

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

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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.

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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.

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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

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- 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

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"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

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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

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	£501,382
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.

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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

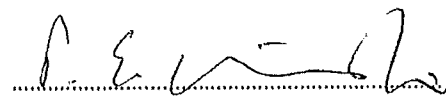
In so far as the trustees are aware:

- 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, on02/01/2024..... 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.

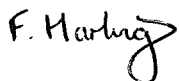
Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed 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 funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM	Notes				
Donations and legacies	2	42,378	-	42,378	35,716
Charitable activities	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
Total		<u>470,635</u>	<u>996,533</u>	<u>1,467,168</u>	<u>1,429,286</u>
 EXPENDITURE ON					
Raising funds	6	217,082	-	217,082	260,226
Charitable activities	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>
Total		<u>689,162</u>	<u>652,031</u>	<u>1,341,193</u>	<u>1,356,932</u>
 NET INCOME/(EXPENDITURE)					
Transfers between funds	16	(218,527) <u>366,300</u>	344,502 <u>(366,300)</u>	125,975 <u>-</u>	72,354 <u>-</u>
Net movement in funds		147,773	(21,798)	125,975	72,354
 RECONCILIATION OF FUNDS					
Total funds brought forward		<u>353,609</u>	<u>207,131</u>	<u>560,740</u>	<u>488,386</u>
 TOTAL FUNDS CARRIED FORWARD		<u><u>501,382</u></u>	<u><u>185,333</u></u>	<u><u>686,715</u></u>	<u><u>560,740</u></u>

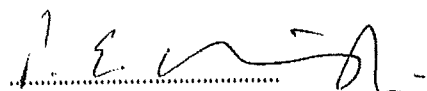
The notes form part of these financial statements

Haverling Mind

Balance Sheet 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
FIXED ASSETS					
Tangible assets	13	6,944	-	6,944	5,028
CURRENT ASSETS					
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
CREDITORS					
Amounts falling due within one year	15	(175,475)	(85,870)	(261,345)	(327,795)
NET CURRENT ASSETS		<u>494,438</u>	<u>185,333</u>	<u>679,771</u>	<u>555,712</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>501,382</u>	<u>185,333</u>	<u>686,715</u>	<u>560,740</u>
NET ASSETS		<u>501,382</u>	<u>185,333</u>	<u>686,715</u>	<u>560,740</u>
FUNDS	16				
Unrestricted funds:					
General fund				501,382	353,609
Restricted funds				<u>185,333</u>	<u>207,131</u>
TOTAL FUNDS				<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 £	31.3.23 £
Cash flows from operating activities			
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>
Cash flows from investing activities			
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/>
Change in cash and cash equivalents in the reporting period		(206,678)	331,754
Cash and cash equivalents at the beginning of the reporting period		<u>846,329</u>	<u>514,575</u>
Cash and cash equivalents at the end of the reporting period		<u><u>639,651</u></u>	<u><u>846,329</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 Costs £
Client services	<u>1,096,853</u>

8. SUPPORT COSTS

	Management £	Finance £	Governance costs £	Totals £
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 resources expended	Total activities
	£	£
Wages	19,328	14,657
Bank charges	1,030	1,076
Auditors' remuneration	6,900	6,900
	<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	18,364	16,362
	<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	1	1
	<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:

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

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	35,716	-	35,716
Charitable activities			
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>
Total	<u>553,279</u>	<u>876,007</u>	<u>1,429,286</u>
EXPENDITURE ON			
Raising funds	173,404	86,822	260,226
Charitable activities			
Client services	238,045	836,028	1,074,073
Other	<u>22,633</u>	<u>-</u>	<u>22,633</u>
Total	<u>434,082</u>	<u>922,850</u>	<u>1,356,932</u>
NET INCOME/(EXPENDITURE)	119,197	(46,843)	72,354
Transfers between funds	<u>(77,631)</u>	<u>77,631</u>	<u>-</u>
Net movement in funds	41,566	30,788	72,354
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>312,043</u>	<u>176,343</u>	<u>488,386</u>
TOTAL FUNDS CARRIED FORWARD	<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 machinery £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
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>
DEPRECIATION				
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>
NET BOOK VALUE				
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 £	31.3.23 £
Deferred Income		
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 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	353,609	(218,527)	366,300	501,382
Restricted funds				
Restricted funds	207,131	344,502	(366,300)	185,333
TOTAL FUNDS	<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 resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	470,635	(689,162)	(218,527)
Restricted funds			
Restricted funds	996,533	(652,031)	344,502
TOTAL FUNDS	<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 £	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
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<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 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)
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<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 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	312,043	(99,330)	288,669	501,382
Restricted funds				
Restricted funds	176,343	297,659	(288,669)	185,333
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<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 resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,023,914	(1,123,244)	(99,330)
Restricted funds			
Restricted funds	1,872,540	(1,574,881)	297,659
TOTAL FUNDS	<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 £	31.3.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Other income	1,324	5,461
Donations	<u>41,054</u>	<u>30,255</u>
	42,378	35,716
Other trading activities		
Fundraising events	221,482	248,517
Investment income		
Deposit account interest	6,830	1,727
Charitable activities		
Grants	1,196,478	1,138,878
Other income		
Gain on sale of tangible fixed assets	<u>-</u>	<u>4,448</u>
Total incoming resources	1,467,168	1,429,286
EXPENDITURE		
Raising donations and legacies		
Wages	34,554	31,052
Fundraising costs	<u>182,528</u>	<u>229,174</u>
	217,082	260,226
Charitable activities		
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
Support costs		
Management		
Wages	19,328	14,657

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Haivering Mind

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

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

This page does not form part of the statutory financial statements