by the Board of Trustees and authorised for issue on 12/10/2023 and were signed on its behalf by:

  
Mr Peter Edward Herrington - Trustee

The notes form part of these financial statements

**Havering Mind**  
**Cash Flow Statement**  
**for the Year Ended 31 March 2023**

|                                                                    | Notes | 31.3.23<br>£   | 31.3.22<br>£   |
|--------------------------------------------------------------------|-------|----------------|----------------|
| <b>Cash flows from operating activities</b>                        |       |                |                |
| Cash generated from operations                                     | 1     | <u>324,927</u> | <u>144,729</u> |
| Net cash provided by operating activities                          |       | <u>324,927</u> | <u>144,729</u> |
| <br><b>Cash flows from investing activities</b>                    |       |                |                |
| Purchase of tangible fixed assets                                  |       | -              | (2,718)        |
| Sale of tangible fixed assets                                      |       | 5,100          | -              |
| Interest received                                                  |       | <u>1,727</u>   | <u>451</u>     |
| Net cash provided by/(used in) investing activities                |       | <u>6,827</u>   | <u>(2,267)</u> |
|                                                                    |       | <hr/>          | <hr/>          |
| <b>Change in cash and cash equivalents in the reporting period</b> |       | 331,754        | 142,462        |
| Cash and cash equivalents at the beginning of the reporting period |       | <u>514,575</u> | <u>372,113</u> |
| <br>Cash and cash equivalents at the end of the reporting period   |       | <u>846,329</u> | <u>514,575</u> |

The notes form part of these financial statements

# Haverling 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

|                                                                                    | 31.3.23<br>£   | 31.3.22<br>£   |
|------------------------------------------------------------------------------------|----------------|----------------|
| Net income for the reporting period (as per the Statement of Financial Activities) | 72,354         | 126,239        |
| Adjustments for:                                                                   |                |                |
| Depreciation charges                                                               | 1,895          | 7,829          |
| Profit on disposal of fixed assets                                                 | (4,448)        | -              |
| Interest received                                                                  | (1,727)        | (451)          |
| Decrease/(increase) in debtors                                                     | 180,104        | (158,555)      |
| Increase in creditors                                                              | <u>76,749</u>  | <u>169,667</u> |
| Net cash provided by operations                                                    | <u>324,927</u> | <u>144,729</u> |

### 2. ANALYSIS OF CHANGES IN NET FUNDS

|                          | At 1.4.22<br>£ | Cash flow<br>£ | At 31.3.23<br>£ |
|--------------------------|----------------|----------------|-----------------|
| Net cash                 |                |                |                 |
| Cash at bank and in hand | <u>514,575</u> | <u>331,754</u> | <u>846,329</u>  |
|                          | <u>514,575</u> | <u>331,754</u> | <u>846,329</u>  |
| Total                    | <u>514,575</u> | <u>331,754</u> | <u>846,329</u>  |

The notes form part of these financial statements

## **Haivering Mind**

### **Notes to the Financial Statements for the Year Ended 31 March 2023**

#### **1. ACCOUNTING POLICIES**

##### **BASIS OF PREPARING THE FINANCIAL STATEMENTS AND GOING CONCERN**

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.

##### **Going concern**

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these accounts. The trustees have made this assessment in respect to a period of one year from the date of approval of these accounts.

The trustees of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern.

##### **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.

##### **ALLOCATION AND APPORTIONMENT OF COSTS**

The costs of generating funds relate to the costs incurred by the charitable company in raising the funds for its charitable work. Fundraising costs incorporate an apportionment of the cost of the time spent by the administration staff in obtaining new sources of funding and securing the renewal of current funding.

##### **TANGIBLE FIXED ASSETS**

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

|                       |                           |
|-----------------------|---------------------------|
| Plant and machinery   | - 33% on cost             |
| Fixtures and fittings | - 25% on reducing balance |
| Motor vehicles        | - 25% on reducing balance |
| Computer equipment    | - 25% on reducing balance |

##### **TAXATION**

The company is a registered charity and therefore is not liable for income tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

##### **FUND ACCOUNTING**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2023

### 1. ACCOUNTING POLICIES - continued

#### **PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

### 2. DONATIONS AND LEGACIES

|              | 31.3.23       | 31.3.22       |
|--------------|---------------|---------------|
|              | £             | £             |
| Other income | 5,461         | 7,775         |
| Donations    | 30,255        | 24,159        |
| Legacies     | -             | 5,000         |
|              | <u>35,716</u> | <u>36,934</u> |

### 3. OTHER TRADING ACTIVITIES

|                    | 31.3.23        | 31.3.22        |
|--------------------|----------------|----------------|
|                    | £              | £              |
| Fundraising events | <u>248,517</u> | <u>199,019</u> |

### 4. INVESTMENT INCOME

|                          | 31.3.23      | 31.3.22    |
|--------------------------|--------------|------------|
|                          | £            | £          |
| Deposit account interest | <u>1,727</u> | <u>451</u> |

### 5. INCOME FROM CHARITABLE ACTIVITIES

|        | 31.3.23          | 31.3.22        |
|--------|------------------|----------------|
|        | £                | £              |
| Grants | <u>1,138,878</u> | <u>734,360</u> |

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

|                                                                   | 31.3.23       | 31.3.22       |
|-------------------------------------------------------------------|---------------|---------------|
|                                                                   | £             | £             |
| Garfield Weston                                                   | 30,000        | -             |
| Lottery - Sustainable Building Capabilities Project               | 83,562        | -             |
| London Borough of Havering - Social Inclusion                     | -             | 39,871        |
| London Borough of Havering - Peer Support                         | 76,519        | 40,008        |
| London Borough of Havering - Telephone triage service             | 44,500        | 53,260        |
| London Borough of Barking and Dagenham - Hoarding project         | 51,701        | 49,000        |
| BHRUT CCG - Meaningful activities                                 | -             | 50,241        |
| Big Lottery Fund Grant - Live a Better Life                       | -             | 93,016        |
| Lloyds Bank - Peer support                                        | -             | 5,500         |
| Meaningful Activities Pathway                                     | 54,428        | -             |
| CAMHS Ready for Adulthood                                         | -             | 17,750        |
| London Community Fund                                             | -             | 5,309         |
| Emergency Covid Funding - from numerous charities and foundations | -             | 13,800        |
| London Borough of Barking and Dagenham - Counselling service      | -             | 10,000        |
| MIND - Suicide prevention                                         | 42,744        | 25,646        |
| Tapestry - Social prescriber                                      | 19,367        | 36,808        |
| Tudor Trust - Gateway                                             | <u>30,000</u> | <u>15,000</u> |
| Carried forward                                                   | 432,821       | 455,209       |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2023

### 5. INCOME FROM CHARITABLE ACTIVITIES - continued

|                                                             | 31.3.23          | 31.3.22        |
|-------------------------------------------------------------|------------------|----------------|
|                                                             | £                | £              |
| Brought forward                                             | 432,821          | 455,209        |
| DWP - Economical Wellbeing Project                          | 41,111           | 29,369         |
| Bulldog - Peer support                                      | 9,596            | 4,499          |
| HBD - VIP project funded by UCL                             | 58,880           | 9,000          |
| BHRUT CCG - Mum's matter                                    | 91,392           | 22,500         |
| Community reconnection service                              | -                | 103,287        |
| London Borough of Barking and Dagenham - Mums Matter        | 114,000          | 28,500         |
| London Borough of Barking and Dagenham - NELFT Peer Support | 103,492          | 35,332         |
| London Borough of Havering - NELFT Peer Support             | 151,813          | 46,664         |
| Peoples Health Trust - LINKS                                | 1,500            | -              |
| London Borough of Barking and Dagenham - Pause2Start        | 55,134           | -              |
| RFA/PSG                                                     | 73,139           | -              |
| London Borough of Havering - Ukrainian Project              | 6,000            | -              |
|                                                             | <u>1,138,878</u> | <u>734,360</u> |

### 6. RAISING FUNDS

#### RAISING DONATIONS AND LEGACIES

Fundraising costs comprise:-

|                      | 31.3.23        | 31.3.22        |
|----------------------|----------------|----------------|
|                      | £              | £              |
| Salaries             | 31,052         | 25,317         |
| Fundraising expenses | 142,352        | 108,790        |
| External fundraiser  | 86,822         | 42,266         |
|                      | <u>260,226</u> | <u>176,373</u> |

### 7. CHARITABLE ACTIVITIES COSTS

|                 | Direct<br>Costs<br>£ |
|-----------------|----------------------|
| Client services | <u>1,074,073</u>     |



# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2023

### 8. SUPPORT COSTS

|                          | Management<br>£ | Finance<br>£ | Governance<br>costs<br>£ | Totals<br>£   |
|--------------------------|-----------------|--------------|--------------------------|---------------|
| Other resources expended | <u>14,657</u>   | <u>1,076</u> | <u>6,900</u>             | <u>22,633</u> |

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

|                         | 31.3.23<br>Other<br>resources<br>expended<br>£ | 31.3.22<br>Total<br>activities<br>£ |
|-------------------------|------------------------------------------------|-------------------------------------|
| Wages                   | 14,657                                         | 13,175                              |
| Independent examination | -                                              | 2,303                               |
| Bank charges            | 1,076                                          | 926                                 |
| Auditors' remuneration  | <u>6,900</u>                                   | <u>-</u>                            |
|                         | <u>22,633</u>                                  | <u>16,404</u>                       |

### 9. NET INCOME/(EXPENDITURE)

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

|                                     | 31.3.23<br>£ | 31.3.22<br>£ |
|-------------------------------------|--------------|--------------|
| Auditors' remuneration              | 6,900        | -            |
| Depreciation - owned assets         | 1,895        | 7,829        |
| Surplus on disposal of fixed assets | (4,448)      | -            |
| Independent examination             | <u>-</u>     | <u>2,040</u> |

### 10. 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.

The Charity subscribes to the Mind block insurance scheme, for trustees and officers.

#### TRUSTEES' EXPENSES

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

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2023

### 11. STAFF COSTS

|                       | 31.3.23          | 31.3.22        |
|-----------------------|------------------|----------------|
|                       | £                | £              |
| Wages and salaries    | 923,289          | 549,999        |
| Social security costs | 70,236           | 40,392         |
| Other pension costs   | 16,362           | 7,630          |
|                       | <u>1,009,887</u> | <u>598,021</u> |

The total remuneration of key management personnel amounted to £62,474 (2022: £50,187).

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

|                        | 31.3.23   | 31.3.22   |
|------------------------|-----------|-----------|
| Chief executive        | 1         | 1         |
| Direct charitable work | 48        | 25        |
| Administration         | 1         | 1         |
| Fundraising            | <u>1</u>  | <u>1</u>  |
|                        | <u>51</u> | <u>28</u> |

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

|                   | 31.3.23  | 31.3.22  |
|-------------------|----------|----------|
| £60,001 - £70,000 | <u>1</u> | <u>-</u> |

### 12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

|                                   | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>funds<br>£ |
|-----------------------------------|----------------------------|--------------------------|---------------------|
| <b>INCOME AND ENDOWMENTS FROM</b> |                            |                          |                     |
| Donations and legacies            | 36,934                     | -                        | 36,934              |
| <b>Charitable activities</b>      |                            |                          |                     |
| Client services                   | 146,201                    | 588,159                  | 734,360             |
| Other trading activities          | 199,019                    | -                        | 199,019             |
| Investment income                 | <u>451</u>                 | <u>-</u>                 | <u>451</u>          |
| <b>Total</b>                      | <u>382,605</u>             | <u>588,159</u>           | <u>970,764</u>      |
| <b>EXPENDITURE ON</b>             |                            |                          |                     |
| Raising funds                     | 134,107                    | 42,266                   | 176,373             |
| <b>Charitable activities</b>      |                            |                          |                     |
| Client services                   | 205,421                    | 446,327                  | 651,748             |
| Other                             | <u>16,404</u>              | <u>-</u>                 | <u>16,404</u>       |
| <b>Total</b>                      | <u>355,932</u>             | <u>488,593</u>           | <u>844,525</u>      |
| <b>NET INCOME</b>                 | 26,673                     | 99,566                   | 126,239             |
| Transfers between funds           | (5,760)                    | 5,760                    | -                   |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2023

| 12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued |                    |                  |                |  |
|------------------------------------------------------------------------|--------------------|------------------|----------------|--|
|                                                                        | Unrestricted funds | Restricted funds | Total funds    |  |
|                                                                        | £                  | £                | £              |  |
| Net movement in funds                                                  | 20,913             | 105,326          | 126,239        |  |
| <b>RECONCILIATION OF FUNDS</b>                                         |                    |                  |                |  |
| Total funds brought forward                                            | 291,130            | 71,017           | 362,147        |  |
| <b>TOTAL FUNDS CARRIED FORWARD</b>                                     | <u>312,043</u>     | <u>176,343</u>   | <u>488,386</u> |  |

| 13. TANGIBLE FIXED ASSETS |                     |                       |                |                    |               |
|---------------------------|---------------------|-----------------------|----------------|--------------------|---------------|
|                           | Plant and machinery | Fixtures and fittings | Motor vehicles | Computer equipment | Totals        |
|                           | £                   | £                     | £              | £                  | £             |
| <b>COST</b>               |                     |                       |                |                    |               |
| At 1 April 2022           | 15,909              | 39,742                | 31,400         | 25,272             | 112,323       |
| Disposals                 | -                   | -                     | (31,400)       | -                  | (31,400)      |
| At 31 March 2023          | <u>15,909</u>       | <u>39,742</u>         | -              | <u>25,272</u>      | <u>80,923</u> |
| <b>DEPRECIATION</b>       |                     |                       |                |                    |               |
| At 1 April 2022           | 15,909              | 35,123                | 30,530         | 23,186             | 104,748       |
| Charge for year           | -                   | 1,155                 | 218            | 522                | 1,895         |
| Eliminated on disposal    | -                   | -                     | (30,748)       | -                  | (30,748)      |
| At 31 March 2023          | <u>15,909</u>       | <u>36,278</u>         | -              | <u>23,708</u>      | <u>75,895</u> |
| <b>NET BOOK VALUE</b>     |                     |                       |                |                    |               |
| At 31 March 2023          | -                   | <u>3,464</u>          | -              | <u>1,564</u>       | <u>5,028</u>  |
| At 31 March 2022          | -                   | <u>4,619</u>          | <u>870</u>     | <u>2,086</u>       | <u>7,575</u>  |

Plant and machinery comprises assets associated with the Christmas Land fundraising event.

| 14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR |               |                |
|--------------------------------------------------|---------------|----------------|
|                                                  | 31.3.23       | 31.3.22        |
|                                                  | £             | £              |
| Trade debtors                                    | 2,746         | 25,636         |
| Prepayments and accrued income                   | <u>34,432</u> | <u>191,646</u> |
|                                                  | <u>37,178</u> | <u>217,282</u> |

# HaVering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2023

### 15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                             | 31.3.23          | 31.3.22         |
|---------------------------------------------|------------------|-----------------|
|                                             | £                | £               |
| Trade creditors                             | 22,751           | 21,844          |
| Social security and other taxes             | 16,657           | 17,620          |
| Other creditors                             | 4,047            | 3,273           |
| Accruals and deferred income                | <u>284,340</u>   | <u>208,309</u>  |
|                                             | <u>327,795</u>   | <u>251,046</u>  |
|                                             | 31.3.23          | 1.3.22          |
|                                             | £                | £               |
| <b>Deferred Income</b>                      |                  |                 |
| Deferred income at 1 April 2022             | 198,671          | 37,520          |
| Incoming resources deferred during the year | 275,387          | 198,671         |
| Released from previous years                | <u>(198,671)</u> | <u>(37,520)</u> |
| Deferred income as at 31 March 2023         | <u>275,387</u>   | <u>198,671</u>  |

Deferred income comprises grants for services to be provided after the balance sheet date.

### 16. MOVEMENT IN FUNDS

|                           | At 1.4.22      | Net movement in funds | Transfers between funds | At 31.3.23     |
|---------------------------|----------------|-----------------------|-------------------------|----------------|
|                           | £              | £                     | £                       | £              |
| <b>Unrestricted funds</b> |                |                       |                         |                |
| General fund              | 312,043        | 119,197               | (77,631)                | 353,609        |
| <b>Restricted funds</b>   |                |                       |                         |                |
| Restricted funds          | 176,343        | (46,843)              | 77,631                  | 207,131        |
| <b>TOTAL FUNDS</b>        | <u>488,386</u> | <u>72,354</u>         | <u>-</u>                | <u>560,740</u> |

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

|                           | Incoming resources | Resources expended | Movement in funds |
|---------------------------|--------------------|--------------------|-------------------|
|                           | £                  | £                  | £                 |
| <b>Unrestricted funds</b> |                    |                    |                   |
| General fund              | 553,279            | (434,082)          | 119,197           |
| <b>Restricted funds</b>   |                    |                    |                   |
| Restricted funds          | 876,007            | (922,850)          | (46,843)          |
| <b>TOTAL FUNDS</b>        | <u>1,429,286</u>   | <u>(1,356,932)</u> | <u>72,354</u>     |

# HaVering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2023

### 16. MOVEMENT IN FUNDS - continued

#### Comparatives for movement in funds

|                           | At 1.4.21<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.3.22<br>£ |
|---------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                                    |                    |
| General fund              | 281,130        | 26,673                           | 4,240                              | 312,043            |
| Designated Funds          | <u>10,000</u>  | <u>-</u>                         | <u>(10,000)</u>                    | <u>-</u>           |
|                           | 291,130        | 26,673                           | (5,760)                            | 312,043            |
| <b>Restricted funds</b>   |                |                                  |                                    |                    |
| Restricted funds          | <u>71,017</u>  | <u>99,566</u>                    | <u>5,760</u>                       | <u>176,343</u>     |
| <b>TOTAL FUNDS</b>        | <u>362,147</u> | <u>126,239</u>                   | <u>-</u>                           | <u>488,386</u>     |

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

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 382,605                    | (355,932)                  | 26,673                    |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | <u>588,159</u>             | <u>(488,593)</u>           | <u>99,566</u>             |
| <b>TOTAL FUNDS</b>        | <u>970,764</u>             | <u>(844,525)</u>           | <u>126,239</u>            |

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

|                           | At 1.4.21<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.3.23<br>£ |
|---------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                                    |                    |
| General fund              | 281,130        | 145,870                          | (73,391)                           | 353,609            |
| Designated Funds          | <u>10,000</u>  | <u>-</u>                         | <u>(10,000)</u>                    | <u>-</u>           |
|                           | 291,130        | 145,870                          | (83,391)                           | 353,609            |
| <b>Restricted funds</b>   |                |                                  |                                    |                    |
| Restricted funds          | <u>71,017</u>  | <u>52,723</u>                    | <u>83,391</u>                      | <u>207,131</u>     |
| <b>TOTAL FUNDS</b>        | <u>362,147</u> | <u>198,593</u>                   | <u>-</u>                           | <u>560,740</u>     |

## **Havering Mind**

### **Notes to the Financial Statements - continued for the Year Ended 31 March 2023**

#### **16. 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<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 935,884                    | (790,014)                  | 145,870                   |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 1,464,166                  | (1,411,443)                | 52,723                    |
|                           | <hr/>                      | <hr/>                      | <hr/>                     |
| <b>TOTAL FUNDS</b>        | <u>2,400,050</u>           | <u>(2,201,457)</u>         | <u>198,593</u>            |

#### **TRANSFERS BETWEEN FUNDS**

The transfers between restricted and unrestricted funds reflect the charity's use of unrestricted funds to support its local authority services.

#### **17. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2023.

There were no donations from trustees.

#### **18. STATUS**

The organisation is a charitable company limited by guarantee. The company was established under a Memorandum of Association which establishes the object and powers of the charitable company and is governed under its Articles of Association.

# Havering Mind

## Detailed Statement of Financial Activities for the Year Ended 31 March 2023

|                                       | 31.3.23<br>£     | 31.3.22<br>£   |
|---------------------------------------|------------------|----------------|
| <b>INCOME AND ENDOWMENTS</b>          |                  |                |
| Donations and legacies                |                  |                |
| Other income                          | 5,461            | 7,775          |
| Donations                             | 30,255           | 24,159         |
| Legacies                              | -                | 5,000          |
|                                       | <u>35,716</u>    | <u>36,934</u>  |
| Other trading activities              |                  |                |
| Fundraising events                    | 248,517          | 199,019        |
| Investment income                     |                  |                |
| Deposit account interest              | 1,727            | 451            |
| Charitable activities                 |                  |                |
| Grants                                | 1,138,878        | 734,360        |
| Other income                          |                  |                |
| Gain on sale of tangible fixed assets | <u>4,448</u>     | <u>-</u>       |
| <b>Total incoming resources</b>       | <b>1,429,286</b> | <b>970,764</b> |
| <b>EXPENDITURE</b>                    |                  |                |
| Raising donations and legacies        |                  |                |
| Wages                                 | 31,052           | 25,317         |
| Fundraising costs                     | <u>229,174</u>   | <u>151,056</u> |
|                                       | <u>260,226</u>   | <u>176,373</u> |
| Charitable activities                 |                  |                |
| Wages                                 | 877,580          | 511,507        |
| Social security                       | 70,236           | 40,392         |
| Pensions                              | 16,362           | 7,630          |
| Premises costs                        | 22,629           | 21,635         |
| Sundries                              | 58,110           | 49,715         |
| Minibus costs                         | 1,644            | 2,052          |
| Volunteer and staff travel            | 10,163           | 6,679          |
| Subscriptions and publications        | 7,536            | 324            |
| Insurance                             | 7,918            | 3,985          |
| Depreciation                          | <u>1,895</u>     | <u>7,829</u>   |
|                                       | <u>1,074,073</u> | <u>651,748</u> |
| Support costs                         |                  |                |
| Management                            |                  |                |
| Wages                                 | 14,657           | 13,175         |
| Carried forward                       | <u>14,657</u>    | <u>13,175</u>  |

This page does not form part of the statutory financial statements

**Havering Mind**

**Detailed Statement of Financial Activities  
for the Year Ended 31 March 2023**

|                          | 31.3.23<br>£         | 31.3.22<br>£          |
|--------------------------|----------------------|-----------------------|
| <b>Management</b>        |                      |                       |
| Brought forward          | 14,657               | 13,175                |
| Independent examination  | <u>-</u>             | <u>2,303</u>          |
|                          | 14,657               | 15,478                |
| <b>Finance</b>           |                      |                       |
| Bank charges             | 1,076                | 926                   |
| <b>Governance costs</b>  |                      |                       |
| Auditors' remuneration   | <u>6,900</u>         | <u>-</u>              |
| Total resources expended | <u>1,356,932</u>     | <u>844,525</u>        |
| Net income               | <u><u>72,354</u></u> | <u><u>126,239</u></u> |

This page does not form part of the statutory financial statements

---

# Accounts

---

**REGISTERED COMPANY NUMBER: 04184862 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1108470**

**Report of the Trustees and**  
**Financial Statements for the Year Ended 31 March 2022**  
**for**  
**Havering Mind**

# **Havering Mind**

## **Contents of the Financial Statements for the Year Ended 31 March 2022**

|                                          | <b>Page</b> |
|------------------------------------------|-------------|
| <b>Chairman's Statement</b>              | 1           |
| <b>Report of the Trustees</b>            | 2 to 12     |
| <b>Independent Examiner's Report</b>     | 13          |
| <b>Statement of Financial Activities</b> | 14          |
| <b>Balance Sheet</b>                     | 15 to 16    |
| <b>Cash Flow Statement</b>               | 17          |
| <b>Notes to the Cash Flow Statement</b>  | 18          |
| <b>Notes to the Financial Statements</b> | 19 to 28    |

## **Havering Mind**

### **Chairman's Statement for the Year Ended 31 March 2022**

There has been a dramatic increase in demand for the mental health services that we provide in Havering, Barking & Dagenham in the last 12 months. I am pleased to say that we have maintained our existing project services and have been commissioned to provide extra services as both awareness and demand has increased.

Our staff and volunteers have, as always, shown a great dedication to both new and old service users, working longer hours and weekends to provide gateway services to local people in urgent need of both advice and help and I thank them for their strength and perseverance in such a difficult time.

We held the Family Fest weekend in July and the Christmas Land event in December, which were again a fantastic success and I thank everyone who was involved in the planning and execution of the weekend. Our fundraising events are now a major part of our annual calendar. They not only generate much valued funds for the charity but also create a great team ethic as both volunteers and service users come together for the benefit of the charity. We did hold the Half Marathon in October 2021 but sadly were forced to cancel the event in 2022 because the costs of running the event dramatically increased which made the staging of the event unrealistic. We are currently reviewing the future of the race. We were pleased to officially open the garden in September 2022. This is a fantastic space for both service users and staff to meet and work in. We owe a great deal of thanks to a team of volunteers who have completed the garden through the last year.

During this year Sheldon Attridge, Chrissie MacNeil and Eithne Herlihy have stepped down as trustees of the charity and I thank them for their longstanding contributions over many years.

You will see from the Treasurers Report that the charity is in a strong financial position. Despite the continued mental health cost of the pandemic I believe that we are in a good position to sustain the charity for the future, helping to provide the mental health services in Havering Barking and Dagenham for which we are renowned and admired.

I would like to finish by saying a great thank you to all of our fantastic staff, volunteers and trustees who have worked so hard this year and also to thank our sponsors, donors and supporters for their commitment and investment in what we do.

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2022**

The Trustees who are also Directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

Havering Mind objectives are:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions or emotional or mental distress requiring advice or treatment, in the London Borough of Havering and surrounding area (the area of benefit) in association and in accordance with the aims and objects of National Mind.

**Charitable Activities and Public benefit**

At Havering Mind we are pro-active in supporting and educating people about mental health in our local community. We do this through:

1. Providing advice and information
2. Helping individuals learn how to manage their mental health
3. Providing activities to create peer support
4. Raising awareness and providing education to reduce the stigma around mental health

The Trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2022**

#### **STRATEGIC REPORT**

##### **Achievement and performance**

##### **Some of our Achievements during 2021-22**

We expanded our reach to people with mental health concerns across both Boroughs of Havering and Barking & Dagenham

We spoke to 2,016 members of the public seeking help and advice through our Gateway Telephone Service

This represents a 30% increase on the previous year

We directly supported 3,589 individuals through our services (2,215 in 2020/21)

This represents a 62% increase on the previous year

We delivered 85 face to face interventions post C19 lockdown restrictions

We mobilised and launched 9 new services including Mums Matter, Hoarding Pathway and Work Well Programme

We delivered mental health awareness sessions to schools in Havering

Over 200 parents expressed their interest in our Parent Support Group in the first 5 months

We developed our staff through supporting hundreds of hours of continuous personal development training

We mobilised a team of over 20 therapists from the London Mind network to support the delivery of the Victim Improvement Package Trial

Havering Christmas Land was visited by over 25,000 people during December 2021

800+ runners participated in our Mind Havering Half Marathon in October 2021

We delivered excellent outcomes for many people using our services

18,000+ more Facebook likes received during this year

Our total income was £970,764.

Overall, there was a 62% increase in the number of people supported by our services during the year, due to a combination of growth in demand for some services and the delivery of new services across both Boroughs.

#### **Gateway Telephone Service**

##### **2,016 initial contact, information and advice enquiries**

Our Gateway Telephone Service is the foundation of what we do, providing access to information at a time when callers are feeling afraid, anxious, depressed or just don't know what to do. Our interventions have been via telephone, email and face to face

- Supporting people who present in crisis to access the best service to meet their needs
- Offering an initial assessment and further short-term intervention
- Supporting families, friends and carers seeking help for someone they are close to
- Offering a navigation service so that people access the right service at the right time
- Signposting to other local providers to ensure continuity of support
- Introducing new clients to the range of services offered at Havering Mind and the local community

**'I rang up in desperate need of help for my son who I believed was going through a crisis with his mental health. The lady I spoke to was very helpful and empathetic. She talked me through the services that they provide and how my son could go about getting involved. She also spoke to me about ways in which I can support not only his, but my own mental health during this difficult time.'**

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2022**

We delivered this service across Havering, Barking and Dagenham

#### **Live a Better Life Project**

##### **290 people supported**

Our Live a Better Life Programme supports adults with mental health problems, giving them the tools they need to manage their wellbeing and resilience, acting as a preventative service to reduce further problems from arising. Our aim is to improve the recovery time for those experiencing a crisis with their mental health and ensure ongoing support is provided. We also help people achieve improvements in their overall physical health, and support the development of life-long coping skills for mental wellbeing. The programme run over several weeks, aims to achieve individual goals through CBT informed workshops including 'How to manage stress' and 'How to cope with anxiety'; physical activities including yoga, gardening, badminton and cycling; health workshops such as 'Food & Mood' and 'Sleep & Stress'; and other groups including walking.

**'I've learnt a lot more about myself, as well as skills such as confidence and assertiveness that I am applying to my life. Having the awareness about mental health is very important and it is easier now to notice changes within myself that I can work to improve. I'm making more of an effort to be mindful and work on myself. Learning things like breathing techniques and meditation is useful to apply in situations where I am feeling anxious and I try to incorporate this in to my life when necessary. I am going out more and being a lot more social, making positive steps to grow my business and no longer feel 'stuck'.**

We delivered this service in Havering and Barking & Dagenham

#### **Meaningful Activities Project**

##### **89 people supported**

Meaningful Activities Project gives a space for those who are suffering with long term mental illness. The project provides sessions which help with mindfulness, confidence and encourages socialising. There are different groups including i) self-discovery which includes poetry, News topics and current affairs ii) games including pool and table tennis iii) creativity including arts, crafts, writing and much more.

**'Unless I push myself to get out there and do things, I can become isolated. So it's really beneficial to have a place to meet people - it's about interaction, communication, self-esteem and security. If I didn't have that place, I can become reclusive and blinkered- everything becomes more difficult. And the longer that goes on, the harder it is to persuade myself to go out of the front door.'**

We delivered this service in Havering

#### **Peer Support and Links Projects**

##### **177 people supported**

Our Peer Support and Links Project are services that supported the creation of peer networks in the community bringing people together to support one another, keep active and strengthen resilience. By boosting individuals knowledge and understanding of mental health, peer support has been a way of helping each other to find and use their own and each others abilities.

Through our Links Project, people had the opportunity to engage with peers through a dynamic programme of activities which improved confidence and self esteem.

**'Peer support is a rock in a stormy sea. When the waves overwhelm me they give me a footing back to life. The people in it are links in the chain that is my anchor. We stand alone but together gaining strength from each other and cannot be broken. Without peer support I don't know what I would do every week. I would have nowhere to go every week as there is always something going on. As I live alone this is my lifeline. If I did not have peer support I don't know what I would do.'**

We delivered this service in Havering

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2022**

**Work Well Programme**

**84 people supported**

Our Work Well Programme Team launched in November 2021. The Work Well Programme has been created to support eligible\* local residents to promote positive mental health and wellbeing and increase employability plus other opportunities. (\*Eligibility is subject to receiving unemployment benefit)

We offered an up to 6 week programme, tailored to the required support to achieve future aims and ambitions.

**"The people I got to experience with - the team and the other clients. I feel like I am now part of a 'friendship group.' Clients who take on this course are very lucky as they are in great hands" Participant of Cohort #1**

**"I feel confident to go out looking for a job." Participant of Cohort #4**

**"The service has helped a lot, gained confidence and opened my eyes to future opportunities. Support, counselling, guidance and made friends." Participant of Cohort #8**

We delivered this service in Havering

**Ready for Adulthood Project**

**16 young people supported**

Our Ready for Adulthood Project Team launched in January 2022. They organise a regular 6 week face to face programme for 17 - 25 year olds experiencing different mental health challenges. The interactive and supportive group comprises of sessions on topics including communication, resilience, wellbeing, living skills plus 1:1 support and peer activities.

**"Just to let you know, my son went out today with some young people from the Mind group. They went to a park at 1pm and he is still out (email sent at 6pm). He just face-timed me to say they are all going into town together. He looked happier than he has been for years. I can't thank you enough for enabling them all to get together. It really is the best thing that has happened to him"**

We delivered this service in Havering

**Parent Support Group**

**149 people supported**

Our Parent Support Group Team launched in January 2022. They run a regular 6 week online programme for parents and carers of young people aged 11 - 25 years with mental health challenges. Our parents and carers meet with peers with similar experiences and receive advice, reassurance, tips and techniques for supporting their young person and their own wellbeing.

**"It is very reassuring to know that I am not the only parent in a similar situation but we all know our children differently. I have learnt that I am a good parent and there are techniques from the course I can employ to encourage a natural flow of communication. Having been selfless and putting my child first as a parent, I am also learning the importance of self-care and to put myself first and enjoying my life with all the turbulence it comes with. I have learnt not to raise my voice and to walk away from situations that can be volatile."**

We delivered this service across Havering and Barking & Dagenham

**Community Reconnections Service**

**104 people supported**

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2022**

This service supported people requiring practical and emotional encouragement to reconnect with face-to-face services and other support programmes as they reintegrated after Covid 19 restrictions lifted.

Each person was offered:

- An opportunity to complete a Wellbeing Star assessment
- Encouragement and involvement in completing a personal action plan
- A home visit to discuss their action plan and look at ways of implementing the changes indicated
- Regular phone calls to support them while they are re-engaging with services and their community
- Sensitive and warm transfer when they are accessing the services /new opportunities

**"I have made remarkable progress and made many friends within Mind. My confidence has increased so much I have started attending other community groups with my friends"**

**"I finally have a purpose in my life. It is all good. I know I did not want to engage in the beginning. But, you never gave up on me. Something I will never forget"**

**"I was lost and lonely without anyone who cared - until you took notice of my needs and me"**

**"You really listened and were so friendly on the phone. Lockdown had an impact on my mental health so knowing you were there for me helped"**

We delivered this service in Havering

#### **Gateway Counselling Service**

##### **13 people supported**

When our other services weren't considered to be appropriate, counselling enabled and empowered people to express their concerns through 1:1 sessions with a trained counsellor. Through free to access, person centred counselling, we were able to:

- Provide support when the need was greatest
- Help individuals resolve complicated feelings or find ways to live with them
- Help find resolutions for future planning
- Reduce isolation and loneliness
- Build inner resilience
- Reduce depression and anxiety
- Reduce self-harm
- Educate and inform about positive coping strategies for stress and anxiety
- Reduce suicidal thoughts

We delivered this service across Havering and Barking & Dagenham

#### **Mums Matter Project**

##### **46 people supported**

Our Mums Matter Teams were established in January 2022. Mums Matter is a support service to empower mums to take control of their health and wellbeing. The 6 week course was originally designed by mums for mums with a perinatal mental health problem. Our aim is to support mums using a holistic approach to their health and wellbeing incorporating practical and emotional support. We are pleased to share that we support our mums with creche facilities to ensure our mums are able to participate fully in the group sessions. We also invite dads/supporters of each mum to have a 1:1 session with our practitioners towards the end of each course.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2022**

"I don't really know how to put into words how much the Mums Matter Project helped me. When I started the course, I would barely go one day without crying or having a meltdown, due to the frustration I felt for not being a good enough mum. Although I always felt at ease to speak with my husband about how I felt, I found that sharing how I felt with other mums was crucial - and the peer support received from the other mums and the facilitators worked wonders - much better than any medicine, in my opinion. Also, a big thanks to the crèche workers, who always went above and beyond to ensure the little ones were so well looked after! Those two hours every Tuesday were the highlight of my week - they made me realise that us that ask for help are indeed excellent mums. I hope this project continues to help many mums in the future, I'm always talking about it."

We delivered this service across Havering and Barking and Dagenham

#### **Safe Connections Service**

##### **8 people supported**

Safe Connections aims to support people who are experiencing suicidal thoughts and ideation, to access the right service at the right time. We offer a safe space for people to talk about their feelings and concerns, and explore the underlying reasons as to why someone may feel suicidal. We provide a mixture of emotional and practical support and tailored signposting to help meet the individual's needs.

Safe Connections 0300 561 0115

Grief in Pieces helps people understand grief, develop coping strategies and offers a safe space to explore thoughts, feelings; and grief education through closed groups.

We delivered this service across Havering and Barking & Dagenham

#### **Hoarding Project**

Life should be more than just 'getting by'. But for thousands of people living with a mental health problem that is all they can do. Adults who are reluctant to or who do not engage with services can have complex and diverse needs that often fall between different agencies and can leave them at direct risk of harm. Self-neglect can cover a wide range of behaviours such as neglecting personal hygiene, health or living environment, and includes hoarding. In these situations, peoples' needs are usually long standing and recurring and may be commonly known to a range of agencies. They may frequently put themselves and neighbours, family and animals at significant high risk of harm as self-neglect and hoarding behaviours can lead to the risk of fires, gas and water leaks and of infestations spreading.

We mobilised and launched our Hoarding Project in the final quarter of 2021/22, and the service has provided a pathway to enable change in hoarding behaviours. Working in partnership with Social Care and Mental Health Teams, we are receiving and working with people referred to us by statutory services for specified support.

We delivered this service in Barking & Dagenham

#### **Peer Support Workers**

We mobilised our team of Peer Support Workers in December 2021, and launched our Peer Programme in the final quarter of 2021/22. Peer support is delivered by those with lived experience of mental distress or as a carer, to build empathy and recovery as a template in their roles. This is a provision of support and recovery guidance to individuals experiencing common and severe mental health problems, and supports recovery-based programmes for service users and members of the local community, in partnership with statutory and community organisations.

We delivered this service across Havering and Barking & Dagenham

#### **Social Prescribing Programme**

##### **356 people supported**

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2022**

We mobilised our team of Social Prescribers in the summer 2021 and they began liaising with GP Surgeries and Clinics thereafter. It aims to improve the health and reduce health inequalities of the registered population, as well as complement traditional medical interventions. Social Prescribing has proven to have a positive impact on GP consultation rates.

Our Social Prescribers have been passionate about supporting local people to achieve their fullest potential in terms of health, mental health, wellbeing and resilience, and understand the need to make services even more accessible, putting people at the heart of a personalised support plan. They have been proactive in encouraging agency and self-referrals, and connecting with all local communities, particularly those communities that statutory agencies have considered hard to reach. They have worked with the person, their families and carers and carefully considered how they can all be supported, through the social prescribing model.

We delivered this service in Havering

#### **Social Inclusion Project**

##### **224 people supported**

Within this service, we supported adults living with mental health problems in Havering, who are also socially isolated. The aim of the project is to reduce isolation and promote inclusion

Each person receives

- A friendly one to one appointment to complete a Recovery Star assessment
- Access to a specially tailored six week course
- Access to a peer group within their local area
- Opportunity to look at volunteering opportunities
- Signposting and warm transfer to other relevant services

Within the six week course we share good sleeping practices, tips for managing stress and improving resilience, as well as learning relaxation skills, mindfulness, peer skills and five ways to wellbeing,

On completion of the course, everyone is offered access to a peer group and we look at other opportunities within their local area.

**"I don't feel so alone, as I have Mind's support"**

**"A lifeline for me, to know someone is connecting with me. I don't have any family so glad I am part of this project "**

We delivered this service in Havering

#### **Victim Improvement Package**

##### **17 people referred**

Older people are vulnerable to sustained high levels of psychosocial distress following a crime. A cognitive behavioural therapy (CBT)-informed psychological therapy, the Victim Improvement Package (VIP) can help to aid the recovery. Working in partnership with UCL, Mind in Havering, Barking & Dagenham has delivered the VIP trial since the summer of 2021. The trial aims to test the clinical and cost-effectiveness of the VIP for alleviating depressive and anxiety symptoms in older victims of crime.

People aged 65 years or more who have reported being a victim of crime, are screened by the Metropolitan Police Service Safer Neighbourhood Teams within a month of the crime for distress. Those who screened positive in the assessment are signposted to their GP for assistance, and re-screened at 3 months. Participants who screened positive for depression and/or anxiety at re-screening are randomised to a CBT informed VIP in addition to treatment as usual (TAU), compared to TAU alone. This VIP intervention has consisted of 10 individual 1 hour sessions, delivered weekly by therapists from the pan London Mind network, and facilitated by Mind in Havering, Barking & Dagenham.

We delivered this service across North and East London

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2022**

#### **Training**

We have provided tailored mental health training to organisations, businesses, individuals, charities and schools this year. Our 4 main training programmes delivered have been:

- Mental Health Awareness
- Mental Health in the Workplace
- Mental Health and Young People

Taking part in our training can lead to - more confidence to talk about mental health - improved knowledge around what support is available - greater understanding of mental health - more mindfulness of how people are feeling - more positive ways to start conversations in the workplace

#### **Fundraising, Donations and Legacies**

Income generated through fundraising, donations and legacies will continue to play an important role in ensuring the sustainability and diversity of our services. Our Corporate and Community Fundraising Strategy includes a focus on increasing our corporate partnership and sponsorship income; and encouraging the amazing individuals and local organisations who continue to support us. We maintain that our fundraising should be carried out in a responsible manner. As such, we will not use fundraising methods that might be considered intrusive or that put pressure on people to donate. We will not share or purchase donor data from third parties.

There were no complaints about our fundraising activities during the year.

#### **Financial review**

##### **Financial position**

The charity held fund balances at 31 March 2022 of £488,386 (2021 - £362,147) comprising restricted funds of £176,343 (2021 - £71,017), and general funds of £312,043 (2021 - £281,130).

##### **Principal funding sources**

The principal funding sources for the charity were grants from the London Borough of Havering and the London Borough of Barking & Dagenham, NHS Clinical Commissioning Groups and Health Foundations, the Lottery Community Fund, The Tudor Trust, The Bulldog Trust, The Department of Work and Pensions, North East London Foundation Trust, Lloyds Bank Foundation, amongst others.

We are grateful to all our funders for their support during a challenging year.

##### **Investment policy and objectives**

The Trustees manage the investments within the regulations contained in the Trustee Investments Act 1961. Due to the need to maintain the liquidity of the charity funds are currently held in a deposit account or on bank deposit.

##### **Reserves Policy**

Ordinarily, the Trustees' policy is to maintain an appropriate level of unrestricted funds not committed or invested in tangible fixed assets, so that in the event of all funding being withdrawn there would be sufficient resources to wind down the current activities in a professional manner. However, this number was temporarily increased to £250,000 in response to the uncertainties and volatility caused by the pandemic.

The unrestricted free reserves are £304,468. Whilst the major risks relating to Covid 19 have reduced the trustees have determined to maintain the minimum reserve level at £250,000 for the foreseeable future. In addition to the general requirement the trustees previously approved capital expenditure of £20,000 and a level of self-funding on both the Live a Better Life project and the Gateway Service of £50,000.

Due to the nature of the charity's activities it is felt that the maintenance of such reserves is not only financially prudent in general, but is a key requirement in order to provide a managed handover process for clients in the event that the charity had to be wound down. It also provides a positive feeling of stability to both current and potential sources of funding alike, thus giving them confidence that the organisation is sustainable and well managed in its financial affairs.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2022**

#### **STRATEGIC REPORT**

##### **Financial review**

##### **Going concern**

The Trustees consider the Charity to be a going concern and they are not aware of any material uncertainties which may cast significant doubt on this view. In addition they have a reasonable expectation that the Charity has adequate resources to continue for the foreseeable future.

##### **Treasurer's Report**

Total revenue for the year ended 31st March 2022 was £970,764 representing an increase of 87.1% compared with last year.

Total costs were £844,525 representing an increase of 217% compared with last year.

Net surplus for the year amounted to £126,239 compared to a surplus in the previous year of £129,220.

Free reserves have increased to £304,468 (2021: £278,444).

As in 2021, in response to the Covid 19 pandemic significant additional funding was made available by both local government and other charitable foundations to provide emergency services relating to the pandemic.

The main sources of project income for the year are the London Borough of Havering, (£197,553) London Borough of Barking and Dagenham, (£122,832) BHRUT Clinical Commissioning Group, (£212,836) and other charitable foundations (£156,384). In addition, the charity was awarded short term pandemic emergency funding for other services of £44,755.

The charity's main expenditure item continues to be staffing costs, which, at £598,021 represents 71% of total expenditure as compared to 72% for last year. The significant increase in staff costs is indicative of the increase in staff numbers caused by both new projects together with the emergency funding requirements of the pandemic. The organisation has an experienced, dedicated and hardworking group of staff and volunteers. Without them our quality range of services could not be maintained in such an efficient manner.

#### **CONCLUSION**

In summary, the charity has expanded considerably in the last 12 months prompted by a large increase in funding both central and local government and continues to be financially stable. Fundraising levels in 2022 were also returning to pre pandemic levels with a significant contribution from the Christmas Land event.

The Board will endeavour to maintain income to ensure stability in what is a very difficult economic climate, whilst striving to further improve and expand our services in assisting all members of society who are affected by mental health issues.

##### **Future plans**

The trustees are focussed on increasing project funding from additional sources so that the organisation is able to widen, increase and improve further the various mental health services it provides in Havering Barking and Dagenham.

This will be supplemented by a continued excellent contribution from the fundraising team. After losing income in 2020 because of the pandemic we held the Havering Tribute Fest weekend, the Havering Half Marathon and the Havering Christmas Land events once again in 2021. These events not only raise income for the charity but also increase our profile in Havering and Barking and Dagenham to the general public.

The charity will continue to rely upon voluntary staff, who assist significantly in the day to day running of our organisation. It is very important that we continue to invest in the training and support for both volunteers and staff alike.

#### **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.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2022**

Havering Mind, founded in 1961, is a registered charity (No: 1108470). The Charity was incorporated as a company limited by guarantee on 22 March 2001 and is governed by a memorandum and articles of association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

#### **Recruitment and appointment of new Trustees**

The Trustees are appointed every three years by the members of the company at the Annual General Meeting. Additionally the Trustees who are also Directors may be appointed by the existing Directors subject to a maximum of 20.

#### **Organisational structure**

The Charity is run by the Management committee which consists of 4 officers and an elected number of members as decided at the Annual General Meeting. In addition the Committee may co-opt representatives of the voluntary and statutory bodies concerned with Mental Health.

The charity is managed by the trustees. However, the trustees delegate the day to day management of the charity to the Chief Executive Officer by a policy document covering the responsibilities of the Chief Executive Officer.

#### **Induction and training of new Trustees**

Most Trustees are already familiar with the practical work of the charity but all new Trustees undergo an orientation course to brief them on their legal obligations under charity and company law, the content of the Memorandum and Articles of Charity. The committee, decision making processes, the business plan and recent financial performance together with Health and Safety are all covered within the induction. Trustees are encouraged to attend appropriate external training events to support the role they are performing.

#### **Affiliation**

We are affiliated to Mind, the national mental health charity. In all, more than 114 local Minds are affiliated to national Mind. During the year, we have been involved in working with the Mind network, and played a key role in the Mind in London network and a newly formed North East London Strategic Alliance with Mind in Tower Hamlet and Newham, and Mind in City, Hackney and Waltham Forest. We have embedded our expansion of service in the London Borough of Barking & Dagenham.

#### **Staffing**

At the end of the year, Havering Mind had 48 staff (14 full time and 34 part time).

The trustees are responsible for establishing remuneration levels for senior management.

#### **Risk management**

The trustees have identified staff recruitment and retention and sustainability of income as the key risks faced.

The Trustees actively review the major risks which the charity faces on a regular basis and believes maintaining reserves at current levels, combined with a regular review over key financial systems, will provide sufficient resources in the event of any adverse conditions arising. The trustees have also examined other operational and business risks faced by the charity and confirm they have established systems to mitigate significant risks.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

04184862 (England and Wales)

##### **Registered Charity number**

1108470

##### **Registered office**

Harmile House  
54 St Mary's Lane  
Upminster  
Essex  
RM14 2QP

## **Haivering Mind**

### **Report of the Trustees for the Year Ended 31 March 2022**

#### **Trustees**

Mr Sheldon Attridge (resigned 18.10.22)  
Mr Pronoy Bose (resigned 6.9.21)  
Miss Lisa Alice Hallett (resigned 20.4.21)  
Eithne Anne Herlihy (resigned 17.8.22)  
Mr Stephen McCann  
Christina Mary MacNeil (resigned 22.2.22)  
Ms Zenya Greenaway  
Mr Gary Anderson (appointed 22.9.21)  
Miss Amy Elizabeth Burgess (appointed 22.9.21)  
Mrs Shahina Haque (appointed 22.9.21)  
Miss Georgia Russell (appointed 22.9.21) (resigned 31.5.22)  
Mr Daniel Robert Shore (appointed 22.9.21)  
Mr Paul Masterson (appointed 22.9.21)  
Mrs Linda Joy Van Den Hende (appointed 22.9.21)  
Miss Tracey Colleen Nunn (appointed 22.9.21)

#### **Independent Examiner**

A S Robinson  
FCA  
J P B Harris & Co.  
Chartered Accountants  
Harmile House  
54 St Marys Lane  
Upminster  
Essex  
RM14 2QP

#### **Bankers**

Barclays Bank Plc  
Newham Business Centre  
737 Barking Road  
London  
E13 9PL

Metro Bank Plc  
Brewery Walk  
Waterloo Road  
Romford RM1 1AU

#### **CHIEF EXECUTIVE**

Sarah Balser

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

.....  
Mr Stephen McCann - Trustee

## **Independent Examiner's Report to the Trustees of Havering Mind**

### **Independent examiner's report to the trustees of Havering Mind ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

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

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

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

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FCA which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for 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 (FRS 102)).

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

A S Robinson  
FCA  
J P B Harris & Co.  
Chartered Accountants  
Harmile House  
54 St Marys Lane  
Upminster  
Essex  
RM14 2QP

Date: .....

# Havering Mind

## **Statement of Financial Activities for the Year Ended 31 March 2022**

|                                        | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 31.3.22<br>Total<br>funds<br>£ | 31.3.21<br>Total<br>funds<br>£ |
|----------------------------------------|-------|----------------------------|--------------------------|--------------------------------|--------------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>      |       |                            |                          |                                |                                |
| Donations and legacies                 | 2     | 36,934                     | -                        | 36,934                         | 42,932                         |
| <b>Charitable activities</b>           |       |                            |                          |                                |                                |
| Client services                        |       | 146,201                    | 588,159                  | 734,360                        | 457,604                        |
| Other trading activities               | 3     | 199,019                    | -                        | 199,019                        | 17,409                         |
| Investment income                      | 4     | 451                        | -                        | 451                            | 866                            |
| <b>Total</b>                           |       | <u>382,605</u>             | <u>588,159</u>           | <u>970,764</u>                 | <u>518,811</u>                 |
| <br><b>EXPENDITURE ON</b>              |       |                            |                          |                                |                                |
| Raising funds                          | 6     | 134,107                    | 42,266                   | 176,373                        | 70,153                         |
| <b>Charitable activities</b>           | 7     |                            |                          |                                |                                |
| Client services                        |       | 205,421                    | 446,327                  | 651,748                        | 304,153                        |
| Other                                  |       | 16,404                     | -                        | 16,404                         | 15,285                         |
| <b>Total</b>                           |       | <u>355,932</u>             | <u>488,593</u>           | <u>844,525</u>                 | <u>389,591</u>                 |
| <br><b>NET INCOME</b>                  |       | 26,673                     | 99,566                   | 126,239                        | 129,220                        |
| Transfers between funds                | 17    | (5,760)                    | 5,760                    | -                              | -                              |
| <b>Net movement in funds</b>           |       | 20,913                     | 105,326                  | 126,239                        | 129,220                        |
| <br><b>RECONCILIATION OF FUNDS</b>     |       |                            |                          |                                |                                |
| Total funds brought forward            |       | 291,130                    | 71,017                   | 362,147                        | 232,927                        |
| <br><b>TOTAL FUNDS CARRIED FORWARD</b> |       | <u>312,043</u>             | <u>176,343</u>           | <u>488,386</u>                 | <u>362,147</u>                 |

The notes form part of these financial statements

# **Havering Mind**

## **Balance Sheet** **31 March 2022**

|                                              | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 31.3.22<br>Total<br>funds<br>£ | 31.3.21<br>Total<br>funds<br>£ |
|----------------------------------------------|-------|----------------------------|--------------------------|--------------------------------|--------------------------------|
| <b>FIXED ASSETS</b>                          |       |                            |                          |                                |                                |
| Tangible assets                              | 14    | 7,575                      | -                        | 7,575                          | 12,686                         |
| <b>CURRENT ASSETS</b>                        |       |                            |                          |                                |                                |
| Debtors: amounts falling due within one year | 15    | 79,642                     | 137,640                  | 217,282                        | 58,727                         |
| Cash at bank and in hand                     |       | 343,772                    | 170,803                  | 514,575                        | 372,113                        |
|                                              |       | <u>423,414</u>             | <u>308,443</u>           | <u>731,857</u>                 | <u>430,840</u>                 |
| <b>CREDITORS</b>                             |       |                            |                          |                                |                                |
| Amounts falling due within one year          | 16    | (118,946)                  | (132,100)                | (251,046)                      | (81,379)                       |
| <b>NET CURRENT ASSETS</b>                    |       | <u>304,468</u>             | <u>176,343</u>           | <u>480,811</u>                 | <u>349,461</u>                 |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       | <u>312,043</u>             | <u>176,343</u>           | <u>488,386</u>                 | <u>362,147</u>                 |
| <b>NET ASSETS</b>                            |       | <u>312,043</u>             | <u>176,343</u>           | <u>488,386</u>                 | <u>362,147</u>                 |
| <b>FUNDS</b>                                 | 17    |                            |                          |                                |                                |
| Unrestricted funds:                          |       |                            |                          |                                |                                |
| General fund                                 |       |                            |                          | 312,043                        | 281,130                        |
| Designated Funds                             |       |                            |                          | -                              | 10,000                         |
|                                              |       |                            |                          | <u>312,043</u>                 | <u>291,130</u>                 |
| Restricted funds                             |       |                            |                          | <u>176,343</u>                 | <u>71,017</u>                  |
| <b>TOTAL FUNDS</b>                           |       |                            |                          | <u>488,386</u>                 | <u>362,147</u>                 |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The notes form part of these financial statements

**Havering Mind**

**Balance Sheet - continued**  
**31 March 2022**

.....  
Mr Stephen McCann - Trustee

The notes form part of these financial statements

## Havering Mind

### Cash Flow Statement for the Year Ended 31 March 2022

|                                                                           | Notes | 31.3.22<br>£              | 31.3.21<br>£              |
|---------------------------------------------------------------------------|-------|---------------------------|---------------------------|
| <b>Cash flows from operating activities</b>                               |       |                           |                           |
| Cash generated from operations                                            | 1     | <u>144,729</u>            | <u>143,535</u>            |
| Net cash provided by operating activities                                 |       | <u>144,729</u>            | <u>143,535</u>            |
| <br><b>Cash flows from investing activities</b>                           |       |                           |                           |
| Purchase of tangible fixed assets                                         |       | (2,718)                   | -                         |
| Interest received                                                         |       | <u>451</u>                | <u>866</u>                |
| Net cash (used in)/provided by investing activities                       |       | <u>(2,267)</u>            | <u>866</u>                |
| <br><b>Change in cash and cash equivalents in the reporting period</b>    |       | <br><u>142,462</u>        | <br><u>144,401</u>        |
| <b>Cash and cash equivalents at the beginning of the reporting period</b> |       | <u>372,113</u>            | <u>227,712</u>            |
| <br><b>Cash and cash equivalents at the end of the reporting period</b>   |       | <br><u><u>514,575</u></u> | <br><u><u>372,113</u></u> |

The notes form part of these financial statements

# Havering 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

|                                                                                           | 31.3.22<br>£   | 31.3.21<br>£   |
|-------------------------------------------------------------------------------------------|----------------|----------------|
| <b>Net income for the reporting period (as per the Statement of Financial Activities)</b> | <b>126,239</b> | <b>129,220</b> |
| <b>Adjustments for:</b>                                                                   |                |                |
| Depreciation charges                                                                      | 7,829          | 7,763          |
| Interest received                                                                         | (451)          | (866)          |
| Increase in debtors                                                                       | (158,555)      | (30,065)       |
| Increase in creditors                                                                     | 169,667        | 37,483         |
| <b>Net cash provided by operations</b>                                                    | <b>144,729</b> | <b>143,535</b> |

### 2. ANALYSIS OF CHANGES IN NET FUNDS

|                          | At 1.4.21<br>£ | Cash flow<br>£ | At 31.3.22<br>£ |
|--------------------------|----------------|----------------|-----------------|
| <b>Net cash</b>          |                |                |                 |
| Cash at bank and in hand | 372,113        | 142,462        | 514,575         |
|                          | <u>372,113</u> | <u>142,462</u> | <u>514,575</u>  |
| <b>Total</b>             | <u>372,113</u> | <u>142,462</u> | <u>514,575</u>  |

The notes form part of these financial statements

**Notes to the Financial Statements  
for the Year Ended 31 March 2022**

**1. ACCOUNTING POLICIES**

**BASIS OF PREPARING THE FINANCIAL STATEMENTS AND GOING CONCERN**

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.

**Going concern**

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these accounts. The trustees have made this assessment in respect to a period of one year from the date of approval of these accounts.

The trustees of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due. Despite the global uncertainty in relation to COVID-19, there are no concerns regarding the charity's ability to continue as a going concern.

**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.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

**ALLOCATION AND APPORTIONMENT OF COSTS**

The costs of generating funds relate to the costs incurred by the charitable company in raising the funds for its charitable work. Fundraising costs incorporate an apportionment of the cost of the time spent by the administration staff in obtaining new sources of funding and securing the renewal of current funding.

**TANGIBLE FIXED ASSETS**

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

|                       |                           |
|-----------------------|---------------------------|
| Short leasehold       | - 20% on cost             |
| Plant and machinery   | - 33% on cost             |
| Fixtures and fittings | - 25% on reducing balance |
| Motor vehicles        | - 25% on reducing balance |
| Computer equipment    | - 25% on reducing balance |

**TAXATION**

The company is a registered charity and therefore is not liable for income tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

**FUND ACCOUNTING**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

## Havering Mind

### Notes to the Financial Statements - continued for the Year Ended 31 March 2022

#### 1. ACCOUNTING POLICIES - continued

##### FUND ACCOUNTING

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

##### PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

#### 2. DONATIONS AND LEGACIES

|              | 31.3.22       | 31.3.21       |
|--------------|---------------|---------------|
|              | £             | £             |
| Other income | 7,775         | 4,273         |
| Donations    | 24,159        | 38,659        |
| Legacies     | 5,000         | -             |
|              | <u>36,934</u> | <u>42,932</u> |

#### 3. OTHER TRADING ACTIVITIES

|                    | 31.3.22        | 31.3.21       |
|--------------------|----------------|---------------|
|                    | £              | £             |
| Fundraising events | <u>199,019</u> | <u>17,409</u> |

#### 4. INVESTMENT INCOME

|                          | 31.3.22    | 31.3.21    |
|--------------------------|------------|------------|
|                          | £          | £          |
| Deposit account interest | <u>451</u> | <u>866</u> |

#### 5. INCOME FROM CHARITABLE ACTIVITIES

|        | 31.3.22        | 31.3.21        |
|--------|----------------|----------------|
|        | £              | £              |
| Grants | <u>734,360</u> | <u>457,604</u> |

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

|                                                           | 31.3.22        | 31.3.21        |
|-----------------------------------------------------------|----------------|----------------|
|                                                           | £              | £              |
| London Borough of Havering - Social Inclusion             | 39,871         | 40,153         |
| London Borough of Havering - Peer Support                 | 40,008         | 40,358         |
| London Borough of Havering - CAMHS Mind your head         | -              | 25,000         |
| London Borough of Havering - Telephone triage service     | 53,260         | 15,926         |
| London Borough of Havering Trauma & Bereavement Project   | -              | 12,519         |
| London Borough of Barking and Dagenham - Hoarding project | 49,000         | 48,605         |
| BHRUT CCG - Meaningful activities                         | 50,241         | 50,240         |
| Big Lottery Fund Grant - Live a Better Life               | 93,016         | 66,926         |
| People's Health Trust - Links                             | -              | 2,617          |
|                                                           | <u>325,396</u> | <u>302,344</u> |
| Carried forward                                           |                |                |

# **Havering Mind**

## **Notes to the Financial Statements - continued for the Year Ended 31 March 2022**

### **5. INCOME FROM CHARITABLE ACTIVITIES - continued**

|                                                                   | 31.3.22        | 31.3.21        |
|-------------------------------------------------------------------|----------------|----------------|
|                                                                   | £              | £              |
| Brought forward                                                   | 325,396        | 302,344        |
| Lloyds Bank - Peer support                                        | 5,500          | 27,500         |
| CAMHS Ready for Adulthood                                         | 17,750         | -              |
| Pears DCM                                                         | -              | 9,784          |
| London Community Fund                                             | 5,309          | 55,257         |
| National Mind - Bereavement & Loneliness                          | -              | 23,419         |
| Emergency Covid Funding - from numerous charities and foundations | 13,800         | 39,300         |
| London Borough of Barking and Dagenham - Counselling service      | 10,000         | -              |
| MIND - Suicide prevention                                         | 25,646         | -              |
| Tapestry - Social prescriber                                      | 36,808         | -              |
| Tudor Trust - Gateway                                             | 15,000         | -              |
| DWP - Economical Wellbeing Project                                | 29,369         | -              |
| Bulldog - Peer support                                            | 4,499          | -              |
| HBD - VIP project funded by UCL                                   | 9,000          | -              |
| BHRUT CCG - Mum's matter                                          | 22,500         | -              |
| Community reconnection service                                    | 103,287        | -              |
| London Borough of Barking and Dagenham - Mums Matter              | 28,500         | -              |
| London Borough of Barking and Dagenham - NELFT Peer Support       | 35,332         | -              |
| London Borough of Havering - NELFT Peer Support                   | 46,664         | -              |
|                                                                   | <u>734,360</u> | <u>457,604</u> |

### **6. RAISING FUNDS**

#### **RAISING DONATIONS AND LEGACIES**

Fundraising costs comprise:-

|                      | 31.3.22        | 31.3.21       |
|----------------------|----------------|---------------|
|                      | £              | £             |
| Salaries             | 25,317         | 21,928        |
| Fundraising expenses | 108,790        | 12,046        |
| External fundraiser  | 42,266         | 36,179        |
|                      | <u>176,373</u> | <u>70,153</u> |

### **7. CHARITABLE ACTIVITIES COSTS**

|                 | Direct<br>Costs<br>£ |
|-----------------|----------------------|
| Client services | <u>651,748</u>       |

# **Havering Mind**

## **Notes to the Financial Statements - continued for the Year Ended 31 March 2022**

### **8. GRANTS PAYABLE**

|                 | 31.3.22           | 31.3.21           |
|-----------------|-------------------|-------------------|
|                 | £                 | £                 |
| Client services | -                 | 1,000             |
|                 | <u>          </u> | <u>          </u> |

The total grants paid to institutions during the year was as follows:

|                      | 31.3.22           | 31.3.21           |
|----------------------|-------------------|-------------------|
|                      | £                 | £                 |
| Garden for the Blind | -                 | 1,000             |
|                      | <u>          </u> | <u>          </u> |

### **9. SUPPORT COSTS**

|                          | Management<br>£   | Finance<br>£      | Totals<br>£       |
|--------------------------|-------------------|-------------------|-------------------|
| Other resources expended | 15,478            | 926               | 16,404            |
|                          | <u>          </u> | <u>          </u> | <u>          </u> |

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

|                         | 31.3.22                             | 31.3.21                  |
|-------------------------|-------------------------------------|--------------------------|
|                         | Other<br>resources<br>expended<br>£ | Total<br>activities<br>£ |
| Wages                   | 13,175                              | 12,433                   |
| Independent examination | 2,303                               | 2,290                    |
| Bank charges            | 926                                 | 562                      |
|                         | <u>          </u>                   | <u>          </u>        |
|                         | 16,404                              | 15,285                   |
|                         | <u>          </u>                   | <u>          </u>        |

### **10. NET INCOME/(EXPENDITURE)**

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

|                             | 31.3.22           | 31.3.21           |
|-----------------------------|-------------------|-------------------|
|                             | £                 | £                 |
| Depreciation - owned assets | 7,829             | 7,763             |
| Independent examination     | 2,040             | 2,290             |
|                             | <u>          </u> | <u>          </u> |

### **11. 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.

The Charity subscribes to the Mind block insurance scheme, for trustees and officers.

### **TRUSTEES' EXPENSES**

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

# Havering Mind

## **Notes to the Financial Statements - continued** **for the Year Ended 31 March 2022**

### **12. STAFF COSTS**

|                       | <b>31.3.22</b>        | 31.3.21        |
|-----------------------|-----------------------|----------------|
|                       | £                     | £              |
| Wages and salaries    | <b>549,999</b>        | 255,349        |
| Social security costs | <b>40,392</b>         | 19,264         |
| Other pension costs   | <b>7,630</b>          | 5,878          |
|                       | <u><b>598,021</b></u> | <u>280,491</u> |

The total remuneration of key management personnel amounted to £50,187 (2021: £46,683).

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

|                        | <b>31.3.22</b>   | 31.3.21   |
|------------------------|------------------|-----------|
| Chief executive        | <b>1</b>         | 1         |
| Direct charitable work | <b>25</b>        | 10        |
| Administration         | <b>1</b>         | 1         |
| Fundraising            | <b>1</b>         | 1         |
|                        | <u><b>28</b></u> | <u>13</u> |

No employees received emoluments in excess of £60,000.

### **13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

|                                   | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>funds<br>£ |
|-----------------------------------|----------------------------|--------------------------|---------------------|
| <b>INCOME AND ENDOWMENTS FROM</b> |                            |                          |                     |
| Donations and legacies            | 42,932                     | -                        | 42,932              |
| <b>Charitable activities</b>      |                            |                          |                     |
| Client services                   | 187,903                    | 269,701                  | 457,604             |
| Other trading activities          | 17,409                     | -                        | 17,409              |
| Investment income                 | 866                        | -                        | 866                 |
| <b>Total</b>                      | <u>249,110</u>             | <u>269,701</u>           | <u>518,811</u>      |
| <b>EXPENDITURE ON</b>             |                            |                          |                     |
| Raising funds                     | 70,153                     | -                        | 70,153              |
| <b>Charitable activities</b>      |                            |                          |                     |
| Client services                   | 97,055                     | 207,098                  | 304,153             |
| Other                             | 15,285                     | -                        | 15,285              |
| <b>Total</b>                      | <u>182,493</u>             | <u>207,098</u>           | <u>389,591</u>      |
| <b>NET INCOME</b>                 | 66,617                     | 62,603                   | 129,220             |
| <b>RECONCILIATION OF FUNDS</b>    |                            |                          |                     |
| Total funds brought forward       | 224,513                    | 8,414                    | 232,927             |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2022

### 13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

|                                    | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>funds<br>£ |
|------------------------------------|----------------------------|--------------------------|---------------------|
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <b>291,130</b>             | <b>71,017</b>            | <b>362,147</b>      |

### 14. TANGIBLE FIXED ASSETS

|                        | Short<br>leasehold<br>£ | Plant and<br>machinery<br>£ | Fixtures<br>and<br>fittings<br>£ |
|------------------------|-------------------------|-----------------------------|----------------------------------|
| <b>COST</b>            |                         |                             |                                  |
| At 1 April 2021        | 5,250                   | 15,909                      | 37,024                           |
| Additions              | -                       | -                           | 2,718                            |
| Disposals              | (5,250)                 | -                           | -                                |
| At 31 March 2022       | -                       | 15,909                      | 39,742                           |
| <b>DEPRECIATION</b>    |                         |                             |                                  |
| At 1 April 2021        | 5,250                   | 10,606                      | 34,270                           |
| Charge for year        | -                       | 5,303                       | 853                              |
| Eliminated on disposal | (5,250)                 | -                           | -                                |
| At 31 March 2022       | -                       | 15,909                      | 35,123                           |
| <b>NET BOOK VALUE</b>  |                         |                             |                                  |
| At 31 March 2022       | -                       | -                           | 4,619                            |
| At 31 March 2021       | -                       | 5,303                       | 2,754                            |
|                        | Motor<br>vehicles<br>£  | Computer<br>equipment<br>£  | Totals<br>£                      |
| <b>COST</b>            |                         |                             |                                  |
| At 1 April 2021        | 31,400                  | 25,272                      | 114,855                          |
| Additions              | -                       | -                           | 2,718                            |
| Disposals              | -                       | -                           | (5,250)                          |
| At 31 March 2022       | 31,400                  | 25,272                      | 112,323                          |
| <b>DEPRECIATION</b>    |                         |                             |                                  |
| At 1 April 2021        | 30,240                  | 21,803                      | 102,169                          |
| Charge for year        | 290                     | 1,383                       | 7,829                            |
| Eliminated on disposal | -                       | -                           | (5,250)                          |
| At 31 March 2022       | 30,530                  | 23,186                      | 104,748                          |
| <b>NET BOOK VALUE</b>  |                         |                             |                                  |
| At 31 March 2022       | 870                     | 2,086                       | 7,575                            |
| At 31 March 2021       | 1,160                   | 3,469                       | 12,686                           |

Plant and machinery comprises assets associated with the Christmas Land fundraising event.

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2022

### 15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                | 31.3.22        | 31.3.21       |
|--------------------------------|----------------|---------------|
|                                | £              | £             |
| Trade debtors                  | 25,636         | 50,922        |
| Prepayments and accrued income | 191,646        | 7,805         |
|                                | <u>217,282</u> | <u>58,727</u> |

### 16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                 | 31.3.22        | 31.3.21       |
|---------------------------------|----------------|---------------|
|                                 | £              | £             |
| Trade creditors                 | 21,844         | 14,483        |
| Social security and other taxes | 17,620         | 9,638         |
| Other creditors                 | 3,273          | 1,836         |
| Accruals and deferred income    | 208,309        | 55,422        |
|                                 | <u>251,046</u> | <u>81,379</u> |

|                                             | 31.3.22        | 31.3.21       |
|---------------------------------------------|----------------|---------------|
|                                             | £              | £             |
| <b>Deferred Income</b>                      |                |               |
| Deferred income at 1 April 2021             | 37,520         | 10,898        |
| Incoming resources deferred during the year | 198,671        | 37,520        |
| Released from previous years                | (37,520)       | (10,898)      |
|                                             | <u>198,671</u> | <u>37,520</u> |

### 17. MOVEMENT IN FUNDS

|                           | At 1.4.21      | Net<br>movement<br>in funds | Transfers<br>between<br>funds | At<br>31.3.22  |
|---------------------------|----------------|-----------------------------|-------------------------------|----------------|
|                           | £              | £                           | £                             | £              |
| <b>Unrestricted funds</b> |                |                             |                               |                |
| General fund              | 281,130        | 26,673                      | 4,240                         | 312,043        |
| Designated Funds          | 10,000         | -                           | (10,000)                      | -              |
|                           | <u>291,130</u> | <u>26,673</u>               | <u>(5,760)</u>                | <u>312,043</u> |
| <b>Restricted funds</b>   |                |                             |                               |                |
| Restricted funds          | 71,017         | 99,566                      | 5,760                         | 176,343        |
|                           | <u>362,147</u> | <u>126,239</u>              | <u>-</u>                      | <u>488,386</u> |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2022

### 17. MOVEMENT IN FUNDS - continued

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

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 382,605                    | (355,932)                  | 26,673                    |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 588,159                    | (488,593)                  | 99,566                    |
| <b>TOTAL FUNDS</b>        | <b>970,764</b>             | <b>(844,525)</b>           | <b>126,239</b>            |

### Comparatives for movement in funds

|                           | At 1.4.20<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.21<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                    |
| General fund              | 214,513        | 66,617                           | 281,130            |
| Designated Funds          | 10,000         | -                                | 10,000             |
|                           | 224,513        | 66,617                           | 291,130            |
| <b>Restricted funds</b>   |                |                                  |                    |
| Restricted funds          | 8,414          | 62,603                           | 71,017             |
| <b>TOTAL FUNDS</b>        | <b>232,927</b> | <b>129,220</b>                   | <b>362,147</b>     |

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

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 249,110                    | (182,493)                  | 66,617                    |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 269,701                    | (207,098)                  | 62,603                    |
| <b>TOTAL FUNDS</b>        | <b>518,811</b>             | <b>(389,591)</b>           | <b>129,220</b>            |

## Havering Mind

### Notes to the Financial Statements - continued for the Year Ended 31 March 2022

#### 17. MOVEMENT IN FUNDS - continued

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

|                           | At 1.4.20<br>£ | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.3.22<br>£ |
|---------------------------|----------------|----------------------------------|------------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                                    |                    |
| General fund              | 214,513        | 93,290                           | 4,240                              | 312,043            |
| Designated Funds          | 10,000         | -                                | (10,000)                           | -                  |
|                           | <u>224,513</u> | <u>93,290</u>                    | <u>(5,760)</u>                     | <u>312,043</u>     |
| <b>Restricted funds</b>   |                |                                  |                                    |                    |
| Restricted funds          | 8,414          | 162,169                          | 5,760                              | 176,343            |
|                           | <u>8,414</u>   | <u>162,169</u>                   | <u>5,760</u>                       | <u>176,343</u>     |
| <b>TOTAL FUNDS</b>        | <u>232,927</u> | <u>255,459</u>                   | <u>-</u>                           | <u>488,386</u>     |

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

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 631,715                    | (538,425)                  | 93,290                    |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 857,860                    | (695,691)                  | 162,169                   |
|                           | <u>857,860</u>             | <u>(695,691)</u>           | <u>162,169</u>            |
| <b>TOTAL FUNDS</b>        | <u>1,489,575</u>           | <u>(1,234,116)</u>         | <u>255,459</u>            |

The designated fund was established to provide training for key personnel.

Restricted funds are amounts carried forward to be spent on projects in the future.

#### TRANSFERS BETWEEN FUNDS

The transfers between restricted and unrestricted funds reflect the charity's use of unrestricted funds to support its local authority services.

## **Havering Mind**

### **Notes to the Financial Statements - continued for the Year Ended 31 March 2022**

#### **18. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2021.

There were no donations from trustees.

#### **19. STATUS**

The organisation is a charitable company limited by guarantee. The company was established under a Memorandum of Association which establishes the object and powers of the charitable company and is governed under its Articles of Association.

---

# Accounts

---

**REGISTERED COMPANY NUMBER: 04184862 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1108470**

**Report of the Trustees and**  
**Financial Statements for the Year Ended 31 March 2021**  
**for**  
**Havering Mind**

## **Havering Mind**

### **Contents of the Financial Statements for the Year Ended 31 March 2021**

|                                          | <b>Page</b> |
|------------------------------------------|-------------|
| <b>Chairman's Report</b>                 | 1           |
| <b>Report of the Trustees</b>            | 2 to 11     |
| <b>Independent Examiner's Report</b>     | 12          |
| <b>Statement of Financial Activities</b> | 13          |
| <b>Balance Sheet</b>                     | 14 to 15    |
| <b>Cash Flow Statement</b>               | 16          |
| <b>Notes to the Cash Flow Statement</b>  | 17          |
| <b>Notes to the Financial Statements</b> | 18 to 26    |

## **Havering Mind**

### **Chairman's Report for the Year Ended 31 March 2021**

The last 12 months has seen a continuation of the restrictions that the Covid pandemic has placed upon the lives of all people. Consequently, there has been a dramatic increase in demand for the mental health services that we provide in Havering, Barking & Dagenham. I am pleased to say that we have maintained our normal project services, in accordance with Covid restrictions and have been commissioned to provide extra services as both awareness and demand has increased.

Our staff and volunteers have, as always, shown a great dedication to both new and old service users, working longer hours and weekends to provide gateway services to local people in urgent need of both advice and help and I thank them for their strength and perseverance in such a difficult time.

Fortunately, at a time of national emergency both the government and other public and private groups have provided strong funding for the provision of both existing and additional services. You will see from our treasurer's report that we continue to be in a very strong financial position, despite being unable to hold our normal fundraising events.

We held the Family Fest weekend in August, which was a fantastic success and I thank everyone who was involved in the planning and execution of the weekend. Our fundraising events are now a major part of our annual calendar. They not only generate much valued funds for the charity but also create a great team ethic as both volunteers and service users come together for the benefit of the charity. We also have high expectations for the Half Marathon in September and Xmasland in December. Additionally, we have raised over £16,000 this year to completely clear and renovate the garden space behind Harrow Lodge House. This will be a fantastic space for both service users and staff to meet and work in. We owe a great deal of thanks to a team of service users and volunteers who have completed the clearance work through the Summer period.

On completion of the Mind Quality Mark, in 2020, we established a review of a number of corporate structure issues relating to the charity. These amendments will enable the charity to be run in a better manner. We have established a number of sub committees under the trustee group i.e. Policy, HR and Finance. These will report to the board but focus on more detailed analysis on behalf of the board. In addition, we have reviewed the Memorandum and Articles of Association of the charity and upgraded them into a modern format. These are being approved at the meeting today.

Also, as part of the structural review we are appointing 9 new trustees today. I want to thank Chrisie McNeil, Sarah and the team for the hard work in developing and completing the trustee appointment process. We had an outstanding number of candidates and the 9 new trustees being appointed today will, I believe, enable the charity to move forward as we expand our scope in the coming years.

During 2021 Bob Antell, Lisa Hallet and Pronoy Bose resigned as trustees of the charity and I thank them for their longstanding contributions over many years. Bob, as you know, was chairman from 2014-2021 and his leadership and determination throughout that period, has led us to the strong position we are in today.

Despite the continued mental health cost of the pandemic I believe that we are in a good position to sustain the charity for the future, helping to provide the mental health services in Havering Barking and Dagenham for which we are renowned and admired.

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2021**

The Trustees who are also Directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2020. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

**OBJECTIVES AND ACTIVITIES**

**Objectives and aims**

Havering Mind objectives are:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions or emotional or mental distress requiring advice or treatment, in the London Borough of Havering and surrounding area (the area of benefit) in association and in accordance with the aims and objects of National Mind.

**Charitable Activities and Public benefit**

At Havering Mind we are pro-active in supporting and educating people about mental health in our local community. We do this through:

1. Providing advice and information
2. Helping individuals learn how to manage their mental health
3. Providing activities to create peer support
4. Raising awareness and providing education to reduce the stigma around mental health

The Trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit.

**HaVering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2021**

**STRATEGIC REPORT**

**Achievement and performance**

**Main Achievements 2020-21**

During the year, we grew our reach by 60% for people with mental health problems who sought support through our Gateway Telephone Service.

We delivered excellent outcomes for people using our services, measured using evidence-based outcome tools including Recovery Star.

We supported 1,000+ hours of counselling for those bereaved or traumatised through the pandemic.

We were recognised through the Mind Quality Mark review and were presented with 2 awards for Fundraising & Finance and Service User Influence and Participation.

We spoke to 1,561 new members of the public seeking help and support.

We delivered 32 mental health awareness sessions to over 1,850 pupils in 7 Secondary Schools in Havering.

We provided a new service called Ready for Adulthood, supporting 28 young people aged 17-25 years.

In the survey, 78% of the pupils said they were now more aware of what help and support was available to them.

We directly supported 2,198 individuals through our services, an increase of 25% on the previous year.

We made over 5,700 outbound calls to our service users and volunteers during the pandemic.

We worked with 17 service users to navigate the benefits system, increasing the PIP benefits of 3 of them from £1,732 to £19,724.

93% of our Live a Better Life participants felt less isolated and 68% reduced the number of visits to their GP through the programme.

We experienced a 75% increase in the number of participants in our Social Inclusion Service.

15,364 Facebook friends were reached through our pages.

Despite not being able to deliver any of our planned large scale fundraising events, our total income increased by

10% on the previous year at £518,811.

**Performance in 2020-21**

During the year, our services provided direct help to over 2,215 people.

| Project                                   | Beneficiaries 2020-21 | Beneficiaries 2019-20 |
|-------------------------------------------|-----------------------|-----------------------|
| Gateway Telephone Service                 | 1561                  | 961                   |
| Live a Better Life                        | 282                   | 264                   |
| Peer Support & Links                      | 130                   | 243                   |
| Meaningful Activities                     | 60                    | 52                    |
| Social Inclusion                          | 137                   | 78                    |
| Welfare Support                           | 17                    | 16                    |
| Ready for Adulthood                       | 28                    | 0                     |
| <b>Total</b>                              | <b>2,215</b>          | <b>1,614</b>          |
| Pupil in school sessions on mental health | 1,850                 |                       |

Overall, there was a 25% increase in the number of people supported by our services during the year, due to a combination of growth in demand for some services, a levelling in others; and a positive discharging of clients from one.

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2021**

We also undertook mental health awareness raising activity during the year when possible. This included virtual mental health sessions for health providers, local employers and groups.

### **Gateway Telephone Service**

#### **1561 initial contact, information and advice enquiries**

Our Gateway Telephone Service is the foundation of what we do. We aim to reach people across Havering, Barking and Dagenham, to have access to information at a time when they are feeling afraid, anxious, depressed or just don't know what to do. Our interventions have been via telephone, email and face to face. We have:

- o Supported 1,000+ hours of counselling for those bereaved or traumatised through the pandemic
- o Supported people who present in crisis to access the best service to meet their needs
- o Offered an initial assessment and further short-term intervention
- o Supported families, friends and carers seeking help for someone they are close to
- o Offered a navigation service so that people access the right service at the right time
- o Signposted to other local providers to ensure continuity of support
- o Introduced new clients to the range of services offered at Havering Mind and the local community
- o 90% of enquirers have never contacted us before

#### **People we supported also said:**

**"Thank you very much, it's the information I needed"**

**"Brilliant, you have been so helpful"**

**"Thank you for taking the time to listen to me"**

**"Thank you so much, Mind has been the most helpful"**

**"Thank you, it's good to talk it through to someone who is listening to me"**

**"Thank you for calling me in my lunch hour, so helpful, thank you"**

**'I rang up in desperate need of help for my son who I believed was going through a crisis with his mental health. The lady I spoke to was very helpful and empathetic. She talked me through the services that they provide and how my son could go about getting involved. She also spoke to me about ways in which I can support not only his, but my own mental health during this difficult time.'**

A Gateway caller

### **Live a Better Life Project**

#### **282 people supported**

Our Live a Better Life Programme supports adults with mental health problems, giving them the tools they need to manage their wellbeing and resilience, acting as a preventative service to reduce further problems from arising. Our aim is to improve the recovery time for those experiencing a crisis with their mental health and ensure ongoing support is provided. We also help people achieve improvements in their overall physical health and support the development of life-long coping skills for mental wellbeing. The programme run over several weeks, aims to achieve individual service user goals through CBT workshops including 'How to manage stress' and 'How to cope with anxiety'; physical activities including yoga, gardening, badminton and cycling; health workshops such as 'Food & Mood' and 'Sleep & Stress'; and other groups such as choir and walking.

**'I've learnt a lot more about myself, as well as skills such as confidence and assertiveness that I am applying to my life. Having the awareness about mental health is very important and it is easier now to notice changes within myself that I can work to improve. I'm making more of an effort to be mindful and work on myself. Learning things like breathing techniques and meditation is useful to apply in situations where I am feeling anxious and I try to incorporate this in to my life when necessary. I am going out more and being a lot more social, making positive steps to grow my business and no longer feel 'stuck'.'**

A Live a Better Life Project beneficiary

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2021**

#### **Peer Support and Links Project**

##### **130 people supported**

Our Peer Support and Links Project are services which support the creation of peer networks in the community bringing people together to support one another, keep active and strengthen resilience. By boosting individuals knowledge and understanding of mental health, peer support is a way of helping each other to find and use their own and each others abilities.

Through our Links Project, our service users have the opportunity to engage with peers through a dynamic programme of activities which improve confidence and self esteem.

We have further developed our peer support this year and continued with our successful Peer Supporter Training Programme and Peer Support development sessions; providing the tools needed to look after their future wellbeing and the wellbeing of others.

**'Peer support is a rock in a stormy sea. When the waves overwhelm me they give me a footing back to life. The people in it are links in the chain that is my anchor. We stand alone but together gaining strength from each other and cannot be broken. Without peer support I don't know what I would do every week. I would have nowhere to go every week as there is always something going on. As I live alone this is my lifeline. If I did not have peer support I don't know what I would do.'**

A Peer Support beneficiary

#### **Ready for Adulthood Project**

##### **28 young people supported**

By establishing focused, early and timely transition protocols to support service user transfer in to adult services, we were able to support young people aged 17 - 25 years, who did not meet the current thresholds for adult services, but were identified as being vulnerable and needing support.

#### **Mind Your Head - Schools Mental Health Awareness**

##### **1,850 children and young people supported**

We provided mental health awareness sessions online to 7 Secondary Schools through their tutor groups. We helped them understand their own mental health, wellbeing and resilience better, and provided them with pathways to support.

#### **Meaningful Activities Project**

##### **60 people supported**

This service provides and maintains a transition for peer groups supporting individuals with enduring mental health needs.

We know how difficult it is for individuals to maintain the road towards recovery when they are experiencing a long-term condition or enduring mental illness. We have provided support for individuals with mental health problems to overcome day-to-day challenges, build networks and build resilience through a set of peer-designed regular and sustainable groups. There are often several steps and stages in the recovery process. For many people, the concept of recovery is about staying in control of their life despite experiencing a mental health issue which may have become an enduring mental health long term condition.

Our groups are supported to continue and develop and are offered as Peer led where possible and according to the needs of the group of peers.

Project groups included

" Games and Music appreciation

" Women's peer-led group

" Art and craft sessions

" Self-discovery sessions

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2021**

**'Unless I push myself to get out there and do things, I can become isolated. So it's really beneficial to have a place to meet people - it's about interaction, communication, self-esteem and security. If I didn't have that place, I can become reclusive and blinkered- everything becomes more difficult. And the longer that goes on, the harder it is to persuade myself to go out of the front door.'**

A Meaningful Activities Project beneficiary

#### **Social Inclusion Project**

##### **137 people supported**

We support adults with mental health problems through this service, helping to reduce the isolation experienced and provide information and support to overcome daily challenges and achieve identified goals.

We have achieved this by:

- " Working on a one-to-one basis to offer guided support to achieve goals and navigate access to community opportunities
- " An initial assessment using the Wellbeing Star to identify areas of need and co-produce an action plan
- " Introduction to peer groups to reduce isolation and learn coping skills
- " An opportunity to gain new experiences and meet new people
- " A chance to fulfil potential by setting achievable goals in manageable steps
- " Improved quality of life, recovery and wellbeing
- " Mental health information, advice and signposting to additional support

**"I enjoyed going out with my Community Navigator, it was something to look forward to"**

Social Inclusion Project service beneficiary

**"I have confidence in myself and can go out more on my own and I'm communicating better with people, I'm not so scared"**

Social Inclusion Project service beneficiary

**"I enjoy helping people make positive changes to their lives"**

Social Inclusion Project Volunteer

#### **Welfare Support Service**

##### **17 people supported, securing an additional £17,992 in PIP benefits for 3 clients**

There is a large gap in local provision for this type of support. By challenging welfare benefits decisions which we perceive as discriminatory or incorrect for identified participants on our programmes, we have successfully gained substantial entitlements. Without this specialist support, we are aware that recovery can be undermined, and financial pressures can lead to relapses in mental health conditions.

**My experience of COVID has provided me with some valuable insights into the nature of this horrible disease. I am very grateful that I survived and that I am still able to support Mind clients. Aspects of the benefits system clearly seem to discriminate against those people with mental health problems who find it difficult to express their needs'.**

Welfare Support Service Volunteer

#### **Training**

We provide tailored mental health training to organisations, businesses, individuals, charities and schools. Our 4 main training programmes are:

- " Mental Health Awareness
- " Mental Health First Aid
- " Mental Health in the Workplace
- " Mental Health and Young People

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2021**

Taking part in our training can lead to - more confidence to talk about mental health - improved knowledge around what support is available - greater understanding of mental health - more mindfulness of how people are feeling - more positive ways to start conversations in the workplace.

**'I found the awareness training to be very interesting and useful. It will certainly help me to understand my sons issues better.'**

Training Programme participant

#### **Looking for mental health training?**

If you or your organisation would like training in Mental Health Awareness, Workplace Wellbeing or any of our courses on offer; or perhaps you would like a training session designed specifically in line with your organisation's needs, do get in touch with us at [reach.us@haveringmind.org.uk](mailto:reach.us@haveringmind.org.uk)

Mental Health Services support the recovery of people with mental health problems, helping them develop skills and strategies to manage periods of distress while leading full and rewarding lives.

#### **Fundraising, Donations and Legacies**

Income generated through fundraising, donations and legacies will continue to play an important role in ensuring the sustainability and diversity of our services. However, although the Fundraising and Events Team is now well established, the pandemic had a detrimental effect on our fundraising and events calendar. Our community fundraising strategy includes a focus on increasing our corporate sponsorship income, and encouraging the amazing individuals and local organisations who continue to support us. We maintain that our fundraising should be carried out in a responsible manner. As such, we will not use fundraising methods that might be considered intrusive or that put pressure on people to donate. We will not share or purchase donor data from third parties.

There were no complaints about our fundraising activities during the year.

#### **Financial review**

##### **Financial position**

The charity held fund balances at 31 March 2021 of £362,147 (2020 - £232,927) comprising restricted funds of £71,017 (2020 - £8,414), designated funds of £10,000 (2020 - £10,000) and general funds of £281,130 (2020 - £214,513).

The Trustees are satisfied that the funds held are sufficient to further the charity's aims and objectives, with free reserves providing 3.6 times coverage of liabilities.

#### **Principal funding sources**

The principal funding sources for the charity were grants from the London Borough of Havering and the London Borough of Barking & Dagenham, NHS Clinical Commissioning Groups and Health Foundations, the Lottery Community Fund, London Coronavirus Response Fund, Lloyds Bank Foundation, The Tudor Trust, The Bulldog Trust, CAF and national Mind amongst others.

We are grateful to all our funders for their support during a challenging year.

#### **Investment policy and objectives**

The Trustees manage the investments within the regulations contained in the Trustee Investments Act 1961. Due to the need to maintain the liquidity of the charity funds are currently held in a deposit account or on bank deposit.

#### **Reserves Policy**

Ordinarily, the Trustees' policy is to maintain an appropriate level of unrestricted funds not committed or invested in tangible fixed assets, so that in the event of all funding being withdrawn there would be sufficient resources to wind down the current activities in a professional manner. However this calculation has been temporarily increased to £250,000 in response to the uncertainties and volatility caused by the pandemic. The actual free reserves are £278,444. Due to the nature of the charity's activities it is felt that the maintenance of such reserves is not only financially prudent in general, but is a key requirement in order to provide a managed handover process for clients in the event that the charity had to be wound down. It also provides a positive feeling of stability to both current and potential sources of funding alike, thus giving them confidence that the organisation is sustainable and well managed in its financial affairs.

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2021**

**STRATEGIC REPORT**

**Financial review**

**Going concern**

The Trustees consider the Charity to be a going concern and they are not aware of any material uncertainties which may cast significant doubt on this view. In addition they have a reasonable expectation that the Charity has adequate resources to continue for the foreseeable future.

**Treasurer's Report**

Total revenue for the year ended 31st March 2021 was £518,811 representing an increase of 9.67% compared with last year.

Total costs were £389,591 representing an increase of 6.43% compared with last year.

Net surplus for the year amounted to £129,220 compared to a surplus in the previous year of £107,011.

Free reserves have increased to £278,444 (2020: £204,064)

In response to the Covid 19 pandemic significant additional funding was made available by both local government and other charitable foundations to provide emergency services relating to the pandemic.

The main sources of project income for the year are the London Borough of Havering, (£133,956) London Borough of Barking and Dagenham, (£48,605) NHS Havering Clinical Commissioning Group, (£50,240) and other charitable foundations (£69,543). In addition, the charity was awarded short term pandemic emergency funding for other services of £155,260.

In recognition of the short term nature and volatility of the pandemic funding it was agreed by the trustees on 26 January 2021 to increase the minimum reserve requirement to £250,000 for the foreseeable future. Some of the prior year unrestricted reserves now being utilised to increase the reserves had been set aside for expenditure projects in the previous annual report. This expenditure will now be deferred until a later date or until the minimum reserve requirement is reduced.

The charity's main expenditure item continues to be staffing costs, which, at £280,491 represents 72% of total expenditure as compared to 54% for last year. The significant increase in staff costs is indicative of the increase in staff numbers prompted by the emergency funding requirements of the pandemic and a large increase in hours worked by staff. The organisation has an experienced, dedicated and hardworking group of staff and volunteers. Without them our quality range of services could not be maintained in such an efficient manner.

**CONCLUSION**

In summary, despite the economic consequences of Covid 19 the charity continues to be financially stable. It is expected that fundraising activities will return to pre-pandemic levels in 2021 as the emergency funding created by the pandemic starts to slow.

The Board will endeavour to maintain income to ensure stability in what is a very difficult economic climate, whilst striving to further improve and expand our services in assisting all members of society who are affected by mental health issues

**Havering Mind**  
**Report of the Trustees**  
**for the Year Ended 31 March 2021**

**STRATEGIC REPORT**

**Future plans**

As stated above the need to increase the minimum reserve number to £250,000 has put certain proposed internal projects on hold but it is hoped that this is only a short term measure

We recognise that we are reliant upon donations and fundraising to subsidise the local authority funding and to maintain a structure appropriate for the level of services. The trustees are, therefore, focussed on increasing project funding from additional sources so that the organisation is able to widen, increase and improve further the various mental health services it provides in Havering Barking and Dagenham.

The increased project income will be complemented by the success of our fundraising team. Whilst 2020 saw no events being held we were very pleased to be able to hold the Havering Tribute Fest and the Family Fun Day in August 2021 and expect that Havering Half Marathon and Havering Christmas Land will proceed this year.

The charity will continue to rely upon voluntary staff, who assist significantly in the day to day running of our organisation. It is very important that we continue to invest in the training and support for both volunteers and staff alike.

**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.

Havering Mind, founded in 1961, is a registered charity (No: 1108470). The Charity was incorporated as a company limited by guarantee on 22 March 2001 and is governed by a memorandum and articles of association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

**Recruitment and appointment of new Trustees**

The Trustees are appointed annually by the members of the company at the Annual General Meeting. Additionally the Trustees who are also Directors may be appointed by the existing Directors subject to a maximum of 20.

**Organisational structure**

The Charity is run by the Management committee which consists of 4 officers and an elected number of members as decided at the Annual General Meeting. In addition the Committee may co-opt representatives of the voluntary and statutory bodies concerned with Mental Health.

The trustees delegate the day to day management of the charity to the Chief Executive Officer by a policy document covering the responsibilities of the Chief Executive Officer.

**Induction and training of new Trustees**

Most Trustees are already familiar with the practical work of the charity but all new Trustees undergo an orientation course to brief them on their legal obligations under charity and company law, the content of the Memorandum and Articles of Charity. The committee, decision making processes, the business plan and recent financial performance together with Health and Safety are all covered within the induction. Trustees are encouraged to attend appropriate external training events to support the role they are performing.

**Affiliation**

We are affiliated to Mind, the national mental health charity. In all, more than 114 local Minds are affiliated to national Mind. During the year, we have been involved in working with the Mind network, and played a key role in the Mind in London network and a newly formed North East London Strategic Alliance with Mind in Tower Hamlet and Newham, and Mind in City, Hackney and Waltham Forest.

We have embedded our expansion of service in the London Borough of Barking & Dagenham.

**Staffing**

At the end of the year, Havering Mind had 15 staff (3 full time and 12 part time).

The trustees are responsible for establishing remuneration levels for senior management.

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2021**

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Risk management**

The trustees have identified staff recruitment and retention and sustainability of income as the key risks faced.

The Trustees actively review the major risks which the charity faces on a regular basis and believes maintaining reserves at current levels, combined with a regular review over key financial systems, will provide sufficient resources in the event of any adverse conditions arising. The trustees have also examined other operational and business risks faced by the charity and confirm they have established systems to mitigate significant risks.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

04184862 (England and Wales)

##### **Registered Charity number**

1108470

##### **Registered office**

Harmile House  
54 St Mary's Lane  
Upminster  
Essex  
RM14 2QP

##### **Trustees**

R E Antell Chairman (resigned 29.3.21)  
S Attridge  
P Bose (resigned 6.9.21)  
L A Hallett (resigned 20.4.21)  
E A Herlihy  
S McCann  
E B Wilson (resigned 22.9.20)  
C M MacNeil  
Z Greenaway

##### **Independent Examiner**

A S Robinson  
FCA  
J P B Harris & Co.  
Chartered Accountants  
Harmile House  
54 St Marys Lane  
Upminster  
Essex  
RM14 2QP

##### **Bankers**

Barclays Bank Plc  
Newham Business Centre  
737 Barking Road  
London  
E13 9PL

Metro Bank Plc  
Brewery Walk  
Waterloo Road  
Romford RM1 1AU

## **Havering Mind**

### **Report of the Trustees for the Year Ended 31 March 2021**

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **CHIEF EXECUTIVE**

Sarah Balser

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 21 September 2021 and signed on the board's behalf by:

**S McCann - Trustee**

## **Independent Examiner's Report to the Trustees of Havering Mind**

### **Independent examiner's report to the trustees of Havering Mind ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

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

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

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

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FCA which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for 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 (FRS 102)).

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

A S Robinson FCA  
J P B Harris & Co.  
Chartered Accountants  
Harmile House  
54 St Marys Lane  
Upminster  
Essex  
RM14 2QP

Date: 21 September 2021

# Havering Mind

## Statement of Financial Activities for the Year Ended 31 March 2021

|                                    | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | 31.3.21<br>Total<br>funds<br>£ | 31.3.20<br>Total<br>funds<br>£ |
|------------------------------------|-------|----------------------------|--------------------------|--------------------------------|--------------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |       |                            |                          |                                |                                |
| Donations and legacies             | 2     | 42,932                     | -                        | 42,932                         | 86,047                         |
| <b>Charitable activities</b>       | 5     |                            |                          |                                |                                |
| Client services                    |       | 187,903                    | 269,701                  | 457,604                        | 183,600                        |
| Other trading activities           | 3     | 17,409                     | -                        | 17,409                         | 202,592                        |
| Investment income                  | 4     | <u>866</u>                 | <u>-</u>                 | <u>866</u>                     | <u>801</u>                     |
| <b>Total</b>                       |       | <b>249,110</b>             | <b>269,701</b>           | <b>518,811</b>                 | <b>473,040</b>                 |
| <br><b>EXPENDITURE ON</b>          |       |                            |                          |                                |                                |
| Raising funds                      | 6     | 70,153                     | -                        | 70,153                         | 139,408                        |
| <b>Charitable activities</b>       | 7     |                            |                          |                                |                                |
| Client services                    |       | 97,055                     | 207,098                  | 304,153                        | 212,650                        |
| Other                              |       | <u>15,285</u>              | <u>-</u>                 | <u>15,285</u>                  | <u>13,971</u>                  |
| <b>Total</b>                       |       | <b>182,493</b>             | <b>207,098</b>           | <b>389,591</b>                 | <b>366,029</b>                 |
| <b>NET INCOME</b>                  |       | <b>66,617</b>              | <b>62,603</b>            | <b>129,220</b>                 | <b>107,011</b>                 |
| <br><b>RECONCILIATION OF FUNDS</b> |       |                            |                          |                                |                                |
| <b>Total funds brought forward</b> |       | <b>224,513</b>             | <b>8,414</b>             | <b>232,927</b>                 | <b>125,916</b>                 |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |       | <b><u>291,130</u></b>      | <b><u>71,017</u></b>     | <b><u>362,147</u></b>          | <b><u>232,927</u></b>          |

The notes form part of these financial statements

# **Havering Mind**

## **Balance Sheet** **31 March 2021**

|                                              | Notes | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | <b>31.3.21<br/>Total<br/>funds<br/>£</b> | 31.3.20<br>Total<br>funds<br>£ |
|----------------------------------------------|-------|----------------------------|--------------------------|------------------------------------------|--------------------------------|
| <b>FIXED ASSETS</b>                          |       |                            |                          |                                          |                                |
| Tangible assets                              | 14    | <b>12,686</b>              | -                        | <b>12,686</b>                            | 20,449                         |
| <b>CURRENT ASSETS</b>                        |       |                            |                          |                                          |                                |
| Debtors: amounts falling due within one year | 15    | <b>58,727</b>              | -                        | <b>58,727</b>                            | 28,662                         |
| Cash at bank and in hand                     |       | <b>275,884</b>             | <b>96,229</b>            | <b>372,113</b>                           | 227,712                        |
|                                              |       | <b>334,611</b>             | <b>96,229</b>            | <b>430,840</b>                           | 256,374                        |
| <b>CREDITORS</b>                             |       |                            |                          |                                          |                                |
| Amounts falling due within one year          | 16    | <b>(56,167)</b>            | <b>(25,212)</b>          | <b>(81,379)</b>                          | (43,896)                       |
| <b>NET CURRENT ASSETS</b>                    |       | <b>278,444</b>             | <b>71,017</b>            | <b>349,461</b>                           | 212,478                        |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |       | <b>291,130</b>             | <b>71,017</b>            | <b>362,147</b>                           | 232,927                        |
| <b>NET ASSETS</b>                            |       | <b>291,130</b>             | <b>71,017</b>            | <b>362,147</b>                           | 232,927                        |
| <b>FUNDS</b>                                 | 17    |                            |                          |                                          |                                |
| Unrestricted funds:                          |       |                            |                          |                                          |                                |
| General fund                                 |       |                            |                          | <b>281,130</b>                           | 214,513                        |
| Designated Funds                             |       |                            |                          | <b>10,000</b>                            | 10,000                         |
|                                              |       |                            |                          | <b>291,130</b>                           | 224,513                        |
| Restricted funds                             |       |                            |                          | <b>71,017</b>                            | 8,414                          |
| <b>TOTAL FUNDS</b>                           |       |                            |                          | <b>362,147</b>                           | 232,927                        |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

**Havering Mind**

**Balance Sheet - continued**  
**31 March 2021**

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Board of Trustees and authorised for issue on 21 September 2021 and were signed on its behalf by:

**S McCann - Trustee**

# Havering Mind

## Cash Flow Statement for the Year Ended 31 March 2021

|                                                                           | Notes | 31.3.21<br>£          | 31.3.20<br>£          |
|---------------------------------------------------------------------------|-------|-----------------------|-----------------------|
| <b>Cash flows from operating activities</b>                               |       |                       |                       |
| Cash generated from operations                                            | 1     | <u>143,535</u>        | <u>89,824</u>         |
| Net cash provided by operating activities                                 |       | <u>143,535</u>        | <u>89,824</u>         |
| <b>Cash flows from investing activities</b>                               |       |                       |                       |
| Purchase of tangible fixed assets                                         |       | -                     | (16,564)              |
| Interest received                                                         |       | <u>866</u>            | <u>801</u>            |
| Net cash provided by/(used in) investing activities                       |       | <u>866</u>            | <u>(15,763)</u>       |
|                                                                           |       |                       |                       |
| <b>Change in cash and cash equivalents in the reporting period</b>        |       | <b>144,401</b>        | 74,061                |
| <b>Cash and cash equivalents at the beginning of the reporting period</b> |       | <u>227,712</u>        | <u>153,651</u>        |
| <b>Cash and cash equivalents at the end of the reporting period</b>       |       | <u><u>372,113</u></u> | <u><u>227,712</u></u> |

The notes form part of these financial statements

# Havering 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

|                                                                                           | 31.3.21<br>£          | 31.3.20<br>£         |
|-------------------------------------------------------------------------------------------|-----------------------|----------------------|
| <b>Net income for the reporting period (as per the Statement of Financial Activities)</b> | <b>129,220</b>        | <b>107,011</b>       |
| <b>Adjustments for:</b>                                                                   |                       |                      |
| Depreciation charges                                                                      | 7,763                 | 8,584                |
| Interest received                                                                         | (866)                 | (801)                |
| (Increase)/decrease in debtors                                                            | (30,065)              | 1,115                |
| Increase/(decrease) in creditors                                                          | <u>37,483</u>         | <u>(26,085)</u>      |
| <b>Net cash provided by operations</b>                                                    | <b><u>143,535</u></b> | <b><u>89,824</u></b> |

### 2. ANALYSIS OF CHANGES IN NET FUNDS

|                          | At 1.4.20<br>£        | Cash flow<br>£        | At 31.3.21<br>£       |
|--------------------------|-----------------------|-----------------------|-----------------------|
| <b>Net cash</b>          |                       |                       |                       |
| Cash at bank and in hand | <u>227,712</u>        | <u>144,401</u>        | <u>372,113</u>        |
|                          | <u>227,712</u>        | <u>144,401</u>        | <u>372,113</u>        |
| <b>Total</b>             | <b><u>227,712</u></b> | <b><u>144,401</u></b> | <b><u>372,113</u></b> |

The notes form part of these financial statements

**Notes to the Financial Statements  
for the Year Ended 31 March 2021**

**1. ACCOUNTING POLICIES**

**BASIS OF PREPARING THE FINANCIAL STATEMENTS AND GOING CONCERN**

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.

**Going concern**

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these accounts. The trustees have made this assessment in respect to a period of one year from the date of approval of these accounts.

The trustees of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due. Despite the global uncertainty in relation to COVID-19, there are no concerns regarding the charity's ability to continue as a going concern.

**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.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

**ALLOCATION AND APPORTIONMENT OF COSTS**

The costs of generating funds relate to the costs incurred by the charitable company in raising the funds for its charitable work. Fundraising costs incorporate an apportionment of the cost of the time spent by the administration staff in obtaining new sources of funding and securing the renewal of current funding.

**TANGIBLE FIXED ASSETS**

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

|                       |                           |
|-----------------------|---------------------------|
| Short leasehold       | - 20% on cost             |
| Plant and machinery   | - 33% on cost             |
| Fixtures and fittings | - 25% on reducing balance |
| Motor vehicles        | - 25% on reducing balance |
| Computer equipment    | - 25% on reducing balance |

**TAXATION**

The company is a registered charity and therefore is not liable for income tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

**FUND ACCOUNTING**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

# **Havering Mind**

## **Notes to the Financial Statements - continued for the Year Ended 31 March 2021**

### **1. ACCOUNTING POLICIES - continued**

#### **FUND ACCOUNTING**

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

#### **PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

### **2. DONATIONS AND LEGACIES**

|              | <b>31.3.21</b>       | 31.3.20       |
|--------------|----------------------|---------------|
|              | £                    | £             |
| Other income | <b>4,273</b>         | 3,595         |
| Donations    | <b>38,659</b>        | 62,166        |
| Legacies     | -                    | 20,000        |
| Housekeeping | -                    | 286           |
|              | <u><b>42,932</b></u> | <u>86,047</u> |

### **3. OTHER TRADING ACTIVITIES**

|                    | <b>31.3.21</b>       | 31.3.20        |
|--------------------|----------------------|----------------|
|                    | £                    | £              |
| Fundraising events | <u><b>17,409</b></u> | <u>202,592</u> |

### **4. INVESTMENT INCOME**

|                          | <b>31.3.21</b>    | 31.3.20    |
|--------------------------|-------------------|------------|
|                          | £                 | £          |
| Deposit account interest | <u><b>866</b></u> | <u>801</u> |

### **5. INCOME FROM CHARITABLE ACTIVITIES**

|        | <b>31.3.21</b>        | 31.3.20        |
|--------|-----------------------|----------------|
|        | £                     | £              |
| Grants | <u><b>457,604</b></u> | <u>183,600</u> |

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

|                                                            | <b>31.3.21</b>       | 31.3.20  |
|------------------------------------------------------------|----------------------|----------|
|                                                            | £                    | £        |
| London Borough of Havering - Social Inclusion              | <b>40,153</b>        | 39,836   |
| London Borough of Havering - Peer Support                  | <b>40,358</b>        | 40,053   |
| London Borough of Havering - CAMHS Mind your head          | <b>25,000</b>        | -        |
| London Borough of Havering - Telephone triage service      | <b>15,926</b>        | -        |
| London Borough of Havering Trauma & Bereavement Project    | <b>12,519</b>        | -        |
| London Borough of Havering - CAMHS Transformation Workshop | -                    | 12,600   |
| London Borough of Barking and Dagenham - Hoarding project  | <b>48,605</b>        | -        |
| BHRUT CCG - Meaningful activities                          | <u><b>50,240</b></u> | <u>-</u> |
| Carried forward                                            | <b>232,801</b>       | 92,489   |

# **Havering Mind**

## **Notes to the Financial Statements - continued for the Year Ended 31 March 2021**

### **5. INCOME FROM CHARITABLE ACTIVITIES - continued**

|                                                                   | <b>31.3.21</b>        | 31.3.20               |
|-------------------------------------------------------------------|-----------------------|-----------------------|
|                                                                   | £                     | £                     |
| Brought forward                                                   | <b>232,801</b>        | 92,489                |
| Big Lottery Fund Grant - Live a Better Life                       | <b>66,926</b>         | 65,745                |
| People's Health Trust - Links                                     | <b>2,617</b>          | 8,569                 |
| Lloyds Bank - Peer support                                        | <b>27,500</b>         | -                     |
| Meaningful Activities Pathway                                     | -                     | 16,797                |
| Pears DCM                                                         | <b>9,784</b>          | -                     |
| London Community Fund                                             | <b>55,257</b>         | -                     |
| National Mind - Bereavement & Loneliness                          | <b>23,419</b>         | -                     |
| Emergency Covid Funding - from numerous charities and foundations | <b>39,300</b>         | -                     |
|                                                                   | <b><u>457,604</u></b> | <b><u>183,600</u></b> |

### **6. RAISING FUNDS**

#### **RAISING DONATIONS AND LEGACIES**

Fundraising costs comprise:-

|                      | <b>31.3.21</b>       | 31.3.20               |
|----------------------|----------------------|-----------------------|
|                      | £                    | £                     |
| Salaries             | 21,928               | 22,428                |
| Fundraising expenses | 12,046               | 103,587               |
| External fundraiser  | <u>36,179</u>        | <u>13,393</u>         |
|                      | <b><u>70,153</u></b> | <b><u>139,408</u></b> |

### **7. CHARITABLE ACTIVITIES COSTS**

|                 | Direct<br>Costs<br>£  | Grant<br>funding of<br>activities<br>(see note<br>8)<br>£ | Totals<br>£           |
|-----------------|-----------------------|-----------------------------------------------------------|-----------------------|
| Client services | <b><u>303,153</u></b> | <b><u>1,000</u></b>                                       | <b><u>304,153</u></b> |

### **8. GRANTS PAYABLE**

|                 | <b>31.3.21</b>      | 31.3.20  |
|-----------------|---------------------|----------|
|                 | £                   | £        |
| Client services | <b><u>1,000</u></b> | <u>-</u> |

The total grants paid to institutions during the year was as follows:

|                      | <b>31.3.21</b>      | 31.3.20  |
|----------------------|---------------------|----------|
|                      | £                   | £        |
| Garden for the Blind | <b><u>1,000</u></b> | <u>-</u> |

# **Havering Mind**

## **Notes to the Financial Statements - continued for the Year Ended 31 March 2021**

### **9. SUPPORT COSTS**

|                          | Management<br>£ | Finance<br>£ | Totals<br>£   |
|--------------------------|-----------------|--------------|---------------|
| Other resources expended | <u>14,723</u>   | <u>562</u>   | <u>15,285</u> |

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

|                         | 31.3.21<br>Other<br>resources<br>expended<br>£ | 31.3.20<br>Total<br>activities<br>£ |
|-------------------------|------------------------------------------------|-------------------------------------|
| Wages                   | 12,433                                         | 11,000                              |
| Independent examination | 2,290                                          | 2,040                               |
| Bank charges            | <u>562</u>                                     | <u>931</u>                          |
|                         | <u>15,285</u>                                  | <u>13,971</u>                       |

### **10. NET INCOME/(EXPENDITURE)**

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

|                             | 31.3.21<br>£ | 31.3.20<br>£ |
|-----------------------------|--------------|--------------|
| Depreciation - owned assets | 7,763        | 8,584        |
| Independent examination     | <u>2,290</u> | <u>2,000</u> |

### **11. 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.

The Charity subscribes to the Mind block insurance scheme, for trustees and officers.

#### **TRUSTEES' EXPENSES**

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

### **12. STAFF COSTS**

|                       | 31.3.21<br>£   | 31.3.20<br>£   |
|-----------------------|----------------|----------------|
| Wages and salaries    | 255,349        | 181,007        |
| Social security costs | 19,264         | 11,843         |
| Other pension costs   | <u>5,878</u>   | <u>3,115</u>   |
|                       | <u>280,491</u> | <u>195,965</u> |

The total remuneration of key management personnel amounted to £46,683 (2020: £18,750).

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2021

### 12. STAFF COSTS - continued

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

|                        | 31.3.21   | 31.3.20   |
|------------------------|-----------|-----------|
| Chief executive        | 1         | 1         |
| Direct charitable work | 10        | 8         |
| Administration         | 1         | 1         |
| Fundraising            | <u>1</u>  | <u>1</u>  |
|                        | <u>13</u> | <u>11</u> |

No employees received emoluments in excess of £60,000.

### 13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

|                                    | Unrestricted<br>funds<br>£ | Restricted<br>funds<br>£ | Total<br>funds<br>£ |
|------------------------------------|----------------------------|--------------------------|---------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |                            |                          |                     |
| Donations and legacies             | 86,047                     | -                        | 86,047              |
| <b>Charitable activities</b>       |                            |                          |                     |
| Client services                    | -                          | 183,600                  | 183,600             |
| Other trading activities           | 202,592                    | -                        | 202,592             |
| Investment income                  | <u>801</u>                 | <u>-</u>                 | <u>801</u>          |
| <b>Total</b>                       | 289,440                    | 183,600                  | 473,040             |
| <b>EXPENDITURE ON</b>              |                            |                          |                     |
| Raising funds                      | 139,408                    | -                        | 139,408             |
| <b>Charitable activities</b>       |                            |                          |                     |
| Client services                    | 28,401                     | 184,249                  | 212,650             |
| Other                              | <u>13,971</u>              | <u>-</u>                 | <u>13,971</u>       |
| <b>Total</b>                       | 181,780                    | 184,249                  | 366,029             |
| <b>NET INCOME/(EXPENDITURE)</b>    | 107,660                    | (649)                    | 107,011             |
| <b>Transfers between funds</b>     | <u>(5,320)</u>             | <u>5,320</u>             | <u>-</u>            |
| <b>Net movement in funds</b>       | 102,340                    | 4,671                    | 107,011             |
| <b>RECONCILIATION OF FUNDS</b>     |                            |                          |                     |
| <b>Total funds brought forward</b> | <u>122,173</u>             | <u>3,743</u>             | <u>125,916</u>      |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <u>224,513</u>             | <u>8,414</u>             | <u>232,927</u>      |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2021

### 14. TANGIBLE FIXED ASSETS

|                                   | Short<br>leasehold<br>£ | Plant and<br>machinery<br>£ | Fixtures<br>and<br>fittings<br>£ |
|-----------------------------------|-------------------------|-----------------------------|----------------------------------|
| <b>COST</b>                       |                         |                             |                                  |
| At 1 April 2020 and 31 March 2021 | <u>5,250</u>            | <u>15,909</u>               | <u>37,024</u>                    |
| <b>DEPRECIATION</b>               |                         |                             |                                  |
| At 1 April 2020                   | 5,250                   | 5,303                       | 33,133                           |
| Charge for year                   | <u>-</u>                | <u>5,303</u>                | <u>1,137</u>                     |
| At 31 March 2021                  | <u>5,250</u>            | <u>10,606</u>               | <u>34,270</u>                    |
| <b>NET BOOK VALUE</b>             |                         |                             |                                  |
| At 31 March 2021                  | <u>-</u>                | <u>5,303</u>                | <u>2,754</u>                     |
| At 31 March 2020                  | <u>-</u>                | <u>10,606</u>               | <u>3,891</u>                     |
|                                   | Motor<br>vehicles<br>£  | Computer<br>equipment<br>£  | Totals<br>£                      |
| <b>COST</b>                       |                         |                             |                                  |
| At 1 April 2020 and 31 March 2021 | <u>31,400</u>           | <u>25,272</u>               | <u>114,855</u>                   |
| <b>DEPRECIATION</b>               |                         |                             |                                  |
| At 1 April 2020                   | 29,854                  | 20,866                      | 94,406                           |
| Charge for year                   | <u>386</u>              | <u>937</u>                  | <u>7,763</u>                     |
| At 31 March 2021                  | <u>30,240</u>           | <u>21,803</u>               | <u>102,169</u>                   |
| <b>NET BOOK VALUE</b>             |                         |                             |                                  |
| At 31 March 2021                  | <u>1,160</u>            | <u>3,469</u>                | <u>12,686</u>                    |
| At 31 March 2020                  | <u>1,546</u>            | <u>4,406</u>                | <u>20,449</u>                    |

Plant and machinery comprises assets associated with the Christmas Land fundraising event.

### 15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                |               |               |
|--------------------------------|---------------|---------------|
|                                | 31.3.21<br>£  | 31.3.20<br>£  |
| Trade debtors                  | 50,922        | 24,393        |
| Prepayments and accrued income | <u>7,805</u>  | <u>4,269</u>  |
|                                | <u>58,727</u> | <u>28,662</u> |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2021

### 16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

|                                             | 31.3.21<br>£         | 31.3.20<br>£         |
|---------------------------------------------|----------------------|----------------------|
| Trade creditors                             | 14,483               | 5,174                |
| Social security and other taxes             | 9,638                | 4,484                |
| Other creditors                             | 1,836                | 626                  |
| Accruals and deferred income                | <u>55,422</u>        | <u>33,612</u>        |
|                                             | <u><b>81,379</b></u> | <u><b>43,896</b></u> |
|                                             | <br>31.3.21<br>£     | <br>31.3.20<br>£     |
| <b>Deferred Income</b>                      |                      |                      |
| Deferred income at 1 April 2020             | 10,898               | 17,037               |
| Incoming resources deferred during the year | 37,520               | 10,898               |
| Released from previous years                | <u>(10,898)</u>      | <u>(17,037)</u>      |
| Deferred income as at 31 March 2021         | <u><b>37,520</b></u> | <u><b>10,898</b></u> |

### 17. MOVEMENT IN FUNDS

|                           | At 1.4.20<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.21<br>£ |
|---------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b> |                |                                  |                    |
| General fund              | 214,513        | 66,617                           | 281,130            |
| Designated Funds          | <u>10,000</u>  | <u>-</u>                         | <u>10,000</u>      |
|                           | 224,513        | 66,617                           | 291,130            |
| <b>Restricted funds</b>   |                |                                  |                    |
| Restricted funds          | 8,414          | 62,603                           | 71,017             |
|                           | <u>232,927</u> | <u>129,220</u>                   | <u>362,147</u>     |

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

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 249,110                    | (182,493)                  | 66,617                    |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 269,701                    | (207,098)                  | 62,603                    |
|                           | <u>518,811</u>             | <u>(389,591)</u>           | <u>129,220</u>            |

# Havering Mind

## Notes to the Financial Statements - continued for the Year Ended 31 March 2021

### 17. MOVEMENT IN FUNDS - continued

#### Comparatives for movement in funds

|                           | At 1.4.19<br>£        | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.3.20<br>£    |
|---------------------------|-----------------------|----------------------------------|------------------------------------|-----------------------|
| <b>Unrestricted funds</b> |                       |                                  |                                    |                       |
| General fund              | 112,173               | 107,660                          | (5,320)                            | 214,513               |
| Designated Funds          | <u>10,000</u>         | <u>-</u>                         | <u>-</u>                           | <u>10,000</u>         |
|                           | 122,173               | 107,660                          | (5,320)                            | 224,513               |
| <b>Restricted funds</b>   |                       |                                  |                                    |                       |
| Restricted funds          | 3,743                 | (649)                            | 5,320                              | 8,414                 |
|                           | <u>          </u>     | <u>          </u>                | <u>          </u>                  | <u>          </u>     |
| <b>TOTAL FUNDS</b>        | <u><u>125,916</u></u> | <u><u>107,011</u></u>            | <u><u>-</u></u>                    | <u><u>232,927</u></u> |

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

|                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 289,440                    | (181,780)                  | 107,660                   |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 183,600                    | (184,249)                  | (649)                     |
|                           | <u>          </u>          | <u>          </u>          | <u>          </u>         |
| <b>TOTAL FUNDS</b>        | <u><u>473,040</u></u>      | <u><u>(366,029)</u></u>    | <u><u>107,011</u></u>     |

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

|                           | At 1.4.19<br>£        | Net<br>movement<br>in funds<br>£ | Transfers<br>between<br>funds<br>£ | At<br>31.3.21<br>£    |
|---------------------------|-----------------------|----------------------------------|------------------------------------|-----------------------|
| <b>Unrestricted funds</b> |                       |                                  |                                    |                       |
| General fund              | 112,173               | 174,277                          | (5,320)                            | 281,130               |
| Designated Funds          | <u>10,000</u>         | <u>-</u>                         | <u>-</u>                           | <u>10,000</u>         |
|                           | 122,173               | 174,277                          | (5,320)                            | 291,130               |
| <b>Restricted funds</b>   |                       |                                  |                                    |                       |
| Restricted funds          | 3,743                 | 61,954                           | 5,320                              | 71,017                |
|                           | <u>          </u>     | <u>          </u>                | <u>          </u>                  | <u>          </u>     |
| <b>TOTAL FUNDS</b>        | <u><u>125,916</u></u> | <u><u>236,231</u></u>            | <u><u>-</u></u>                    | <u><u>362,147</u></u> |

## Haivering Mind

### Notes to the Financial Statements - continued for the Year Ended 31 March 2021

#### 17. 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<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b> |                            |                            |                           |
| General fund              | 538,550                    | (364,273)                  | 174,277                   |
| <b>Restricted funds</b>   |                            |                            |                           |
| Restricted funds          | 453,301                    | (391,347)                  | 61,954                    |
|                           | <hr/>                      | <hr/>                      | <hr/>                     |
| <b>TOTAL FUNDS</b>        | <u>991,851</u>             | <u>(755,620)</u>           | <u>236,231</u>            |

Please see the Chairman's Statement on Page 2 to review future expenditure and joint project plans.

The designated fund has been established to provide training for key personnel.

Restricted funds are amounts carried forward to be spent on projects in the future.

#### 18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

There were no donations from trustees.

#### 19. STATUS

The organisation is a charitable company limited by guarantee. The company was established under a Memorandum of Association which establishes the object and powers of the charitable company and is governed under its Articles of Association.