

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

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

Havering Mind

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Havering Mind

Chairman's Statement for the Year Ended 31 March 2025

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

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

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

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

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

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

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

Mr Paul Masterson - Chairman

P. Masterson 01/10/2025

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

The Trustees who are also Directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

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

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

Mind in Havering, Barking & Dagenham - About Us

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

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

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

What We Do

" We work with our communities so everyone can understand how to take care of their mental health and get the support they need.

" We work in partnership with local health services, NHS, community organisations and other local Minds to reduce health inequalities.

" We strive to support people of all ages, from young people in schools to older people struggling in isolation.

" We provide services for people with mild to moderate mental health issues, including anxiety, stress and depression as well as those in crisis, who have experienced serious trauma and/or are living with a long term mental health condition.

" We listen, support and advise, pushing for better outcomes for everyone experiencing a mental health issue.

" We work to develop and embed inclusive, accessible projects and support services that meet local needs.

" We do all this by constantly and intentionally enhancing our offering for people impacted by mental health and suicide.

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

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

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

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

OBJECTIVES AND ACTIVITIES

Charitable Activities and Public benefit

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

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

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

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

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

We support. We partner. We make a difference.

4,838 people were supported across all of our services

318 Havering residents were supported by our Advocacy Team

30,000 people visited Christmas Land 2024

8,000+ people came to Summer Fest 2024 Weekend

1127 interventions of help and support were provided through our Gateway Service

133 young people were supported through our Ready for Adulthood group sessions

216 babies and toddlers were cared for through our Mini Minds Matter crèche

171 people were supported through our Safe Connections Suicide Prevention Programme across North East London

547 people were reached through our multi lingual online support for Ukrainian families and their hosts

440+ volunteer hours given to support our Projects and activities

47 volunteer breastfeeding peers were recruited to support our Maternal Health Programme

618 women were supported through our Maternal Health Programme

202 parents and carers joined our Parent Support Groups

334 mums attended our Mums Matter Programme and their babies joined our Mini Minds Matter crèche

381 people were supported by our Peer Support Workers in their community

335 adults joined our Social Inclusion Service

105 people completed our online Supported Self Help Programme

11 families were supported through our Early Help Service

23 new dads benefitted from joining our Dads In Mind group

107 residents joined our Live A Better Life Project

136 adults attended our Meaningful Activities Programme of activities

27 young people received 1:1 support through our Wellbeing Service

- We launched a new Service offering 1:1 Wellbeing Sessions for young people

- We were awarded the national Mind Federation Quality Mark

" We were the Winner of 2 Awards for our Essex Family Festival and Mums Matter Project, and Highly Commended for Christmas Land in the Essex Mums Awards in 2024

Havering Mind

Report of the Trustees for the Year Ended 31 March 2025

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

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

WHAT OUR CLIENTS HAVE TO SAY

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

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

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

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

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

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

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

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

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

Financial review

Financial performance

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

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

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

Our principal funders were:

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

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

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

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

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

STRATEGIC REPORT

Financial review

Fundraising, Donations and Legacies

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

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

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

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

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

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

The difference between local Mind and national Mind

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

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

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

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

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

Investment policy and objectives

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

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

STRATEGIC REPORT

Financial review

Reserves Policy

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

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

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

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

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

Going concern

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

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

STRATEGIC REPORT

Financial review

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

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

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

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

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

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

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

CONCLUSION

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

Looking Forward

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

We will

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

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

Havering Mind

Report of the Trustees for the Year Ended 31 March 2025

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

Recruitment and appointment of new Trustees

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

Organisational structure

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

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

Induction and training of new Trustees

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

Affiliation

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

Staffing

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

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

Risk management

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

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

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04184862 (England and Wales)

Registered Charity number

1108470

Registered office

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

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

Trustees

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

Auditors

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

Bankers

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

Metro Bank Plc
Brewery Walk
Waterloo Road
Romford RM1 1AU

CHIEF EXECUTIVE

Sarah Balser

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Havering Mind

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

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

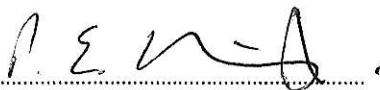
In so far as the trustees are aware:

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

AUDITORS

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

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



Mr Peter Edward Herrington - Trustee

Report of the Independent Auditors to the Trustees of Havering Mind

Opinion

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

In our opinion the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

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

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

Matters on which we are required to report by exception

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

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

Report of the Independent Auditors to the Trustees of Havering Mind

Responsibilities of trustees

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

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

Our responsibilities for the audit of the financial statements

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

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

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

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

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

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

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

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

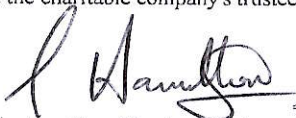
A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

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

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

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Colin Hamilton (Senior Statutory Auditor)

for and on behalf of Ward Williams

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

Belgrave House

39-43 Monument Hill

Weybridge

Surrey

KT13 8RN

Date: 20/10/25

Haivering Mind

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

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

The notes form part of these financial statements

Haivering Mind

Balance Sheet 31 March 2025

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

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

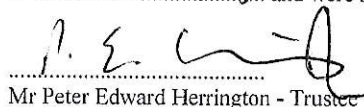
The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for

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

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

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


Mr Peter Edward Herrington - Trustee

The notes form part of these financial statements

Havering Mind

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

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

The notes form part of these financial statements

Havering Mind

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

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

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

2. ANALYSIS OF CHANGES IN NET FUNDS

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

The notes form part of these financial statements

Haivering Mind

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

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS AND GOING CONCERN

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

Going concern

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

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

INCOME

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

EXPENDITURE

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

ALLOCATION AND APPORTIONMENT OF COSTS

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

TANGIBLE FIXED ASSETS

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

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

TAXATION

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

FUND ACCOUNTING

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

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

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

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

Havering Mind

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

1. ACCOUNTING POLICIES - continued

PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

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

2. DONATIONS AND LEGACIES

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

3. OTHER TRADING ACTIVITIES

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

4. INVESTMENT INCOME

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

5. INCOME FROM CHARITABLE ACTIVITIES

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

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

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

Havering Mind

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

5. INCOME FROM CHARITABLE ACTIVITIES - continued

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

6. RAISING FUNDS

RAISING DONATIONS AND LEGACIES

Fundraising costs comprise:-

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

7. CHARITABLE ACTIVITIES COSTS

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

8. SUPPORT COSTS

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

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

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

Havering Mind

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

9. NET INCOME/(EXPENDITURE)

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

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

10. TRUSTEES' REMUNERATION AND BENEFITS

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

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

TRUSTEES' EXPENSES

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

11. STAFF COSTS

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

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

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

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

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

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

Havering Mind

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

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

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

Havering Mind

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

13. TANGIBLE FIXED ASSETS

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

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

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

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

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

Havering Mind

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

16. LEASING AGREEMENTS

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

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

17. MOVEMENT IN FUNDS

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

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

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

Comparatives for 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>

Havering Mind

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

17. MOVEMENT IN FUNDS - continued

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

	Incoming 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>

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

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

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

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

TRANSFERS BETWEEN FUNDS

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

Havering Mind

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

17. MOVEMENT IN FUNDS - continued

TRANSFERS BETWEEN FUNDS - continued

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

18. RELATED PARTY DISCLOSURES

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

There were no donations from trustees.

19. STATUS

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