HAVANT AND EAST HANTS MIND

England & Wales · Charity number 1116301

Details

Status	Registered
Legal form	Charitable company
Company number	05861345
Registered	2006-10-07
Register	View on the Charity Commission register

Contact

Address	Leigh Park Community Association Community Centre Dunsbury Way Havant Hampshire PO9 5BG
Phone	02392498916
Email	info@easthantsmind.org
Website	www.easthantsmind.org

Activities

Objects: TO PROMOTE THE PRESERVATION OF MENTAL HEALTH AND TO ASSIST IN RELIEVING AND REHABILITATING PERSONS SUFFERING FROM MENTAL DISORDER OR CONDITIONS OF EMOTIONAL DISTRESS REQUIRING ADVICE OR TREATMENT IN ASSOCIATION WITH MIND IN ACCORDANCE WITH THE AIMS AND OBJECTS OF MIND

Activities: provides, information, advice, advocacy, support, activities for people suffering with mental health problems and their families.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, The General Public/mankind

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Geography

- **Area of benefit:** UNDEFINED. IN PRACTICES, HAMPSHIRE
- Hampshire
- Isle Of Wight
- Portsmouth City
- Southampton City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£2,303,901	£2,169,087	£1,646,023	74
2024-03-31	£2,269,978	£1,950,918	£1,504,590	68
2023-03-31	£1,869,012	£1,611,099	£1,154,852	74
2022-03-31	£1,517,351	£1,349,845	£956,841	49
2021-03-31	£1,194,475	£1,160,075	£786,338	43

Trustees

Name	Role	Appointed
Owen Gibbons		2025-02-18
Rachel Redfern		2023-06-06
Rev Kathryn Orr		2018-11-26
Richard George Watts		2018-07-09

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HAVANT AND EAST HANTS MIND

England & Wales - Charity number 1116301

Accounts

REGISTERED COMPANY NUMBER: 05861345 (England and Wales)
REGISTERED CHARITY NUMBER: 1116301

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

FOR

HAVANT AND EAST HANTS MIND

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FOR THE YEAR ENDED 31 MARCH 2025

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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

Havant and East Hants Mind exists to create meaningful connections, reduce stigma and help people move toward recovery and stability, in ways that are personal and empowering.

The charity's objects are:
To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional distress requiring advice or treatment in association with Mind in accordance with the aims and objects of Mind. Everything we do is informed and influenced by the people who use our services.

REVIEW OF PUBLIC BENEFIT

In line with the Charities Act 2011 and subsequent guidance from the Charity Commission, the Trustees have considered how Havant and East Hants Mind satisfies the public benefit "principles" set out in the Act. The trustees consider that it satisfies at least 7 Charitable purposes: the prevention or relief of poverty; the advancement of education; the advancement of health or the saving of lives; the advancement of citizenship or community development; the advancement of human rights, conflict resolution or reconciliation or the promotion of religious or racial harmony or equality and diversity; the relief of those in need , by reason of youth, age, ill-health, disability, financial hardship or other disadvantage; the promotion of the efficiency of the police. In addition, the trustees consider that there are clearly identifiable benefits that arise from its aims, and that no detriment or harm arises (Principle 1); and that significant sectors of the public benefit directly and indirectly from its aims, and that there are no undue restrictions on access to its services (Principle 2).

Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

ACHIEVEMENTS AND PERFORMANCE

Chair of Trustees Report

Dear Friends, Supporters, HEHM TEAM, and Partners,

As Chairperson of Havant and East Hants Mind, I am proud to present our annual Report and Accounts for 2025. This year has been one of both challenge and significant progress, highlighting the critical importance of our mission to support and advocate for those affected by mental health issues.

This year, we also transitioned into new leadership with the Co-CEO appointment and have embarked on the Mind Quality Mark process and strategy development.

From the data we have available to us, we can clearly see that the mental health and well-being of our UK population is declining. There is a need to have a joined-up, coordinated approach for Hampshire-wide opportunities to allow for commissioning and procurement changes and evolution. We recognise that delivery will be focused on capabilities, strengths and specialisms as opposed to geographical boundaries.

The state of mental health in 2025:

The cost-of-living crisis means we are seeing huge financial strain cycles for many people in England and Wales. We continue to see the aftermath of the Covid-19 pandemic play out alongside the push for a more digital world, with social anxiety, loneliness and eating disorders on the rise. We also know that the UK population is ageing rapidly, and those in later life are more vulnerable to experiencing mental health problems. Overlapping inequalities within mental health services are evident.

Mental health remains a major concern in the UK, with recent statistics underlining the scale of the issue:

1. **Mental Health Prevalence** Approximately 1 in 4 adults in the UK continue to experience a mental health problem each year, consistent with previous years (source: NHS Digital). This ongoing challenge emphasises the need for sustained mental health support and services.:.
2. **Youth Mental Health Concerns:** 1 in 5 Children and young people in England has a mental health problem and 1 i n 8 young people has an eating disorder.
3. **Suicide Rates:** In 2023 the number of registered suicides for England and Wales was the highest seen since 1999.
4. **Economic Stress:** 60% of people in the UK said the cost-of-living crisis was hurting their well-being.

Some of our key Achievements in 24/25

Despite these challenges, we have made notable strides this year, thanks to the dedication of our team and the generosity of our supporters:

- Formation of the Safe Haven Provider Collaborative Agreement with regional local Mind and voluntary sector partners, delivering adult; child and young people's crisis services in Hampshire.
- In 2024 we were chosen as one of the top five Minds in the UK to be selected to be part of National Minds Training Delivery Partners and the first Mind in the UK to meet the Mind Training Quality Standard.
- In 2024 we launched our first-ever Mental Elf fun run with 170 runners and raised over £6,000 for local services (sponsored by Delivered Social, Brutal Runs and Spire Portsmouth).
- Autumn 2024 saw our first ADHD and Autism service, which has flourished and engendered great demand.
- Our Mind Quality Mark. Awarded by National Mind in Autumn/Winter 24/25, a wholly positive experience with several areas of excellence.

These initiatives reflect our core values:

Kind and compassionate- we put people first
Open and authentic- we speak up for what's right
Passionate and determined- we demand better mental health
Quality driven and innovative- we never stop learning
Collaborative and sustainable- we're stronger together

As we look to the future, our commitment remains steadfast. We will continue to enhance our services, advocate for better mental health policies, and work to break the stigma surrounding mental health issues. We are also excited about new technological solutions that will allow us to reach more people in need.

I would like to express my heartfelt gratitude to our staff, volunteers, and partners. Your dedication and support make our work possible. Together, we are making a real difference in the lives of those struggling with mental health issues, and we will continue to strive for a world where mental health is a priority for everyone.

With sincere thanks,

Richard Watts

Chairman of the board of Trustees, Havant and East Hants MIND

Overview of our services

Adult Services

Adult Wellbeing
This service is at the heart of what we do - offering courses and workshops tailored to the needs of adults facing emotional or mental health challenges, teaching skills and setting goals. Whether someone is dealing with anxiety, depression, low self-esteem, or just struggling to cope with daily life, we're here. Over the past year, we've seen a rise in referrals, but also a rise in recovery outcomes. Many of the people we support tell us they feel more connected, more in control, and more hopeful - and that is exactly what we aim for.

Primary Care Services
Our staff team is embedded within GP surgeries, allowing us to offer early intervention and preventative, 1-1 support. Often, we're helping people who don't meet the threshold for NHS mental health services but who need help before things escalate. It's been a fantastic example of joined-up working - bridging that crucial gap between medical and community support. We've seen an increase in GP referrals, and feedback from both patients and clinicians has been overwhelmingly positive. We have now incorporated the Peer support element to this service, offering a full timetable of groups and activities to support individuals and introduce them to others who have had similar experiences.

Adult Safe Haven
The Adults' Safe Haven is open for face-to-face mental health support at the Wellbeing Centre in Leigh Park. A team of Crisis workers from HEH Mind, Mental Health Practitioners from SHFT and drug and alcohol support workers from Inclusion, help provide support and advice to people experiencing a mental health crisis.

ADHD and Autism Service
This service has grown significantly since its launch in October 2024. We know that neurodivergent adults often face unique mental health challenges -from social isolation to struggles with employment or accessing appropriate care. Our services provide dedicated 1-to-1 support, group work, and advocacy. We've also been working to raise awareness and understanding, not just among clients, but among employers, carers, and professionals. The feedback has been powerful - many people have told us this is the first time they've felt truly understood.

Older Person's project
This service was developed in response to growing isolation and loneliness among our older residents - an issue that has only been magnified by the pandemic's long term effects and our ageing population in Hampshire. Our Community Wellbeing Workers, through outreach, phone support, and tailored wellbeing sessions, have helped older adults re-engage with their communities, rebuild confidence, and regain purpose. Whether it's helping someone with understanding what services or support are available to them such as financial or benefits advice, support for carers, reconnect with hobbies, attend a group again, or just have a friendly voice on the line.

Children Services

Children and Young People's Safe Haven
CYP Safe Haven is an out-of-hours wellbeing and mental health support service for young people aged 11-17yrs, living in the Havant and Southeast Hants.

The aims are:
- To provide immediate support for young people in mental health crisis.
- To empower young people to independently manage their mental health and wellbeing to prevent mental health crisis.
- To provide signposting information and refer to specialist services, if needed.
- To provide early intervention/teach self-help strategies to reduce the number of young people needing to use NHS services such as CAMHS.

The Lighthouse
The Lighthouse is an open access drop in, youth-club style service for children and young people aged 10-18 years old with a mental health and wellbeing focus who live in the Borough of Havant. Just call in to this fun, safe and supported environment facilitated by youth workers and mental health practitioners. Including supported activities, games, crafts, wellbeing focused workshops, refreshments, cooking sessions, 1 to 1 and peer support, signposting.

Family Services
In April 2024 we commenced the final year of the Supporting Families Programme (SFP) for families across Hampshire. Over the life of the contract, we supported over 750 families through 1-1 home-visiting intervention.

Workplace Wellbeing & Training
Our primary objective is to sustainably build capacity to foster good mental health amongst workforces. To ensure people can support each other in a variety of settings and can improve access to early help leading to quicker /better recovery.

We now have a wide range of training available and a growing diverse customer base. Our well-developed website offers a good range for individuals and organisations. We have delivered a mix of standard training programs and bespoke courses.

We have many local and some national employers, to whom we have provided advice, support and training, challenging perceptions of mental health and helping to build healthy, supportive work environments.

Our workplace wellbeing service at Havant, Southdowns and Alton colleges is expanding in scope after 9 years embedded as a vital source of support for their workforce with support, training and positive mental health promotion.

We also launched and successfully delivered our ongoing support packages for mental health champions, Mental Health First aiders and Connect 5ers.

Training

In early 2024 HEH Mind were one of 5 Mind's across the UK to win a new contract to support National Mind in its transition to a federation first model for Training. Having helped to develop new principles, mechanisms, processes and standards associated with delivering high quality training, equitably distributed across the federation, we increased our Training sales and capacity.

In total across our community and our commercial courses we delivered 130 courses and trained 2266 members of our community.

Community partnership
We cultivate long-term business relationships through structured Corporate Social Responsibility (CSR) packages, staff volunteering, sponsorships, and collaborative events. Partners like Delivered Social, Brutal Run, and Portsmouth FC support key fundraising and awareness activities, with a focus on reaching men and younger audiences through sport and branded engagement.

We work closely with our Training and Workplace Wellbeing Team to develop relationships with businesses that engage with our mental health training, support services, and employee wellbeing offers. These relationships often evolve into wider partnerships involving sponsorship, fundraising, and advocacy, creating a full-circle model of mutual benefit and shared values

Community development and engagement
In 2024 -25 our community team reached higher numbers especially in the build up to Mental Elf run on 1st Dec. Our in person activities also increased, far succeeded last year's 3,107 direct interactions.

We continue to grow our following and reach via our social media channels.

Our engagement within the Mind Federation remains strong with Communication and Community Lead very much part of the "Mind Engagement Group, Fundraising and Communications Networking Groups". We have fed back our insights about current and future network collaborations successes and challenges.

We recruited our third Community Volunteer. Joining the team for 6 months. These excellent placements are helping those keen to get into specific roles within communications, marketing and fundraising to gain insights and experiences that have supported her career progression. The Events and Fundraising Volunteer role with regular/ weekly hours and an ad hoc role allowing volunteers to support at events and activities, without having the commitment of weekly hours.

We continue to review ways and opportunities we can collaborate with our three neighbouring local Minds; Andover, Solent and West Sussex; with collaborations for 2024-25 in discussion. Our collaborations with local colleges (HSDC and COPC) continue to develop with growing support for signposting and fundraising. Public Service students at HSDC Alton will be displaying our logo on their uniforms and will continue to support our work through fundraising and by championing mental health.

Continued support and promotion of awareness dates: Pride Month, IDAHOBIT and LGBTIQ+ History Month.

We continue to provide information about the experience LGBTQ+ Veterans had and the potential impact the 'gay ban' had and is still having.

Our Mental Health Ambassadors project continues to evolve, with some sports clubs interested more in one off support or events, rather than the whole ambassador programme.

Working with key partners continues to build our reputation in communities and demographics that are considered more difficult reach. Key partners such as Hampshire FA, Solent Sports, Ropley Cricket, HAWKS Walking Football, Sands United Basingstoke and HSDC have been key. Ambassadors are supported through club visits and by 6 weekly online check-in.

For the third year we sponsored the Special Merit Award at Havant Borough Sport Association Sports Awards to help raise awareness to our offer amongst local sport clubs. We did not run a Volunteers Celebration event this year but remain in regular contact with Ambassadors in our club settings and other volunteers from across the HEH mind organisation involving them in all we do.

The level of interest in collaborations and partnerships continues to grow, however enquires are increasingly focused on short term collaborations that have a lower level of commitment on partners, such as Charity Matches and Charity Days.

Fundraising
Our team builds trust and visibility through face-to-face work with individuals, businesses, schools, and sports clubs, inviting people to become participants, fundraisers, volunteers, and advocates. This is amplified by communications that use authentic storytelling, powerful visuals, and multi- channel campaigns to inspire action and demonstrate impact.

We have been working hard to develop signature annual events like Comedy Night, Mental Elf, and our Corporate Sports Day raise vital funds while building brand loyalty and community connection.

The 2024-25 season marked the debut of 2 of these flagship events, each proving a resounding success, attracting enthusiastic participation, excellent feedback, and valuable local media coverage. Our communications team played a key role, producing striking visuals, teaser trailers, post-event stories, and live social media updates.

Partnerships with groups like Brutal Run and Delivered Social helped professionalise our offer and boost both attendance and income. These events also created vital opportunities for face-to face engagement, volunteer involvement, and donor recognition.

FINANCIAL REVIEW

Financial performance

Another year of growth for the charity with strong performances in Wellbeing and Community Development. Our successful safe haven projects were recognised with continued funding from statutory authorities. Our training and workplace wellbeing services to the private sector also showed promising growth. The strategy for 2024/2025 is to expand our range of provision for children and young people as well as older adults.

Reserves policy

Like other charities, Havant & East Hants Mind is aware of the need to secure its viability beyond the immediate future. For the long term, it must be able to absorb setbacks and to take advantage of change and opportunity. Because some believe that holding significant amounts of reserves is tantamount to hoarding it is necessary to justify and explain its reserves position. Donors are entitled to be reassured that a charity with reserves has good reasons for keeping funds in reserve and to know what those reasons are.

The Charity Commission defines reserves as income which becomes available to the charity and is to be expended at the trustee's discretion in furtherance of any of the charity's objects, but which is not yet spent, committed, or designated. Its definition therefore excludes:

Permanent endowment:	A capital fund where there is no power to convert the capital into income.
Expendable endowment:	A capital fund where the trustees have the power to convert it into income and apply it as such.
Restricted funds:	Funds subject to specific trusts.
Designated funds:	Designation is an administrative act by which trustees may earmark
Unrestricted funds:	Funds for a particular use without restricting or committing the funds legally.
Income funds:	Can be realised only by disposing of fixed assets held for charity use.

Havant and East Hants Mind maintains a financial reserve for the following reasons:

1. Havant and East Hants Mind gratefully accepts donations and applies for grants. The Charity also takes advantage of investment income.
2. In line with the Charity Commission's recommendation the trustee consider that, in the event of Havant and East Hants Mind having to be wound up, provision for the continuation of operations for six months must be kept in reserve to allow for a proper running down.
3. The trustees consider that provision for redundancy must be kept in reserve.
4. Havant and East Hants Mind rents office space that has poor facilities. The trustees wish to improve the situation and are searching for appropriate accommodation.
5. Provision for the employees of Havant and East Hants Mind is through The Pensions Trust. Pensions liability is now included in the accounts as required by FRS102. The provision included in the accounts for 2024/25 is £1,277.

Efforts to diversify our funding streams continues to be a challenge, but NHS funding has now become a major source of income reducing our reliance on the local authority. Promised increases in government funding for mental health plus NHS resource constraints have prompted a review of service provision. This presents the voluntary sector with both opportunities and challenges which we are keen to address. More work needs to be done but the trustees are confident that the charity's future is on a more secure footing.

Reserves can only be generated and maintained by strict financial controls. An overview of the financial situation is reviewed at all Committee meetings and the trustee directors review the reserves policy as and when considered necessary and always annually.

At year end, there was total funds of £1,646,023 with £666,554 of this being restricted.

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.

The organisation was an unincorporated association registered as a charity on 24th September 1992 under a charitable constitution. A new Charitable Company limited by guarantee was incorporated on the 26th June 2006 and registered as a charity on 7th October 2006. The company was established under a Memorandum and Articles of Association with the same area of benefit as the unincorporated association.

The charitable company started to operate on the 1st October 2006 at which point all assets were transferred from the unincorporated association to the charitable company and the charitable association has been dissolved. In the event of the company being wound up members are required to contribute an amount not exceeding £1 per member. The guidance of the Charity Commission was followed throughout this process.

The Trustee Directors of Havant and East Hants Mind are legally responsible for the overall management, control and strategic direction of Havant and East Hants Mind. They meet monthly and there are several sub-groups that meet, in addition to this, to work on identified areas such as fundraising and strategy.

The Co-chief executives are employed to carry out operational activities and organisational management and attends each committee meeting to report on all activities.

Havant and East Hants Mind is a local charity and is affiliated to the national charity Mind (National Association for Mental Health). It consistently works in a way that promotes and upholds the values of Mind whilst maintaining its own autonomy, allowing it to respond to local needs. Havant and East Hants Mind has strong links with Mind, attends regular meetings, undertakes training, and supports campaigns at both local and national levels.

The charity has been involved with National Mind's network future's group and largely Network First consultations. It has supported research into suicide prevention and children and young people's services, communications and workplace wellbeing and training. We continue to be an active participant in the national charity's engagement and research forums.

Recruitment and appointment of new trustees

The directors of the company are also charity trustees for the purpose of Charity Law. Under the provision of the Memorandum and Articles of Association trustee directors are elected to serve for a period of three years, after which they may stand for re-election at the next Annual General Meeting.

Prospective trustees are encouraged to attend board meetings as observers prior to standing for election.

Havant and East Hants Mind is committed to ensuring a diversity of trustee directors and include those with personal experience of mental distress either directly or indirectly.

Trustees are encouraged to become familiar with the practical work of the organisation to gain insight and be better placed to serve as trustee directors.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The executive committee is responsible for the management of risks faced by Havant and East Hants Mind. A Risk Register is maintained and regularly reviewed by the Board. Risks are identified and assessed, and controls established to mitigate them appropriately.

Service contracts which the charity has with Hampshire County Council specify standards in all areas of work and the standards are met across all the work of the agency. They are designed to minimise risks and provide a safe and professional service to clients and a safe working environment for staff and volunteers.

Mind has its own quality standards (Mind Quality Mark (MQM)) in which Local Mind Associations (LMAs) are assessed on the quality of the services they provide and the work that they do. It describes the best practice for LMAs. It is also a tool to facilitate learning and development within the LMAs.

Havant and East Hants Mind is committed to quality and fully supports and participates in MQM. It also holds the Community Legal Service Quality Mark and the Advocacy Quality Performance Mark.

Our quality standards were recognised nationally with the award of two Mind Excellence awards and a commendation in a third category. As a condition of obtaining the Sport England grant a full review of quality control and governance arrangements was undertaken and we were able to fully satisfy Sport England's stringent requirements.

As a condition of working in collaboration with the NHS on the Adults and Children's safe havens we were required to undertake a Data Protection Impact Assessment (DPIA) which was completed successfully.

We are signatories to, the Mindful Employers initiative and have again this year achieved Cyber Essentials and Cyber Essentials Plus certification.

External risks to funding continue to be monitored by the executive committee and by management. Its strategic plan aims to broaden its funding base, explore social enterprise, and prepare for personalisation. It will continue to seek out opportunities to work in partnership with other Local Mind Associations.

Key controls used are:
- Formal agendas for all committee activities
- Detailed and regular budget monitoring reports
- Comprehensive strategic planning, budgeting and management accounting
- Established organisational structure and lines of reporting
- Maintain reserves in line with policies and requirement
- Maintain compliance with Mind's quality standards
- Formal written policies reviewed a minimum of every three years.
- Safeguarding procedures as required by the law for the protection of the vulnerable.
- Comprehensive management information systems and key performance indicators.

Remuneration

Salary policy, bonuses and annual increments are approved by the remuneration sub-committee of the main trustee board. Staff salaries are set in line with NJC (National Joint Council for social work and charities) pay scales.

Fundraising

The charity actively supports individuals, community groups and employers to raise funds for it. This is done by its own staff members and the charity does not employ professional fundraisers or commercial participators. We are not currently registered with the Fundraising Regulator but are aware of and seek to comply with the Code of Fundraising Practice. There have been no complaints about any of our fundraising activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05861345 (England and Wales)

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

Registered Charity number
1116301

Registered office
Leigh Park Community Centre
Dunsbury Way
Havant
Hampshire
PO9 5BG

Trustees

R Watts	appointed as Chair 1 March 2024
K Orr	
O Gibbons	appointed 18 February 2025
R Redfern	

Chief Executive
Maria Morrell
Jody Phelvin

Company Secretary
Jody Phelvin

Auditors
MC Audit Limited
Statutory Auditors
Lake House
2 Port Way
Port Solent
Portsmouth
Hampshire
PO6 4TY

Bankers
Natwest Bank
23 West Street
Havant
Hampshire
PO9 1EU

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of Havant and East Hants Mind for the purposes of company law) are responsible for preparing the Report of the Trustees 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. Under that law, the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

Under company law the trustees must not approve the financial statements unless they are satisfied that they 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 Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

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

In so far as the trustees are aware:

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

AUDITORS

The auditors, MC Audit Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 18 December 2025 and signed on its behalf by:



.....
R Watts - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF HAVANT AND EAST HANTS MIND

Opinion

We have audited the financial statements of Havant and East Hants 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.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

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

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:

From discussion with management and those charged with governance information about the entity is documented to assess the activity within the organisation. We discuss management's assessment of risk in respect of irregularities, fraud and going concern.

Based on these discussions and our own assessments we determined that the key risk areas were income recognition in respect of cut off issues and management override concerning the size of the organisation.

We set financial statement materiality level based on the level of income. As a not for profit organisation raising income is its primary focus which is why income was used to determine the level of materiality. Our overall assessment of risk was used to determine performance materiality at an appropriate level.

Substantive audit tests were designed after assessing and performing walkthrough tests. The walkthrough testing confirmed documented systems which have been designed to act as a preventative measure against fraud and error which appear to be operating as documented. Substantive testing tested a sample of the population, representative of the population, to identify errors. The testing did not identify any material misstatements in areas tested.

Audit substantive tests concluded no material errors over the key risk areas of income recognition and management override.

The audit considers the organisation is not exposed to material risk of error as a result of assessing laws and regulations that are appropriate to the organisation.

Management assessed there is no going concern risk. The audit undertook a review of budgets, management accounts and the review of board minutes and came to the same conclusion as management.

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 MEMBERS OF HAVANT AND EAST HANTS MIND

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Stuart Mackie

Stuart Mackie (Senior Statutory Auditor)
for and on behalf of MC Audit Limited
Statutory Auditors
Lake House
2 Port Way
Port Solent
Portsmouth
Hampshire
PO6 4TY

Date: 19/12/2025

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	33,031	1,049	34,080	46,204
Charitable activities	5				
Advocacy		888	-	888	12,804
Wellbeing		1,042,026	378,535	1,420,561	1,414,925
Community Development		-	95,892	95,892	52,058
Families team		-	423,600	423,600	458,093
Children and young people		2,211	73,500	75,711	138,634
Other trading activities	3	113,745	89,322	203,067	108,407
Investment income	4	50,102	-	50,102	38,853
Total		1,242,003	1,061,898	2,303,901	2,269,978
EXPENDITURE ON					
Raising funds	6	20,947	-	20,947	9,625
Charitable activities	7				
Advocacy		11,776	-	11,776	12,646
Wellbeing		1,068,935	296,041	1,364,976	1,182,356
Community Development		93,736	125,049	218,785	245,036
Families team		13,395	442,780	456,175	357,203
Children and young people		2,142	94,286	96,428	144,052
Total		1,210,931	958,156	2,169,087	1,950,918
Net gains on investments		6,619	-	6,619	30,678
NET INCOME		37,691	103,742	141,433	349,738
Transfers between funds	20	(39,847)	39,847	-	-
Net movement in funds		(2,156)	143,589	141,433	349,738
RECONCILIATION OF FUNDS					
Total funds brought forward		981,625	522,965	1,504,590	1,154,852
TOTAL FUNDS CARRIED FORWARD		979,469	666,554	1,646,023	1,504,590

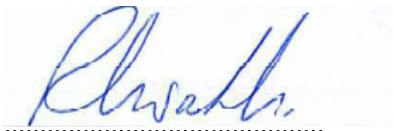
The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Tangible assets	14	84,501	103,046
Investments	15	796,024	599,232
		880,525	702,278
CURRENT ASSETS			
Debtors	16	121,747	157,448
Cash at bank and in hand		833,738	787,485
		955,485	944,933
CREDITORS			
Amounts falling due within one year	17	(188,710)	(142,256)
NET CURRENT ASSETS		766,775	802,677
TOTAL ASSETS LESS CURRENT LIABILITIES		1,647,300	1,504,955
PROVISIONS FOR LIABILITIES	18	(1,277)	(365)
NET ASSETS		1,646,023	1,504,590
FUNDS	20		
Unrestricted funds		979,469	981,625
Restricted funds		666,554	522,965
TOTAL FUNDS		1,646,023	1,504,590

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 18 December 2025 and were signed on its behalf by:



.....
R Watts - Trustee

The notes form part of these financial statements

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	1	194,264	474,441
Net cash provided by operating activities		194,264	474,441
Cash flows from investing activities			
Purchase of tangible fixed assets		(7,940)	(98,116)
Purchase of fixed asset investments		(433,833)	(116,210)
Sale of fixed asset investments		243,660	110,242
Interest received		32,459	25,091
Dividends received		17,643	13,762
Net cash used in investing activities		(148,011)	(65,231)
Change in cash and cash equivalents in the reporting period		46,253	409,210
Cash and cash equivalents at the beginning of the reporting period		787,485	378,275
Cash and cash equivalents at the end of the reporting period		833,738	787,485

The notes form part of these financial statements

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025 £	2024 £
Net income for the reporting period (as per the Statement of Financial Activities)	141,433	349,738
Adjustments for:		
Depreciation charges	26,485	13,302
Gain on investments	(6,619)	(30,678)
Interest received	(32,459)	(25,091)
Dividends received	(17,643)	(13,762)
Decrease in debtors	35,701	138,894
Increase in creditors	47,366	42,038
Net cash provided by operations	194,264	474,441

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	787,485	46,253	833,738
	787,485	46,253	833,738
Total	787,485	46,253	833,738

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
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, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

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

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

Allocation and apportionment of costs
All costs are allocated between the expenditure categories of the statement of financial activity on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

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

Short leasehold	-	10% on cost
Plant and machinery	-	20% to 33% straight line
Fixtures and fittings	-	20% to 33% straight line

Individual fixed assets costing £100 or more are capitalised at cost.

Taxation
The charity is exempt from corporation tax on its charitable activities.

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

1. ACCOUNTING POLICIES - continued

Financial instruments
The charity only enters into basic financial instruments transactions that result in the recognition of financial assets and liabilities like trade and other accounts receivable and payable investments in stocks and shares. The measurement basis used for these instruments is detailed below.

Debtors and cash at bank
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Cash at bank and in hand includes cash held on deposit or in a current account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	34,080	46,204

3. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Commercial training	49,665	21,078
Community project training	143,029	65,493
Not training- wellbeing	-	21,836
	192,694	108,407

4. INVESTMENT INCOME

	2025	2024
	£	£
Dividends received	17,643	13,762
Deposit account interest	32,459	25,091
	50,102	38,853

All investment income is derived from assets held in the United Kingdom.

continued...

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2025 £	2024 £
HARG	Advocacy	888	12,804
Service income	Wellbeing	67,474	38,771
Hampshire Minds	Wellbeing	1,054,350	1,036,590
Grants	Wellbeing	298,737	339,564
Service income	Community Development	-	256
Grants	Community Development	95,892	51,802
Grants	Families team	423,600	458,093
Grants	Children and young people	75,711	138,634
		2,016,652	2,076,514

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

	2025 £	2024 £
Mind	2,211	27,348
Havant Borough Council	-	50,000
Hampshire County Council	423,600	488,593
National Lottery Community Fund	95,892	97,688
NHS South East Hampshire CCG	372,237	324,464
	893,940	988,093

6. RAISING FUNDS

Investment management costs

	2025 £	2024 £
Portfolio management	20,947	9,625

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8) £	Support costs (see note 9) £	Totals £
Advocacy	10,902	874	11,776
Wellbeing	1,278,062	86,914	1,364,976
Community Development	215,995	2,790	218,785
Families team	454,491	1,684	456,175
Children and young people	96,194	234	96,428
	2,055,644	92,496	2,148,140

continued...

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2025	2024
	£	£
Staff costs	1,673,386	1,461,135
Telephone	55,192	38,337
Postage and stationery	9,151	9,462
Club activities and sundry expenses	35,076	57,617
Rent	47,957	80,001
Travel and subsistence	26,002	25,170
Refreshments	1,743	2,837
Training	15,488	9,565
Sub-contractor charges	160,868	146,208
Electricity	2,822	1,468
Repairs	1,474	1,607
Depreciation	26,485	13,302
	2,055,644	1,846,709

9. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Advocacy	630	244	874
Wellbeing	27,466	59,448	86,914
Community Development	2,216	574	2,790
Families team	1,684	-	1,684
Children and young people	-	234	234
	31,996	60,500	92,496

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

Management

	Advocacy	Wellbeing	Community Development
	£	£	£
Insurance	-	16,987	-
Subscriptions	630	7,055	2,216
IT expenses	-	3,424	-
	630	27,466	2,216

	Families team	2025 Total activities	2024 Total activities
	£	£	£
Insurance	-	16,987	15,316
Subscriptions	1,684	11,585	8,557
IT expenses	-	3,424	1,093
	1,684	31,996	24,966

continued...

9. SUPPORT COSTS - continued

Governance costs

	Advocacy	Wellbeing	Community Development
	£	£	£
Auditors' remuneration	-	8,170	-
Professional and legal fees	244	51,278	574
	244	59,448	574

	Children and young people	2025 Total activities	2024 Total activities
	£	£	£
Auditors' remuneration	-	8,170	7,901
Professional and legal fees	234	52,330	61,717
	234	60,500	69,618

10. NET INCOME/(EXPENDITURE)

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

	2025	2024
	£	£
Auditors' remuneration	8,170	7,901
Depreciation - owned assets	26,485	13,302

11. TRUSTEES' REMUNERATION AND BENEFITS

During the year no trustee director (2024: None) received remuneration (2024: £nil) for counselling services. No other benefits were received in either year.

Trustees' expenses

No trustee directors (2024: none) received reimbursement of expenses during the year (2024: £nil).

12. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	1,510,331	1,335,814
Social security costs	117,664	99,641
Other pension costs	45,391	25,680
	1,673,386	1,461,135

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

	2025	2024
Charitable activities	66	60
Support costs	8	8
	74	68

continued...

12. STAFF COSTS - continued

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

	2025	2024
£60,001 - £70,000	1	-

The key management personnel of the Charity comprises of the Chief Executive Officer, Deputy Chief Executive Officer and Business Development Manager. The total employee remuneration and benefits of the key management personnel of the charity was £245,671 (2024: £163,020).

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	38,979	7,225	46,204
Charitable activities			
Advocacy	12,804	-	12,804
Wellbeing	1,159,461	255,464	1,414,925
Community Development	161	51,897	52,058
Families team	-	458,093	458,093
Children and young people	69,634	69,000	138,634
Other trading activities	93,870	14,537	108,407
Investment income	38,853	-	38,853
Total	1,413,762	856,216	2,269,978
EXPENDITURE ON			
Raising funds	9,625	-	9,625
Charitable activities			
Advocacy	12,350	296	12,646
Wellbeing	958,693	223,663	1,182,356
Community Development	127,143	117,893	245,036
Families team	85,322	271,881	357,203
Children and young people	57,569	86,483	144,052
Total	1,250,702	700,216	1,950,918
Net gains on investments	30,678	-	30,678
NET INCOME	193,738	156,000	349,738
RECONCILIATION OF FUNDS			
Total funds brought forward	787,889	366,963	1,154,852
TOTAL FUNDS CARRIED FORWARD	981,627	522,963	1,504,590

continued...

14. TANGIBLE FIXED ASSETS

	Short leasehold £	Plant and machinery £	Fixtures and fittings £	Totals £
COST				
At 1 April 2024	61,834	75,130	10,723	147,687
Additions	-	7,722	218	7,940
At 31 March 2025	61,834	82,852	10,941	155,627
DEPRECIATION				
At 1 April 2024	-	41,726	2,915	44,641
Charge for year	6,183	17,510	2,792	26,485
At 31 March 2025	6,183	59,236	5,707	71,126
NET BOOK VALUE				
At 31 March 2025	55,651	23,616	5,234	84,501
At 31 March 2024	61,834	33,404	7,808	103,046

15. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2024	599,232
Additions	433,833
Disposals	(243,660)
Revaluations	6,619
At 31 March 2025	796,024
NET BOOK VALUE	
At 31 March 2025	796,024
At 31 March 2024	599,232

There were no investment assets outside the UK.

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	117,735	131,855
Other debtors	4,012	25,593
	121,747	157,448

continued...

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade creditors	24,187	34,182
Social security and other taxes	40,631	29,962
Deferred income	105,201	71,062
Accrued expenses	18,691	7,050
	188,710	142,256

	2025	2024
	£	£
Brought forward	71,062	53,938
Amount released to incoming resources	(71,062)	(53,938)
Amount deferred in year	105,201	71,062
Carried forward	105,201	71,062

18. PROVISIONS FOR LIABILITIES

	2025	2024
	£	£
Provisions	1,277	365

A full actuarial valuation for the scheme was carried out at 30 September 2020. This valuation showed assets of £800.3m, liabilities of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustees and the participating employers have agreed that additional contributions will be paid.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

Reconciliation of opening and closing provisions

	Period Ending 31 March 2025	**Period Ending** 31 March 2024
	£	£
Provision at start of period	365	782
Unwinding of the discount factor (interest expense)	10	30
Deficit contribution paid	(372)	(447)
Remeasurements - impact of any change in assumptions	8	-
Remeasurements - amendments to the contribution schedule	1,266	-
Provision at the end of period	1,277	365

Income and expenditure impact

	Period Ending 31 March 2025	**Period Ending** 31 March 2024
	£	£
Interest expense	10	30
Remeasurements - impact of any change in assumptions	8	-
Remeasurements - amendments to the contribution schedule	1,266	-

Assumptions

continued...

18. PROVISIONS FOR LIABILITIES - continued

	31 March 2025	31 March 2024	31 March 2023
	% per annum	% per annum	% per annum
Rate of discount	4.84	5.31	5.52

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

19. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	£	£	£	£
Fixed assets	84,501	-	84,501	103,046
Investments	796,024	-	796,024	599,232
Current assets	288,931	666,554	955,485	944,933
Current liabilities	(188,710)	-	(188,710)	(142,256)
Provision for liabilities	(1,277)	-	(1,277)	(365)
	979,469	666,554	1,646,023	1,504,590

20. MOVEMENT IN FUNDS

	At 1.4.24	Net movement in funds	Transfers between funds	At 31.3.25
	£	£	£	£
Unrestricted funds				
General fund	931,625	37,691	(39,847)	929,469
Daytime crisis fund	50,000	-	-	50,000
	981,625	37,691	(39,847)	979,469
Restricted funds				
Crisis Care	49,965	-	-	49,965
East Hants	37,225	(25)	-	37,200
Supporting Families	178,145	(19,179)	-	158,966
Sport England	(21,574)	-	21,574	-
CYP Safe Haven	13,995	(19,737)	-	(5,742)
Connect 5	52,752	51,694	-	104,446
Adult Safe Haven	173,844	17,665	-	191,509
Covid vaccine project	13,310	-	-	13,310
STF- Lottery funded	(121)	-	121	-
Winter grant	10,745	-	-	10,745
CYP Motiv8	1,051	-	-	1,051
CYP EH PCN	1,538	-	-	1,538
Lighthouse Project	(21,662)	8,496	-	(13,166)
Harbour Project	(18,152)	-	18,152	-
SMI Health Check	51,904	-	-	51,904
Quality Assurance Consultancy	-	10,904	-	10,904
Older Persons Wellbeing	-	33,374	-	33,374
ADHD/Autism Service	-	20,550	-	20,550
	522,965	103,742	39,847	666,554
TOTAL FUNDS	1,504,590	141,433	-	1,646,023

continued...

20. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	1,242,003	(1,210,931)	6,619	37,691
Restricted funds				
East Hants	-	(25)	-	(25)
Supporting Families	423,601	(442,780)	-	(19,179)
CYP Safe Haven	74,549	(94,286)	-	(19,737)
Connect 5	89,323	(37,629)	-	51,694
Adult Safe Haven	268,236	(250,571)	-	17,665
Lighthouse Project	95,891	(87,395)	-	8,496
Quality Assurance Consultancy	19,998	(9,094)	-	10,904
Older Persons Wellbeing	59,801	(26,427)	-	33,374
ADHD/Autism Service	30,499	(9,949)	-	20,550
	1,061,898	(958,156)	-	103,742
TOTAL FUNDS	2,303,901	(2,169,087)	6,619	141,433

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	787,889	193,736	(50,000)	931,625
Daytime crisis fund	-	-	50,000	50,000
	787,889	193,736	-	981,625
Restricted funds				
Crisis Care	49,965	-	-	49,965
East Hants	51,090	(13,865)	-	37,225
Supporting Families	(6,472)	184,617	-	178,145
Sport England	(21,574)	-	-	(21,574)
CYP Safe Haven	19,429	(5,434)	-	13,995
Connect 5	47,069	5,683	-	52,752
Adult Safe Haven	138,954	34,890	-	173,844
Covid vaccine project	13,310	-	-	13,310
STF- Lottery funded	(121)	-	-	(121)
Winter grant	10,745	-	-	10,745
CYP Motiv8	1,051	-	-	1,051
CYP EH PCN	6,930	(5,392)	-	1,538
Lighthouse Project	2,193	(23,855)	-	(21,662)
Harbour Project	(938)	(17,214)	-	(18,152)
SMI Health Check	55,332	(3,428)	-	51,904
	366,963	156,002	-	522,965
TOTAL FUNDS	1,154,852	349,738	-	1,504,590

continued...

20. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	1,413,762	(1,250,704)	30,678	193,736
Restricted funds				
East Hants	827	(14,692)	-	(13,865)
Supporting Families	456,112	(271,495)	-	184,617
CYP Safe Haven	75,400	(80,834)	-	(5,434)
Connect 5	16,517	(10,834)	-	5,683
Adult Safe Haven	255,464	(220,574)	-	34,890
CYP EH PCN	-	(5,392)	-	(5,392)
Lighthouse Project	51,897	(75,752)	-	(23,855)
Harbour Project	(1)	(17,213)	-	(17,214)
SMI Health Check	-	(3,428)	-	(3,428)
	856,216	(700,214)	-	156,002
TOTAL FUNDS	2,269,978	(1,950,918)	30,678	349,738

continued...

20. MOVEMENT IN FUNDS - continued

Crisis Care - MCP project funded by SEH CCG to support mental health patients at GP surgeries.

East Hants - MCP project funded by East Hants District Council to support mental health patients at GP surgeries.

Supporting Families - Local implementation of national Troubled families project, funded by Hampshire County Council.

Sport England - Sport England funds the Active Families project. This project supports families with mental health nees who want to become more active to improve their mental health and overall wellbeing.

CYP Safe Haven - The CYP Safe Haven provides an out of hours crisis service for young people who live within Havant borough, enabling them to receive immediate support for their mental health in a relaxed, non-clinical atmosphere.

Connect 5 - Havant and East Hants Mind deliver the Connect 5 course for individual and nonprofit organisations on behalf of Public Health. This is a free course that helps people feel more confident to talk about mental health and to offer supportive conversations.

Adult Safe Haven - The Adult Safe Haven is for any adult needing immediate support at a time in crisis.

STF - Lottery Funded - This was a grant from the National Lottery to provide Covid support to the Supporting Families project. It relates to the Bridge the Gap project.

Winter Grant - This was a grant from HCC to defray the cost of PPE and similar expenditure due to Covid.

CYP Motiv8 - This was an initial payment for set up costs for a Lottery funded project working with children and young adults - it is a JV with Havant and East Hants Mind and Motiv8. This will be shown in future accounts as the Lighthouse project. The project commences September 2021.

CYP EH PCN - This is a 12 month contract with a group of GP surgeries in Alton to provide an on-site children's mental health support worker.

Lighthouse project - This is a joint venture between HEH Mind and Motiv8 funded by the national lottery to provide a drop in centre for young people experiencing mental health issues.

Harbour project - This is a joing venture with Solent Mind providing peer support via phone to people in Portsmouth and SE Hampshire with mental health issues.

SMI Health Check - This is a project funded by the NHS to support people with Severe and Enduring Mental Health issues to access physical health check ups.

Any funds in deficit have sufficient funding in the next financial year to fund this shortfall.

Transfers between funds

The transfers from restricted to unrestricted funds relate to funds on which restrictions have been satisfied and therefore are no longer considered to be restricted funds.

continued...

21. RELATED PARTY DISCLOSURES

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

22. ULTIMATE CONTROLLING PARTY

During the year the charitable company was under the control of its members, no one member has overall control.

HAVANT AND EAST HANTS MIND

England & Wales - Charity number 1116301

Accounts

REGISTERED COMPANY NUMBER: 05861345 (England and Wales)
REGISTERED CHARITY NUMBER: 1116301

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

FOR

HAVANT AND EAST HANTS MIND

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FOR THE YEAR ENDED 31 MARCH 2024

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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

Havant and East Hants Mind works to create a better life for everyone with experience of mental illness by:

- Advancing the views, needs and ambitions of people with mental illness
- Challenging discrimination and promoting inclusion
- Influencing policy through campaigning and education
- Inspiring the development of quality services which reflect expressed needs and diversity.
- Achieving equal rights through campaigning and education
  In all its work the Charity promotes its values: Informed, determined, diversity, integrity, and
- partnership

To achieve these aims Havant and East Hants Mind:

- Promotes mental Wellbeing within the community
- Works in partnership with other organisations in both the statutory and voluntary sectors
- Values diversity.
- Works with mental health service users to promote recovery and to increase their influence over their own lives.
- Challenge discrimination and promotes social inclusion.
- Campaigns and raises funds.
- Involves service users in all aspects of its work.
- Focuses on quality in service provision.

Everything we do is informed and influenced by the people who use our services.

REVIEW OF PUBLIC BENEFIT

In line with the Charities Act 2011 and subsequent guidance from the Charity Commission, the Trustees have considered how Havant and East Hants Mind satisfies the public benefit "principles" set out in the Act. The trustees consider that it satisfies at least 7 Charitable purposes: the prevention or relief of poverty; the advancement of education; the advancement of health or the saving of lives; the advancement of citizenship or community development; the advancement of human rights, conflict resolution or reconciliation or the promotion of religious or racial harmony or equality and diversity; the relief of those in need , by reason of youth, age, ill-health, disability, financial hardship or other disadvantage; the promotion of the efficiency of the police. In addition, the trustees consider that there are clearly identifiable benefits that arise from its aims, and that no detriment or harm arises (Principle 1); and that significant sectors of the public benefit directly and indirectly from its aims, and that there are no undue restrictions on access to its services (Principle 2).

Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

ACHIEVEMENT AND PERFORMANCE

Chair of Trustees Report

Dear Friends, Team members and Supporters,

As Chairperson of Havant and East Hants Mind, I am proud to present our annual Report and Accounts for 2024. This year has been one of both challenge and significant progress, highlighting the critical importance of our mission to support and advocate for those affected by mental health issues.

This year, we also witnessed a significant shift in the political landscape with a change in government. The new administration, led by Prime Minister Keir Starmer, has committed to making mental health a priority. In his recent statement, Starmer emphasised the importance of accessible mental health services and pledged to increase funding and support for mental health initiatives across the UK. This commitment aligns with our mission and provides a hopeful outlook for the future of mental health care.

The Mental Health Landscape in 2024

Mental health remains a major concern in the UK, with recent statistics underlining the scale of the issue:

1. **Mental Health Prevalence**:Approximately 1 in 4 adults in the UK continue to experience a mental health problem each year, consistent with previous years (source: NHS Digital). This ongoing challenge emphasises the need for sustained mental health support and services.
2. **Rising Anxiety and Depression**:The Health Survey for England in 2024 reports that 17% of adults now experience moderate to severe anxiety or depression, up from 16% in 2023. This increase is a clear indicator of the growing need for mental health resources and support.
3. **Youth Mental Health Concerns:** Mental health issues among young people are rising, with about 12% of children and adolescents aged 5-19 affected by some form of mental health disorder (source: NHS Digital, 2024). Social media pressures, academic stress, are contributing factors.
4. **Suicide Rates:** In England and Wales rates are at the highest point for more than 20 Years. (source MIND UK) Even one is too many. This area should be a government focus: We at MIND call for an increase in funding to improve access to mental health services, better training for healthcare professionals, and community-based interventions to support individuals in crisis.
5. **Economic Stress:** The ongoing cost-of-living crisis has intensified mental health challenges, with nearly 30% of UK adults citing financial concerns as a leading cause of anxiety and depression (source: Mind UK, 2024). This economic stress underscores the link between financial well-being and mental health.

Some of our key Achievements in 23/24

Despite these challenges, we have made notable strides this year, thanks to the dedication of our team and the generosity of our supporters:

- We had over 2000 interactions children and young people through the Lighthouse and Safe Haven.
- We saw over 3,000 new referrals to our Adult Services Team (Wellbeing, PCN and Safe Haven).
- The Family Team supported 115 families.
- Our Suicide Prevention and Postvention Service is a vital part of our efforts, focusing on preventing suicides and offering compassionate support to those impacted by such tragedies. Winning this contract is testament to our commitment to creating a safe and supportive environment for everyone, as highlighted by our overall approach to mental health crisis support.
- Our Connect 5 program in Portsmouth and Southampton, is another key initiative aimed at improving mental health understanding and empowering individuals to manage their mental health proactively. This training equips participants with the skills to handle stress and recognise early signs of mental health issues.
- Our ongoing Workplace Wellbeing contract, further supports our mission by promoting mental health in workplaces, helping employers create supportive environments where mental health and well-being are prioritised.

These initiatives reflect our core values of empathy, respect, and inclusion, as well as our commitment to making a positive difference in the lives of those in our community.

As we look to the future, our commitment remains steadfast. We will continue to enhance our services, advocate for better mental health policies, and work to break the stigma surrounding mental health issues. We are also excited about new technological solutions that will allow us to reach more people in need.

I would like to express my heartfelt gratitude to our staff, volunteers, and partners. Your dedication and support make our work possible. Together, we are making a real difference in the lives of those struggling with mental health issues, and we will continue to strive for a world where mental health is a priority for everyone.

With sincere thanks,

Richard Watts

Chairman of the board of Trustees, Havant and East Hants MIND

Overview of our services

Adult Services

Community Wellbeing
The adult wellbeing service is a mental health and wellbeing recovery service for those over 18 years of age. Anyone identifying they have a mental health or wellbeing issue can refer themselves via the telephone, face to face or via our online referral form. We have relationships with GPs across our area as well as a wide range of voluntary sector partners who also refer clients to the service.

Primary Care Services
Our PCN service operates across various regions of Hampshire, focusing on providing holistic mental health support in GP surgeries. Our core offerings were designed to address the mental health challenges faced by individuals and offer a holistic method to empower our local populations.

Adult Safe Haven
The aim of the Safe Haven is is to provide a place for those in self-defined mental health crisis. It is open from 6pm to 10pm 365 days a year.

Advocacy
We continue to provide services to local authorities who have clients resident in Hampshire care homes. We are actively pursuing funding for an opportunity to provide Community Rights Advocacy in the county. We continue to deliver our contract with HCC along.with our partners Speakeasy and Choices advocacy.

Children Services

Children and Young People's Safe Haven
CYP Safe Haven is an out-of-hours wellbeing and mental health support service for young people aged 11-17yrs, living in the Havant and South East Hants.

The aims are:
- To provide immediate support for young people in mental health crisis.
- To empower young people to independently manage their mental health and wellbeing to prevent mental health crisis.
- To provide signposting information and refer to specialist services, if needed.
- To provide early intervention/teach self-help strategies to reduce the number of young people needing to use NHS services such as CAMHS.

The Lighthouse
The Lighthouse is an open access drop in, youth-club style service for children and young people aged 10-18 years old with a mental health and wellbeing focus who live in the Borough of Havant. Just call in to this fun, safe and supported environment facilitated by youth workers and mental health practitioners. Including supported activities, games, crafts, wellbeing focused workshops, refreshments, cooking sessions, 1 to 1 and peer support, signposting.

Family Services

In April 23, Hampshire County Council and the Department of Education (DfE) awarded HEH Mind Family Services a new contract under the Supporting Families Programme (SFP). This again meant that we are the main provider within Hampshire under the Supporting Families Programme.

The two most notable changes to the contract were;

1. Another provider was designated provide support to families within Havant, Fareham and Gosport while we operated across the rest to of Hampshire.
2. Additional new roles of Family Coordinators were to be embedded in the staffing structure and service delivery.

Workplace Wellbeing & Training

Our primary objective is to sustainably build capacity to foster good mental health amongst workforces. To ensure people can support each other in a variety of settings and can improve access to early help leading to quicker /better recovery.

We now have a wide range of training available and a growing diverse customer base. Our well-developed website offers a good range for individuals and organisations. We have delivered a mix of standard training programs and bespoke courses.

We have many local and some national employers, to whom we have provided advice, support and training, challenging perceptions of mental health and helping to build healthy, supportive work environments.

In 2023-24 we continued to provide the workplace wellbeing service at Havant, Southdowns and Alton colleges. Since 2018 we have been providing their workforce with support, training and positive mental health promotion.

We also launched and successfully delivered our ongoing support packages for mental health champions, Mental Health First aiders and Connect 5ers.

Training

The full time Workplace Wellbeing and Training manager has further facilitated the development of the training service. In early 2024 HEH Mind were one of 5 Mind's across the UK to win a new contract to support National Mind in its transition to a federation first model for Training. HEH Mind were heavily involved in the development of the new principles, mechanisms, processes and standards associated with delivering high quality training, equitably distributed across the federation. In total we trained 441 people from businesses between April 23 and March 24.

Community Training

In August 2023 we retained the Connect 5 Community Training contract on behalf of Public Health Portsmouth and Southampton for the next 18 months. This Connect 5 course is free to delegates in key sectors. The aim is to help staff and volunteers feel more confident to talk about mental health and to offer supportive conversations to the people they support, their families and friends and their work colleagues.

In June 2023 we secured a contract to design and deliver a short "lets get talking" course to staff and volunteers supporting people who may be experiencing poor mental health as a result of the cost-of-living crisis. We therefore targeted foodbanks, community pantries, warm hubs and other community hubs. This work continues through all of 2024,

Building on previous work in Sept 2023, HEH Mind was awarded a contract to provide Suicide Prevention and Postvention Support to workplaces in Portsmouth Southampton IOW and Hampshire. Our efforts are focussed on preventing suicides and offering compassionate support to those impacted by such tragedies and creating a safe and supportive environment for everyone.

We have collaborated with dozens of workplaces, have developed and consulted on a range of best practice models of support for different types and scales of workplaces. We have also developed a "suicide prevention/postvention for workplaces" training offer. This will be rolled out across 2024.

As part of our ongoing partnership with Hampshire Football Association we supported them in their application for grants from the "Football Delivery Fund". The 'Football for a better Mind' project was successful and enabled HEH Mind and HFA to design an outreach training programme to deliver 6 X MHFA Champion courses to grass roots football clubs, officials, coaches and safeguarding leads over 2024.

In total we delivered structured training to 330 people in the community sector in 2023-24.

In 2023 we worked with Public Health Portsmouth, Southampton IOW and Hampshire to develop proposals to Heath education England. Ensuring effectiveness, quality and sustainability of suicide prevention training across both in terms of delivery and commissioning across the ICS . In March 2024 a grant was awarded and HEH mind began work on this quality assurance framework and resources. This will be developed further over 2024 with wider stakeholder participation.

Community development and engagement

In 2023 -24 our community team reached 41,784 people via in person activities, with 3,107 direct interactions. This is an increase from 30,166 people and 1,839 interactions in 2022 -23.

Via our social media channels, we reached 229,959 individuals/ accounts, an increase from 192,633 the previous year.

Our engagement within the Mind Federation remains strong with Communication and Community Lead very much part of the "Mind Engagement Group, Fundraising and Communications Networking Groups". We have fed back our insights about current and future network collaborations successes and challenges.
We recruited our first Community Volunteer. Joining the team for 6 months (December'22 to May'24); gaining insights and experiences that have supported her career progression (now working full time as a Media Executive in London for Smithfield Agency). Following this sucesful volunteer placement two new volunteer opportunities were created to attract future volunteers. The Events and Fundraising Volunteer role with regular/ weekly hours and an ad hoc role allowing volunteers to support at events and activities, without having the commitment of weekly hours. We are delighted that our original volunteer still remains part of our team in this secondary role; supporting ad hoc events when possible.

We continue to review ways and opportunities we can collaborate with our three neighbouring local Minds; Andover, Solent and West Sussex; with collaborations for 2024-25 in discussion. In Nov'23 we supported Dorset Mind's Charity Day in partnership with Woodhouse and Hall.

Our collaborations with local colleges (HSDC and COPC) continue to develop with growing support for signposting and fundraising. This Spring Public Service students at HSDC Alton raised £250 for HEH Mind and will in 2024-2025 be displaying our logo on their uniforms.

Following the completion of our Advancing Mental Health Equality Project in Spring'24 we continue to review ways we can celebrate and support members of the LGBTIQ+ community within our service delivery, community engagement and spaces. Some of our other actions following this projects completion include:

- Active signposting to our Equality, Diversity and Inclusion Policy; also now part of all new starter inductions
- Continue active engagement and support for Portsmouth Pride (since 2020)
- Staff and volunteers encouraged to show preferred pronouns in email signatures.
- Since 2023 supported conversations and interest in establishing small community local Pride events in two locations, though this is yet to progress into development
- Gender neutral language should be used on all HEH Mind forms (since 2023)
-We include the PiVS logo in our email signatures
- Service delivery (Adult Wellbeing), we set up a new virtual/ online peer to peer LGBTIQ+ group Autumn'23.
- Staff are able to access LGBTIQ+ staff networking and support via 'Connecting Minds' platform for local Minds (since Autumn'23).
- Organisation wide Equality, Diversity and Inclusion training will be delivered in the next year (Summer'24), with a particular focus on LGBTIQ+
- Continued support and promotion of awareness dates: Pride Month, IDAHOBIT and LGBTIQ+ History Month
- We continue to provide information about the experience LGBT+ Veterans had and the potential impact the 'gay ban' had and is still having

Our Mental Health Ambassadors project continues to evolve, with some sports clubs interested more in one off support or events, rather than the whole ambassador programme.

Working with key partners continues to build our reputation in communities and demographics that are considered more difficult reach. Key partners such as Hampshire FA, Solent Sports, Ropley Cricket, HAWKS Walking Football, Sands United Basingstoke and HSDC have been key. Ambassadors are supported through club visits and by 6 weekly online check-in.

For the second year we sponsored the Special Merit Award at Havant Borough Sport Assocation Sports Awards to help raise awareness to our offer amongst local sport clubs.

The Supporters Conference was morphed into our new Volunteers Celebration event including Ambassadors in our club settings and other volunteers from across the HEH mind organisation. This first event will be hosted in June'24 as part of Volunteers Week at the Meridian Centre, hosted by our Chair of Trustees and Deputy CEO.

The level of interest in collaborations and partnerships continues to grow, however enquires are increasingly focused on short term collaborations that have a lower level of commitment on partners, such as Charity Matches and Charity Days.

Fundraising

In 2023 the Charities Aid Foundation, the UK public donated an estimated £13.9 billion to charity in 2023, which is up 1.2 billion from 2022 (9.4% increase). However, fewer people donated than before the pandemic. There was an (anecdotal) shift in fundraising with many more becoming affected by the cost-of-living crisis, relationships with 'key individuals', workplaces and existing groups becoming increasingly important to support fundraising. Grant Thornton recently stated that while charitable funding has increased, the number of people who can give is decreasing.

The last quarter of 2023/24 financial year showed a 71% increase in comparison to the same quarter in all past years. This rise in the traditionally quiet post-Christmas period may be an indicator that areas such as legacy /in memory of giving (in part responsible for that increase) are an area for future development.

The new Fundraising lead has now been in post for a year (starting April'23) and continues to build relationships across the area as well as new systems to better understand our funding sources, our ability to thanks and maintain contact with donors and to claim gift aim where possible. This has included building relationships and partnerships, such as at LinkedIn Local (Portsmouth), a popular business networking event for businesses across the south where we received £1,420 as their event charity in Feb'24.

2023-24 our total fundraising income was £38,926. However, we are yet to establish Charity of the Year partnerships likely to result in major financial donations for 2024-25, which is concerning given our 2024-25 fundraising target of £68,000.

Later this year (2024) we will host our first and second self-hosted fundraising events (Comedy Night and Mental Elf). Our hope is for these events to make a small fundraising profit and potentially generate enough interest and support to host these events again in 2025, when we would see a greater return on our time and resources investment.

Communications

This year our key communications project was focused on the moves from The Hub to Leigh Park Community Centre and the new site opening at Meridian Shopping Centre. We developed multiple digital resources including multiple videos supporting both promotion on the move and new space, along with being an accessibility asset. Providing an opportunity for anyone worried, concerned or anxious about visiting us to see the space before they visit. Eliza (Adult Wellbeing Team) supported the recording by acting as our guide and walk though for these videos.

Looking forward to next year our messaging will also include our CEO transition.

Collaboration on themes

We collaborated with Kate from South Downs National Park to promote the local sites like Staunton Country Park and the impact spaces like this can have on our wellbeing.

As part of Time To Talk Day, Pete from Hampshire FA shared his lived experience of bereavement, suicide loss and the pivotal role football has played in supporting his mental health with us. This project started in September'23 when Pete approached us about sharing his story. We met with Pete multiple times before recording in November'23 and reviewed our planned content with Pete and the Safeguarding Lead at Hampshire FA in Dec'23 and Jan'24 prior to launching/ sharing it in Feb'24. With subsequent check-ins after one day, one week and one month. (Watch - https://youtu.be/xXcO7Zf7-0k or read - https://www.easthantsmind.org/news/)

Social media
Our social media accounts are seeing increased activity and collaborative opportunities. The support of our new Events and Fundraising Assistant, recruited Dec'23, will hopefully support the sharing and promotion of our work, services, fundraising, volunteering and events to a wider audience, supporting our continued efforts to build our reputation within and across Hampshire and the Mind Network.

Seasonal communications material
Seasonal communications material continues to be sent out to our communications mailing list of around 40 individuals. Our monthly eNewsletter has 260 subscribers with an average 70% open rate, though occasionally as low as 40%.

Podcasts
Our Podcast continues to be a great way to share insights to services, fundraising and community, having 19 episodes as of April '24.

FINANCIAL REVIEW

Financial performance

Another year of growth for the charity with strong performances in Wellbeing and Community Development. Our successful safe haven projects were recognised with continued funding from statutory authorities. Our training and workplace wellbeing services to the private sector also showed promising growth. The strategy for 2024/2025 is to expand our range of provision for children and young people as well as older adults.

Reserves policy

Like other charities, Havant & East Hants Mind is aware of the need to secure its viability beyond the immediate future. For the long term, it must be able to absorb setbacks and to take advantage of change and opportunity. Because some believe that holding significant amounts of reserves is tantamount to hoarding it is necessary to justify and explain its reserves position. Donors are entitled to be reassured that a charity with reserves has good reasons for keeping funds in reserve and to know what those reasons are.

The Charity Commission defines reserves as income which becomes available to the charity and is to be expended at the trustee's discretion in furtherance of any of the charity's objects, but which is not yet spent, committed, or designated. Its definition therefore excludes:

Permanent endowment:	A capital fund where there is no power to convert the capital into income.
Expendable endowment:	A capital fund where the trustees have the power to convert it into income and apply it as such.
Restricted funds:	Funds subject to specific trusts.
Designated funds:	Designation is an administrative act by which trustees may earmark unrestricted funds for a particular use without restricting or committing the funds legally.
Income funds:	Can be realised only by disposing of fixed assets held for charity use.

Havant and East Hants Mind maintains a financial reserve for the following reasons:

1. Havant and East Hants Mind gratefully accepts donations and applies for grants. The Charity also takes advantage of investment income.
2. In line with the Charity Commission's recommendation the trustee consider that, in the event of Havant and East Hants Mind having to be wound up, provision for the continuation of operations for six months must be kept in reserve to allow for a proper running down.
3. The trustees consider that provision for redundancy must be kept in reserve.
4. Havant and East Hants Mind rents office space that has poor facilities. The trustees wish to improve the situation and are searching for appropriate accommodation.
5. Provision for the employees of Havant and East Hants Mind is through The Pensions Trust. Pensions liability is now included in the accounts as required by FRS102. The provision included in the accounts for 2023/24 is £365.

Efforts to diversify our funding streams continues to be a challenge, but NHS funding has now become a major source of income reducing our reliance on the local authority. Promised increases in government funding for mental health plus NHS resource constraints have prompted a review of service provision. This presents the voluntary sector with both opportunities and challenges which we are keen to address. More work needs to be done but the trustees are confident that the charity's future is on a more secure footing.

Reserves can only be generated and maintained by strict financial controls. An overview of the financial situation is reviewed at all Committee meetings and the trustee directors review the reserves policy as and when considered necessary and always annually.

At year end, there was total funds of £1,504,590 with £522,965 of this being restricted.

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.

The organisation was an unincorporated association registered as a charity on 24th September 1992 under a charitable constitution. A new Charitable Company limited by guarantee was incorporated on the 26th June 2006 and registered as a charity on 7th October 2006. The company was established under a Memorandum and Articles of Association with the same area of benefit as the unincorporated association.

The charitable company started to operate on the 1st October 2006 at which point all assets were transferred from the unincorporated association to the charitable company and the charitable association has been dissolved. In the event of the company being wound up members are required to contribute an amount not exceeding £1 per member. The guidance of the Charity Commission was followed throughout this process.

The Trustee Directors of Havant and East Hants Mind are legally responsible for the overall management, control and strategic direction of Havant and East Hants Mind. They meet monthly and there are several sub-groups that meet, in addition to this, to work on identified areas such as fundraising and strategy.

The chief executive is employed to carry out operational activities and organisational management and attends each committee meeting to report on all activities.

Havant and East Hants Mind is a local charity and is affiliated to the national charity Mind (National Association for Mental Health). It consistently works in a way that promotes and upholds the values of Mind whilst maintaining its own autonomy, allowing it to respond to local needs. Havant and East Hants Mind has strong links with Mind, attends regular meetings, undertakes training, and supports campaigns at both local and national levels.

The charity has been involved with National Mind's network future's group and largely Network First consultations. It has supported research into suicide prevention and children and young people's services, communications and workplace wellbeing and training. We continue to be an active participant in the national charity's engagement and research forums.

Recruitment and appointment of new trustees

The directors of the company are also charity trustees for the purpose of Charity Law.
Under the provision of the Memorandum and Articles of Association trustee directors are elected to serve for a period of three years, after which they may stand for re-election at the next Annual General Meeting.

Prospective trustees are encouraged to attend board meetings as observers prior to standing for election.

Havant and East Hants Mind is committed to ensuring a diversity of trustee directors and include those with personal experience of mental distress either directly or indirectly.

Trustees are encouraged to become familiar with the practical work of the organisation to gain insight and be better placed to serve as trustee directors.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The executive committee is responsible for the management of risks faced by Havant and East Hants Mind.

A Risk Register is maintained and regularly reviewed by the Board. Risks are identified and assessed, and controls established to mitigate them appropriately.

Service contracts which the charity has with Hampshire County Council specify standards in all areas of work and the standards are met across all the work of the agency. They are designed to minimise risks and provide a safe and professional service to clients and a safe working environment for staff and volunteers.

Mind has its own quality standards (Mind Quality Mark (MQM)) in which Local Mind Associations (LMAs) are assessed on the quality of the services they provide and the work that they do. It describes the best practice for LMAs. It is also a tool to facilitate learning and development within the LMAs.

Havant and East Hants Mind is committed to quality and fully supports and participates in MQM. It also holds the Community Legal Service Quality Mark and the Advocacy Quality Performance Mark.

Our quality standards were recognised nationally with the award of two Mind Excellence awards and a commendation in a third category.

As a condition of obtaining the Sport England grant a full review of quality control and governance arrangements was undertaken and we were able to fully satisfy Sport England's stringent requirements. As a condition of working in collaboration with the NHS on the Adults and Children's safe havens we were required to undertake a Data Protection Impact Assessment (DPIA) which was completed successfully.

We are signatories to, the Mindful Employers initiative and this year achieved Cyber Essentials cerfification.

External risks to funding continue to be monitored by the executive committee and by management. Its strategic plan aims to broaden its funding base, explore social enterprise, and prepare for personalisation. It will continue to seek out opportunities to work in partnership with other Local Mind Associations.

Key controls used are:
- Formal agendas for all committee activities
- Detailed and regular budget monitoring reports
- Comprehensive strategic planning, budgeting and management accounting
- Established organisational structure and lines of reporting
- Maintain reserves in line with policies and requirement
- Maintain compliance with Mind's quality standards
- Formal written policies reviewed a minimum of every three years.
- Safeguarding procedures as required by the law for the protection of the vulnerable.
- Comprehensive management information systems and key performance indicators.

Remuneration

Salary policy, bonuses and annual increments are approved by the remuneration sub-committee of the main trustee board. Staff salaries are set in line with NJC (National Joint Council for social work and charities) pay scales.

Fundraising

The charity actively supports individuals, community groups and employers to raise funds for it. This is done by its own staff members and the charity does not employ professional fundraisers or commercial participators. We are not currently registered with the Fundraising Regulator but are aware of and seek to comply with the Code of Fundraising Practice. There have been no complaints about any of our fundraising activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05861345 (England and Wales)

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

Registered Charity number
1116301

Registered office
Leigh Park Community Centre
Dunsbury Way
Havant
Hampshire
PO9 5BG

Trustees

J Owens	Resigned 23 May 2024
R Watts	
K Orr	
E Dennison	Resigned 1 March 2024
R Redfern	
D Gibb-Gray	Resigned 23 May 2024

Chief Executive
J Parker

Company Secretary
J Parker

Auditors
Morris Crocker Limited
Chartered Accountants
Statutory Auditors
Station House
North Street
Havant
Hampshire
PO9 1QU

Bankers
Natwest Bank
23 West Street
Havant
Hampshire
PO9 1EU

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Havant and East Hants Mind for the purposes of company law) are responsible for preparing the Report of the Trustees 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

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

In so far as the trustees are aware:

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

AUDITORS

The auditors, Morris Crocker Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 14-12-2024 and signed on its behalf by:

.....

R Watts - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF HAVANT AND EAST HANTS MIND

Opinion

We have audited the financial statements of Havant and East Hants Mind (the 'charitable company') for the year ended 31 March 2024 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 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.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF HAVANT AND EAST HANTS MIND

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

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

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:

From discussion with management and those charged with governance information about the entity is documented to assess the activity within the organisation. We discuss management's assessment of risk in respect of irregularities, fraud and going concern.

Based on these discussions and our own assessments we determined that the key risk areas were income recognition in respect of cut off issues and management override concerning the size of the organisation.

We set financial statement materiality level based on the level of income. As a not for profit organisation raising income is its primary focus which is why income was used to determine the level of materiality. Our overall assessment of risk was used to determine performance materiality at an appropriate level.

Substantive audit tests were designed after assessing and performing walkthrough tests. The walkthrough testing confirmed documented systems which have been designed to act as a preventative measure against fraud and error which appear to be operating as documented. Substantive testing tested a sample of the population, representative of the population, to identify errors. The testing did not identify any material misstatements in areas tested.

Audit substantive tests concluded no material errors over the key risk areas of income recognition and management override.

The audit considers the organisation is not exposed to material risk of error as a result of assessing laws and regulations that are appropriate to the organisation.

Management assessed there is no going concern risk. The audit undertook a review of budgets, management accounts and the review of board minutes and came to the same conclusion as management.

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 MEMBERS OF HAVANT AND EAST HANTS MIND

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Stuart Mackie

Stuart Mackie (Senior Statutory Auditor)
for and on behalf of Morris Crocker Limited
Chartered Accountants
Statutory Auditors
Station House
North Street
Havant
Hampshire
PO9 1QU

Date: 18 December 2024

HAVANT AND EAST HANTS MIND

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	38,979	7,225	46,204	63,303
Charitable activities	5				
Advocacy		12,804	-	12,804	34,589
Wellbeing		1,159,461	255,464	1,414,925	1,229,702
Community Development		161	51,897	52,058	128,398
Families team		-	458,093	458,093	244,405
Children and young people		69,634	69,000	138,634	90,288
Other trading activities	3	93,870	14,537	108,407	64,328
Investment income	4	38,853	-	38,853	13,999
Total		1,413,762	856,216	2,269,978	1,869,012
EXPENDITURE ON					
Raising funds	6	9,625	-	9,625	10,365
Charitable activities	7				
Advocacy		12,350	296	12,646	49,823
Wellbeing		958,693	223,663	1,182,356	825,234
Community Development		127,143	117,893	245,036	260,485
Families team		85,322	271,881	357,203	364,433
Children and young people		57,569	86,483	144,052	100,759
Total		1,250,702	700,216	1,950,918	1,611,099
Net gains/(losses) on investments		30,678	-	30,678	(59,923)
NET INCOME		193,738	156,000	349,738	197,990
Other recognised gains/(losses)					
Actuarial gains on defined benefit schemes		-	-	-	21
Net movement in funds		193,738	156,000	349,738	198,011
RECONCILIATION OF FUNDS					
Total funds brought forward		787,889	366,963	1,154,852	956,841
TOTAL FUNDS CARRIED FORWARD		981,627	522,963	1,504,590	1,154,852

The notes form part of these financial statements

HAVANT AND EAST HANTS MIND

BALANCE SHEET
31 MARCH 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible assets	14	103,046	18,232
Investments	15	599,232	563,003
		702,278	581,235
CURRENT ASSETS			
Debtors	16	157,448	296,342
Cash at bank and in hand		787,485	378,275
		944,933	674,617
CREDITORS			
Amounts falling due within one year	17	(142,256)	(100,218)
NET CURRENT ASSETS		802,677	574,399
TOTAL ASSETS LESS CURRENT LIABILITIES		1,504,955	1,155,634
PROVISIONS FOR LIABILITIES	18	(365)	(782)
NET ASSETS		1,504,590	1,154,852
FUNDS	20		
Unrestricted funds		981,625	787,889
Restricted funds		522,965	366,963
TOTAL FUNDS		1,504,590	1,154,852

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 14 December 2024 and were signed on its behalf by:

R Watts - Trustee

The notes form part of these financial statements

HAVANT AND EAST HANTS MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	474,441	(56,863)
Net cash provided by/(used in) operating activities		474,441	(56,863)
Cash flows from investing activities			
Purchase of tangible fixed assets		(98,116)	(14,094)
Purchase of fixed asset investments		(116,210)	(70,110)
Sale of fixed asset investments		110,242	67,551
Interest received		25,091	1,856
Dividends received		13,762	12,143
Net cash used in investing activities		(65,231)	(2,654)
Change in cash and cash equivalents in the reporting period		409,210	(59,517)
Cash and cash equivalents at the beginning of the reporting period		378,275	437,792
Cash and cash equivalents at the end of the reporting period		787,485	378,275

The notes form part of these financial statements

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

	2024 £	2023 £
Net income for the reporting period (as per the Statement of Financial Activities)	349,738	197,990
Adjustments for:		
Depreciation charges	13,302	5,824
(Gain)/losses on investments	(30,678)	59,923
Interest received	(25,091)	(1,856)
Dividends received	(13,762)	(12,143)
Decrease/(increase) in debtors	138,894	(144,779)
Increase/(decrease) in creditors	42,038	(161,398)
Difference between pension charge and cash contributions	-	(424)
Net cash provided by/(used in) operations	474,441	(56,863)

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	378,275	409,210	787,485
	378,275	409,210	787,485
Total	378,275	409,210	787,485

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
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, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

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

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

Allocation and apportionment of costs
All costs are allocated between the expenditure categories of the statement of financial activity on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

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	- 20% to 33% straight line
Fixtures and fittings	- 20% to 33% straight line

Individual fixed assets costing £100 or more are capitalised at cost.

Taxation
The charity is exempt from corporation tax on its charitable activities.

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

1. ACCOUNTING POLICIES - continued

Financial instruments
The charity only enters into basic financial instruments transactions that result in the recognition of financial assets and liabilities like trade and other accounts receivable and payable investments in stocks and shares. The measurement basis used for these instruments is detailed below.

Debtors and cash at bank
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Cash at bank and in hand includes cash held on deposit or in a current account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	46,204	63,303

3. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Commercial training	21,078	35,558
Community project training	65,493	28,770
Not training- wellbeing	21,836	
	108,407	64,328

4. INVESTMENT INCOME

	2024	2023
	£	£
Dividends received	13,762	12,143
Deposit account interest	25,091	1,856
	38,853	13,999

All investment income is derived from assets held in the United Kingdom.

continued...

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2024 £	2023 £
HARG	Advocacy	12,804	34,589
Service income	Wellbeing	38,771	215,021
Hampshire Minds	Wellbeing	1,036,590	751,615
Grants	Wellbeing	339,564	263,066
Service income	Community Development	256	35,514
Grants	Community Development	51,802	92,884
Grants	Families team	458,093	244,405
Service income	Children and young people	-	2,917
Grants	Children and young people	138,634	87,371
		2,076,514	1,727,382

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

	2024 £	2023 £
Mind	27,348	18,371
Havant Borough Council	50,000	-
Hampshire County Council	488,593	243,666
Sport England	-	38,805
North East Hampshire and Farnham CCG	-	69,000
National Lottery Community Fund	97,688	92,884
NHS South East Hampshire CCG	324,464	225,000
	988,093	687,726

6. RAISING FUNDS

Investment management costs

	2024 £	2023 £
Portfolio management	9,625	10,365

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8) £	Support costs (see note 9) £	Totals £
Advocacy	7,915	4,731	12,646
Wellbeing	1,144,523	37,833	1,182,356
Community Development	233,686	11,350	245,036
Families team	328,828	28,375	357,203
Children and young people	131,757	12,295	144,052
	1,846,709	94,584	1,941,293

continued...

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2024	2023
	£	£
Staff costs	1,461,135	1,218,071
Telephone	38,337	29,164
Postage and stationery	9,462	8,638
Club activities and sundry expenses	57,617	40,658
Rent	80,001	43,958
Travel and subsistence	25,170	26,564
Refreshments	2,837	629
Training	9,565	6,927
Sub-contractor charges	146,208	161,783
Electricity	1,468	353
Repairs	1,607	1,371
Depreciation	13,302	5,824
Interest payable and similar charges	-	23
	1,846,709	1,543,963

9. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Advocacy	1,249	3,482	4,731
Wellbeing	9,986	27,847	37,833
Community Development	2,996	8,354	11,350
Families team	7,490	20,885	28,375
Children and young people	3,245	9,050	12,295
	24,966	69,618	94,584

Activity	Basis of allocation
Management	Headcount
Finance	Headcount
Governance costs	Headcount

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

Management

	Advocacy	Wellbeing	Community Development
	£	£	£
Insurance	766	6,126	1,838
Subscriptions	428	3,423	1,027
IT expenses	55	437	131
	1,249	9,986	2,996

continued...

9. SUPPORT COSTS - continued

Management - continued

	Families team	Children and young people	2024 Total activities	2023 Total activities
	£	£	£	£
Insurance	4,595	1,991	15,316	12,313
Subscriptions	2,567	1,112	8,557	5,447
IT expenses	328	142	1,093	1,192
	7,490	3,245	24,966	18,952

Governance costs

	Advocacy	Wellbeing	Community Development
	£	£	£
Auditors' remuneration	396	3,160	948
Professional and legal fees	3,086	24,687	7,406
	3,482	27,847	8,354

	Families team	Children and young people	2024 Total activities	2023 Total activities
	£	£	£	£
Auditors' remuneration	2,370	1,027	7,901	6,918
Professional and legal fees	18,515	8,023	61,717	30,901
	20,885	9,050	69,618	37,819

10. NET INCOME/(EXPENDITURE)

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

	2024	2023
	£	£
Auditors' remuneration	7,901	6,918
Depreciation - owned assets	13,302	5,824

11. TRUSTEES' REMUNERATION AND BENEFITS

During the year no trustee director (2023: None) received remuneration (2023: £nil) for counselling services. No other benefits were received in either year.

continued...

11. TRUSTEES' REMUNERATION AND BENEFITS - continued

Trustees' expenses

No trustee directors (2023: none) received reimbursement of expenses during the year (2023: £nil).

12. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	1,335,814	1,101,904
Social security costs	99,641	89,396
Other pension costs	25,680	26,771
	1,461,135	1,218,071

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

	2024	2023
Charitable activities	60	50
Support costs	8	8
	68	58

No employee received emoluments in excess of £60,000 (2023: none).

The key management personnel of the Charity comprises of the Chief Executive Officer, Deputy Chief Executive Officer and Business Development Manager. In the prior year key management personal also included the Director of Advocacy and Director of Services. The total employee remuneration and benefits of the key management personnel of the charity was £163,020 (2023: £220,785).

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	57,707	5,596	63,303
Charitable activities			
Advocacy	34,589	-	34,589
Wellbeing	861,505	368,197	1,229,702
Community Development	-	128,398	128,398
Families team	-	244,405	244,405
Children and young people	18,371	71,917	90,288
Other trading activities	37,607	26,721	64,328
Investment income	13,999	-	13,999
Total	1,023,778	845,234	1,869,012
EXPENDITURE ON			
Raising funds	10,365	-	10,365
Charitable activities			
Advocacy	49,401	422	49,823
Wellbeing	574,260	250,974	825,234
Community Development	105,209	155,276	260,485
Families team	36,346	328,087	364,433

continued...

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Children and young people	16,903	83,856	100,759
Total	792,484	818,615	1,611,099
Net gains/(losses) on investments	(59,923)	-	(59,923)
NET INCOME	171,371	26,619	197,990
Other recognised gains/(losses)			
Actuarial gains on defined benefit schemes	21	-	21
Net movement in funds	171,392	26,619	198,011
RECONCILIATION OF FUNDS			
Total funds brought forward	616,496	340,345	956,841
TOTAL FUNDS CARRIED FORWARD	787,888	366,964	1,154,852

14. TANGIBLE FIXED ASSETS

	Short leasehold £	Plant and machinery £	Fixtures and fittings £	Totals £
COST				
At 1 April 2023	-	46,763	2,808	49,571
Additions	61,834	28,367	7,915	98,116
At 31 March 2024	61,834	75,130	10,723	147,687
DEPRECIATION				
At 1 April 2023	-	28,930	2,409	31,339
Charge for year	-	12,796	506	13,302
At 31 March 2024	-	41,726	2,915	44,641
NET BOOK VALUE				
At 31 March 2024	61,834	33,404	7,808	103,046
At 31 March 2023	-	17,833	399	18,232

continued...

15. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2023	563,003
Additions	116,210
Disposals	(110,659)
Revaluations	30,678
At 31 March 2024	599,232
NET BOOK VALUE	
At 31 March 2024	599,232
At 31 March 2023	563,003

There were no investment assets outside the UK.

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade debtors	131,855	201,521
Other debtors	25,593	94,821
	157,448	296,342

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Trade creditors	64,144	34,974
Deferred income	71,062	53,938
Accrued expenses	7,050	11,306
	142,256	100,218

	2024 £	2023 £
Brought forward	53,938	199,808
Amount released to incoming resources	(53,938)	(199,808)
Amount deferred in year	71,062	53,938
Carried forward	71,062	53,938

continued...

18. PROVISIONS FOR LIABILITIES

	2024	2023
	£	£
Provisions	365	782

A full actuarial valuation for the scheme was carried out at 30 September 2020. This valuation showed assets of £800.3m, liabilities of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustees and the participating employers have agreed that additional contributions will be paid.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

Reconciliation of opening and closing provisions

	Period Ending 31 March 2024	**Period Ending** 31 March 2023
	£	£
Provision at start of period	782	1,227
Unwinding of the discount factor (interest expense)	30	23
Deficit contribution paid	(447)	(447)
Remeasurements - impact of any change in assumptions	(0)	(21)
Remeasurements - amendments to the contribution schedule		
Provision at the end of period	365	782

Income and expenditure impact

	Period Ending 31 March 2024	**Period Ending** 31 March 2023
	£	£
Interest expense	30	23
Remeasurements - impact of any change in assumptions	(0)	(21)
Remeasurements - amendments to the contribution schedule	-	-

Assumptions

	31 March 2024	31 March 2023	31 March 2022
	% per annum	% per annum	% per annum
Rate of discount	5.31	5.52	2.35

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

continued...

19. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
Fixed assets	103,046	-	103,046	18,232
Investments	599,232	-	599,232	563,003
Current assets	421,968	522,965	944,933	674,617
Current liabilities	(142,256)	-	(142,256)	(100,218)
Provision for liabilities	(365)	-	(365)	(782)
	981,625	522,965	1,504,590	1,154,852

20. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	787,889	193,736	(50,000)	931,625
Daytime crisis fund	-	-	50,000	50,000
	787,889	193,736	-	981,625
Restricted funds				
Crisis Care	49,965	-	-	49,965
East Hants	51,090	(13,865)	-	37,225
Supporting Families	(6,472)	184,617	-	178,145
Sport England	(21,574)	-	-	(21,574)
CYP Safe Haven	19,429	(5,434)	-	13,995
Connect 5	47,069	5,683	-	52,752
Adult Safe Haven	138,954	34,890	-	173,844
Covid vaccine project	13,310	-	-	13,310
STF- Lottery funded	(121)	-	-	(121)
Winter grant	10,745	-	-	10,745
CYP Motiv8	1,051	-	-	1,051
CYP EH PCN	6,930	(5,392)	-	1,538
Lighthouse Project	2,193	(23,855)	-	(21,662)
Harbour Project	(938)	(17,214)	-	(18,152)
SMI Health Check	55,332	(3,428)	-	51,904
	366,963	156,002	-	522,965
TOTAL FUNDS	1,154,852	349,738	-	1,504,590

continued...

20. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	1,413,762	(1,250,704)	30,678	193,736
Restricted funds				
East Hants	827	(14,692)	-	(13,865)
Supporting Families	456,112	(271,495)	-	184,617
CYP Safe Haven	75,400	(80,834)	-	(5,434)
Connect 5	16,517	(10,834)	-	5,683
Adult Safe Haven	255,464	(220,574)	-	34,890
CYP EH PCN	-	(5,392)	-	(5,392)
Lighthouse Project	51,897	(75,752)	-	(23,855)
Harbour Project	(1)	(17,213)	-	(17,214)
SMI Health Check	-	(3,428)	-	(3,428)
	856,216	(700,214)	-	156,002
TOTAL FUNDS	2,269,978	(1,950,918)	30,678	349,738

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	616,496	171,393	787,889
Restricted funds			
Crisis Care	49,965	-	49,965
East Hants	39,004	12,086	51,090
Supporting Families	54,395	(60,867)	(6,472)
Sport England	2,203	(23,777)	(21,574)
CYP Safe Haven	34,451	(15,022)	19,429
Connect 5	39,208	7,861	47,069
Adult Safe Haven	104,557	34,397	138,954
Covid vaccine project	13,310	-	13,310
STF- Lottery funded	(121)	-	(121)
Winter grant	10,745	-	10,745
CYP Motiv8	1,051	-	1,051
CYP EH PCN	4,013	2,917	6,930
Lighthouse Project	(15,521)	17,714	2,193
Harbour Project	3,085	(4,023)	(938)
SMI Health Check	-	55,332	55,332
	340,345	26,618	366,963
TOTAL FUNDS	956,841	198,011	1,154,852

continued...

20. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	1,023,778	(792,483)	(59,902)	171,393
Restricted funds				
East Hants	35,066	(22,980)	-	12,086
Supporting Families	205,600	(266,467)	-	(60,867)
Sport England	38,804	(62,581)	-	(23,777)
CYP Safe Haven	69,001	(84,023)	-	(15,022)
Connect 5	42,187	(34,326)	-	7,861
Adult Safe Haven	225,002	(190,605)	-	34,397
CYP EH PCN	2,917	-	-	2,917
Lighthouse Project	93,384	(75,670)	-	17,714
Harbour Project	18,849	(22,872)	-	(4,023)
SMI Health Check	114,424	(59,092)	-	55,332
	845,234	(818,616)	-	26,618
TOTAL FUNDS	1,869,012	(1,611,099)	(59,902)	198,011

continued...

20. MOVEMENT IN FUNDS - continued

Crisis Care - MCP project funded by SEH CCG to support mental health patients at GP surgeries.

East Hants - MCP project funded by East Hants District Council to support mental health patients at GP surgeries.

Supporting Families - Local implementation of national Troubled families project, funded by Hampshire County Council.

Sport England - Sport England funds the Active Families project. This project supports families with mental health nees who want to become more active to improve their mental health and overall wellbeing.

CYP Safe Haven - The CYP Safe Haven provides an out of hours crisis service for young people who live within Havant borough, enabling them to receive immediate support for their mental health in a relaxed, non-clinical atmosphere.

Connect 5 - Havant and East Hants Mind deliver the Connect 5 course for individual and nonprofit organisations on behalf of Public Health. This is a free course that helps people feel more confident to talk about mental health and to offer s upportive conversations.

Adult Safe Haven - The Adult Safe Haven is for any adult needing immediate support at a time in crisis.

STF - Lottery Funded - This was a grant from the National Lottery to provide Covid support to the Supporting Families project. It relates to the Bridge the Gap project.

Winter Grant - This was a grant from HCC to defray the cost of PPE and similar expenditure due to Covid.

CYP Motiv8 - This was an initial payment for set up costs for a Lottery funded project working with children and young adults - it is a JV with Havant and East Hants Mind and Motiv8. This will be shown in future accounts as the Lighthouse project. The project commences September 2021.

CYP EH PCN - This is a 12 month contract with a group of GP surgeries in Alton to provide an on-site children's mental health support worker.

Lighthouse project - This is a joint venture between HEH Mind and Motiv8 funded by the national lottery to provide a drop in centre for young people experiencing mental health issues.

Harbour project - This is a joing venture with Solent Mind providing peer support via phone to people in Portsmouth and SE Hampshire with mental health issues.

SMI Health Check - This is a project funded by the NHS to support people with Severe and Enduring Mental Health issues to access physical health check ups.

Any funds in deficit have sufficient funding in the next financial year to fund this shortfall.

Transfers between funds

The transfers from restricted to unrestricted funds relate to funds on which restrictions have been satisfied and therefore are no longer considered to be restricted funds.

continued...

21. RELATED PARTY DISCLOSURES

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

22. ULTIMATE CONTROLLING PARTY

During the year the charitable company was under the control of its members, no one member has overall control.

HAVANT AND EAST HANTS MIND

England & Wales - Charity number 1116301

Accounts

REGISTERED COMPANY NUMBER: 05861345 (England and Wales)
REGISTERED CHARITY NUMBER: 1116301

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

FOR

HAVANT AND EAST HANTS MIND

HAVANT AND EAST HANTS MIND

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FOR THE YEAR ENDED 31 MARCH 2023

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HAVANT AND EAST HANTS MIND

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Havant and East Hants Mind works to create a better life for everyone with experience of mental illness by:

- Advancing the views, needs and ambitions of people with mental illness
- Challenging discrimination and promoting inclusion
- Influencing policy through campaigning and education
- Inspiring the development of quality services which reflect expressed needs and diversity.
- Achieving equal rights through campaigning and education
  In all its work the Charity promotes its values: Informed, determined, diversity, integrity, and
- partnership

To achieve these aims Havant and East Hants Mind:

- Promotes mental Wellbeing within the community
- Works in partnership with other organisations in both the statutory and voluntary sectors
- Values diversity.
- Works with mental health service users to promote recovery and to increase their influence over their own lives.
- Challenge discrimination and promotes social inclusion.
- Campaigns and raises funds.
- Involves service users in all aspects of its work.
- Focuses on quality in service provision.

Everything we do is informed and influenced by the people who use our services.

REVIEW OF PUBLIC BENEFIT

In line with the Charities Act 2011 and subsequent guidance from the Charity Commission, the Trustees have considered how Havant and East Hants Mind satisfies the public benefit "principles" set out in the Act. The trustees consider that it satisfies at least 7 Charitable purposes: the prevention or relief of poverty; the advancement of education; the advancement of health or the saving of lives; the advancement of citizenship or community development; the advancement of human rights, conflict resolution or reconciliation or the promotion of religious or racial harmony or equality and diversity; the relief of those in need , by reason of youth, age, ill-health, disability, financial hardship or other disadvantage; the promotion of the efficiency of the police. In addition, the trustees consider that there are clearly identifiable benefits that arise from its aims, and that no detriment or harm arises (Principle 1); and that significant sectors of the public benefit directly and indirectly from its aims, and that there are no undue restrictions on access to its services (Principle 2).

Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

ACHIEVEMENT AND PERFORMANCE

Chair of Trustees Report

Dear Friends, Team members and Supporters,

I am honoured to present the Chairman's Statement for Havant and East Hampshire MIND (HEHM) as part of our annual Report and Accounts.

The growth of the HEHM through winning and delivering mental health support services over the past year to March 2023 has been a testament to the resilience and determination of our team, volunteers, and partners. Despite the unprecedented challenges posed by the global pandemic, and the cost-of-living crisis, we remained committed to our core values. During the pandemic, we adapted swiftly to ensure that our vital services continued to reach those who needed them most. We have since now adapted to a hybrid set up mostly returning to a face-to-face service where possible which remains the best way of interacting with service users.

During 2022 we saw a growing recognition of the importance of mental health. This is important as in the United Kingdom, the impact of mental health issues has been profound. According to the latest statistics available from 2022:

1. **Mental Health Across UK**: 1 in 4 people will experience a mental health problem of some kind each year in England (MIND)
2. **Youth Mental Health**: Among young people, the statistics were particularly concerning. According to NHS Digital, 17-19-year-olds the proportion with a probable mental disorder increased from 17.4% in 2021 to 25.7% in 2022.
3. **Mental Health and the Pandemic**: The COVID-19 pandemic took a toll on mental health, with many individuals experiencing heightened levels of stress, anxiety, and depression. The pandemic exacerbated existing mental health challenges and created new ones for people of all ages. A survey by the Statistical Global Survey notes that this affected 4 in 10 UK Adults.

These statistics highlight the urgent need for the work we do at HEHM and we have adapted our services to meet the need and we have recruited specific skills where required. During the year we also actively engaged with policymakers, influencers, and the public to raise awareness about the impact of mental health issues and the need for increased resources and support.

Our collaborative partnerships with other organizations, both within and beyond the mental health sector, further amplified our impact and widened our reach. In particular the joint effort of the three Hampshire MIND's collaborated well to go on to jointly win the wellbeing tender across the Hampshire region.

None of this would have been possible without the support of our incredible management and staff, whose dedication shines through in every interaction. Three words come to mind when describing the team being: Compassion, Understanding and Support. The people we support come first.

Looking ahead, we are committed to meet the challenges that lie before us but at the same time excited by the opportunities. We remain steadfast in our commitment to breaking down barriers, providing a safe space for open conversation, and advancing mental health as a fundamental pillar of well-being.

With warm regards,

Richard Watts
Chairman of the board of trustees HEHM

ANNUAL REPORT

Family Services

The Hampshire FSS contract was extended for a further year, we continued to support families across Hampshire, supporting 72 families in total.

Family support workers supported families with a range of issues such as parental and child mental health, domestic abuse, debt and housing issues, challenges at school including attendance.

We know we have been successful in the tender for FSS services for the coming year, this involves a significant increase in case numbers so our focus will be recruitment and implementing the new service.

Some feedback from the last 12 months:

Parent - I'd Like to say how pleased we were when LW came on board with us, such a lovely lady, J got on so well with LW she has made a massive improvement with J. He thinks very highly of her and very sad we have to say goodbye.

Professional feedback - Your open and frequent communication with me relating to the families you've been working with has been invaluable. It's allowed us to monitor progress with the pupils, as well as any targeting further interventions for xxxxx.

The feeling I get from the families is that you have been approachable and supportive, but also honest. When circumstances have dictated that a firmer stance needed to be taken, this has happened.

From my side, I would like to say a huge thank you for the work you've done with both families. As with anything like this, family engagement is required, and you've managed to get a tricky family to engage well.

Adult Wellbeing Services
In September 2022 we launched the new adult wellbeing contract which alongside our core wellbeing hub expanded our support to include Wellbeing Practitioners in every GP surgery across Hampshire. The implementation of this new service was a real success, some of our key highlights:

- Hampshire Mind developing and imbedding a shared assessment tool.
- Integrating DIALOG+ as outcome measure, using Ardens Community outreach template.
- Successful recruitment campaign across Hampshire, with majority of posts filled (see Recruitment)
- Good relationships forged with PCN teams.
- Strong partnership working across Hampshire.
- Wide range of person-centred, recovery focused and evidenced based interventions delivered.

Wellbeing core has continued to offer a hybrid approach and completed the following interventions:

- Assessments booked: 613
- Reviews booked: 1292
- 6 weekly Check ins 1012 plus adhoc following safeguarding or a trigger in peer support.
- Unstructured peer support group held - 267
- Structured groups held - 20
- 1-2-1s booked to help those access groups - 38

Some of the key successes include:
Wellbeing Core - In East Hants we now have increased our numbers to the Petersfield Art group. And we are making connections to build further groups.
Recruited Volunteers and Wellbeing Practitioners
Started over 70s peer support groups.
Started easy exercise groups to encourage those who's health could be improved by taking part in more physical exercise.
Ran cookery classes to teach healthy eating on a budget to support physical health.
Given out Tesco/Asda vouchers to those in need
Added a triage stage prior to assessment to identify client need earlier

Some of the key plans for the coming year include:
- Expanding our services in East Hampshire and identifying a base there
- Recruiting Peer Support Workers to work across all the PCNs
- Securing funding to be able to offer more drop in wellbeing support/ daytime crisis services

East Hants - New gardening group in Petersfield starting 3/5/23. And we are making connections with the St Marks church to have a rolling group starting on at end of May. The rolling group will include Mindfulness, Carers support, Art, Horticulture, coffee and chat and games.

Havant - Set up more groups in the community for example Waterlooville, Hayling and Emsworth. Set up rolling group in Havant area mirroring one in EH. New LGBTQ+ group starting in June 23. Start a neurodiversity group.

Some feedback from the last 12 months:
"I respect you as you have stood by me whilst I got my life together but not told me what to do."

"Has really liked the recovery plan, has been really helpful. Kept open on computer to remind self. BSE workshop was amazing, got some good bits out of that. Has helped me understand and been useful. Understanding different communication types."

Art group is calm and non-judgmental and always friendly and welcoming.

Primary Care Network Services
Since commencement of the new contract (September 2022), Mel, Head of Primary Care & Family Services and Lauren, PCN Team Manager (in post from December 2022) have maintained positive and regular engagement with PCN's through steering and operation group meetings. Good relationships have been built from senior level through to operational level.

HEH Mind PCN Wellbeing team work within 7 different PCN's encompassing 25 Practices. Following a successful recruitment campaign, we now have a team of 12 Wellbeing Advisors.

Working closely with the ICB, a DPIA has been created and sent out to all PCNS on behalf of Hampshire CIC. Additional Data Processing Agreements have also been approved.

Service delivery and development has had to be adapted to work within Primary Care and its systems - this is being carried out by the team members who have commenced patient-faced work. All systems and equipment have been installed and set up for the team to complete their work. The team has received training and support to learn service development and how to record this on clinical systems.

Staff have undertaken all the training required for Mind, PCN mandatory training has been completed by all (apart from Winchester Rural North - Mid PCN where our new starter is yet to be introduced). The team have worked with core Wellbeing Service, and some have supported CYP and Adult Safe Haven whilst waiting to go ahead within their PCN's.

To ensure consistency, discussions with various Clinical Directors and Practice Managers have taken place. Working patterns and room allocations have now been agreed with 5 PCN's. 2 pending outcomes from PCNS.

Plans for the further development:
Peer support recruitment program to be rolled out.
Collaborative working with core wellbeing.
Capture and collect data.

Adult Safe Haven
During this period, we have also seen the Adult Safe Haven recommissioned. It has been a busy year in the ASH, we have seen a significant increase in referrals. We have had over 2,400 client interactions over the past year, which is an increase in 800 contacts from the 2021-2022 period. 1,849 of these were telephone contacts, and 556 were face to face. Over 400 of these were new referrals to the service.

The most common presenting issues were Loneliness & Isolation, Anxiety, Low Mood, Suicidal Ideation, and Carer Support.

The most common referral routes are via Friends & Family, GP's, NHS 111, CRHTT, South Central Ambulance Service, Hampshire Police, CMHT and other teams within HEH Mind.

Our team is rapidly growing, with multi skilled bank staff joining from a variety of backgrounds including nurses, social workers, criminal justice team members, drug and alcohol teams, Samaritans, and staff members from CYP and Families Teams within HEH Mind, which allows a versatile and adaptable service to be delivered which meets the varied needs of our local community.

Partnership working between HEH Mind, Inclusion and CRHTT has strengthened over the year, with 13 members of the multi-agency team climbing Pen-y-Fan, a peak in the Brecon Beacons, Wales, to raise money for the development of the ASH service. Consultations have been held with service users to discuss how they felt the funds would be best utilised.

The service continues to receive fantastic feedback from both professionals and service users, which is passed onto and greatly received by all Safe Haven staff members.

Some feedback from the last 12 months when service users were asked what accessing the Adult Safe Haven meant to them:

"The difference between life and death"
"It has provided me with a safe place to go and know I will be listened to without judgement"
"It means so much knowing Safe Haven are there, knowing I can come again if I need to. (My safety blanket)"
"The help was amazing, got given some coping skills which have really helped"

Some of the key plans for the coming year include:

Building on Peer Support Groups, currently 2 x a week.
Recruitment of more volunteers/peer supporters
Administrator in post to support team

CYP services
CYP Safe Haven was recommissioned for another year and we had 451 contacts with young people. In this year we launched joint Decider Groups with CAMHS, this has been a big success.

In the Lighthouse project we had 924 contacts with young people.

Some feedback from the last 12 months:

"I feel lighter... it was good and I felt comfortable.." Young person after initial intake meeting at CYP Safe Haven
"I know that Safe Haven is open every Tuesday, Wednesday and Thursday if I need it" - Safe Haven
"I like that staff check-in and ask how I am doing" - Lighthouse

Some of the key plans for the coming year include:

Securing funding for an East Hants CYP Safe Haven

Workplace Wellbeing
We have continued to provide the service at Havant, Southdowns and Alton colleges as well as some other small companies in Hampshire. Providing workforces with face to face, online and telephone support. We have also provided training microteach sessions on a range of subjects for staff and mental health first aid training. We also held stands and information at various days working with the colleges to promote positive mental health.

In March 2023 we completed a community support contract to provide one to one workplace wellbeing support for small business in Havant Borough and East Hants district. This programme was been paid for through the central government's Additional Restrictions Grant Fund which was provided to help local businesses through the coronavirus pandemic.

We have also worked with several other local and national employers, providing advice, support and training, challenging perceptions of mental health and helping to build healthy, supportive work environments. We also launched and successfully delivered our ongoing support packages for mental health champions, Mental Health First aiders and Connect 5ers.

Training
Building on our part time appointment in 2021 of a "Training Contracts Manager" We now have replaced this role with full time Workplace wellbeing and training manager. We were not successful in retendering for the Hampshire Connect 5 contract but we continue to deliver the Connect 5 course for individual and non-profit organisations on behalf of Public Health Portsmouth and Southampton, This Connect 5 course is free to delegates in key sectors. The aim is help staff and volunteers feel more confident to talk about mental health and to offer supportive conversations to the people they support, their families and friends and their work colleagues.

We now have a wide range of training available and a growing diverse customer base. Our well-developed website offers a good range for individuals and organisations. We have delivered a mix of standard training programs and bespoke courses. We have designed series of bespoke courses for large workforces at Hampshire County Council. We also grew our training UK wide training delivery within with Checkatrade, Moneybarn, Kenwood Delonghi, SSE and many other smaller businesses across the county such as Portsmouth Water, and Hopkins ltd. IN total we trained approximately 1900 people.

Community
In 2021 our community team reached 21,206 people via in person activities, and via our social media channels we reached 196500 individuals/ accounts. Our engagement within the Mind Federation increases with Mike remaining part of the Mind Engagement Group, as well as the Fundraising and Communications Networking Groups. Linked to our reputation, we are also seeing more interest in our Charity of the Year Partnerships, collaborations and fundraising interest.

We completed our AMHE Collaborative Project with the Royal College of Psychiatrists. The project researcher was employed in Autumn 2022 gave significant insight into the current unmet needs within services and opportunity for the development of services with LGBTQ+ engagement going forward. Following extensive consultation and research, findings reported to Hampshire's integrated care board "No wrong door" project and all its project partners within he health system. We also communicated internally to our staff.

We hosted our third annual online Supporters Conference in March 2022 for Ambassadors, Fundraisers and Champions. The Conference was an opportunity to share best practice, successes and challenges. The discussions and learning from this event will inform our future decisions on how best to support our supporters.

Fundraising
In March 2023 a fundraising Lead was appointed. This new position was part of our development strategy supported by National Mind's organisational development fund. We were awarded £39,802 to develop our fundraising capacity and infrastructure. Interest in fundraising has returned and should remain steady from spring 2022 however we did see a drop off in Jan, Feb, March 2023.

There has been an increase in Charity of the Year interest and donation enquires. During 2022 workplace Exclusive Networks made HEH Mind their charity of the year and raised nearly £40,000 for the charity. This is the single largest donation and fundraising effort in the charity's history.

Workplaces are often looking for ways to engage in fun activities to engage their staff and to support fundraising donations. De'Longhi' Kenwood rolled over our charity of the Year partnership for a second year in 21-22 raising over £20,000 in total. We also had large donations from Hippo Waste Ltd, and long-time supporters Studio H, Carrington west, and Checkatrade and Hampshire FA. We also had a huge collection of Christmas presents for the children and families we support thanks to Astute technical ltd.

Though we do not expect to exceed our 2022 total in 2023 (it is unlikely that another such single workplace donation will be forth coming) but we do expect to exceed the 2021 total by a significant margin. Another part of out fundraising strategy was to continue to fund the role of Sports Club Engagement and Community Fundraising Officer. Our charity partnerships for 2022-23 Waterlooville Golf Club is in place and expected to deliver approximately £5000, and While Solomon Serpent Trail event partnership continues having raised 3000 over the 2 previous years. We also have partnership with 20 sports clubs across Hampshire all raising funds throughout the year.

Communications

Seasonal communications material have been shared to increasing numbers of partners and businesses since late 2020 and numbers are growing significantly in 2022-23. We are also working to increase the communications (reach and material) though increased press releases, promotional material, recorded community conversations pod casts which now has a well-developed back catalogue /library. We have a growing number of insights (video and audio) on our YouTube channel, and these are shared on our website and social media widely.

Our partnerships with Hampshire FA, Horizon Leisure, Exclusive Networks and some sports clubs have provided opportunities to add shared branded content to our channels, ensuring a wider reach and more buy in from partner environments. Our Supporters eNewsletter is a great way to keep supporters informed on the work we do and prompt them to get involved in a campaign, fundraising or to share our information. We currently have 180 eNewsletter subscribers. Ambassadors We currently have 40 engaged and active sports clubs. After the pandemic slow down we are now seeing clubs willing to engage again and have already booked in more training sessions and are discussing the project with 8 more clubs across Hampshire. Our current clubs include: cricket, football, gymnastics, rugby and walking football. Our clubs are engaging in a range of activities, stands, signposting and fundraising. We are now able to reoffer our club visits every three months, as per the pre-pandemic offer. We will continue to offer the monthly e-check-ins as these have proved valuable for Ambassadors and clubs to be able to drop in and ask a question or check something with us.

FINANCIAL REVIEW

Financial performance

Another year of growth for the charity with strong performances in Wellbeing and Community Development. Our successful safe haven projects were recognised with continued funding from statutory authorities. Our training and workplace wellbeing services to the private sector also showed promising growth. The strategy for 2023/24 is to expand our range of services to children and young people.

Reserves policy

Like other charities, Havant & East Hants Mind is aware of the need to secure its viability beyond the immediate future. For the long term, it must be able to absorb setbacks and to take advantage of change and opportunity. Because some believe that holding significant amounts of reserves is tantamount to hoarding it is necessary to justify and explain its reserves position. Donors are entitled to be reassured that a charity with reserves has good reasons for keeping funds in reserve and to know what those reasons are.

The Charity Commission defines reserves as income which becomes available to the charity and is to be expended at the trustee's discretion in furtherance of any of the charity's objects, but which is not yet spent, committed, or designated. Its definition therefore excludes:

Permanent endowment:	A capital fund where there is no power to convert the capital into income.
Expendable endowment:	A capital fund where the trustees have the power to convert it into income and apply it as such.
Restricted funds:	Funds subject to specific trusts.
Designated funds:	Designation is an administrative act by which trustees may earmark unrestricted funds for a particular use without restricting or committing the funds legally.
Income funds:	Can be realised only by disposing of fixed assets held for charity use.

Havant and East Hants Mind maintains a financial reserve for the following reasons:

1. Havant and East Hants Mind gratefully accepts donations and applies for grants. The Charity also takes advantage of investment income.
2. In line with the Charity Commission's recommendation the trustee consider that, in the event of Havant and East Hants Mind having to be wound up, provision for the continuation of operations for six months must be kept in reserve to allow for a proper running down.
3. The trustees consider that provision for redundancy must be kept in reserve.
4. Havant and East Hants Mind rents office space that has poor facilities. The trustees wish to improve the situation and are searching for appropriate accommodation.
5. Provision for the employees of Havant and East Hants Mind is through The Pensions Trust. Pensions liability is now included in the accounts as required by FRS102. The provision included in the accounts for 2022/23 is £782.

Efforts to diversify our funding streams continues to be a challenge, but NHS funding has now become a major source of income reducing our reliance on the local authority. Promised increases in government funding for mental health plus NHS resource constraints have prompted a review of service provision. This presents the voluntary sector with both opportunities and challenges which we are keen to address. More work needs to be done but the trustees are confident that the charity's future is on a more secure footing.

Reserves can only be generated and maintained by strict financial controls. An overview of the financial situation is reviewed at all Committee meetings and the trustee directors review the reserves policy as and when considered necessary and always annually.

At year end, there was total funds of £1,154,852 with £366,964 of this being restricted.

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.

The organisation was an unincorporated association registered as a charity on 24th September 1992 under a charitable constitution. A new Charitable Company limited by guarantee was incorporated on the 26th June 2006 and registered as a charity on 7th October 2006. The company was established under a Memorandum and Articles of Association with the same area of benefit as the unincorporated association.

The charitable company started to operate on the 1st October 2006 at which point all assets were transferred from the unincorporated association to the charitable company and the charitable association has been dissolved. In the event of the company being wound up members are required to contribute an amount not exceeding £1 per member. The guidance of the Charity Commission was followed throughout this process.

The Trustee Directors of Havant and East Hants Mind are legally responsible for the overall management, control and strategic direction of Havant and East Hants Mind. They meet monthly and there are several sub-groups that meet, in addition to this, to work on identified areas such as fundraising and strategy.
The chief executive is employed to carry out operational activities and organisational management and attends each committee meeting to report on all activities.

Havant and East Hants Mind is a local charity and is affiliated to the national charity Mind (National Association for Mental Health). It consistently works in a way that promotes and upholds the values of Mind whilst maintaining its own autonomy, allowing it to respond to local needs. Havant and East Hants Mind has strong links with Mind, attends regular meetings, undertakes training, and supports campaigns at both local and national levels. The charity has been involved with National Mind's network future's group and has supported research into suicide prevention and children and young people's services. We continue to be an active participant in the national charity's engagement and research forums.

Recruitment and appointment of new trustees

The directors of the company are also charity trustees for the purpose of Charity Law.
Under the provision of the Memorandum and Articles of Association trustee directors are elected to serve for a period of three years, after which they may stand for re-election at the next Annual General Meeting.

Prospective trustees are encouraged to attend board meetings as observers prior to standing for election.

Havant and East Hants Mind is committed to ensuring a diversity of trustee directors and include those with personal experience of mental distress either directly or indirectly.

Trustees are encouraged to become familiar with the practical work of the organisation to gain insight and be better placed to serve as trustee directors.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The executive committee is responsible for the management of risks faced by Havant and East Hants Mind.

A Risk Register is maintained and regularly reviewed by the Board. Risks are identified and assessed, and controls established to mitigate them appropriately.

Service contracts which the charity has with Hampshire County Council specify standards in all areas of work and the standards are met across all the work of the agency. They are designed to minimise risks and provide a safe and professional service to clients and a safe working environment for staff and volunteers.

Mind has its own quality standards (Mind Quality Mark (MQM)) in which Local Mind Associations (LMAs) are assessed on the quality of the services they provide and the work that they do. It describes the best practice for LMAs. It is also a tool to facilitate learning and development within the LMAs.

Havant and East Hants Mind is committed to quality and fully supports and participates in MQM. It also holds the Community Legal Service Quality Mark and the Advocacy Quality Performance Mark.
Our quality standards were recognised nationally with the award of two Mind Excellence awards and a commendation in a third category.

As a condition of obtaining the Sport England grant a full review of quality control and governance arrangements was undertaken and we were able to fully satisfy Sport England's stringent requirements. As a condition of working in collaboration with the NHS on the Adults and Children's safe havens we were required to undertake a Data Protection Impact Assessment (DPIA) which was completed successfully.

We are signatories to, the Mindful Employers initiative and this year achieved Cyber Essentials cerfification.

External risks to funding continue to be monitored by the executive committee and by management. Its strategic plan aims to broaden its funding base, explore social enterprise, and prepare for personalisation. It will continue to seek out opportunities to work in partnership with other Local Mind Associations.

Key controls used are:
- Formal agendas for all committee activities
- Detailed and regular budget monitoring reports
- Comprehensive strategic planning, budgeting and management accounting
- Established organisational structure and lines of reporting
- Maintain reserves in line with policies and requirement
- Maintain compliance with Mind's quality standards
- Formal written policies reviewed a minimum of every three years.
- Safeguarding procedures as required by the law for the protection of the vulnerable.
- Comprehensive management information systems and key performance indicators.

Remuneration

Salary policy, bonuses and annual increments are approved by the remuneration sub-committee of the main trustee board. Staff salaries are set in line with NJC (National Joint Council for social work and charities) pay scales.

Fundraising

The charity actively supports individuals, community groups and employers to raise funds for it. This is done by its own staff members and the charity does not employ professional fundraisers or commercial participators. We are not currently registered with the Fundraising Regulator but are aware of and seek to comply with the Code of Fundraising Practice. There have been no complaints about any of our fundraising activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05861345 (England and Wales)

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

Registered Charity number
1116301

Registered office
Leigh Park Community Centre
Dunsbury Way
Havant
Hampshire
PO9 5BG

Trustees

D Childs Hopkins	Resigned 27 April 2022
J Owens	
S Southwell	Resigned 4 May 2023
R Watts	
K Orr	
K West	Resigned 6 June 2023
E Dennison	
R Redfern	Appointed 6 June 2023
G Vagg	Appointed 6 June 2023, Resigned 3 July 2023
D Gibb-Gray	Appointed 6 June 2023

Chief Executive
J Parker

Company Secretary
J Parker

Auditors
Morris Crocker Limited
Chartered Accountants
Statutory Auditors
Station House
North Street
Havant
Hampshire
PO9 1QU

Bankers
Natwest Bank
23 West Street
Havant
Hampshire
PO9 1EU

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of Havant and East Hants Mind for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

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;
- 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.

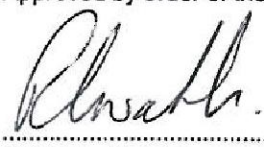
In so far as the trustees are aware:

- 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

The auditors, Morris Crocker Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 17th October 2023 and signed on its behalf by:



R Watts - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF HAVANT AND EAST HANTS MIND

Opinion

We have audited the financial statements of Havant and East Hants Mind (the 'charitable company') for the year ended 31 March 2023 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 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

The trustees 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.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF HAVANT AND EAST HANTS MIND

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

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.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF HAVANT AND EAST HANTS MIND

Our responsibilities for the audit of the financial statements

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:

From discussion with management and those charged with governance information about the entity is documented to assess the activity within the organisation. We discuss management's assessment of risk in respect of irregularities, fraud and going concern.

Based on these discussions and our own assessments we determined that the key risk areas were income recognition in respect of cut off issues and management override concerning the size of the organisation.

We set financial statement materiality level based on the level of income. As a not for profit organisation raising income is its primary focus which is why income was used to determine the level of materiality. Our overall assessment of risk was used to determine performance materiality at an appropriate level.

Substantive audit tests were designed after assessing and performing walkthrough tests. The walkthrough testing confirmed documented systems which have been designed to act as a preventative measure against fraud and error which appear to be operating as documented. Substantive testing tested a sample of the population, representative of the population, to identify errors. The testing did not identify any material misstatements in areas tested.

Audit substantive tests concluded no material errors over the key risk areas of income recognition and management override.

The audit considers the organisation is not exposed to material risk of error as a result of assessing laws and regulations that are appropriate to the organisation.

Management assessed there is no going concern risk. The audit undertook a review of budgets, management accounts and the review of board minutes and came to the same conclusion as management.

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 MEMBERS OF HAVANT AND EAST HANTS MIND

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



P Underwood (Senior Statutory Auditor)
for and on behalf of Morris Crocker Limited
Chartered Accountants
Statutory Auditors
Station House
North Street
Havant
Hampshire
PO9 1QU

Date: 30 October 2023

HAVANT AND EAST HANTS MIND

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	57,708	5,593	63,301	34,423
Charitable activities	5				
Advocacy		34,589	-	34,589	45,219
Wellbeing		861,505	368,197	1,229,702	623,920
Community Development		-	128,398	128,398	89,694
Families team		-	244,405	244,405	458,844
Children and young people		18,371	71,917	90,288	99,395
Other trading activities	3	37,606	26,724	64,330	156,066
Investment income	4	13,999	-	13,999	9,790
Total		1,023,778	845,234	1,869,012	1,517,351
EXPENDITURE ON					
Raising funds	6	10,365	-	10,365	13,017
Charitable activities	7				
Advocacy		49,401	422	49,823	61,377
Wellbeing		574,260	250,974	825,234	494,486
Community Development		105,209	155,276	260,485	222,777
Families team		36,346	328,087	364,433	420,097
Children and young people		16,903	83,856	100,759	138,091
Total		792,484	818,615	1,611,099	1,349,845
Net gains/(losses) on investments		(59,923)	-	(59,923)	414
NET INCOME		171,371	26,619	197,990	167,920
Other recognised gains/(losses)					
Actuarial gains on defined benefit schemes		21	-	21	2,583
Net movement in funds		171,392	26,619	198,011	170,503
RECONCILIATION OF FUNDS					
Total funds brought forward		616,496	340,345	956,841	786,338
TOTAL FUNDS CARRIED FORWARD		787,888	366,964	1,154,852	956,841

The notes form part of these financial statements

HAVANT AND EAST HANTS MIND

BALANCE SHEET
31 MARCH 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible assets	14	18,232	9,962
Investments	15	563,003	620,367
		581,235	630,329
CURRENT ASSETS			
Debtors	16	296,343	151,564
Cash at bank and in hand		378,275	437,792
		674,618	589,356
CREDITORS			
Amounts falling due within one year	17	(100,219)	(261,617)
NET CURRENT ASSETS		574,399	327,739
TOTAL ASSETS LESS CURRENT LIABILITIES		1,155,634	958,068
PROVISIONS FOR LIABILITIES	18	(782)	(1,227)
NET ASSETS		1,154,852	956,841
FUNDS	20		
Unrestricted funds		787,889	616,496
Restricted funds		366,963	340,345
TOTAL FUNDS		1,154,852	956,841

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 17/10/23 and were signed on its behalf by:

R Watts - Trustee

The notes form part of these financial statements

HAVANT AND EAST HANTS MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	1	(56,863)	(237,039)
Net cash used in operating activities		(56,863)	(237,039)
Cash flows from investing activities			
Purchase of tangible fixed assets		(14,094)	(8,621)
Purchase of fixed asset investments		(70,110)	(382,606)
Sale of fixed asset investments		67,551	85,319
Interest received		1,856	205
Dividends received		12,143	9,585
Net cash used in investing activities		(2,654)	(296,118)
Change in cash and cash equivalents in the reporting period		(59,517)	(533,157)
Cash and cash equivalents at the beginning of the reporting period		437,792	970,949
Cash and cash equivalents at the end of the reporting period		378,275	437,792

The notes form part of these financial statements

NOTES TO THE CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2023

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023 £	2022 £
Net income for the reporting period (as per the Statement of Financial Activities)	197,990	167,920
Adjustments for:		
Depreciation charges	5,824	5,628
Losses/(gain) on investments	59,923	(414)
Loss on disposal of fixed assets	-	215
Interest received	(1,856)	(205)
Dividends received	(12,143)	(9,585)
Increase in debtors	(144,779)	(69,530)
Decrease in creditors	(161,398)	(329,816)
Difference between pension charge and cash contributions	(424)	(1,252)
Net cash used in operations	(56,863)	(237,039)

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.22 £	Cash flow £	At 31.3.23 £
Net cash			
Cash at bank and in hand	437,792	(59,517)	378,275
	437,792	(59,517)	378,275
Total	437,792	(59,517)	378,275

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
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, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

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

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

Allocation and apportionment of costs
All costs are allocated between the expenditure categories of the statement of financial activity on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

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 - at varying rates on cost

Individual fixed assets costing £100 or more are capitalised at cost.

Taxation
The charity is exempt from corporation tax on its charitable activities.

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

1. ACCOUNTING POLICIES - continued

Financial instruments
The charity only enters into basic financial instruments transactions that result in the recognition of financial assets and liabilities like trade and other accounts receivable and payable investments in stocks and shares. The measurement basis used for these instruments is detailed below.

Debtors and cash at bank
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Cash at bank and in hand includes cash held on deposit or in a current account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	63,301	34,423

3. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Student placements	-	3,600
Training	64,330	152,466
	64,330	156,066

4. INVESTMENT INCOME

	2023	2022
	£	£
Dividends received	12,143	9,585
Deposit account interest	1,856	205
	13,999	9,790

All investment income is derived from assets held in the United Kingdom.

continued...

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2023 £	2022 £
HARG	Advocacy	34,589	45,219
Service income	Wellbeing	215,021	68,119
Hampshire Minds	Wellbeing	751,615	306,757
Grants	Wellbeing	263,066	249,044
Service income	Community Development	35,514	29,876
Grants	Community Development	92,884	59,818
Grants	Families team	244,405	458,844
Service income	Children and young people	2,917	29,167
Grants	Children and young people	87,371	70,228
		1,727,382	1,317,072

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

	2023 £	2022 £
Mind	18,371	-
East Hants District Council	-	11,352
Hampshire County Council	243,666	387,199
Sport England	38,805	94,094
North East Hampshire and Farnham CCG	69,000	69,000
National Lottery Community Fund	92,884	50,061
NHS North Hampshire CCG	-	1,228
NHS South East Hampshire CCG	225,000	225,000
	687,726	837,934

6. RAISING FUNDS

Investment management costs

	2023 £	2022 £
Portfolio management	10,365	13,017

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8) £	Support costs (see note 9) £	Totals £
Advocacy	46,984	2,839	49,823
Wellbeing	802,525	22,709	825,234
Community Development	253,672	6,813	260,485
Families team	347,403	17,030	364,433
Children and young people	93,379	7,380	100,759
	1,543,963	56,771	1,600,734

continued...

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2023	2022
	£	£
Staff costs	1,218,071	1,008,515
Telephone	29,164	29,855
Postage and stationery	8,638	7,737
Club activities and sundry expenses	40,658	16,591
Rent	43,958	57,499
Travel and subsistence	26,564	11,156
Refreshments	629	292
Training	6,927	19,934
Sub-contractor charges	161,783	143,967
Electricity	353	1,802
Repairs	1,371	450
Depreciation	5,824	5,627
Loss on sale of assets	-	215
Interest payable and similar charges	23	29
	1,543,963	1,303,669

9. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Advocacy	947	1,892	2,839
Wellbeing	7,581	15,128	22,709
Community Development	2,275	4,538	6,813
Families team	5,685	11,345	17,030
Children and young people	2,464	4,916	7,380
	18,952	37,819	56,771

Activity	Basis of allocation
Management	Headcount
Finance	Headcount
Governance costs	Headcount

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

Management

	Advocacy	Wellbeing	Community Developme
	£	£	£
Insurance	615	4,925	1,478
Subscriptions	273	2,179	654
IT expenses	59	477	143
Donations	-	-	-
	947	7,581	2,275

continued...

9. SUPPORT COSTS - continued

Management - continued

	Families team	Children and young people	2023 Total activities	2022 Total activities
	£	£	£	£
Insurance	3,694	1,601	12,313	10,012
Subscriptions	1,633	708	5,447	1,884
IT expenses	358	155	1,192	3,279
Donations	-	-	-	765
	5,685	2,464	18,952	15,940

Governance costs

	Advocacy	Wellbeing	Community Developme
	£	£	£
Auditors' remuneration	347	2,767	830
Professional and legal fees	1,545	12,361	3,708
	1,892	15,128	4,538

	Families team	Children and young people	2023 Total activities	2022 Total activities
	£	£	£	£
Auditors' remuneration	2,075	899	6,918	6,120
Professional and legal fees	9,270	4,017	30,901	11,099
	11,345	4,916	37,819	17,219

10. NET INCOME/(EXPENDITURE)

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

	2023	2022
	£	£
Auditors' remuneration	6,918	6,120
Depreciation - owned assets	5,824	5,628
Deficit on disposal of fixed assets	-	215

continued...

11. TRUSTEES' REMUNERATION AND BENEFITS

During the year no trustee director (2022: None) received remuneration (2022: £nil) for counselling services. No other benefits were received in either year.

Trustees' expenses

No trustee directors (2022: none) received reimbursement of expenses during the year (2022: £nil).

12. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	1,101,904	922,943
Social security costs	89,396	66,834
Other pension costs	26,771	18,738
	1,218,071	1,008,515

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

	2023	2022
Charitable activities	66	47
Support costs	8	2
	74	49

No employee received emoluments in excess of £60,000 (2022: none).

The key management personnel of the Charity comprises of the Chief Executive Officer, Director of Advocacy, Business Development Manager and Director of Services. The total employee remuneration and benefits of the key management personnel of the charity was £220,785 (2022: £212,880).

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	33,259	1,164	34,423
Charitable activities			
Advocacy	45,219	-	45,219
Wellbeing	367,691	256,229	623,920
Community Development	10,723	78,971	89,694
Families team	-	458,844	458,844
Children and young people	-	99,395	99,395
Other trading activities	105,641	50,425	156,066
Investment income	9,790	-	9,790
Total	572,323	945,028	1,517,351
EXPENDITURE ON			
Raising funds	13,017	-	13,017
Charitable activities			
Advocacy	61,166	211	61,377

continued...

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Wellbeing	307,734	186,752	494,486
Community Development	90,442	132,335	222,777
Families team	42,842	377,255	420,097
Children and young people	26,931	111,160	138,091
Total	542,132	807,713	1,349,845
Net gains on investments	414	-	414
NET INCOME	30,605	137,315	167,920
Other recognised gains/(losses)			
Actuarial gains on defined benefit schemes	2,583	-	2,583
Net movement in funds	33,188	137,315	170,503
RECONCILIATION OF FUNDS			
Total funds brought forward	583,306	203,032	786,338
TOTAL FUNDS CARRIED FORWARD	616,494	340,347	956,841

14. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Totals £
COST			
At 1 April 2022	32,669	2,808	35,477
Additions	14,094	-	14,094
At 31 March 2023	46,763	2,808	49,571
DEPRECIATION			
At 1 April 2022	23,457	2,058	25,515
Charge for year	5,473	351	5,824
At 31 March 2023	28,930	2,409	31,339
NET BOOK VALUE			
At 31 March 2023	17,833	399	18,232
At 31 March 2022	9,212	750	9,962

continued...

15. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2022	620,367
Additions	70,110
Disposals	(67,551)
Revaluations	(59,923)
At 31 March 2023	563,003
NET BOOK VALUE	
At 31 March 2023	563,003
At 31 March 2022	620,367

There were no investment assets outside the UK.

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	201,521	150,832
Other debtors	94,822	732
	296,343	151,564

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade creditors	34,975	27,213
Deferred income	53,938	199,808
Accrued expenses	11,306	34,596
	100,219	261,617

	2023 £	2022 £
Brought forward	199,808	576,523
Amount released to incoming resources	(199,808)	(576,523)
Amount deferred in year	53,938	199,808
Carried forward	53,938	199,808

continued...

18. PROVISIONS FOR LIABILITIES

	2023	2022
	£	£
Provisions	782	1,227

A full actuarial valuation for the scheme was carried out at 30 September 2020. This valuation showed assets of £800.3m, liabilities of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustees and the participating employers have agreed that additional contributions will be paid.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

Reconciliation of opening and closing provisions

	Period Ending 31 March 2023	**Period Ending** 31 March 2022
	£	£
Provision at start of period	1,227	5,062
Unwinding of the discount factor (interest expense)	23	29
Deficit contribution paid	(447)	(1,281)
Remeasurements - impact of any change in assumptions	(21)	(28)
Remeasurements - amendments to the contribution schedule		(2,555)
Provision at the end of period	782	1,227

Income and expenditure impact

	Period Ending 31 March 2023	**Period Ending** 31 March 2022
	£	£
Interest expense	23	29
Remeasurements - impact of any change in assumptions	(21)	(28)
Remeasurements - amendments to the contribution schedule	-	(2,555)

Assumptions

	31 March 2023	31 March 2022	31 March 2021
	% per annum	% per annum	% per annum
Rate of discount	5.52	2.35	0.66

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

continued...

19. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
Fixed assets	18,232	-	18,232	9,962
Investments	563,003	-	563,003	620,367
Current assets	307,655	366,963	674,618	589,356
Current liabilities	(100,219)	-	(100,219)	(261,617)
Provision for liabilities	(782)	-	(782)	(1,227)
	787,889	366,963	1,154,852	956,841

20. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	616,496	171,393	787,889
Restricted funds			
Crisis Care	49,965	-	49,965
East Hants	39,004	12,086	51,090
Supporting Families	54,395	(60,867)	(6,472)
Sport England	2,203	(23,777)	(21,574)
CYP Safe Haven	34,451	(15,022)	19,429
Connect 5	39,208	7,861	47,069
Adult Safe Haven	104,557	34,397	138,954
Covid vaccine project	13,310	-	13,310
STF- Lottery funded	(121)	-	(121)
Winter grant	10,745	-	10,745
CYP Motiv8	1,051	-	1,051
CYP EH PCN	4,013	2,917	6,930
Lighthouse Project	(15,521)	17,714	2,193
Harbour Project	3,085	(4,023)	(938)
SMI Health Check	-	55,332	55,332
	340,345	26,618	366,963
TOTAL FUNDS	956,841	198,011	1,154,852

continued...

20. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	1,023,778	(792,483)	(59,902)	171,393
Restricted funds				
East Hants	35,066	(22,980)	-	12,086
Supporting Families	205,600	(266,467)	-	(60,867)
Sport England	38,804	(62,581)	-	(23,777)
CYP Safe Haven	69,001	(84,023)	-	(15,022)
Connect 5	42,187	(34,326)	-	7,861
Adult Safe Haven	225,002	(190,605)	-	34,397
CYP EH PCN	2,917	-	-	2,917
Lighthouse Project	93,384	(75,670)	-	17,714
Harbour Project	18,849	(22,872)	-	(4,023)
SMI Health Check	114,424	(59,092)	-	55,332
	845,234	(818,616)	-	26,618
TOTAL FUNDS	1,869,012	(1,611,099)	(59,902)	198,011

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	583,306	33,190	616,496
Restricted funds			
Crisis Care	52,959	(2,994)	49,965
East Hants	19,861	19,143	39,004
Supporting Families	(14,090)	68,485	54,395
Sport England	57	2,146	2,203
CYP Safe Haven	45,409	(10,958)	34,451
Connect 5	29,043	10,165	39,208
Adult Safe Haven	62,947	41,610	104,557
Covid vaccine project	3,310	10,000	13,310
STF- Lottery funded	256	(377)	(121)
Winter grant	495	10,250	10,745
CYP Motiv8	2,785	(1,734)	1,051
CYP EH PCN	-	4,013	4,013
Lighthouse Project	-	(15,521)	(15,521)
Harbour Project	-	3,085	3,085
	203,032	137,313	340,345
TOTAL FUNDS	786,338	170,503	956,841

continued...

20. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	572,323	(542,130)	2,997	33,190
Restricted funds				
Crisis Care	1,228	(4,222)	-	(2,994)
East Hants	28,881	(9,738)	-	19,143
Supporting Families	350,682	(282,197)	-	68,485
Sport England	94,097	(91,951)	-	2,146
CYP Safe Haven	69,000	(79,958)	-	(10,958)
Connect 5	59,308	(49,143)	-	10,165
Adult Safe Haven	224,999	(183,389)	-	41,610
Covid vaccine project	10,000	-	-	10,000
STF- Lottery funded	-	(377)	-	(377)
Winter grant	14,350	(4,100)	-	10,250
CYP Motiv8	-	(1,734)	-	(1,734)
CYP EH PCN	29,167	(25,154)	-	4,013
Lighthouse Project	50,062	(65,583)	-	(15,521)
Harbour Project	11,657	(8,572)	-	3,085
SMI Health Check	1,597	(1,597)	-	-
	945,028	(807,715)	-	137,313
TOTAL FUNDS	1,517,351	(1,349,845)	2,997	170,503

continued...

20. MOVEMENT IN FUNDS - continued

Crisis Care - MCP project funded by SEH CCG to support mental health patients at GP surgeries.

East Hants - MCP project funded by East Hants District Council to support mental health patients at GP surgeries.

Supporting Families - Local implementation of national Troubled families project, funded by Hampshire County Council.

Sport England - Sport England funds the Active Families project. This project supports families with mental health nees who want to become more active to improve their mental health and overall wellbeing.

CYP Safe Haven - The CYP Safe Haven provides an out of hours crisis service for young people who live within Havant borough, enabling them to receive immediate support for their mental health in a relaxed, non-clinical atmosphere.

Connect 5 - Havant and East Hants Mind deliver the Connect 5 course for individual and nonprofit organisations on behalf of Public Health. This is a free course that helps people feel more confident to talk about mental health and to offer supportive conversations.

Adult Safe Haven - The Adult Safe Haven is for any adult needing immediate support at a time in crisis.

STF - Lottery Funded - This was a grant from the National Lottery to provide Covid support to the Supporting Families project. It relates to the Bridge the Gap project.

Winter Grant - This was a grant from HCC to defray the cost of PPE and similar expenditure due to Covid.

CYP Motiv8 - This was an initial payment for set up costs for a Lottery funded project working with children and young adults - it is a JV with Havant and East Hants Mind and Motiv8. This will be shown in future accounts as the Lighthouse project. The project commences September 2021.

CYP EH PCN - This is a 12 month contract with a group of GP surgeries in Alton to provide an on-site children's mental health support worker.

Lighthouse project - This is a joint venture between HEH Mind and Motiv8 funded by the national lottery to provide a drop in centre for young people experiencing mental health issues.

Harbour project - This is a joing venture with Solent Mind providing peer support via phone to people in Portsmouth and SE Hampshire with mental health issues.

SMI Health Check - This is a project funded by the NHS to support people with Severe and Enduring Mental Health issues to access physical health check ups.

Any funds in deficit have sufficient funding in the next financial year to fund this shortfall.

continued...

21. RELATED PARTY DISCLOSURES

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

22. ULTIMATE CONTROLLING PARTY

During the year the charitable company was under the control of its members, no one member has overall control.

HAVANT AND EAST HANTS MIND

England & Wales - Charity number 1116301

Accounts

REGISTERED COMPANY NUMBER: 05861345 (England and Wales)
REGISTERED CHARITY NUMBER: 1116301

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

FOR

HAVANT AND EAST HANTS MIND

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FOR THE YEAR ENDED 31 MARCH 2022

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HAVANT AND EAST HANTS MIND

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Havant and East Hants Mind works to create a better life for everyone with experience of mental illness by:

- Advancing the views, needs and ambitions of people with mental illness
- Challenging discrimination and promoting inclusion
- Influencing policy through campaigning and education
- Inspiring the development of quality services which reflect expressed needs and diversity.
- Achieving equal rights through campaigning and education
  In all its work the Charity promotes its values: Informed, determined, diversity, integrity, and
- partnership

To achieve these aims Havant and East Hants Mind:

- Promotes mental Wellbeing within the community
- Works in partnership with other organisations in both the statutory and voluntary sectors
- Values diversity.
- Works with mental health service users to promote recovery and to increase their influence over their own lives.
- Challenge discrimination and promotes social inclusion.
- Campaigns and raises funds.
- Involves service users in all aspects of its work.
- Focuses on quality in service provision.

Everything we do is informed and influenced by the people who use our services.

Public benefit

REVIEW OF PUBLIC BENEFIT

In line with the Charities Act 2011 and subsequent guidance from the Charity Commission, the Trustees have considered how Havant and East Hants Mind satisfies the public benefit "principles" set out in the Act. The trustees consider that it satisfies at least 7 Charitable purposes: the prevention or relief of poverty; the advancement of education; the advancement of health or the saving of lives; the advancement of citizenship or community development; the advancement of human rights, conflict resolution or reconciliation or the promotion of religious or racial harmony or equality and diversity; the relief of those in need , by reason of youth, age, ill-health, disability, financial hardship or other disadvantage; the promotion of the efficiency of the police. In addition, the trustees consider that there are clearly identifiable benefits that arise from its aims, and that no detriment or harm arises (Principle 1); and that significant sectors of the public benefit directly and indirectly from its aims, and that there are no undue restrictions on access to its services (Principle 2).

Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

ACHIEVEMENT AND PERFORMANCE

Chair of Trustees Report

The charity has continued to respond positively to the constraints imposed by the pandemic and its aftermath. New ways of working, developed through necessity, have become embedded in our operations, together with a return to more traditional face to face working. Like most agencies in the field of mental health we have seen a significant increase in demand across the board, but particularly from young people. Our strategy is to significantly increase our investment in services for this sector.

We continue to focus on quality and seek to continuously improve our services. It is most gratifying that this was formally recognized at the national Mind Excellence awards where we won two categories and were highly commended in a third.

How did our services perform?

Adult Wellbeing

The adult wellbeing service is a mental health and wellbeing recovery service for those over 18 years of age. Anyone identifying they have a mental health or wellbeing issue can refer themselves via the telephone, face to face or via our online referral form. We have relationships with GPs across our area as well as a wide range of voluntary sector partners who also refer clients to the service.

Clients referred are triaged assessed and produce a wellbeing action plan based on their strengths and personal goals. Where indicated they can access groups and workshops relevant to their recovery journey. Regular reviews and check ins take account of changes or improvements. Finally, a wellbeing maintenance plan is put in place to help clients move out of the service.

We have offered virtual, telephone and face to face interventions over the past year. In the last 12 months 700 assessments were booked, we reviewed 1300 cases. We delivered 6 weekly "check ins" for all 1300 open client cases, plus ad-hoc drop ins. We also followed up on all safeguarding issues whenever they were triggered.

200 unstructured peer support groups were held, 30 structured groups and workshops held. A further 47 one to ones were held to help those access group.

Referrals are responded to within 48 hours. Over the courses of the pandemic assessments wait time has varied form 0 days to currently 2 weeks as referral have increased. Reviews and Check ins are running to time currently as they have throughout the year. 1:1s waiting time varies somewhat depending on need such as male practitioner.

Over the period we have several staff on maternity leave whose posts have been back filled. There has been some staff turnover many of whom have gone on to NHS roles in line with the staff development pipeline planned as part for the adult wellbeing contract.

Having won a competitive tender to continue to deliver an enhanced service for Hampshire County Council and Hampshire and the Isle of wight CCG from Sept 2022 onwards, we expect see the service develop significantly and to reach many more people in the next reporting period.

Children and Young People's Safe Haven

CYP Safe Haven is an out-of-hours wellbeing and mental health support service for young people aged 11-17yrs, living in the Havant and South East Hants. Commissioners' agreed to extend the 'reach' of this crisis drop in service in Dec 2021 (previously it was just Havant borough).

The aims are:

- To provide immediate support for young people in mental health crisis.
- To empower young people to independently manage their mental health and wellbeing to prevent mental health crisis.
- To provide signposting information and refer to specialist services, if needed.
- To provide early intervention/teach self-help strategies to reduce the number of young people needing to use NHS services such as CAMHS.

The service is funded by Hampshire and IOW CCG.

Over 60 young people accessed the service during the year.

Feedback from service users:
"Safe Haven always think of new things that could help you. Safe Haven listen."
"Safe haven has helped change the way I think about my future"
"I used fact or opinion (strategy) today at school, it really helped!"

We aim to improve our service user engagement and move towards co-production of services. A "focus group" will run 4th July to gain more information about what our young people feel they need from any mental health support services (CYP wide).

We are working towards refurbishing the areas we use at The Pallant centre to promote a more young people friendly and therapeutic environment.

We will continue to improve communications with schools and local networks to promote the service, raise awareness and increase attendance. HEH Mind specific youth social media page has been implemented with posts to engage young people and raise awareness of the Safe Haven service and all projects for young people at HEH Mind.

Staffing/team building - we are building positive working relationships with our new team members and identifying 'specialist areas' so CYP team as whole know who best to go to for information and ideas on working with a particular presenting need. With one new team member, one newly promoted senior and a new CYP team manager we will support the staff to complete their inductions and settle into their new roles and focus on consolidating the team to provide an excellent service.

CYP Lighthouse Project September 2021-March 2022

CYP Lighthouse project is led by HEHM in partnership with youth work organisation, Motiv8. It is an out-of-hours youth club style drop-in service with a wellbeing and mental health focus for young people aged 10-18yrs, living in the Havant Borough. Drop-in sessions are open to different age ranges on a Tuesday/Wednesday and Thursday evening.

- To provide a safe, calm but fun environment for young people where they can just call in with no need for a referral.
- To empower young people to independently manage their life-styles and mental health and wellbeing.
- To provide signposting information and refer to specialist services, if needed.
- To provide early intervention/teach self-help strategies to reduce the number of young people who develop escalating mental health support needs.

It is funded by the National Lottery, Reaching Communities fund.

Feedback from service users:

" I have got more confident around other people"
"..everyone is non-judgmental"
" 1 to 1's with Tina were really useful. It's important that this generation know there is someone there to listen, that can make the biggest difference on their mental health"

Future developments:

Considering potential need for larger venue with some outside space
Specialistic sessions to be offered eg, boxing, yoga
See Safehaven above - greater CYP involvement in service development

CYP East Hants GP Project May 2021-April 2022*

- To provide holistic assessment and 6-8 + support sessions for young people experiencing difficulty with their mental health including lower-mid level mental health crisis.
- To empower young people to independently manage their mental health and wellbeing to prevent mental health crisis.
- To work in partnership with PCN staff and other agencies and provide signposting information / refer to specialist services, if needed.
- To provide early intervention/teach self-help strategies and co-production of a wellbeing plan to reduce the number of young people needing to use NHS services such as CAMHS.

Funded by East Hants PCN who are keen to fund another year of operation.

Family Wellbeing Team

Our family team now provides a service for the whole of Hampshire.

Hampshire and MHCLG confirmed an additional year extension to the SFP programme, making this the 5th year of the contract. We were initially offered 107 spaces for 2021-22. In additional, we also secured a further 24 cases. Total funding awarded was £314,400.00. In addition, we have been awarded £33,600.00 from successful claims awarded through Payment by Results.

The Family Support Workers continue to offer 6-9 months intensive support to those who have been identified through the Children's Services Early Help Hub (EHH). Families will have been assessed at the Early Help Hub and have met at least 2 of the possible 6 criteria within the SF Programme. Each family is allocated a Family Support worker offering 6-9 months support. Using a multiagency approach that included all professional involved in the family; a detailed Family plan becomes a working document which identifying the specific areas of need. Regular Team Around the Family meetings monitor progress and concerns. The overall aim is for all families to have made significant and sustained progress. To empower individuals, provide them with the strategies, skills and confidence to continue to succeed throughout their lives.

By the end of March 22, all cases nominated to H&EH Mind (131) have been closed with step down cases summaries completed.

Feedback from service users has remained positive. EHH Managers and other professionals directly linked to the SFP are happy with all aspects of our involvement and delivery of service to our clients. We are commended for our attendance to Strategic/Operational meetings as well as weekly EHH meetings, and ongoing communications. Examples of professional feedback:

"MIND have always been a very productive participant in the EHH meeting offering their skills and knowledge to support the work plan. Contributing to decisions making during the meeting. MIND will often support with some of the very challenging and complex families where the young people are engaged in criminal behaviour, very vulnerable and at risk of being exploited. MIND have undertaken a significant number of complex cases and lead on these from the EHH meeting, working intensely with the children and their families to make a difference to those young people and their families."

"Yet more great outcomes for another vulnerable family and evidence of good partnership working with Children's Services over several months"

Our family team has also benefitted from funding from Sport England, this funds our Active Families project:

Active Families

Active Families Programme is now in the final year of four years funding from Sport England, this project works in partnership with Oarsome Chance and Activ8Minds. 22 families joined Cohorts 6 and 7. The Active Families project is a Tier 2 service for families within Leigh Park. Our experienced team of Family Support Practitioners work with families for up to six months per cohort. The aim of the project is to support families in engaging with physical activity and sports.

As parents and caregivers play a key role in shaping a child's attitude and behavior's the programme involves working with the family unit. The Practitioners are committed to ensuring that the experience for the families is fun, enjoyable and has value to the children and their wider family. It is a way of inspiring the families, building confidence, and allowing quality family time. It is also well evidenced that a more active lifestyle supports both physical and mental health.

The support provided by the Family Support Practitioners includes regular meetings with a Family Support Practitioner in the community, introducing and supporting families to access workshops, group and 1:1 sessions, and opportunities to increase the whole family's level of physical activity. The Practitioners are also able to raise the family's awareness of local resources and activities within their local environment. The referral pathway for this programme is via the local schools and so the Practitioners work collaboratively with the local schools to promote the programme.

Advocacy

We continue to provide services to local authorities who have clients resident in Hampshire care homes. We are actively pursuing funding for an opportunity to provide Community Rights Advocacy in the county.

Workplace Wellbeing

We have continued to provide the service at Havant, Southdowns and Alton colleges both face to face online and via telephone during the pandemic. We have also provided training microteach sessions on a range of subjects for staff and mental health first aid training. We also held stands and information at various days working with the colleges to promote positive mental health.

In March 2022 we secured a new contract to provide one to one workplace wellbeing support for small business in Havant Borough and East Hants district. This programme has been paid for through the central government's Additional Restrictions Grant Fund which was provided to help local businesses through the coronavirus pandemic.

We have also worked with several other local and national employers, providing advice, support and training, challenging perceptions of mental health and helping to build healthy, supportive work environments. We also launched and successfully delivered our ongoing support packages for mental health champions, Mental Health First aiders and Connect 5ers. We were also able to provide ongoing support to peer supporters and staff at Wessex Cancer Trust, supporting patients through their cancer journey thanks to work funded through the Hampshire County Councillor Jackie Branson.

Training

In October 2021 we appointed a Training Contracts Manager which has allowed us to further develop relationships with commissioners our contract training service further. We now deliver the Connect 5 course for individual and non-profit organisations on behalf of Public Health Hampshire, and have won new contracts to deliver in Southampton, Portsmouth and the Isle of Wight. The Hampshire contract has since been extended into 2022.

This Connect 5 course is free to delegates in key sectors. The aim is help staff and volunteers feel more confident to talk about mental health and to offer supportive conversations to the people they support, their families and friends and their work colleagues.

We now have a wide range of training available and a growing diverse customer base. Our well-developed website offers a good range for individuals and organisations. We have delivered a mix of standard training programs and bespoke courses. We have designed series of bespoke courses for the whole of the huge workforce at Hampshire County Council. We also grew our training UK wide training delivery within with Checkatrade, Moneybarn, Kenwood Delonghi, SSE and many other smaller businesses across the county such as Portsmouth Water, and Hopkins ltd.

Communications and Community

During this period, we have gradually seen social restrictions related to the pandemic decrease, leading to an end of all restrictions in the UK in April 2022.

Community

In 2021 our community team reached 35,296 people via in person activities, and via our social media channels we reached 224,709 individuals/ accounts.

Our engagement within the Mind Federation increases with Mike remaining part of the Mind Engagement Group, as well as the Fundraising and Communications Networking Groups. Our recognition has also increased with two Mind Excellence Awards and a highly commended certificate.

Linked to our reputation, we are also seeing more interest in our Charity of the Year Partnerships, collaborations and fundraising interest.

Our AMHE Collaborative Project with the Royal College of Psychiatrists is progressing. For our project we have chosen to focus on access, provision and inclusion for the LGBTQ+ community and individuals. We are now 6 months into the 3 year project. We hope to expand our learning and developments by commissioning a researcher to support this work in the Autumn.

We hosted our second annual online Supporters Conference in January 2021 for Ambassadors, Fundraisers and Champions. The Conference was an opportunity to share best practice, successes and challenges. The discussions and learning from this event will inform our future decisions on how best to support our supporters.

Fundraising

Interest in fundraising has returned and should remain steady from spring 2022. We are working to capitalise on the interest in mental health following the pandemic.

In November 2021 Virgin Money Giving closed. This was a big lost for us a fundraising option as it was the only major platform to allow split fundraising. Something that has been popular in fundraising discussions; because of the option to fundraise for both a local and national Mind within the same campaign.

There has been an increase in Charity of the Year interest and donation enquires. Workplaces are often looking for ways to engage in fun activities to engage their staff and to support fundraising donations.

De'Longhi' Kenwood rolled over our charity of the Year partnership for a second year in 21-22 raising over £15,000 in total (final total and press release coming in June/ July 2022).

Our capacity to support fundraising has been increased by Lorna's appointment to the role of Sports Club Engagement and Community Fundraising Officer in November 2021.

In 2021 we raised a total of £25, 552 and have expectations to surpass this in 2022. For 2022-23 we already have partnerships agreed with: Studio H, Waterlooville Golf Club, Exclusive Networks, Checkatrade, Carrington West and Solomon Serpent Trail.

Communications

Seasonal communications material have been shared since late 2020, with Google Drive being introduced as the new method of sharing files from December 2021.
We are also working to increase the communications (reach and material) though increased press releases, promotional material, recorded community conversations and insights (video and audio).

Our partnerships with Hampshire FA, Horizon Leisure, Exclusive Networks and some sports clubs have provided opportunities to add shared branded content to our channels, ensuring a wider reach and more buy in from partner environments.

Our Supporters eNewsletter is a great way to keep supporters informed on the work we do and prompt them to get involved in a campaign, fundraising or to share our information. We currently have 150 eNewsletter subscribers.

Ambassadors

We currently have 10 engaged and active sports clubs. After a positive start to the project the pandemic made creating new relationships with clubs very difficult. We are now seeing clubs willing to engage again and have already booked in more training sessions and are discussing the project with 6 more clubs across Hampshire.

Our current clubs include: cricket, football, gymnastics, rugby and walking football. Our clubs are engaging in a range of activities, stands, signposting and fundraising.

Clubs returning post lockdowns means we are now able to reoffer our club visits every three months, as per the pre-pandemic offer. We will continue to offer the monthly e-check-ins as these have proved valuable for Ambassadors and clubs to be able to drop in and ask a question or check something with us. Our capacity to deliver the Ambassadors training and support has greatly been increased by Lorna's appointment to the role of Sports Club Engagement and Community Fundraising Officer in November 2021.

FINANCIAL REVIEW

Financial performance

Another year of growth for the charity with strong performances in the Families team and our offerings to Children and Young People. Our successful safe haven projects were recognised with continued funding from statutory authorities. Our training and workplace wellbeing services to the private sector also showed promising growth. The strategy for 2022/3 is to succeed in bidding for renewal of the Wellbeing service, in partnership with our neighbouring local Minds, and to expand our range of services to children and young people.

Reserves policy

Like other charities, Havant & East Hants Mind is aware of the need to secure its viability beyond the immediate future. For the long term, it must be able to absorb setbacks and to take advantage of change and opportunity. Because some believe that holding significant amounts of reserves is tantamount to hoarding it is necessary to justify and explain its reserves position. Donors are entitled to be reassured that a charity with reserves has good reasons for keeping funds in reserve and to know what those reasons are.

The Charity Commission defines reserves as income which becomes available to the charity and is to be expended at the trustee's discretion in furtherance of any of the charity's objects, but which is not yet spent, committed, or designated. Its definition therefore excludes:

Permanent endowment:	A capital fund where there is no power to convert the capital into income.
Expendable endowment:	A capital fund where the trustees have the power to convert it into income and apply it as such.
Restricted funds:	Funds subject to specific trusts.
Designated funds:	Designation is an administrative act by which trustees may earmark unrestricted funds for a particular use without restricting or committing the funds legally.
Income funds:	Can be realised only by disposing of fixed assets held for charity use.

Havant and East Hants Mind maintains a financial reserve for the following reasons:

1. Havant and East Hants Mind gratefully accepts donations and applies for grants. The Charity also takes advantage of investment income.
2. In line with the Charity Commission's recommendation the trustee consider that, in the event of Havant and East Hants Mind having to be wound up, provision for the continuation of operations for six months must be kept in reserve to allow for a proper running down.
3. The trustees consider that provision for redundancy must be kept in reserve.
4. Havant and East Hants Mind rents office space that has poor facilities. The trustees wish to improve the situation and are searching for appropriate accommodation.
5. Provision for the employees of Havant and East Hants Mind is through The Pensions Trust. Pensions liability is now included in the accounts as required by FRS102. The provision included in the accounts for 2021/22 is £1,227.

Efforts to diversify our funding streams continues to be a challenge, but NHS funding has now become a major source of income reducing our reliance on the local authority. Promised increases in government funding for mental health plus NHS resource constraints have prompted a review of service provision. This presents the voluntary sector with both opportunities and challenges which we are keen to address. More work needs to be done but the trustees are confident that the charity's future is on a more secure footing.

Reserves can only be generated and maintained by strict financial controls. An overview of the financial situation is reviewed at all Committee meetings and the trustee directors review the reserves policy as and when considered necessary and always annually.

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.

The organisation was an unincorporated association registered as a charity on 24th September 1992 under a charitable constitution. A new Charitable Company limited by guarantee was incorporated on the 26th June 2006 and registered as a charity on 7th October 2006. The company was established under a Memorandum and Articles of Association with the same area of benefit as the unincorporated association.

The charitable company started to operate on the 1st October 2006 at which point all assets were transferred from the unincorporated association to the charitable company and the charitable association has been dissolved. In the event of the company being wound up members are required to contribute an amount not exceeding £1 per member. The guidance of the Charity Commission was followed throughout this process.

The Trustee Directors of Havant and East Hants Mind are legally responsible for the overall management, control and strategic direction of Havant and East Hants Mind. They meet monthly and there are several sub-groups that meet, in addition to this, to work on identified areas such as fundraising and strategy.
The chief executive is employed to carry out operational activities and organisational management and attends each committee meeting to report on all activities.

Havant and East Hants Mind is a local charity and is affiliated to the national charity Mind (National Association for Mental Health). It consistently works in a way that promotes and upholds the values of Mind whilst maintaining its own autonomy, allowing it to respond to local needs. Havant and East Hants Mind has strong links with Mind, attends regular meetings, undertakes training, and supports campaigns at both local and national levels. The charity has been involved with National Mind's network future's group and has supported research into suicide prevention and children and young people's services. We continue to be an active participant in the national charity's engagement and research forums.

Recruitment and appointment of new trustees

The directors of the company are also charity trustees for the purpose of Charity Law.
Under the provision of the Memorandum and Articles of Association trustee directors are elected to serve for a period of three years, after which they may stand for re-election at the next Annual General Meeting.

Prospective trustees are encouraged to attend board meetings as observers prior to standing for election.

Havant and East Hants Mind is committed to ensuring a diversity of trustee directors and include those with personal experience of mental distress either directly or indirectly.

Trustees are encouraged to become familiar with the practical work of the organisation to gain insight and be better placed to serve as trustee directors.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The executive committee is responsible for the management of risks faced by Havant and East Hants Mind.

A Risk Register is maintained and regularly reviewed by the Board. Risks are identified and assessed, and controls established to mitigate them appropriately.

Service contracts which the charity has with Hampshire County Council specify standards in all areas of work and the standards are met across all the work of the agency. They are designed to minimise risks and provide a safe and professional service to clients and a safe working environment for staff and volunteers.

Mind has its own quality standards (Mind Quality Mark (MQM)) in which Local Mind Associations (LMAs) are assessed on the quality of the services they provide and the work that they do. It describes the best practice for LMAs. It is also a tool to facilitate learning and development within the LMAs.

Havant and East Hants Mind is committed to quality and fully supports and participates in MQM. It also holds the Community Legal Service Quality Mark and the Advocacy Quality Performance Mark.
Our quality standards were recognised nationally with the award of two Mind Excellence awards and a commendation in a third category.

As a condition of obtaining the Sport England grant a full review of quality control and governance arrangements was undertaken and we were able to fully satisfy Sport England's stringent requirements. As a condition of working in collaboration with the NHS on the Adults and Children's safe havens we were required to undertake a Data Protection Impact Assessment (DPIA) which was completed successfully.

We are signatories to, the Mindful Employers initiative and this year achieved Cyber Essentials cerfification.

External risks to funding continue to be monitored by the executive committee and by management. Its strategic plan aims to broaden its funding base, explore social enterprise, and prepare for personalisation. It will continue to seek out opportunities to work in partnership with other Local Mind Associations.

Key controls used are:
- Formal agendas for all committee activities
- Detailed and regular budget monitoring reports
- Comprehensive strategic planning, budgeting and management accounting
- Established organisational structure and lines of reporting
- Maintain reserves in line with policies and requirement
- Maintain compliance with Mind's quality standards
- Formal written policies reviewed a minimum of every three years.
- Safeguarding procedures as required by the law for the protection of the vulnerable.
- Comprehensive management information systems and key performance indicators.

Remuneration

Salary policy, bonuses and annual increments are approved by the remuneration sub-committee of the main trustee board. Staff salaries are set in line with NJC (National Joint Council for social work and charities) pay scales.

Fundraising

The charity actively supports individuals, community groups and employers to raise funds for it. This is done by its own staff members and the charity does not employ professional fundraisers or commercial participators. We are not currently registered with the Fundraising Regulator but are aware of and seek to comply with the Code of Fundraising Practice. There have been no complaints about any of our fundraising activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05861345 (England and Wales)

Registered Charity number
1116301

Registered office
Leigh Park Community Centre
Dunsbury Way
Havant
Hampshire
PO9 5BG

Trustees

D Childs Hopkins	Resigned 27 April 2022
J Owens	
S Southwell	
R Watts	
K Orr	
J Mclatch	Resigned 20 July 2021
Kerry West	
Ellen Dennison	Appointed 19 October 2021

Chief Executive
J Parker

Company Secretary
J Parker

Auditors
P Underwood
FCCA
Morris Crocker Limited
Chartered Accountants
Statutory Auditors
Station House
North Street
Havant
Hampshire
PO9 1QU

Bankers
Natwest Bank
23 West Street
Havant
Hampshire
PO9 1EU

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of Havant and East Hants Mind for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

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;
- 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.

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

The auditors, Morris Crocker Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 13/09/2022 and signed on its behalf by:



S Southwell - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF HAVANT AND EAST HANTS MIND

Opinion

We have audited the financial statements of Havant and East Hants Mind (the 'charitable company') for the year ended 31 March 2022 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 2022 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.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:
- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

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.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF HAVANT AND EAST HANTS MIND

Our responsibilities for the audit of the financial statements

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:

From discussion with management and those charged with governance information about the entity is documented to assess the activity within the organisation. We discuss management's assessment of risk in respect of irregularities, fraud and going concern.

Based on these discussions and our own assessments we determined that the key risk areas were income recognition in respect of cut off issues and management override concerning the size of the organisation.

We set financial statement materiality level based on the level of income. As a not for profit organisation raising income is its primary focus which is why income was used to determine the level of materiality. Our overall assessment of risk was used to determine performance materiality at an appropriate level.

Substantive audit tests were designed after assessing and performing walkthrough tests. The walkthrough testing confirmed documented systems which have been designed to act as a preventative measure against fraud and error which appear to be operating as documented. Substantive testing tested a sample of the population, representative of the population, to identify errors. The testing did not identify any material misstatements in areas tested.

Audit substantive tests concluded no material errors over the key risk areas of income recognition and management override.

The audit considers the organisation is not exposed to material risk of error as a result of assessing laws and regulations that are appropriate to the organisation.

Management assessed there is no going concern risk. The audit undertook a review of budgets, management accounts and the review of board minutes and came to the same conclusion as management.

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 MEMBERS OF HAVANT AND EAST HANTS MIND

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



P Underwood (Senior Statutory Auditor)
for and on behalf of Morris Crocker Limited
Chartered Accountants
Statutory Auditors
Station House
North Street
Havant
Hampshire
PO9 1QU

Date: 22 September 2022

HAVANT AND EAST HANTS MIND

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	33,259	1,164	34,423	19,118
Charitable activities	5				
Advocacy		45,219	-	45,219	60,699
Wellbeing		367,691	256,229	623,920	499,130
Community Development		10,723	78,971	89,694	38,822
Families team		-	458,844	458,844	332,581
Children and young people		-	99,395	99,395	178,914
Other trading activities	3	105,641	50,425	156,066	60,946
Investment income	4	9,790	-	9,790	4,265
Total		572,323	945,028	1,517,351	1,194,475
EXPENDITURE ON					
Raising funds	6	13,017	-	13,017	5,320
Charitable activities	7				
Advocacy		119,858	211	120,069	64,249
Wellbeing		297,278	186,751	484,029	435,121
Community Development		83,763	132,335	216,098	132,397
Families team		8,685	377,255	385,940	387,539
Children and young people		19,532	111,160	130,692	135,449
Total		542,133	807,712	1,349,845	1,160,075
Net gains on investments		414	-	414	35,552
NET INCOME		30,604	137,316	167,920	69,952
Other recognised gains/(losses)					
Actuarial gains/(losses) on defined benefit schemes		2,583	-	2,583	(173)
Net movement in funds		33,187	137,316	170,503	69,779
RECONCILIATION OF FUNDS					
Total funds brought forward		583,306	203,032	786,338	716,559
TOTAL FUNDS CARRIED FORWARD		616,493	340,348	956,841	786,338

The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible assets	14	9,962	7,184
Investments	15	620,367	322,666
		630,329	329,850
CURRENT ASSETS			
Debtors	16	151,564	82,034
Cash at bank and in hand		437,792	970,949
		589,356	1,052,983
CREDITORS			
Amounts falling due within one year	17	(261,617)	(591,433)
NET CURRENT ASSETS		327,739	461,550
TOTAL ASSETS LESS CURRENT LIABILITIES		958,068	791,400
PROVISIONS FOR LIABILITIES	18	(1,227)	(5,062)
NET ASSETS		956,841	786,338
FUNDS	20		
Unrestricted funds		616,496	583,306
Restricted funds		340,345	203,032
TOTAL FUNDS		956,841	786,338

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 13/09/2022 and were signed on its behalf by:

S Southwell - Trustee

The notes form part of these financial statements

HAVANT AND EAST HANTS MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2022

	Notes	2022 £	2021 £
Cash flows from operating activities			
Cash generated from operations	1	(237,039)	729,393
Net cash (used in)/provided by operating activities		(237,039)	729,393
Cash flows from investing activities			
Purchase of tangible fixed assets		(8,621)	(6,831)
Purchase of fixed asset investments		(382,606)	(40,756)
Sale of fixed asset investments		85,319	41,872
Interest received		205	61
Dividends received		9,585	4,204
Net cash used in investing activities		(296,118)	(1,450)
Change in cash and cash equivalents in the reporting period		(533,157)	727,943
Cash and cash equivalents at the beginning of the reporting period		970,949	243,006
Cash and cash equivalents at the end of the reporting period		437,792	970,949

The notes form part of these financial statements

NOTES TO THE CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2022

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022 £	2021 £
Net income for the reporting period (as per the Statement of Financial Activities)	167,920	69,952
Adjustments for:		
Depreciation charges	5,628	6,763
Gain on investments	(414)	(35,552)
Loss on disposal of fixed assets	215	-
Interest received	(205)	(61)
Dividends received	(9,585)	(4,204)
(Increase)/decrease in debtors	(69,530)	172,093
(Decrease)/increase in creditors	(329,816)	521,511
Difference between pension charge and cash contributions	(1,252)	(1,109)
Net cash (used in)/provided by operations	(237,039)	729,393

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.21 £	Cash flow £	At 31.3.22 £
Net cash			
Cash at bank and in hand	970,949	(533,157)	437,792
	970,949	(533,157)	437,792
Total	970,949	(533,157)	437,792

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
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, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

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

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

Allocation and apportionment of costs
All costs are allocated between the expenditure categories of the statement of financial activity on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

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 - at varying rates on cost

Individual fixed assets costing £100 or more are capitalised at cost.

Taxation
The charity is exempt from corporation tax on its charitable activities.

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

1. ACCOUNTING POLICIES - continued

Financial instruments
The charity only enters into basic financial instruments transactions that result in the recognition of financial assets and liabilities like trade and other accounts receivable and payable investments in stocks and shares. The measurement basis used for these instruments is detailed below.

Debtors and cash at bank
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Cash at bank and in hand includes cash held on deposit or in a current account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Donations	34,423	19,118

3. OTHER TRADING ACTIVITIES

	2022	2021
	£	£
Student placements	3,600	4,200
Training	152,466	56,746
	156,066	60,946

4. INVESTMENT INCOME

	2022	2021
	£	£
Dividends received	9,585	4,204
Deposit account interest	205	61
	9,790	4,265

All investment income is derived from assets held in the United Kingdom.

continued...

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2022 £	2021 £
HARG	Advocacy	45,219	60,699
Service income	Wellbeing	68,119	14,944
Hampshire Minds	Wellbeing	306,757	293,524
Grants	Wellbeing	249,044	190,662
Service income	Community Development	29,876	30,458
Grants	Community Development	59,818	8,364
Grants	Families team	458,844	332,581
Service income	Children and young people	29,167	4,000
Grants	Children and young people	70,228	174,914
		1,317,072	1,110,146

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

	2022 £	2021 £
Mind	-	22,898
East Hants District Council	11,352	17,028
Hampshire County Council	387,199	239,700
HIWCF	-	8,000
Sport England	94,094	58,291
North East Hampshire and Farnham CCG	69,000	69,000
National Lottery Community Fund	50,061	19,317
NHS North Hampshire CCG	1,228	95,789
NHS South East Hampshire CCG	225,000	176,498
	837,934	706,521

6. RAISING FUNDS

Investment management costs

	2022 £	2021 £
Portfolio management	13,017	5,320

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8) £	Support costs (see note 9) £	Totals £
Advocacy	118,408	1,661	120,069
Wellbeing	470,766	13,263	484,029
Community Development	212,120	3,978	216,098
Families team	375,993	9,947	385,940
Children and young people	126,382	4,310	130,692
	1,303,669	33,159	1,336,828

continued...

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	2022	2021
	£	£
Staff costs	1,008,515	897,768
Telephone	29,855	25,959
Postage and stationery	7,737	7,939
Club activities and sundry expenses	16,591	21,902
Rent	57,499	40,857
Travel and subsistence	11,156	3,948
Refreshments	292	11
Training	19,934	10,398
Subscriptions	-	428
Sub-contractor charges	143,967	108,764
Electricity	1,802	2,376
Repairs	450	1,458
Depreciation	5,627	6,763
Loss on sale of assets	215	-
Interest payable and similar charges	29	135
	1,303,669	1,128,706

9. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Advocacy	799	862	1,661
Wellbeing	6,376	6,887	13,263
Community Development	1,912	2,066	3,978
Families team	4,782	5,165	9,947
Children and young people	2,071	2,239	4,310
	15,940	17,219	33,159

Activity	Basis of allocation
Management	Headcount
Finance	Headcount
Governance costs	Headcount

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

Management

	Advocacy	Wellbeing	Community Development
	£	£	£
Insurance	502	4,005	1,201
Rent	-	-	-
Subscriptions	94	754	226
IT expenses	165	1,311	393
Donations	38	306	92
	799	6,376	1,912

continued...

9. SUPPORT COSTS - continued

Management - continued

	Families team	Children and young people	2022 Total activities	2021 Total activities
	£	£	£	£
Insurance	3,003	1,301	10,012	6,407
Rent	-	-	-	2,082
Subscriptions	565	245	1,884	2,902
IT expenses	984	426	3,279	994
Donations	230	99	765	-
	4,782	2,071	15,940	12,385

Governance costs

	Advocacy	Wellbeing	Community Development
	£	£	£
Auditors' remuneration	306	2,448	734
Professional and legal fees	556	4,439	1,332
	862	6,887	2,066

	Families team	Children and young people	2022 Total activities	2021 Total activities
	£	£	£	£
Auditors' remuneration	1,836	796	6,120	6,120
Professional and legal fees	3,329	1,443	11,099	7,544
	5,165	2,239	17,219	13,664

10. NET INCOME/(EXPENDITURE)

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

	2022	2021
	£	£
Auditors' remuneration	6,120	6,120
Depreciation - owned assets	5,628	6,763
Deficit on disposal of fixed assets	215	-

continued...

11. TRUSTEES' REMUNERATION AND BENEFITS

During the year no trustee director (2021: None) received remuneration (2021: £nil) for counselling services. No other benefits were received in either year.

Trustees' expenses

No trustee directors (2021: none) received reimbursement of expenses during the year (2021: £nil).

12. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	922,943	819,391
Social security costs	66,834	60,393
Other pension costs	18,738	17,984
	1,008,515	897,768

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

	2022	2021
Charitable activities	47	41
Support costs	2	2
	49	43

No employee received emoluments in excess of £60,000 (2021: none).

The key management personnel of the Charity comprises of the Chief Executive Officer, Director of Advocacy, Business Development Manager and Director of Services. The total employee remuneration and benefits of the key management personnel of the charity was £212,880 (2021: £175,341). Remuneration is higher in 2022 due to maternity cover.

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	18,618	500	19,118
Charitable activities			
Advocacy	60,699	-	60,699
Wellbeing	304,024	195,106	499,130
Community Development	30,458	8,364	38,822
Families team	-	332,581	332,581
Children and young people	10,125	168,789	178,914
Other trading activities	12,706	48,240	60,946
Investment income	4,265	-	4,265
Total	440,895	753,580	1,194,475
EXPENDITURE ON			
Raising funds	5,320	-	5,320
Charitable activities			
Advocacy	64,035	214	64,249

continued...

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Wellbeing	257,391	177,730	435,121
Community Development	112,240	20,157	132,397
Families team	28,905	358,634	387,539
Children and young people	20,828	114,621	135,449
Total	488,719	671,356	1,160,075
Net gains on investments	35,552	-	35,552
NET INCOME/(EXPENDITURE)	(12,272)	82,224	69,952
Transfers between funds	3,616	(3,616)	-
Other recognised gains/(losses)			
Actuarial gains/(losses) on defined benefit schemes	(173)	-	(173)
Net movement in funds	(8,829)	78,608	69,779
RECONCILIATION OF FUNDS			
Total funds brought forward	592,130	124,429	716,559
TOTAL FUNDS CARRIED FORWARD	583,301	203,037	786,338

14. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Totals £
COST			
At 1 April 2021	24,838	3,256	28,094
Additions	8,311	310	8,621
Disposals	(480)	(758)	(1,238)
At 31 March 2022	32,669	2,808	35,477
DEPRECIATION			
At 1 April 2021	18,794	2,116	20,910
Charge for year	5,143	485	5,628
Eliminated on disposal	(480)	(543)	(1,023)
At 31 March 2022	23,457	2,058	25,515
NET BOOK VALUE			
At 31 March 2022	9,212	750	9,962
At 31 March 2021	6,044	1,140	7,184

continued...

15. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2021	322,666
Additions	382,606
Disposals	(85,319)
Revaluations	414
At 31 March 2022	620,367
NET BOOK VALUE	
At 31 March 2022	620,367
At 31 March 2021	322,666

There were no investment assets outside the UK.

Cost or valuation at 31 March 2022 is represented by:

	Listed investments £
Valuation in 2018	1,615
Valuation in 2020	(14,522)
Valuation in 2021	35,552
Valuation in 2022	414
Cost	597,308
	620,367

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	150,832	66,107
Other debtors	732	15,927
	151,564	82,034

continued...

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	27,213	5,292
Deferred income	199,808	576,523
Accrued expenses	34,596	9,618
	261,617	591,433

	2022	2021
	£	£
Brought forward	576,523	23,125
Amount released to incoming resources	(576,523)	(23,125)
Amount deferred in year	199,808	576,523
Carried forward	199,808	576,523

18. PROVISIONS FOR LIABILITIES

	2022	2021
	£	£
Provisions	1,227	5,062

A full actuarial valuation for the scheme was carried out at 30 September 2020. This valuation showed assets of £800.3m, liabilities of £831.9m and a deficit of £31.6m. To eliminate this funding shortfall, the Trustees and the participating employers have agreed that additional contributions will be paid.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

Reconciliation of opening and closing provisions

	Period Ending 31 March 2022	**Period Ending** 31 March 2021
	£	£
Provision at start of period	5,062	5,998
Unwinding of the discount factor (interest expense)	29	135
Deficit contribution paid	(1,281)	(1,244)
Remeasurements - impact of any change in assumptions	(28)	173
Remeasurements - amendments to the contribution schedule	(2,555)	-
Provision at the end of period	1,227	5,062

Income and expenditure impact

	Period Ending 31 March 2022	**Period Ending** 31 March 2021
	£	£
Interest expense	29	135
Remeasurements - impact of any change in assumptions	(28)	173
Remeasurements - amendments to the contribution schedule	(2,555)	-

Assumptions

continued...

18. PROVISIONS FOR LIABILITIES - continued

	31 March 2022% per annum	31 March 2021% per annum	31 March 2020% per annum
Rate of discount	2.35	0.66	2.53

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

19. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
Fixed assets	9,962	-	9,962	7,184
Investments	620,367	-	620,367	322,666
Current assets	249,011	340,345	589,356	1,052,983
Current liabilities	(261,617)	-	(261,617)	(591,433)
Provision for liabilities	(1,227)	-	(1,227)	(5,062)
	616,496	340,345	956,841	786,338

20. MOVEMENT IN FUNDS

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	583,306	33,190	616,496
Restricted funds			
Crisis Care	52,959	(2,994)	49,965
East Hants	19,861	19,143	39,004
Supporting Families	(14,090)	68,485	54,395
Sport England	57	2,146	2,203
CYP Safe Haven	45,409	(10,958)	34,451
Connect 5	29,043	10,165	39,208
Adult Safe Haven	62,947	41,610	104,557
Covid vaccine project	3,310	10,000	13,310
STF- Lottery funded	256	(377)	(121)
Winter grant	495	10,250	10,745
CYP Motiv8	2,785	(1,734)	1,051
CYP EH PCN	-	4,013	4,013
Lighthouse Project	-	(15,521)	(15,521)
Harbour Project	-	3,085	3,085
	203,032	137,313	340,345
TOTAL FUNDS	786,338	170,503	956,841

continued...

20. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	572,323	(542,130)	2,997	33,190
Restricted funds				
Crisis Care	1,228	(4,222)	-	(2,994)
East Hants	28,881	(9,738)	-	19,143
Supporting Families	350,682	(282,197)	-	68,485
Sport England	94,097	(91,951)	-	2,146
CYP Safe Haven	69,000	(79,958)	-	(10,958)
Connect 5	59,308	(49,143)	-	10,165
Adult Safe Haven	224,999	(183,389)	-	41,610
Covid vaccine project	10,000	-	-	10,000
STF- Lottery funded	-	(377)	-	(377)
Winter grant	14,350	(4,100)	-	10,250
CYP Motiv8	-	(1,734)	-	(1,734)
CYP EH PCN	29,167	(25,154)	-	4,013
Lighthouse Project	50,062	(65,583)	-	(15,521)
Harbour Project	11,657	(8,572)	-	3,085
SMI Health Check	1,597	(1,597)	-	-
	945,028	(807,715)	-	137,313
TOTAL FUNDS	1,517,351	(1,349,845)	2,997	170,503

continued...

20. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	592,130	(12,440)	3,616	583,306
Restricted funds				
In Sync Project	7,820	-	(7,820)	-
Low Int Support Families	10,244	-	(10,244)	-
Crisis Care	-	52,959	-	52,959
East Hants	(782)	20,643	-	19,861
0-19 Project	-	(3,766)	3,766	-
Supporting Families	(2,631)	(21,703)	10,244	(14,090)
HIWCF	(48)	(390)	438	-
Sport England	14,979	(14,922)	-	57
CYP Safe Haven	34,275	11,134	-	45,409
Connect 5	(1,457)	30,500	-	29,043
Adult Safe Haven	62,029	918	-	62,947
Covid vaccine project	-	3,310	-	3,310
STF- Lottery funded	-	256	-	256
Winter grant	-	495	-	495
CYP Motiv8	-	2,785	-	2,785
	124,429	82,219	(3,616)	203,032
TOTAL FUNDS	716,559	69,779	-	786,338

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	440,895	(488,714)	35,379	(12,440)
Restricted funds				
Crisis Care	95,790	(42,831)	-	52,959
East Hants	24,029	(3,386)	-	20,643
0-19 Project	-	(3,766)	-	(3,766)
Supporting Families	237,274	(258,977)	-	(21,703)
HIWCF	8,000	(8,390)	-	(390)
Sport England	58,291	(73,213)	-	(14,922)
CYP Safe Haven	68,999	(57,865)	-	11,134
Connect 5	48,239	(17,739)	-	30,500
Adult Safe Haven	176,497	(175,579)	-	918
Covid vaccine project	3,444	(134)	-	3,310
STF- Lottery funded	19,317	(19,061)	-	256
Winter grant	9,700	(9,205)	-	495
CYP Motiv8	4,000	(1,215)	-	2,785
	753,580	(671,361)	-	82,219
TOTAL FUNDS	1,194,475	(1,160,075)	35,379	69,779

continued...

20. MOVEMENT IN FUNDS - continued

In Sync Project - Grant from National Mind to develop a whole school approach to mental health in one primary and one secondary school in the Leigh Park area.

Low Int Support Families - Grants from local councillors plus Zurich Insurance for families support.

Crisis Care - MCP project funded by SEH CCG to support mental health patients at GP surgeries.

East Hants - MCP project funded by East Hants District Council to support mental health patients at GP surgeries.

0-19 Project - Young persons' project funded by Havant Borough Council.

Supporting Families - Local implementation of national Troubled families project, funded by Hampshire County Council.

HIWCF - This was an £8k Covid relief grant for families requiring support during lockdown. Havant and East Hants Mind purchased items up to £250 per family.

Sport England - Sport England funds the Active Families project. This project supports families with mental health nees who want to become more active to improve their mental health and overall wellbeing.

CYP Safe Haven - The CYP Safe Haven provides an out of hours crisis service for young people who live within Havant borough, enabling them to receive immediate support for their mental health in a relaxed, non-clinical atmosphere.

Connect 5 - Havant and East Hants Mind deliver the Connect 5 course for individual and nonprofit organisations on behalf of Public Health. This is a free course that helps people feel more confident to talk about mental health and to offer supportive conversations.

Adult Safe Haven - The Adult Safe Haven is for any adult needing immediate support at a time in crisis.

STF - Lottery Funded - This was a grant from the National Lottery to provide Covid support to the Supporting Families project. It relates to the Bridge the Gap project.

Winter Grant - This was a grant from HCC to defray the cost of PPE and similar expenditure due to Covid.

CYP Motiv8 - This was an initial payment for set up costs for a Lottery funded project working with children and young adults - it is a JV with Havant and East Hants Mind and Motiv8. This will be shown in future accounts as the Lighthouse project. The project commences September 2021.

CYP EH PCN - This is a 12 month contract with a group of GP surgeries in Alton to provide an on-site children's mental health support worker.

Lighthouse project - This is a joint venture between HEH Mind and Motiv8 funded by the national lottery to provide a drop in centre for young people experiencing mental health issues.

Harbour project - This is a joing venture with Solent Mind providing peer support via phone to people in Portsmouth and SE Hampshire with mental health issues.

SMI Health Check - This is a project funded by the NHS to support people with Severe and Enduring Mental Health issues to access physical health check ups.

Any funds in deficit have sufficient funding in the next financial year to fund this shortfall.

continued...

21. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

22. ULTIMATE CONTROLLING PARTY

During the year the charitable company was under the control of its members, no one member has overall control.

HAVANT AND EAST HANTS MIND

England & Wales - Charity number 1116301

Accounts

REGISTERED COMPANY NUMBER: 05861345 (England and Wales)
REGISTERED CHARITY NUMBER: 1116301

REPORT OF THE TRUSTEES AND

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

FOR

HAVANT AND EAST HANTS MIND

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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. 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

Havant and East Hants Mind works to create a better life for everyone with experience of mental illness by:

- Advancing the views, needs and ambitions of people with mental illness
- Challenging discrimination and promoting inclusion
- Influencing policy through campaigning and education
- Inspiring the development of quality services which reflect expressed needs and diversity.
- Achieving equal rights through campaigning and education
  In all its work the Charity promotes its values: Informed, determined, diversity, integrity, and
- partnership

To achieve these aims Havant and East Hants Mind:

- Promotes mental Wellbeing within the community
- Works in partnership with other organisations in both the statutory and voluntary sectors
- Values diversity.
- Works with mental health service users to promote recovery and to increase their influence over their own lives.
- Challenge discrimination and promotes social inclusion.
- Campaigns and raises funds.
- Involves service users in all aspects of its work.
- Focuses on quality in service provision.

Everything we do is informed and influenced by the people who use our services.

Public benefit

REVIEW OF PUBLIC BENEFIT

In line with the Charities Act 2011 and subsequent guidance from the Charity Commission, the Trustees have considered how Havant and East Hants Mind satisfies the public benefit "principles" set out in the Act. The trustees consider that it satisfies at least 7 Charitable purposes: the prevention or relief of poverty; the advancement of education; the advancement of health or the saving of lives; the advancement of citizenship or community development; the advancement of human rights, conflict resolution or reconciliation or the promotion of religious or racial harmony or equality and diversity; the relief of those in need , by reason of youth, age, ill-health, disability, financial hardship or other disadvantage; the promotion of the efficiency of the police. In addition, the trustees consider that there are clearly identifiable benefits that arise from its aims, and that no detriment or harm arises (Principle 1); and that significant sectors of the public benefit directly and indirectly from its aims, and that there are no undue restrictions on access to its services (Principle 2).

Public benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities. The trustees refer to public benefit throughout this report.

ACHIEVEMENT AND PERFORMANCE

Chair of Trustees Introduction

Like most organisations this has been a challenging year for the charity as we grappled with the effects of the pandemic. Overall, we are proud of the way our staff adapted to the very different operational model that we were forced to adopt, with most services operating remotely. Rapid deployment of the now familiar IT tools such as Microsoft Teams and Zoom has allowed us to deliver a service to our clients in a different way, but one which they rapidly adapted to.

How did we do?

Adult Wellbeing

As March 2020 saw the beginning of the Covid-19 pandemic, the adult wellbeing service was challenged to adapt its approach and move to a virtual offering. The service quickly developed 7 virtual peer support groups running every day, including: mindfulness, coffee and a chat, and arts and crafts.

The service also moved to a virtual delivery of our workshops and courses. Staff took the time to adapt all of our resources and material to suit a Zoom audience, and in the process developed two new workshops, 'Long Covid' and 'Coping in the pandemic' which reflected the needs of our service users at the time.

We also made reducing digital exclusion a priority and contacted every one of our service users to check in about their accessibility to technology. Those who were unable to attend our Zoom peer support groups were offered 2-3 weekly check in calls from their wellbeing practitioner to touch base and identify any additional support needs. This additional offering was well received by our service users, and we regularly received feedback stating that this was a 'lifeline' at a time of loneliness and isolation.

Adult Safe Haven

Our adult Safe Haven provision continues to have more contacts each month and especially showed an increase in use and face to face contacts from December to March. One of the strengths of this service is the diversity of those feeling able to access. There are several clients who have accessed having recently turned 18 right up into clients who are in their late 70s. Many people who have accessed the service have learning disabilities or Autistic Spectrum Disorder and we feel glad that this is somewhere they can receive emotional support and feel heard. The feedback from clients about the service is very positive, especially about the fact there is no waiting list or barriers to accessing emotional support. We have seen a marked increase in GP referrals and are starting to hear from clients who have been recommended the service by family/friends which is encouraging. We have seen more clients with dual diagnosis present in the early part of this year and are really feeling the value of our inter-agency partnership with Inclusion. This enables us to provide some risk reduction for clients who are using alcohol or substances and longer-term referrals for ongoing support. Our contract has been extended to April 2022 and we look forwards to the coming year introducing peer volunteers into Safe Haven and completing a more in-depth service user consultation project in the summer.

Children and Young Peoples Service

Children and Young People's Crisis Line

In May 2020 we started the CYP Crisis Line service to provide an out of hours free crisis mental health telephone support to 11- to 17-year-olds in Hampshire and Isle of White.

CYP Crisis Line focused on providing Immediate access to safe & confidential one to one emotional support via freephone, crisis de-escalation, self-harm/suicide safety planning, advice for healthy coping skills & resources, mindfulness, relaxation, self-care, positive mental health and signposting for both young people & parents.

CYP Crisis Line was able to deliver 79 telephone support sessions with a large amount of young people feeding back they had no other service they felt could have gone to for support. The young people said they liked CYP Crisis Line because "You are so understanding with my mental health" and "Good to talk to someone with no judgement", and "Didn't know who else to speak to mum doesn't understand". CYP Crisis Line service ended in May 2021.

Children and Young People's Safe Haven

In April 2019 we started the CYP Safe Haven, the first one within the Mind network. This has been a tremendous success and the funding for this has now been extended for another year.

The CYP Safe Haven provides an out of hours crisis service for young people who live within Havant borough, enabling them to receive immediate support for their mental health in a relaxed, non-clinical atmosphere.

During the Covid-19 Pandemic CYP Safe Haven was able to continue to provide mental health and wellbeing support throughout all three national lockdowns. CYP Safe Haven started telephone support in March within one day of the first national lockdown. During this time staff worked from home and created a wide variety of resources to support young people including Covid-19 specific wellbeing resources.

In October 2020 CYP Safe Haven reopened to an appointment only service with Covid-19 measures. This includes keeping our freephone support line available as part of our service, young people have said; "Being able to do it over the phone instead of having to come in is really good and helps me".

CYP Safe Haven has continuously provided young people the skills to de-escalate emotional crisis, build resilience, safety plan to reduce risk of self-harm/suicide and learn healthy coping skills throughout the whole of the pandemic.

We understand the importance of signposting and have successfully created documents of signposting for children and young people with focus on specific areas such as LGBTQ+, wellbeing apps and grief.

Within the last year May 2020 to May 2021 the CYP Safe Haven service has been able to facilitate 220 support sessions. When young people were asked if they felt their mental health had improved, they said "showing me different ways out of a bad situation" and "finally talking to someone and being listened to".

Family Wellbeing Team
Our family team now provides a service for the whole of Hampshire.

Our Family Team have continued to cover all districts in Hampshire. We are now the only provider within the Supporting Families Programme who work Hampshire wide. We have been awarded 107 places/families for 2021-22. An additional 23 places are to be added to this; funded by VRU and through spot purchases in Basingstoke and Test Valley.

The Family Support Workers continue to offer 6-9 months intensive support to those who have been identified through the Children's Services Early Help Hub. Despite the restrictions Covid19 has brought, we are now able to provide a gradual return to face-to-face meetings/visits in Schools, gardens and in the local community. The majority of Team around the Family meetings are held virtually. This is likely to continue in the future.

Progress and outcomes are measured quarterly, Payment by results continue to be awarded once it has been identified that families have made significant and sustained progress following our intervention.

Additional funding awarded by Pears Foundation to deliver our 4Change 1-2-1 mental health support sessions. this was completed in March 21. The delivery is a child centred approach based on their priority of need, following successful outcomes; we have requested more funding from Hampshire to continue to deliver the sessions with children/young people this year. We have also been awarded funding from Connect 4 Communities, allowing us the opportunity to offer vouchers to the most vulnerable of our families. Again, very successful outcomes and feedback were received, which has very recently enabled us to receive funding for further vouchers.

Our family team has also benefitted from funding from Sport England, this funds our Active Families project:

Active Families
Active Families Programme is now in third year of four years funding from Sport England, this project works in partnership with Oarsome Chance and also Activ8Minds. 18 families joined Cohort 5, this being the largest intake so far. It supports families with mental health needs who want to become more active to improve their mental health and overall wellbeing. Referrals for this service come from schools for families who live in PO9 postcode district. Referrals are taken at two points in the year, May and November. This allows us to design a programme that meets the needs of the families that are referred to meet their aims. Each group of families is worked with for 6 months, taking part in 1:1 sessions and group sessions. Group sessions have enabled families to share their difficulties and become supportive to each other long term, building resilience within the families.

Advocacy
Despite losing the main contract from Hampshire County Council, we continue to provide services to other local authorities who have clients resident in Hampshire care homes. We are actively pursuing funding for an opportunity to provide Community Rights Advocacy in the county.

Workplace Wellbeing
We have continued to provide the service at Havant and Southdowns college and now also cover Havant and Alton colleges. We have helped them to develop their mental health policies and have provided one to one support to staff. We have also provided stands and information at various days working with the colleges to promote positive mental health.

We have also worked with several other employers, providing advice, support and training, challenging perceptions of mental health and helping to build healthy, supportive work environments

Training
We now have a dedicated training manager which has allowed us to develop our training service.
We have grown this service, providing a range of training for individuals and organisations. This has been a mix of our standard training programs and bespoke courses. We also deliver the Connect 5 course for individual and nonprofit organisations on behalf of Public Health. This is a free course that helps people feel more confident to talk about mental health and to offer supportive conversations.

Communications and Community Engagement
During this period, much of which has been spent in lockdowns or with heavy social restrictions, almost all of our interactions with local communities has been online. In the previous report (March 2019 to March 2020) we identified the growth in community activities, reputation, reach and interest in opportunities such as fundraising that was building. That financial year finished with the introduction of the first national lockdown which was hugely significant and damaging to our community and particularly fundraising activities.

Since then, we have developed our online resources, such as PDF booklets, discussion and information videos, engaged in online partnership activities and continued to support and participate in Mind Network groups, development and campaigns.

There have been some highights including:

- Being recruited to the Mind Network Engagement Group.
- Participating in the 2020 Portsmouth Pride Parade (online) and the national Mind Parade video.
- Creating the Mindful walking activity trail with Staunton Country Park and Niki from our wellbeing team
- Supporting national Mind's plans and preparations for Network Leaders Conference in November 2020 and co-hosting a discussion room at the event.
- Hosting our online Supporters Conference at Kenwood - discussing and celebrating our Mental Health First Aiders, Sports Ambassadors, Workplace Champions and Connect 5'ers. Collaborating with Hampshire FA for twitter discussions during Winter 20/21.
- Two successful small grants from Asda Waterlooville (£300 in December'20 and £400 of stock in March'21)
- Mental Health in Sport discussion with Solent University students and with Hampshire FA - https://youtu.be/qy-YjxkLPGo

We are now planning for a return to some (limited at first) face-to-face/ in person activities from July 2021, which will gradually build through Autumn 2021 to Spring 2022. Interest in our Ambassadors project and fundraising are notably increasing.

Ambassadors

- 26 Ambassadors (from 3 Cricket Clubs, 3 Rugby Clubs, 3 Independent Sports Persons, 1 Football Club, 1 Gymnastics School/ Club, 1 Hockey Club, 1 Walking Football Team).
- Current club locations include: Havant, New Milton, Petersfield, Portsmouth, Ropley.
- We work in partnership with East Hants District Council and Hampshire FA.
- 3 monthly (4 times pa) club visits moved to monthly online check-ins, providing support and an opportunity to discuss wellbeing.

eNewsletter

Our Supporters eNewsletter is a great way to keep supporters informed on the work we do and prompt them to get involved in a campaign, fundraising or to share our information. We currently have 110 eNewsletter subscribers, up from around 50 last March.

FINANCIAL REVIEW

Financial performance

Despite the loss of the main Advocacy service in this financial year, strong growth in our other operational areas, particularly Families' support and Children's services means that our revenue has continued to grow on an annualised basis. Workplace Wellbeing and Training continued to be a focus and is showing strong results. Our community outreach work and fundraising were understandably affected by the pandemic, in common with many other charities, and likewise donations were down on previous years. This is, however, not a major impact currently, though an area which we will continue to develop.

Reserves policy

Like other charities, Havant & East Hants Mind is aware of the need to secure its viability beyond the immediate future. For the long term, it must be able to absorb setbacks and to take advantage of change and opportunity. Because some believe that holding significant amounts of reserves is tantamount to hoarding it is necessary to justify and explain its reserves position. Donors are entitled to be reassured that a charity with reserves has good reasons for keeping funds in reserve and to know what those reasons are.

The Charity Commission defines reserves as income which becomes available to the charity and is to be expended at the trustee's discretion in furtherance of any of the charity's objects, but which is not yet spent, committed, or designated. Its definition therefore excludes:

Permanent endowment:	A capital fund where there is no power to convert the capital into income.
Expendable endowment:	A capital fund where the trustees have the power to convert it into income and apply it as such.
Restricted funds:	Funds subject to specific trusts.
Designated funds:	Designation is an administrative act by which trustees may earmark unrestricted funds for a particular use without restricting or committing the funds legally.
Income funds:	Can be realised only by disposing of fixed assets held for charity use.

Havant and East Hants Mind maintains a financial reserve for the following reasons:

1. Havant and East Hants Mind gratefully accepts donations and applies for grants. The Charity also takes advantage of investment income.
2. In line with the Charity Commission's recommendation the trustee consider that, in the event of Havant and East Hants Mind having to be wound up, provision for the continuation of operations for six months must be kept in reserve to allow for a proper running down.
3. The trustees consider that provision for redundancy must be kept in reserve.
4. Havant and East Hants Mind rents office space that has poor facilities. The trustees wish to improve the situation and are searching for appropriate accommodation.
5. Provision for the employees of Havant and East Hants Mind is through The Pensions Trust. Pensions liability is now included in the accounts as required by FRS102. The provision included in the accounts for 2020/21 is £5,062.

Efforts to diversify our funding streams continues to be a challenge, but NHS funding has now become a major source of income reducing our reliance on the local authority. Promised increases in government funding for mental health plus NHS resource constraints have prompted a review of service provision. This presents the voluntary sector with both opportunities and challenges which we are keen to address. More work needs to be done but the trustees are confident that the charity's future is on a more secure footing.

Reserves can only be generated and maintained by strict financial controls. An overview of the financial situation is reviewed at all Committee meetings and the trustee directors review the reserves policy as and when considered necessary and always annually.

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.

The organisation was an unincorporated association registered as a charity on 24th September 1992 under a charitable constitution. A new Charitable Company limited by guarantee was incorporated on the 26th June 2006 and registered as a charity on 7th October 2006. The company was established under a Memorandum and Articles of Association with the same area of benefit as the unincorporated association.

The charitable company started to operate on the 1st October 2006 at which point all assets were transferred from the unincorporated association to the charitable company and the charitable association has been dissolved. In the event of the company being wound up members are required to contribute an amount not exceeding £1 per member. The guidance of the Charity Commission was followed throughout this process.

The Trustee Directors of Havant and East Hants Mind are legally responsible for the overall management, control and strategic direction of Havant and East Hants Mind. They meet monthly and there are several sub-groups that meet, in addition to this, to work on identified areas such as fundraising and strategy.
The chief executive is employed to carry out operational activities and organisational management and attends each committee meeting to report on all activities.

Havant and East Hants Mind is a local charity and is affiliated to the national charity Mind (National Association for Mental Health). It consistently works in a way that promotes and upholds the values of Mind whilst maintaining its own autonomy, allowing it to respond to local needs. Havant and East Hants Mind has strong links with Mind, attends regular meetings, undertakes training, and supports campaigns at both local and national levels. The charity has been involved with National Mind's network future's group and has supported research into suicide prevention and children and young people's services. We continue to be an active participant in the national charity's engagement and research forums.

Recruitment and appointment of new trustees

The directors of the company are also charity trustees for the purpose of Charity Law.
Under the provision of the Memorandum and Articles of Association trustee directors are elected to serve for a period of three years, after which they may stand for re-election at the next Annual General Meeting.

Prospective trustees are encouraged to attend board meetings as observers prior to standing for election.

Havant and East Hants Mind is committed to ensuring a diversity of trustee directors and include those with personal experience of mental distress either directly or indirectly.

Trustees are encouraged to become familiar with the practical work of the organisation to gain insight and be better placed to serve as trustee directors.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Risk management

The executive committee is responsible for the management of risks faced by Havant and East Hants Mind.

A Risk Register is maintained and regularly reviewed by the Board. Risks are identified and assessed, and controls established to mitigate them appropriately.

Service contracts which the charity has with Hampshire County Council specify standards in all areas of work and the standards are met across all the work of the agency. They are designed to minimise risks and provide a safe and professional service to clients and a safe working environment for staff and volunteers.

Mind has its own quality standards (Mind Quality Mark (MQM)) in which Local Mind Associations (LMAs) are assessed on the quality of the services they provide and the work that they do. It describes the best practice for LMAs. It is also a tool to facilitate learning and development within the LMAs.

Havant and East Hants Mind is committed to quality and fully supports and participates in MQM. It also holds the Community Legal Service Quality Mark and the Advocacy Quality Performance Mark. As a condition of obtaining the Sport England grant a full review of quality control and governance arrangements was undertaken and we were able to fully satisfy Sport England's stringent requirements. As a condition of working in collaboration with the NHS on the Adults and Children's safe havens we were required to undertake a Data Protection Impact Assessment (DPIA) which was completed successfully.

We are signatories to, the Mindful Employers initiative.

External risks to funding continue to be monitored by the executive committee and by management. Its strategic plan aims to broaden its funding base, explore social enterprise, and prepare for personalisation. It will continue to seek out opportunities to work in partnership with other Local Mind Associations.

Key controls used are:
- Formal agendas for all committee activities
- Detailed and regular budget monitoring reports
- Comprehensive strategic planning, budgeting and management accounting
- Established organisational structure and lines of reporting
- Maintain reserves in line with policies and requirement
- Maintain compliance with Mind's quality standards
- Formal written policies reviewed a minimum of every three years.
- Safeguarding procedures as required by the law for the protection of the vulnerable.
- Comprehensive management information systems and key performance indicators.

Remuneration

Salary policy, bonuses and annual increments are approved by the remuneration sub-committee of the main trustee board. Staff salaries are set in line with NJC (National Joint Council for social work and charities) pay scales.

Fundraising

The charity actively supports individuals, community groups and employers to raise funds for it. This is done by its own staff members and the charity does not employ professional fundraisers or commercial participators. We are not currently registered with the Fundraising Regulator but are aware of and seek to comply with the Code of Fundraising Practice. There have been no complaints about any of our fundraising activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

05861345 (England and Wales)

Registered Charity number

1116301

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

Registered office
Leigh Park Community Centre
Dunsbury Way
Havant
Hampshire
PO9 5BG

Trustees

D Childs Hopkins	
J Owens	
S Southwell	
A Bell	Resigned 11 February 2021
R Watts	
K Orr	
J Mclatch	Resigned 20 July 2021
Kerry West	Appointed 11 February 2021

Chief Executive
J Parker

Company Secretary
J Parker

Auditors
P Underwood
FCCA
Morris Crocker Limited
Chartered Accountants
Statutory Auditors
Station House
North Street
Havant
Hampshire
PO9 1QU

Bankers
Natwest Bank
23 West Street
Havant
Hampshire
PO9 1EU

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of Havant and East Hants Mind for the purposes of company law) are responsible for preparing the Report of the Trustees 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

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

In so far as the trustees are aware:

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

AUDITORS

The auditors, Morris Crocker Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 19-10-2021 and signed on its behalf by:

D Childs Hopkins

D Childs Hopkins - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF HAVANT AND EAST HANTS MIND

Opinion

We have audited the financial statements of Havant and East Hants Mind (the 'charitable company') for the year ended 31 March 2021 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 2021 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.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

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
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:

From discussion with management and those charged with governance information about the entity is documented to assess the activity within the organisation. We discuss management's assessment of risk in respect of irregularities, fraud and going concern.
Based on these discussions and our own assessments we determined that the key risk areas were income recognition in respect of cut off issues concerning grant, service and donation income and management override concerning the size of the organisation.

We set financial statement materiality level based on the level of income at £29,500. As a not for profit organisation raising income is its primary focus which is why income was used to determine the level of materiality. Our overall assessment of risk was used to determine performance materiality of £26,600.

Substantive audit tests were designed after assessing and testing systems and controls. The systems and controls which have been designed to act as a preventative measure against fraud and error were operating as documented. Substantive testing tested a sample of the population, representative of the population, to identify errors. The testing did not identify any material misstatements in areas tested.

Audit substantive tests concluded no material errors over the key risk areas of income recognition and management override.

The audit considers the organisation is not exposed to material risk of error as a result of assessing laws and regulations that are appropriate to the organisation.

Management assessed there is no going concern risk. The audit undertook a review of budgets, management accounts and the review of board minutes and came to the same conclusion as management.

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 MEMBERS OF HAVANT AND EAST HANTS MIND

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



P Underwood (Senior Statutory Auditor)
for and on behalf of Morris Crocker Limited
Chartered Accountants
Statutory Auditors
Station House
North Street
Havant
Hampshire
PO9 1QU

Date: 1 November 2021

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds £	Restricted funds £	Year ended 31.3.21 Total funds £	Period 1.10.18 to 31.3.20 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	18,618	500	19,118	44,026
Charitable activities	5				
Advocacy		60,699	-	60,699	674,897
Wellbeing		304,024	195,106	499,130	549,823
Community Development		30,458	8,364	38,822	30,300
Families team		-	332,581	332,581	206,542
Children and young people		10,125	168,789	178,914	103,947
Other trading activities	3	12,706	48,240	60,946	38,804
Investment income	4	4,265	-	4,265	6,966
Total		440,895	753,580	1,194,475	1,655,305
EXPENDITURE ON					
Raising funds	6	5,320	-	5,320	5,746
Charitable activities	7				
Advocacy		64,035	214	64,249	460,911
Wellbeing		257,391	177,730	435,121	446,066
Community Development		112,240	20,157	132,397	134,814
Families team		28,905	358,634	387,539	253,080
Children and young people		20,828	114,621	135,449	120,966
Total		488,719	671,356	1,160,075	1,421,583
Net gains/(losses) on investments		35,552	-	35,552	(14,522)
NET INCOME/(EXPENDITURE)		(12,272)	82,224	69,952	219,200
Transfers between funds	20	3,616	(3,616)	-	-
Other recognised gains/(losses)					
Actuarial gains/(losses) on defined benefit schemes		(173)	-	(173)	(324)
Net movement in funds		(8,829)	78,608	69,779	218,876
RECONCILIATION OF FUNDS					
Total funds brought forward		592,130	124,429	716,559	497,683
TOTAL FUNDS CARRIED FORWARD		583,301	203,037	786,338	716,559

The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible assets	14	7,184	7,116
Investments	15	322,666	288,230
		329,850	295,346
CURRENT ASSETS			
Debtors	16	82,034	254,127
Cash at bank and in hand		970,949	243,006
		1,052,983	497,133
CREDITORS			
Amounts falling due within one year	17	(591,433)	(69,922)
NET CURRENT ASSETS		461,550	427,211
TOTAL ASSETS LESS CURRENT LIABILITIES		791,400	722,557
PROVISIONS FOR LIABILITIES	18	(5,062)	(5,998)
NET ASSETS		786,338	716,559
FUNDS	20		
Unrestricted funds		583,306	592,130
Restricted funds		203,032	124,429
TOTAL FUNDS		786,338	716,559

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on .....19..10..2021..... and were signed on its behalf by:

D Childs Hopkins.

.....

D Childs Hopkins - Trustee

The notes form part of these financial statements

HAVANT AND EAST HANTS MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Year ended 31.3.21 £	Period 1.10.18 to 31.3.20 £
Cash flows from operating activities			
Cash generated from operations	1	729,393	55,862
Net cash provided by operating activities		729,393	55,862
Cash flows from investing activities			
Purchase of tangible fixed assets		(6,831)	(4,029)
Purchase of fixed asset investments		(40,756)	(188,205)
Sale of fixed asset investments		41,872	87,586
Interest received		61	599
Dividends received		4,204	6,367
Net cash used in investing activities		(1,450)	(97,682)
Change in cash and cash equivalents in the reporting period		727,943	(41,820)
Cash and cash equivalents at the beginning of the reporting period		243,006	284,826
Cash and cash equivalents at the end of the reporting period		970,949	243,006

The notes form part of these financial statements

NOTES TO THE CASH FLOW STATEMENT FOR THE YEAR ENDED 31 MARCH 2021

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	Year ended 31.3.21 £	Period 1.10.18 to 31.3.20 £
Net income for the reporting period (as per the Statement of Financial Activities)	69,952	219,200
Adjustments for:		
Depreciation charges	6,763	9,406
(Gain)/losses on investments	(35,552)	14,522
Loss on disposal of fixed assets	-	120
Interest received	(61)	(599)
Dividends received	(4,204)	(6,367)
Decrease/(increase) in debtors	172,093	(100,812)
Increase/(decrease) in creditors	521,511	(77,933)
Difference between pension charge and cash contributions	(1,109)	(1,675)
Net cash provided by operations	729,393	55,862

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.20 £	Cash flow £	At 31.3.21 £
Net cash			
Cash at bank and in hand	243,006	727,943	970,949
	243,006	727,943	970,949
Total	243,006	727,943	970,949

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
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, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The Trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

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

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

Allocation and apportionment of costs
All costs are allocated between the expenditure categories of the statement of financial activity on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

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 - at varying rates on cost

Individual fixed assets costing £100 or more are capitalised at cost.

Taxation
The charity is exempt from corporation tax on its charitable activities.

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

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

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

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

1. ACCOUNTING POLICIES - continued

Financial instruments
The charity only enters into basic financial instruments transactions that result in the recognition of financial assets and liabilities like trade and other accounts receivable and payable investments in stocks and shares. The measurement basis used for these instruments is detailed below.

Debtors and cash at bank
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Cash at bank and in hand includes cash held on deposit or in a current account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

2. DONATIONS AND LEGACIES

	Year ended 31.3.21	Period 1.10.18 to 31.3.20
	£	£
Donations	19,118	44,026

3. OTHER TRADING ACTIVITIES

	Year ended 31.3.21	Period 1.10.18 to 31.3.20
	£	£
Student placements	4,200	14,100
Training	56,746	24,704
	60,946	38,804

4. INVESTMENT INCOME

	Year ended 31.3.21	Period 1.10.18 to 31.3.20
	£	£
Dividends received	4,204	6,367
Deposit account interest	61	599
	4,265	6,966

All investment income is derived from assets held in the United Kingdom.

continued...

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	Year ended 31.3.21 £	Period 1.10.18 to 31.3.20 £
HARG	Advocacy	60,699	674,897
Service income	Wellbeing	14,944	-
Hampshire Minds	Wellbeing	293,524	422,130
Grants	Wellbeing	190,662	127,693
Service income	Community Development	30,458	21,977
Grants	Community Development	8,364	8,323
Grants	Families team	332,581	206,542
Service income	Children and young people	4,000	5,651
Grants	Children and young people	174,914	98,296
		1,110,146	1,565,509

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

	Year ended 31.3.21 £	Period 1.10.18 to 31.3.20 £
Mind	22,898	303
Havant Borough Council	-	15,501
East Hants District Council	17,028	5,676
Hampshire County Council	239,700	119,461
HIWCF	8,000	-
Sport England	58,291	119,523
Horizon Leisure Centre	-	2,265
North East Hampshire and Farnham CCG	69,000	168,000
Communitas	-	10,125
National Lottery Community Fund	19,317	-
NHS North Hampshire CCG	95,789	-
NHS South East Hampshire CCG	176,498	-
	706,521	440,854

continued...

6. RAISING FUNDS

Investment management costs

	Year ended 31.3.21	Period 1.10.18 to 31.3.20
	£	£
Portfolio management	5,320	5,746

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 8)	Support costs (see note 9)	Totals
	£	£	£
Advocacy	62,947	1,302	64,249
Wellbeing	424,701	10,420	435,121
Community Development	129,272	3,125	132,397
Families team	379,724	7,815	387,539
Children and young people	132,062	3,387	135,449
	1,128,706	26,049	1,154,755

8. DIRECT COSTS OF CHARITABLE ACTIVITIES

	Year ended 31.3.21	Period 1.10.18 to 31.3.20
	£	£
Staff costs	897,768	1,099,420
Telephone	25,959	26,611
Postage and stationery	7,939	19,895
Club activities and sundry expenses	21,902	18,173
Rent	40,857	66,935
Travel and subsistence	3,948	58,542
Refreshments	11	1,743
Training	10,398	14,961
Subscriptions	428	-
Sub-contractor charges	108,764	52,042
Electricity	2,376	1,711
Repairs	1,458	842
Depreciation	6,763	9,406
Loss on sale of assets	-	120
Interest payable and similar charges	135	140
	1,128,706	1,370,541

continued...

9. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Advocacy	619	683	1,302
Wellbeing	4,954	5,466	10,420
Community Development	1,486	1,639	3,125
Families team	3,716	4,099	7,815
Children and young people	1,610	1,777	3,387
	12,385	13,664	26,049

Activity	Basis of allocation
Management	Headcount
Finance	Headcount
Governance costs	Headcount

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

Management

	Advocacy	Wellbeing	Community Development
	£	£	£
Insurance	320	2,563	769
Rent	103	833	250
Subscriptions	145	1,161	348
IT expenses	51	397	119
Donations	-	-	-
	619	4,954	1,486

	Families team	Children and young people	Year ended 31.3.21 Total activities	Period 1.10.18 to 31.3.20 Total activities
	£	£	£	£
Insurance	1,922	833	6,407	7,996
Rent	625	271	2,082	6,234
Subscriptions	871	377	2,902	5,742
IT expenses	298	129	994	1,547
Donations	-	-	-	36
	3,716	1,610	12,385	21,555

continued...

9. SUPPORT COSTS - continued

Governance costs

	Advocacy	Wellbeing	Community Development
	£	£	£
Auditors' remuneration	306	2,448	734
Professional and legal fees	377	3,018	905
	683	5,466	1,639

	Families team	Children and young people	Year ended 31.3.21 Total activities	Period 1.10.18 to 31.3.20 Total activities
	£	£	£	£
Auditors' remuneration	1,836	796	6,120	6,250
Professional and legal fees	2,263	981	7,544	17,491
	4,099	1,777	13,664	23,741

10. NET INCOME/(EXPENDITURE)

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

	Year ended 31.3.21	Period 1.10.18 to 31.3.20
	£	£
Auditors' remuneration	6,120	6,250
Depreciation - owned assets	6,763	9,405
Deficit on disposal of fixed assets	-	120

11. TRUSTEES' REMUNERATION AND BENEFITS

During the year no trustee director (2020: None) received remuneration (2020: £nil) for counselling services. No other benefits were received in either year.

Trustees' expenses

No trustee directors (2020: Three) received reimbursement of expenses during the year (2020: £1,768).

continued...

12. STAFF COSTS

	Year ended 31.3.21	Period 1.10.18 to 31.3.20
	£	£
Wages and salaries	819,391	1,007,176
Social security costs	60,393	71,349
Other pension costs	17,984	20,895
	897,768	1,099,420

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

	Year ended 31.3.21	Period 1.10.18 to 31.3.20
Charitable activities	41	35
Support costs	2	2
	43	37

No employee received emoluments in excess of £60,000 (2020: none).

The key management personnel of the Charity comprises of the Chief Executive Officer, Director of Advocacy, Business Development Manager and Director of Services. The total employee remuneration and benefits of the key management personnel of the charity was £175,341 (2020: £250,011) this decrease is due to the 12 month period this year compared to 18 months in 2020.

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	44,026	-	44,026
Charitable activities			
Advocacy	674,897	-	674,897
Wellbeing	422,130	127,693	549,823
Community Development	30,058	242	30,300
Families team	-	206,542	206,542
Children and young people	19,947	84,000	103,947
Other trading activities	34,987	3,817	38,804
Investment income	6,966	-	6,966
Total	1,233,011	422,294	1,655,305
EXPENDITURE ON			
Raising funds	5,746	-	5,746
Charitable activities			
Advocacy	460,352	559	460,911
Wellbeing	407,012	39,054	446,066
Community Development	129,217	5,597	134,814
Families team	5,359	247,721	253,080

continued...

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
Children and young people	54,878	66,088	120,966
Total	1,062,564	359,019	1,421,583
Net gains/(losses) on investments	(14,522)	-	(14,522)
NET INCOME	155,925	63,275	219,200
Transfers between funds	(8,720)	8,720	-
Other recognised gains/(losses)			
Actuarial gains/(losses) on defined benefit schemes	(324)	-	(324)
Net movement in funds	146,881	71,995	218,876
RECONCILIATION OF FUNDS			
Total funds brought forward	445,246	52,437	497,683
TOTAL FUNDS CARRIED FORWARD	592,127	124,432	716,559

14. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Totals £
COST			
At 1 April 2020	21,683	3,256	24,939
Additions	6,831	-	6,831
Disposals	(3,676)	-	(3,676)
At 31 March 2021	24,838	3,256	28,094
DEPRECIATION			
At 1 April 2020	16,196	1,627	17,823
Charge for year	6,274	489	6,763
Eliminated on disposal	(3,676)	-	(3,676)
At 31 March 2021	18,794	2,116	20,910
NET BOOK VALUE			
At 31 March 2021	6,044	1,140	7,184
At 31 March 2020	5,487	1,629	7,116

continued...

15. FIXED ASSET INVESTMENTS

	Listed investments £
MARKET VALUE	
At 1 April 2020	288,230
Additions	40,756
Disposals	(41,872)
Revaluations	35,552
At 31 March 2021	322,666
NET BOOK VALUE	
At 31 March 2021	322,666
At 31 March 2020	288,230

There were no investment assets outside the UK.

Cost or valuation at 31 March 2021 is represented by:

	Listed investments £
Valuation in 2021	35,552
Cost	287,114
	322,666

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade debtors	66,107	61,505
Other debtors	15,927	192,622
	82,034	254,127

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Trade creditors	5,292	40,797
Deferred income	576,523	23,125
Accrued expenses	9,618	6,000
	591,433	69,922

	2021 £	2020 £
Brought forward	23,125	73,137
Amount released to incoming resources	(23,125)	(63,012)
Amount deferred in year	576,523	13,000
Carried forward	576,523	23,125

continued...

18. PROVISIONS FOR LIABILITIES

	2021	2020
	£	£
Provisions	5,062	5,998

A full actuarial valuation for the scheme was carried out at 30 September 2017. This valuation showed assets of £794.9m, liabilities of £926.4m and a deficit of £131.5m. To eliminate this funding shortfall, the Trustees and the participating employers have agreed that additional contributions will be paid.

Where the scheme is in deficit and where the company has agreed to a deficit funding arrangement the company recognises a liability for this obligation. The amount recognised is the net present value of the deficit reduction contributions payable under the agreement that relates to the deficit. The present value is calculated using the discount rate detailed in these disclosures. The unwinding of the discount rate is recognised as a finance cost.

Reconciliation of opening and closing provisions

	Period Ending 31 March 2021	**Period Ending** 31 March 2020
	£	£
Provision at start of period	5,998	7,276
Unwinding of the discount factor (interest expense)	135	93
Deficit contribution paid	(1,244)	(1,208)
Remeasurements - impact of any change in assumptions	173	(163)
Remeasurements - amendments to the contribution schedule	-	-
Provision at the end of period	5,062	5,998

Income and expenditure impact

	Period Ending 31 March 2021	**Period Ending** 31 March 2020
	£	£
Interest expense	135	93
Remeasurements - impact of any change in assumptions	173	(163)
Remeasurements - amendments to the contribution schedule	-	-

Assumptions

	31 March 2021% per annum	31 March 2020% per annum	31 March 2019% per annum
Rate of discount	0.66	2.53	1.39

The discount rates shown above are the equivalent single discount rates which, when used to discount the future recovery plan contributions due, would give the same results as using a full AA corporate bond yield curve to discount the same recovery plan contributions.

continued...

19. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
Fixed assets	7,184	-	7,184	7,116
Investments	322,666	-	322,666	288,230
Current assets	297,251	755,732	1,052,983	497,133
Current liabilities	(38,733)	(552,700)	(591,433)	(69,922)
Provision for liabilities	(5,062)	-	(5,062)	(5,998)
	583,306	203,032	786,338	716,559

20. MOVEMENT IN FUNDS

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	592,130	(12,440)	3,616	583,306
Restricted funds				
In Sync Project	7,820	-	(7,820)	-
Low Int Support Families	10,244	-	(10,244)	-
Crisis Care	-	52,959	-	52,959
East Hants	(782)	20,643	-	19,861
0-19 Project	-	(3,766)	3,766	-
Supporting Families	(2,631)	(21,703)	10,244	(14,090)
HIWCF	(48)	(390)	438	-
Sport England	14,979	(14,922)	-	57
CYP Safe Haven	34,275	11,134	-	45,409
Connect 5	(1,457)	30,500	-	29,043
Adult Safe Haven	62,029	918	-	62,947
Covid vaccine project	-	3,310	-	3,310
STF- Lottery funded	-	256	-	256
Winter grant	-	495	-	495
CYP Motiv8	-	2,785	-	2,785
	124,429	82,219	(3,616)	203,032
TOTAL FUNDS	716,559	69,779	-	786,338

continued...

20. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	440,895	(488,714)	35,379	(12,440)
Restricted funds				
Crisis Care	95,790	(42,831)	-	52,959
East Hants	24,029	(3,386)	-	20,643
0-19 Project	-	(3,766)	-	(3,766)
Supporting Families	237,274	(258,977)	-	(21,703)
HIWCF	8,000	(8,390)	-	(390)
Sport England	58,291	(73,213)	-	(14,922)
CYP Safe Haven	68,999	(57,865)	-	11,134
Connect 5	48,239	(17,739)	-	30,500
Adult Safe Haven	176,497	(175,579)	-	918
Covid vaccine project	3,444	(134)	-	3,310
STF- Lottery funded	19,317	(19,061)	-	256
Winter grant	9,700	(9,205)	-	495
CYP Motiv8	4,000	(1,215)	-	2,785
	753,580	(671,361)	-	82,219
TOTAL FUNDS	1,194,475	(1,160,075)	35,379	69,779

Comparatives for movement in funds

	At 1.10.18 £	Net movement in funds £	Transfers between funds £	At 31.3.20 £
Unrestricted funds				
General fund	445,246	155,604	(8,720)	592,130
Restricted funds				
In Sync Project	7,820	-	-	7,820
Low Int Support Families	15,200	(4,956)	-	10,244
East Hants	-	(782)	-	(782)
0-19 Project	6,874	(15,594)	8,720	-
Supporting Families	9,171	(11,802)	-	(2,631)
HIWCF	751	(799)	-	(48)
Sport England	12,621	2,358	-	14,979
CYP Safe Haven	-	34,275	-	34,275
Connect 5	-	(1,457)	-	(1,457)
Adult Safe Haven	-	62,029	-	62,029
	52,437	63,272	8,720	124,429
TOTAL FUNDS	497,683	218,876	-	716,559

continued...

20. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	1,233,011	(1,062,561)	(14,846)	155,604
Restricted funds				
Low Int Support Families	-	(4,956)	-	(4,956)
East Hants	1,495	(2,277)	-	(782)
0-19 Project	15,000	(30,594)	-	(15,594)
Supporting Families	114,219	(126,021)	-	(11,802)
HIWCF	-	(799)	-	(799)
Sport England	119,524	(117,166)	-	2,358
CYP Safe Haven	69,000	(34,725)	-	34,275
Connect 5	4,057	(5,514)	-	(1,457)
Adult Safe Haven	98,999	(36,970)	-	62,029
	422,294	(359,022)	-	63,272
TOTAL FUNDS	1,655,305	(1,421,583)	(14,846)	218,876

continued...

20. MOVEMENT IN FUNDS - continued

In Sync Project - Grant from National Mind to develop a whole school approach to mental health in one primary and one secondary school in the Leigh Park area.

Low Int Support Families - Grants from local councillors plus Zurich Insurance for families support.

Crisis Care - MCP project funded by SEH CCG to support mental health patients at GP surgeries.

East Hants - MCP project funded by East Hants District Council to support mental health patients at GP surgeries.

0-19 Project - Young persons' project funded by Havant Borough Council.

Supporting Families - Local implementation of national Troubled families project, funded by Hampshire County Council.

HIWCF - This was an £8k Covid relief grant for families requiring support during lockdown. Havant and East Hants Mind purchased items up to £250 per family.

Sport England - Sport England funds the Active Families project. This project supports families with mental health nees who want to become more active to improve their mental health and overall wellbeing.

CYP Safe Haven - The CYP Safe Haven provides an out of hours crisis service for young people who live within Havant borough, enabling them to receive immediate support for their mental health in a relaxed, non-clinical atmosphere.

Connect 5 - Havant and East Hants Mind deliver the Connect 5 course for individual and nonprofit organisations on behalf of Public Health. This is a free course that helps people feel more confident to talk about mental health and to offer supportive conversations.

Adult Safe Haven - The Adult Safe Haven is for any adult needing immediate support at a time in crisis.

STF - Lottery Funded - This was a grant from the National Lottery to provide Covid support to the Supporting Families project. It relates to the Bridge the Gap project.

Winter Grant - This was a grant from HCC to defray the cost of PPE and similar expenditure due to Covid.

CYP Motiv8 - This was an initial payment for set up costs for a Lottery funded project working with children and young adults - it is a JV with Havant and East Hants Mind and Motiv8. This will be shown in future accounts as the Lighthouse project. The project commences September 2021.

Any funds in deficit have sufficient funding in the next financial year to fund this shortfall.

Transfers between funds

The transfers from restricted to unrestricted funds relate to funds on which restrictions have been satisfied and therefore are no longer considered to be restricted funds.

continued...

21. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

22. ULTIMATE CONTROLLING PARTY

During the year the charitable company was under the control of its members, no one member has overall control.

23. REPORTING PERIOD

The reporting period increased to 18 months in 2020 due to the extension in year end from September 2018 to March 2020 and therefore the comparative amounts presented in the accounts are not entirely comparable. The year was changed to align the year end with local authority grant making standard practice. The charity had legal authority to change its reporting period.