

The Mind and Soul Foundation Report and Accounts



year ended 30 November 2020

THE MIND AND SOUL FOUNDATION

For the Year Ended 30 November 2020

COMPANY INFORMATION

Directors/Trustees	Rev W R Van der Hart Dr K S Middleton Dr R M Waller Dr M E Neeves Mr T H R Brun Sir Piers Le Marchant Ms Peggy Loo Mr Timothy Fraser Gray Ms Laura Ryder
Company Secretary	Peggy Loo
Governing Document	Memorandum and Articles of Association
Company Registration Number	05843743
Charity Registration Number	1115841
Registered Office	11 Glenthams Gardens, Barnes SW13 9JN London
Bankers	Barclays Bank PLC

THE MIND AND SOUL FOUNDATION

For the Year Ended 30 November 2020

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THE MIND AND SOUL FOUNDATION

REPORT OF THE DIRECTORS For the Year Ended 30 November 2020

The Directors have pleasure in submitting the Report and Accounts for the year.

Objects of the charity

The objects of The Mind and Soul Foundation is to advance the Christian faith in accordance with its statement of beliefs, in London and in such other parts of the United Kingdom and the rest of the world as the trustees see fit.

Government

The policy and operating decisions of the charity rest with the Directors who meet regularly to monitor the activities of the Company.

Our Vision

We believe in a God who loves us and cares about our emotional and mental health.

Our faith and emotions are often kept separate. Mental health is rarely discussed in churches and Christian spirituality is seen as having little to offer the world of psychology. We want to bridge that gap.

To Educate: Sharing the best of Christian theology and scientific advances.

To Equip: Helping people meet with God and recover from emotional distress.

To Encourage: Engaging with the local church and mental health services.

Our core leadership team of a psychologist, a priest and a psychiatrist have developed high-quality, integrated resources and bring a powerful message that both are important.

Review of Activities

In planning the activities of the charity, the directors have given consideration to the guidance on public benefit issued by the Charity Commission in December 2008

During the year, MaSF has continued to engage with people at all stages of Christian belief and none. Through our talks at conferences, in seminars and on digital communication platforms we educate and inform audiences to remove impediments to encountering or deepening Christian faith of which there are many for people with mental health issues.

Review of Activities (continued)

A significant focus has been on 'raising awareness and understanding of religious beliefs and practices'. MaSF has been providing thought leadership on this subject in two ways:

1. By promoting ways in which Christian faith and practice can support mental health recovery, therefore encouraging engagement and exploration of the Christian faith more broadly.
2. By working with churches and Christian organisations to identify ways in which their specific practices can inhibit or even damage mental health recovery for some individuals.

Financial Review

The Mind and Soul Foundation aim is to cover the expenditure during the year from donations received thereby securing the continuity of this valuable work.

Reserves Policy

The Board of Directors have established a policy whereby free reserves held by the charity should be maintained at a sufficient level to fund committed grant expenditure. The Trustees expect to draw down on funds over the next 5 years as they see projects and other needs suitable for grant support from the charity

Risk Statement

The Directors have reviewed the risks to which a small charity operating with no employees is exposed. Appropriate procedures are in place to identify, monitor and review these risks on a regular basis.

Directors' Responsibilities

Charity law requires us as Directors to prepare financial statements for each accounting year which give a true and fair view of the state of the charity and of its income and expenditure for the year.

1. Select suitable accounting policies and apply them consistently
2. Make judgements and estimates that are reasonable and prudent
3. State whether the applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts.
4. Prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

We also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities

Exemption from audit

For the year ending 30 November 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.'

Approval

This report was approved by the Directors on 26 June 2021 and signed on their behalf by:

DocuSigned by:

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William Richard Van der Hart

THE MIND AND SOUL FOUNDATION

Statement of Financial Activities For the Year Ended 30 November 2020

Summary Income and Expenditure Account

	Note	Unrestricted Funds £	Total Funds 2020 £	Total Funds 2019 £
INCOMING RESOURCE				
Donations and grant income	2	25,339	25,339	7,187
Total incoming resource		25,339	25,339	7,187
Resources Expended				
Charitable activities	3	13,358	13,358	5,405
Total resources expended		13,358	13,358	5,405
Net Movement in Funds		11,981	11,981	1,782
Fund balances at 1 December 2019		83,454	83,454	81,672
Fund balances at 30 November 2020		95,435	95,435	83,454

Movements on reserves and all recognised gains and losses are shown above.
The Charity has never had restricted funds.

The notes on page 9-11 form part of these accounts.

THE MIND AND SOUL FOUNDATION
Balance Sheet
For the Year Ended 30 November 2020

	Note	Unrestricted Funds £	2020 £	2019 £
FIXED ASSETS				
Computer Equipment	4	6,488	6,488	-
CURRENT ASSETS				
Cash at bank	5	91,368	91,368	83,454
		91,368	91,368	83,454
CURRENT LIABILITIES				
Liabilities falling due within one year	6	2,421	2,421	
Net Current Assets		88,947	88,947	83,454
NET ASSETS				
		95,435	95,435	83,454
FUND BALANCES				
Unrestricted funds				
General Funds		95,435	95,435	83,454
		95,435	95,435	83,454

The Charity has never had restricted funds.

For the year ended 30 November 2020, the company was entitled to the exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- a. *The members have not required the charitable company to obtain an audit of its accounts for the year in question in accordance with Section 476 of the Companies Act.*
- b. *The directors / trustees acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts*
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Directors and signed on their behalf on the 26 November 2021 by:

DocuSigned by:

Will Van Der Hart

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William Richard Van der Hart

05843743

Company Number

111584

Charity Number

The notes on page 9-11 form part of these accounts.

THE MIND AND SOUL FOUNDATION

Notes to the Accounts For the Year Ended 30 November 2020

1 (a) General information and basis of preparation of financial statements

The Mind and Soul Foundation is a charitable company limited by guarantee registered in England; its registered office is as shown on page 2. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

The charity constitutes a public benefit entity as defined by the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). The financial statements have been prepared in accordance with 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) issued in October 2019 (SORP 2019), FRS 102, the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2019.

The financial statements are prepared on a going concern basis under the historical cost convention.

a) Donations and grant income

Donated income and grants receivable are taken into account when received by the charity. Income received in circumstances where a claim for repayment of tax has been or will be made to HM Revenue & Customs is grossed up for the tax recoverable. Any amount of tax reclaimed from HM Revenue & Customs but not yet received is shown within the charity's debtors.

b) Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

c) Funds:

Unrestricted funds are donations and other income received or generated for the objects of the charity without specified purpose and are available for purposes as directed by the trustees. Restricted funds are amounts received where the donor has specified the purpose for which it should be used.

d) Fixed assets and depreciation:

Fixed assets acquired for use by the charity are capitalised and depreciated over their estimated useful life unless they cost less than £1,000 when they are written off on purchase.

Depreciation periods are as follows:

Computer equipment	3 years
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e) Taxation

The company is a registered charity and is exempt from taxation under the Income & Corporation Taxes Acts.

f) Debtors and creditors receivable / payable within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

g) Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

h) Judgements and key sources of estimation uncertainty

No judgements (apart from those involving estimates) have been made in the process of applying the above accounting policies and there are no key sources of estimation uncertainty.

2 Incoming resource

	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
	£	-	£	£
General donations	25,339	-	25,339	7,187
	25,339	-	25,339	7,187

3 Charitable activities

	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
	£	£	£	£
Grants and gifts paid	2,040	-	2,040	1,000
Digital engagement	8,536	-	8,536	3,599
Depreciation	476	-	476	0
Independent Examiner Fee	500	-	500	0
Other	1,806	-	1,806	806
	13,358	-	13,358	5,405

The charity has no employed staff. Its activities are generally carried out by volunteers.

The charity has one part time contractor who assists with the charity's digital content and campaigns.

Payments to the contractor is included within digital engagement costs.

Included within other is a payment of £1,740 which the Charity no longer can ascertain the nature of the payment.

No remuneration or reimbursed expenses was paid to any trustee during the year nor to any person connected to them.

a Grants

The main features of the grants & gifts were given to encourage and support churches and missionary organisations in reaching out with the good news of Jesus. In both financial years, a grant of £1,000 was paid to Navigators, a Christian ministry.

4 Fixed Assets

	Computer Equipment	Total
	£	£
Cost		
At 1 December 2019	0	0
Additions	6,964	6,964
At 30 November 2020	6,964	6,964
Accumulated Depreciation		
At 1 December 2019	0	0
Charge for the year	476	476
At 30 November 2020	476	476
Net book value		
At 1 December 2019	0	0
At 30 November 2020	6,488	6,488

5 Cash at Bank and in Hand

	2020	2019
	£	£
Bank operating accounts	91,368	83,454
	91,368	83,454

6 Creditors: liabilities falling due within one year

	2020	2019
	£	£
Accruals	2,421	-
	2,421	-

Independent examiner's report to the Trustees of The Mind and Soul Foundation

I report to the charity trustees on my examination of the accounts of The Mind and Soul Foundation for the year ended 30 November 2020 which are set out on the annexed pages.

This report is made solely to the Trustees, as a body, in accordance with regulations made under section 154 of the Charities Act 2011. My work has been undertaken so that I might state to the Trustees matters I am required to state to them in an Independent Examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Trustees for my independent examination work, for this report, or for the statement I have given below.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).



Simon Erskine FCA FCIE DChA

61 Mortimer Road

London

NW10 5QR

Date:

26.11.21