

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

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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.

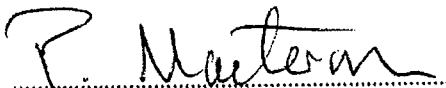
The dedication and passion of our staff and volunteers have never faltered, despite navigating some challenging scenarios over the course of the year. Staff have continued to work from a place of care, kindness and commitment to both new and existing service users, working long hours and putting our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

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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

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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

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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

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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

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.

	Funding from unrestricted free reserves of £348,581
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.

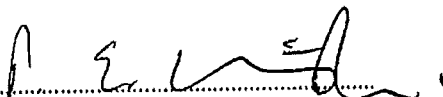
In so far as the trustees are aware:

- 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, on17/10/2023..... 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.

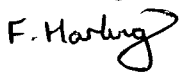
Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed 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 funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	35,716	-	35,716	36,934
Charitable activities					
Client services	5	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	-
Total		<u>553,279</u>	<u>876,007</u>	<u>1,429,286</u>	<u>970,764</u>
EXPENDITURE ON					
Raising funds	6	173,404	86,822	260,226	176,373
Charitable activities					
Client services	7	238,045	836,028	1,074,073	651,748
Other	8	22,633	-	22,633	16,404
Total		<u>434,082</u>	<u>922,850</u>	<u>1,356,932</u>	<u>844,525</u>
NET INCOME/(EXPENDITURE)					
Transfers between funds	16	119,197 (77,631)	(46,843) 77,631	72,354 -	126,239 -
Net movement in funds		41,566	30,788	72,354	126,239
RECONCILIATION OF FUNDS					
Total funds brought forward		312,043	176,343	488,386	362,147
TOTAL FUNDS CARRIED FORWARD		<u>353,609</u>	<u>207,131</u>	<u>560,740</u>	<u>488,386</u>

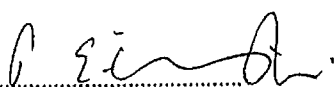
The notes form part of these financial statements

Havering Mind

Balance Sheet 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
FIXED ASSETS					
Tangible assets	13	5,028	-	5,028	7,575
CURRENT ASSETS					
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
CREDITORS					
Amounts falling due within one year	15	(175,472)	(152,323)	(327,795)	(251,046)
NET CURRENT ASSETS		<u>348,581</u>	<u>207,131</u>	<u>555,712</u>	<u>480,811</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>353,609</u>	<u>207,131</u>	<u>560,740</u>	<u>488,386</u>
NET ASSETS		<u>353,609</u>	<u>207,131</u>	<u>560,740</u>	<u>488,386</u>
FUNDS	16				
Unrestricted funds:					
General fund				353,609	312,043
Restricted funds				<u>207,131</u>	<u>176,343</u>
TOTAL FUNDS				<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 £	31.3.22 £
Cash flows from operating activities			
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>
 Cash flows from investing activities			
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/>
Change in cash and cash equivalents in the reporting period		331,754	142,462
Cash and cash equivalents at the beginning of the reporting period		<u>514,575</u>	<u>372,113</u>
 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 £	31.3.22 £
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 £	Cash flow £	At 31.3.23 £
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 Costs £
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 £	Finance £	Governance costs £	Totals £
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 Other resources expended £	31.3.22 Total activities £
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 £	31.3.22 £
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 funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	36,934	-	36,934
Charitable activities			
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>
Total	<u>382,605</u>	<u>588,159</u>	<u>970,764</u>
EXPENDITURE ON			
Raising funds	134,107	42,266	176,373
Charitable activities			
Client services	205,421	446,327	651,748
Other	<u>16,404</u>	<u>-</u>	<u>16,404</u>
Total	<u>355,932</u>	<u>488,593</u>	<u>844,525</u>
NET INCOME	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	
RECONCILIATION OF FUNDS				
Total funds brought forward	291,130	71,017	362,147	
TOTAL FUNDS CARRIED FORWARD	<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
	£	£	£	£	£
COST					
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>
DEPRECIATION					
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>
NET BOOK VALUE					
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
	£	£
Deferred Income		
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
	£	£	£	£
Unrestricted funds				
General fund	312,043	119,197	(77,631)	353,609
Restricted funds				
Restricted funds	176,343	(46,843)	77,631	207,131
TOTAL FUNDS	<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
	£	£	£
Unrestricted funds			
General fund	553,279	(434,082)	119,197
Restricted funds			
Restricted funds	876,007	(922,850)	(46,843)
TOTAL FUNDS	<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 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
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
Restricted funds				
Restricted funds	<u>71,017</u>	<u>99,566</u>	<u>5,760</u>	<u>176,343</u>
TOTAL FUNDS	<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 resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	382,605	(355,932)	26,673
Restricted funds			
Restricted funds	<u>588,159</u>	<u>(488,593)</u>	<u>99,566</u>
TOTAL FUNDS	<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 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
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
Restricted funds				
Restricted funds	<u>71,017</u>	<u>52,723</u>	<u>83,391</u>	<u>207,131</u>
TOTAL FUNDS	<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 resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	935,884	(790,014)	145,870
Restricted funds			
Restricted funds	1,464,166	(1,411,443)	52,723
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<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 £	31.3.22 £
INCOME AND ENDOWMENTS		
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>
Total incoming resources	1,429,286	970,764
EXPENDITURE		
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 £	31.3.22 £
Management		
Brought forward	14,657	13,175
Independent examination	<u>-</u>	<u>2,303</u>
	14,657	15,478
Finance		
Bank charges	1,076	926
Governance costs		
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