

# Teesside Mind Limited

England & Wales · Charity number 1118098

## Details

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Other names	MIDDLESBROUGH AND STOCKTON MIND LIMITED, MIDDLESBROUGH MIND LIMITED, MIDDLESBROUGH AND STOCKTON MIND
Status	Registered
Legal form	Charitable company
Company number	<a href="#">05884630</a>
Registered	2007-02-23
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	The Mind Centre 90-92 Lothian Road Middlesbrough TS4 2QX
Phone	01642257020
Email	<a href="mailto:info@middlesbroughandstocktonmind.org.uk">info@middlesbroughandstocktonmind.org.uk</a>
Website	<a href="http://www.middlesbroughandstocktonmind.org.uk">www.middlesbroughandstocktonmind.org.uk</a>

## Activities

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**Objects:** TO PROMOTE THE PRESERVATION OF GOOD MENTAL HEALTH IN PARTICULAR BY ENABLING AND EMPOWERING EVERYONE EXPERIENCING MENTAL HEALTH PROBLEMS TO LIVE WITH, MANAGE AND RECOVER FROM THEIR CONDITION. TO RELIEVE THE NEEDS OF PEOPLE WITH MENTAL HEALTH PROBLEMS BY WORKING TO INCREASE THE UNDERSTANDING OF MENTAL HEALTH AND MENTAL HEALTH PROBLEMS BY GATHERING AND DISSEMINATING INFORMATION AND WORKING TO RAISE AWARENESS, PROMOTE UNDERSTANDING AND CHALLENGE STIGMA AND DISCRIMINATION

**Activities:** We provide information and support to anyone affected by mental health problems and their families.

## Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups

## Geography

- **Area of benefit:** NOT SPECIFIED, IN PRACTICE MIDDLESBROUGH AND STOCKTON ON TEES
- Hartlepool
- Middlesbrough
- Redcar And Cleveland
- Stockton-on-tees

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£5,076,844	£5,137,012	£2,758,326	170
2024-03-31	£5,878,469	£5,418,465	£2,818,494	174
2023-03-31	£4,451,355	£4,788,616	£2,358,490	165
2022-03-31	£3,964,235	£3,738,015	£2,695,751	145
2021-03-31	£4,081,543	£3,784,345	£2,469,531	120

## Trustees

Name	Role	Appointed
Ruth Smith	Chair	2019-10-01
Angela Turley		2024-07-15
Carl Bashford		2025-01-30
David Williams		2022-03-14
Gary Emerson		2020-09-14
Graham Lyons		2024-07-15
Metab Hussain		2019-03-10
Nicola Wass		2022-03-14

**Teesside Mind Limited**

England & Wales - Charity number 1118098

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# Accounts

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# Teesside Mind Limited

Our vision is that the people of Teesside enjoy good mental health, enabling them to lead full and happy lives.

## Trustees' Annual Report and Accounts

For the year ended 31 March 2025

**Charity number 1118098**

**Company Limited by Guarantee number 5884630**

Registered office:

The Mind Centre, 90-92 Lothian Road, Middlesbrough TS4 2QX

Telephone: 01642 257020

Email: [info@teessidemind.org.uk](mailto:info@teessidemind.org.uk)

Website: [www.teessidemind.org.uk](http://www.teessidemind.org.uk)

## Report of the trustees for the year ending 31 March 2025 (including directors' report)

The trustees are pleased to present their annual report together with the financial statements of the charity for the year ending 31 March 2025, which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

### Public benefit, objectives, and activities

#### Public Benefit

The charity's activities have been undertaken with due regard to the guidance published by the Charity Commission on public benefit.

#### Objectives

The objects of Teesside Mind under its Memorandum and Articles of Association are:

- promote the preservation of good mental health, by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition
- relieve the needs of people with mental health problems by working to increase understanding of mental health and its associated problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

Teesside Mind's overall vision is for the people of Teesside to enjoy good mental health, enabling them to lead full and happy lives.

Our purpose is to deliver activities, projects and services that support individuals to improve their mental health and help address the underlying causes of poor emotional and mental health, particularly for those in the poorest health and worst social circumstances.

Our vision and purpose remain constant, but what we deliver changes all the time, as we innovate, gather new insights, learn from others, secure new funding and develop our approach.

In our strategy, we aim to achieve a balance between ambition and sustainability.

We continue to work as part of the Mind network across England and Wales towards our shared ambitions and goals.

#### Activities

Our plans during the year focussed on working in partnership with other organisations to meet increasing need for mental health support. We did this without the level of resourcing really needed. The Government's Darzi review recognised that "There is a fundamental problem in the distribution of resources between mental health and physical health. Mental health accounts for more than 2 per cent of the disease burden but less than 10 per cent of NHS expenditure".

The projects and services provided during the year included:

- **Advocacy** – We provided Independent Mental Health Advocacy, Independent Mental Capacity Advocacy, Care Act Advocacy, Relevant Person's Representative Advocacy and General / non-statutory advocacy to ensure people's rights were upheld, they were equipped with the information they needed to make decisions about their care and had their voices heard in relation to their treatment and futures.
- **Appropriate Adult** – We recruited, trained and managed a team of volunteer Appropriate Adults who were on call to Cleveland Police custody service to support vulnerable adults who are being detained or questioned by the police.
- **Arts and Minds** – In partnership with Stockton ARC, we delivered an arts, crafts and social programme to support wellbeing through creativity, skills development and social contact. This project ended during the year.
- **Be Heard** – We established two Be Heard drop-ins in Guisborough and Thornaby which provided safe spaces for young people aged 11-16 who experienced mental health difficulties to feel listened to and understood.

- **Carers' support** – We provided information, emotional and practical support for families and friends (unpaid carers) of people experiencing mental health problems. We worked with GPs and the wider primary care workforce to enable them to better identify carers and refer them on to community services available to support them.
- **Children, young people and their families** – We provided evidence-based psychoeducation, emotional wellbeing support and psychological therapies to children and young people experiencing mild to moderate emotional difficulties and mental health problems, most often in a school setting.
- **Community Mental Health Transformation** – In three localities, we supported the national NHS agenda on transformation of community mental health. In Middlesbrough, we led a partnership of seven local voluntary organisations working alongside the NHS and Local Authority to provide voluntary sector support for people in need of community mental health services, focusing on people experiencing severe difficulties. In Redcar and Cleveland, we were a delivery partner supporting people within the local partnership. In Stockton-on-Tees, we contributed to the planning of new community services through the Steering Group.
- **Dementia Outreach and Advisory Service** – We provide dementia information and advice to people living with Dementia, their families and wider communities across Redcar and Cleveland.
- **Financial difficulties** – We worked with Mind, local Trussell Trust foodbanks and local Citizens Advice to develop a joined-up response to people experiencing mental health difficulties and money problems called Help through Hardship. We worked with Mind to develop and deliver a package of support for people experiencing mental health issues and money worries, called Money and Me. These projects ended during the year.
- **Maternal Mental Health** – We delivered a prototype service in partnership with the NHS and Ways to Wellness to provide link worker support and peer support for pregnant women and women with babies aged under two years. This project ended in September 2024.
- **Off the Scales** - We developed an alternative approach to traditional and commercial 'weight management' programmes with people for whom these have never worked, focusing on an individual's relationship with food and self-image. The aim is to support people to make positive and sustainable changes, which will improve their health and wellbeing, regardless of their body size. We piloted the programme through our Recovery College.
- **Talking Therapies for Anxiety and Depression, Employment Advisers and Recovery Support** (Impact on Teesside) – We worked in partnership with Alliance Psychological Therapies to deliver NHS Talking Therapies for Anxiety and Depression, employment adviser support and community mental health recovery support across Teesside. We delivered wellbeing courses through the Recovery College. We trained people with lived experience of mental health problems to volunteer as college co-tutors and to provide peer support.
- **Redcar and Cleveland Wellbeing service** – We provided person-centred mental health and wellbeing support to residents of Redcar and Cleveland. Through one to one emotional and practical support and community-based groups, we ensured that the support we offered was accessible to those who needed it.
- **Social Prescribing** – we provided Social Prescribing Link Worker support for people registered with GP practices across three Primary Care Networks in Middlesbrough and one in Stockton-on-Tees. We provided person-centred, holistic support based on the 'What matters to me' approach, addressing broad health and social issues and connecting people with community-based services and activities that were of interest and benefit to them.
- **Supported Self-Help** – We provided six-week guided programmes over the phone to help people understand and manage their feelings. It incorporated listening, emotional support, goal setting and Cognitive Behavioural Therapy-style tools.
- **Workplace wellbeing and private counselling services** – We provided tailored consultancy and designed and delivered customised mental health programmes for employers and their workforces. We provided paid therapy service to respond to employee and employer needs.

## Volunteering

During the year, our Charity was supported by 55 people undertaking formal volunteering roles. They contributed 2,104 hours of their time through volunteering. In addition, many people also contributed informally by volunteering at one-off fundraising events or other pop-up volunteering opportunities.

Feedback from volunteers included:

"I wanted to do something worthwhile that would genuinely benefit the community. This role felt like the perfect fit."

"Having worked in mental health, the role felt like a natural fit. It gave me a real sense of purpose again, and I knew I was doing something meaningful to support others."

"What I love about it is the flexibility. I have a busy lifestyle, but I can still fit this in. It's a role you take on because you want to, not because you have to — and that makes all the difference."

"The support I've had has been amazing. The team of volunteers feels like a little family. We help and encourage each other, and that makes all the difference."

## **Fundraising**

We are incredibly grateful for the support received from individual donors, corporate partners, and community fundraisers throughout the year. Their contributions played a vital role in sustaining our services and extending our reach across Teesside. Our fundraising team continued to expand its portfolio of activities to generate unrestricted income and raise awareness of Teesside Mind's work. New initiatives such as festival fundraising and match-funding campaigns were introduced, and strong emphasis was placed on building lasting relationships with donors and supporters. This approach ensured that contributors understood the impact of their efforts and felt connected to the organisation's mission.

Fundraising activities were coordinated directly by our team, with no involvement from professional fundraisers or commercial participants. All direct marketing was managed in-house to ensure it remained appropriate and respectful. We are pleased to report that no complaints were received regarding fundraising activity during the year.

Success included:

- Daniel Watson and family completed the national three-peaks challenge in his Mum's memory raising over £5,000.
- Corporate support continued to grow, with double the number of local businesses supporting compared to the previous year. Corporate donations included £5,000 from Platinum Partner Vision Building Services and £4,870 from Glanbia Performance Nutrition.
- We were delighted to be chosen as Jacksons Law Firm's Charity of the Year, a partnership which included colleagues volunteering, donations in-kind towards our Be Heard youth drop-in service and a Golf Day, the £2,000 raised from which was match-funded.
- A week-long Christmas match-funding campaign through the Big Give platform, and championed by The Monday Charitable Trust, raised £21,200.
- Our schools programme of Colour Runs and Mental Elf Runs grew considerably, raising £16,000 and £23,000 respectively from 24 different schools' events. Local business Forrest Digital sponsored a series of 16 wellbeing assemblies throughout the year.
- The Middlesbrough Half Marathon, a new challenge event in our portfolio, raised over £4,000 at the year end, including match-funding from CF Fertilisers.

## Achievements and performance

Over the past year, we provided support services to more than 15,000 individuals through our community, schools and workplace programmes (2024: 10,500) and reached over 17,000 people through our Impact on Teesside partnership (2024: 17,000). This represents a significant achievement and is a testament to the dedication and professionalism of our staff and volunteers.

Within Impact on Teesside, over 800 individuals received one-to-one support through our Recovery and Foundations team and Recovery College, led by Teesside Mind. These services empowered people to make meaningful changes in their lives and pursue new personal goals.

We continued to deliver NHS-funded social prescribing services in collaboration with local Primary Care Networks (PCNs). Our current partnerships include Central Middlesbrough PCN, Holgate PCN, Greater Middlesbrough PCN, and BYTES PCN, covering 24 GP practices and employing 25 Social Prescribing Link Workers. During the year, we supported 3,400 individuals, with an average reported improvement in wellbeing of 79.5%. Our delivery model remained diverse and inclusive, offering drop-in sessions, walking groups, bereavement cafés and workshops, arts and crafts groups, and non-clinical healthy lifestyle pathways.

One service user, Sarah, shared her experience:

“I was in a bad place and felt totally lost.”

With support from a Social Prescriber, Sarah began to open mail she had avoided for months, including court notices related to unpaid Council Tax. Her Social Prescriber helped her engage with the relevant services and establish a payment plan. Through sessions focused on organisation and confidence-building, Sarah secured a new job and regained control of her life.

Our Children and Young People's team continued to collaborate with stakeholders to meet increasing demand. The team worked directly with primary and secondary schools across Teesside. Our Schools in Mind service supported over 570 children and young people on a one-to-one basis, with 86% demonstrating meaningful progress towards their individual goals, as evidenced through the Child Outcomes Research Consortium.

A parent commented:

“My daughter's confidence has come on leaps and bounds since meeting you – thank you for all your guidance, patience and advice. She's happy and comfortable in her own skin and feels less socially awkward. It's lovely to see how her emotional resilience has improved over the last few weeks.”

We provided essential support to carers of individuals with mental health challenges, as well as carers managing their own wellbeing. Services included one-to-one emotional wellbeing sessions, practical coaching, advice, and facilitated peer support groups in Middlesbrough and Redcar. Support was delivered via face-to-face, telephone, and video sessions, complemented by community outreach and events. The service responded to increased referrals, enhanced its neurodiversity awareness, and adopted simplified, relatable communication. We expanded our reach to include groups within Roseberry Park Hospital and local GP surgeries. Case studies demonstrate improved emotional wellbeing, increased independence, and reduced isolation among carers facing complex challenges.

In its first year, the Dementia Advice and Outreach Service (DAOS) delivered a broad range of support including tailored one-to-one wellbeing sessions, telephone advice, community outreach, monthly newsletters, and the evidence-based Strategies for Relatives (START) programme. Peer support groups were established and expanded across community venues, and accessible service information and resources were developed. Additional funding enabled the recruitment of a new team member, allowing START to be delivered by trained volunteers and increasing community reach. Future plans include developing services for younger people with dementia, expanding volunteer-led START groups, and adapting services for those in the early stages of dementia.

Our Workplace Wellbeing service provided consultancy and bespoke mental health and wellbeing training to a range of public and private sector organisations across Teesside, including Stockton Borough Council, Glanbia, and Johnson Matthey. We introduced new workshops based on common themes identified by organisations and launched free monthly webinars on a variety of topics. We also developed partnerships with the Chamber of Commerce, CIPD, and local VCSE organisations.

Feedback from a training delegate at Fujifilm included:

"The course was very informative. We had a great instructor with a beautiful attitude towards mental health and an obvious passion for the topic and teaching others."

**Sue was supported by our Recovery team and shared her story with us. (The name of the individual has been changed).**

"I want to say thank you so, so much. I haven't had the best experiences with mental health professionals in the past, I wasn't the best person to deal with and it was a bit like a rollercoaster from one week to the next, but I always felt like they [our staff] never lost patience, and they never gave up. I always feared the worst, but they never judged, they always tried to understand, and they never fobbed me off or tried to get me to 'move forward'.

They listened to what mattered to me and made me feel heard for the first time in a long time, they're part of a very small handful of people that ever have. Instead of being taught that everything was a symptom of BPD and feeling that every emotion was wrong or an overreaction, like I was faulty, a problem patient, a bad person, lazy and didn't want to put the work in, wanted others to fix me, manipulative, a silly little girl and badly behaved - they helped me to feel like it was ok to feel again and they helped me to understand why I was feeling that way, they made me feel completely the opposite to everything I've felt over the previous years. They made me feel like I mattered, that how I felt mattered, that the things that were important to me mattered, how I reacted mattered, everything I'd been through mattered. Like I was a person again.

I'd got to the point where I felt so embarrassed and ashamed to even say my own name because I felt like everywhere I went it was 'oh it's her again, what's the problem this time' and constantly just wanted to disappear and start again somewhere nobody knew me, but I'm slowly learning to say it again. They helped me to feel like it was ok to stand up for myself again and helped me learn to tell the difference between when to fight and when to give in. Helped me learn not to give up, like I was allowed to have a say and instead of the false 'you're in control of your own life and you have choices'. I actually do feel like I have control over my own life and I have choices now. I can leave things and people behind that aren't good for me and I don't need to lash out or show them how angry I am anymore.

Instead of giving me false hope, they gave me real confidence. Yes, I still have issues and still have bad days, but I feel like I have the confidence to take on the world now and to tackle the bad days without giving up. For the first time in a long time, I feel like I don't need anybody to save me, I can save myself -but if this amazing lady and this service hadn't come into my life, I know for certain I wouldn't have my son back in my life again now and in all probability I wouldn't be alive. For the first time in a long time, I can say 'I won't be back' with confidence, and for a good reason. Thank you so much from me and thank you so much for giving my mam his son back."

## Financial review

### Financial Review

The charity's total income for the financial year was £5,076,844, representing a decrease of £801,625 compared to the previous year (2024: £5,878,469). This reduction comprises a £384,581 decline in unrestricted income and a £417,044 decrease in income from restricted funded projects.

Total expenditure for the year amounted to £5,137,012, a reduction of £281,453 from the previous year (2024: £5,418,465). This includes a £147,572 increase in service delivery costs funded through unrestricted and designated funds, offset by a £429,025 decrease in spending on restricted funded projects.

### Reserves Policy

In accordance with Charity Commission guidance, the charity maintains a Reserves Policy based on a realistic assessment of future liabilities. During the year, the Trustees reviewed the policy and reaffirmed the approach of holding general reserves at £1,480,000 (2024: £1,480,000), with any surplus at year-end allocated to designated reserves for infrastructure investment and service innovation. The policy is reviewed by the Board on a six-monthly basis. At year-end, the charity held free reserves of £1,245,704.

While recognising the ongoing economic uncertainty in 2025, the Trustees remain committed to using a proportion of reserves to advance the charity's objectives. In response to increasing demand and pressure on services, the Trustees identified young people as a priority area for additional support.

### Designated Funds

Designated reserves stood at £1,128,864 at year-end, in line with the revised policy. This includes £36,967 allocated to the Capital Asset Fund, representing investment in the refurbishment of the Lothian Road premises, which is being amortised over the lease term.

A three-year plan is in place for the use of designated funds, focusing on infrastructure development, volunteer support, and enhanced services for young people. Expenditure from designated funds during the year totalled £80,705.

### Social and Financial Investment

The charity holds one social investment through an agreement with Mind Matters (Trading Activities) Limited, providing capital in exchange for a share of surplus. Financial investments are managed to achieve optimal returns within an acceptable risk profile, taking into account administrative costs.

## Plans for the future

Over the next three years, our strategic focus will centre on addressing the root causes and consequences of poor mental health across Teesside, with particular attention to economic inequality, young people's mental health, and social isolation. We will continue to strengthen adult services through deeper integration with Tees, Esk and Wear Valley NHS Foundation Trust (TEWV) and expansion of peer support and crisis alternatives, including support for hospital discharge. Our commitment to NHS-funded services will be sustained and scaled across Teesside, with a proactive approach to anticipated reforms under the NHS 10-year Plan. In primary care, we will maintain our leadership in social prescribing and Talking Therapies, while preparing for the development of Neighbourhood Hubs. For children and young people, we aim to enhance digital support, expand drop-in services, and explore opportunities through Youth Hubs and the National Youth Strategy. We will also grow our dementia support offer and collaborate with TEWV to improve services for older adults. Recognising the financial constraints faced by all public services, we will seek innovative ways to deliver public health initiatives and community-based services in partnership with statutory bodies. Our strategy will be shaped by lived experience, volunteer insight, and stakeholder engagement, ensuring our services remain responsive, inclusive, and impactful.

## Reference and administrative information

Charity name	Teesside Mind Limited
Operating name	Teesside Mind
Charity registration number	1118098
Company registration number	05884630
Registered office	The Mind Centre 90-92 Lothian Road Middlesbrough TS4 2QX
Bankers	Virgin Money Central Branch Linthorpe Road Middlesbrough TS1 1RF
Investment Platform	Insignis
Auditors	Baines Jewitt Limited Statutory Auditors Spitfire House, 19 Falcon Court Preston Farm Industrial Estate Stockton-on-Tees TS18 3TU

The Directors of the charitable company are its trustees for the purpose of Charity Law. The Trustees and Chief Executive serving during the year and since the year end were as follows:

Trustees	Carl Bashford (appointed 30 January 2025) Sue Cash Gary Emerson Metab Hussain Graham Lyons (appointed 15 July 2024) Ruth Smith Thomas Smith Girija Taylor Angela Turley (appointed 15 July 2024) Nicola Wass David Williams
Chair:	Ruth Smith
Vice Chair:	Gary Emerson
Treasurer:	David Williams
Chief Executive:	Emma Howitt
Senior Leadership Team:	Kerry Robinson, Deputy Chief Executive Simon McKnight, Finance Manager

## Structure, Governance and Management

### Legal Status and Governing Document

Teesside Mind Limited is a charitable company limited by guarantee, incorporated on 24 July 2006. The organisation is governed by its Memorandum and Articles of Association, which set out its charitable objectives and operational framework.

### Trading Subsidiary

Teesside Mind Limited has a trading subsidiary, Middlesbrough & Stockton Mind Trading Limited. This company did not engage in any trading activity during the financial year and is not expected to do so in the foreseeable future.

### Appointment and Induction of Trustees

Trustees are recruited through public and targeted advertisements to ensure a diverse mix of skills, experience, and representation of the local community. Trustees are appointed for a three-year term, after which they retire. Retiring trustees may be reappointed. No external body has the authority to appoint trustees.

New trustees receive a comprehensive induction covering their legal responsibilities under charity and company law. This includes access to the Memorandum and Articles of Association and other key governance documents. Trustees are encouraged to participate in relevant internal and external training opportunities to support their contribution to the charity's work.

### Organisational Structure

The Board of Trustees meets six times per year to oversee governance and strategic direction. Operational responsibility is delegated to the Chief Executive, who leads the implementation of the strategic plan, manages staff, and oversees fundraising. The Chief Executive reports regularly to the Board and is supported by the Senior Leadership Team.

### The Mind Network and Related Parties

Teesside Mind is a member of the Mind network through the Mind Federation Agreement. This affiliation does not affect Teesside Mind's operational policies. The organisation plays an active role in influencing wider systems and services for the benefit of people experiencing mental health challenges, drawing on local insight and lived experience. This is achieved through participation in multi-agency partnerships and by empowering individuals and families to raise issues themselves.

### Pay Policy for Senior Staff

The Senior Leadership Team is considered the key management personnel responsible for the day-to-day operation of the charity. Their remuneration is reviewed annually and benchmarked against comparable roles within the local and regional voluntary sector.

All trustees serve in a voluntary capacity and received no remuneration during the year. Details of trustee expenses are disclosed in Note 13 to the accounts.

## Risk management

### Risk Management

The Board of Trustees recognises that the principal risks facing the charity stem from the increasingly uncertain public service funding environment. This includes the growing demand for mental health support, pressure on statutory services, and the limited resources available to meet these needs. These challenges have implications for both the charity's current operations and its strategic direction over the next five to ten years.

To manage these risks effectively, the charity has established a robust risk management framework. Key elements include:

- Six-monthly reviews of strategic risks and mitigation plans at Trustee and Senior Leadership Team meetings.
- Regular updates to the Risk Register, ensuring emerging risks are identified and addressed promptly.
- Detailed risk management plans for priority areas.
- Trustee oversight through the Finance, HR and Quality and Safety sub-groups.
- Annual business and service/project planning to align operational activity with strategic priorities.
- Sound financial management processes to support sustainability and resilience.

All major risks have been reviewed, and appropriate systems and procedures are in place to monitor and mitigate them. The Board remains committed to maintaining a proactive and responsive approach to risk management, ensuring the charity can continue to deliver high-quality mental health support to the communities it serves.

## Statement of Trustee Responsibilities

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

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and 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 auditor is 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 auditor is aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

**Approved by the Board of Trustees on Monday 10th November 2025 and signed on its behalf by Ruth Smith.**

*R. M. Smith*

**Ruth Smith, Chair of Board of Trustees**

## Independent Auditor's Report to the Members of Teesside Mind Limited

### Opinion

We have audited the financial statements of Teesside Mind Limited (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities including Income and Expenditure Account, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 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 'Auditor's 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 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 regard to going concern are described in the relevant sections of this report.

### Other Information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. 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. 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 course of 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.

## Opinion on Other Matter 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 trustees' report which includes the directors' report prepared for the purpose of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

## Matters on which we are Required to Report by Exception

In the light of our 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 directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which 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/directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

## Responsibilities of Trustees

As explained more fully in the trustees' responsibilities statement set out on page 10, the trustees (who are also the directors of the charitable company for the purposes of charity law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

## Auditor's Responsibilities for the Audit of the Financial Statements

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

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

Based on our understanding of the charitable company, we identified that the principal risks of non-compliance with laws and regulations related to Company and Charity law, and we considered the extent to which non-compliance might have a material effect on the financial statements.

We evaluated management's opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls). Audit procedures performed by the engagement team include:

- enquiring of management concerning actual and potential litigation and claims;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- testing the appropriateness of journal entries and other adjustments;
- assessing whether the judgements made in making accounting estimates were indicative of a potential bias; and
- reviewing minutes of meetings of those charged with governance.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely it is that we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

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](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

## **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 auditor's 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.



**Mrs A Cowley FCA (Senior Statutory Auditor)**  
**for and on behalf of Baines Jewitt Limited**  
**Statutory Auditors**  
**Spitfire House**  
**19 Falcon Court**  
**Preston Farm Industrial Estate**  
**STOCKTON-ON-TEES**  
**TS18 3TU**

**Dated:** 15 December 2025

**AC/GW**

**Statement of Financial Activities**  
(including summary income and expenditure account)

For the year ended 31 March 2025

	Note	Unrestricted Funds £	Restricted Funds £	24/25 Total Funds £	Unrestricted Funds £	Restricted Funds £	23/24 Total Funds £
<b>Income</b>							
<b>Income from donations and legacies</b>							
- Donations		129,872	-	129,872	109,082	-	109,082
- Assets transferred from Redcar & Cleveland Mind	20	-	-	-	261,562	125,000	386,562
<b>Income from charitable activities</b>							
- Contracts and grants receivable	2	4,657,691	217,567	4,875,258	4,801,382	509,611	5,310,993
<b>Income from investments</b>							
- Interest received		46,714	-	46,714	61,832	-	61,832
<b>Other income</b>							
- Gain on revaluation of investment property		-	-	-	10,000	-	10,000
- Profit on disposal of freehold property		<u>25,000</u>	<u>-</u>	<u>25,000</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>Total Income</b>		<u>4,859,277</u>	<u>217,567</u>	<u>5,076,844</u>	<u>5,243,858</u>	<u>634,611</u>	<u>5,878,469</u>
<b>Expenditure</b>							
Expenditure on charitable activities	3	<u>4,942,919</u>	<u>194,093</u>	<u>5,137,012</u>	<u>4,795,347</u>	<u>623,118</u>	<u>5,418,465</u>
<b>Total expenditure</b>		<u>4,942,919</u>	<u>194,093</u>	<u>5,137,012</u>	<u>4,795,347</u>	<u>623,118</u>	<u>5,418,465</u>
<b>Net incoming / (outgoing) resources</b>	4	(83,642)	23,474	(60,168)	448,511	11,493	460,004
Transfers between funds		<u>19,576</u>	<u>(19,576)</u>	<u>-</u>	<u>(17,572)</u>	<u>17,572</u>	<u>-</u>
<b>Net movement in funds for the year</b>		(64,066)	3,898	(60,168)	430,939	29,065	460,004
Total funds brought forward		<u>2,672,930</u>	<u>145,564</u>	<u>2,818,494</u>	<u>2,241,991</u>	<u>116,499</u>	<u>2,358,490</u>
<b>Total funds carried forward</b>		<u>2,608,864</u>	<u>149,462</u>	<u>2,758,326</u>	<u>2,672,930</u>	<u>145,564</u>	<u>2,818,494</u>

The notes on pages 17 to 30 form part of these Accounts.

## Balance Sheet

As at 31 March 2025	Note	24/25	23/24
		£	£
<b>Fixed assets</b>			
Tangible assets	8a	32,527	163,822
Investment property	8b	312,000	312,000
Investments	8c	<u>14,296</u>	<u>17,359</u>
		<u>358,823</u>	<u>493,181</u>
<b>Current assets</b>			
Debtors	9	324,199	501,402
Cash at bank and in hand		<u>2,356,258</u>	<u>2,237,799</u>
		<u>2,680,457</u>	<u>2,739,201</u>
Creditors: amounts falling due within one year	10	<u>280,954</u>	<u>413,888</u>
Net current assets		<u>2,399,503</u>	<u>2,325,313</u>
<b>Net assets</b>		<b><u>2,758,326</u></b>	<b><u>2,818,494</u></b>
<b>Funds</b>			
	11		
<b>Unrestricted funds</b>			
General funds		1,480,000	1,480,000
Designated funds		<u>1,128,864</u>	<u>1,192,930</u>
		2,608,864	2,672,930
Restricted funds		<u>149,462</u>	<u>145,564</u>
<b>Total funds</b>		<b><u>2,758,326</u></b>	<b><u>2,818,494</u></b>

**Approved by the Board of Directors/Trustees on Monday 10th November 2025.**

*D. Williams*  
D Williams (Treasurer)

*R. M. Smith*  
R Smith (Chair)

Company Number 5884630

The notes on pages 17 to 30 form part of these accounts.

## Statement of Cash Flows

<b>For the year ended 31 March 2025</b>	<b>Note</b>	<b>24/25</b>	<b>23/24</b>
		<b>£</b>	<b>£</b>
Cash outflow from operating activities	18	(53,255)	(143,938)
Cash received on transfer of assets		-	42,007
Cash flows from investing activities			
- Interest received		46,714	61,832
- Sale of freehold property		<u>125,000</u>	<u>-</u>
Increase / (decrease) in cash and cash equivalents in the year		118,459	(40,099)
Cash and cash equivalents at the beginning of the year		<u>2,237,799</u>	<u>2,277,898</u>
<b>Cash and cash equivalents at the end of the year</b>		<b><u>2,356,258</u></b>	<b><u>2,237,799</u></b>

## NOTES TO THE ACCOUNTS

### 1. (a) General information and basis of preparation

Teesside Mind Ltd is a private company limited by guarantee and registered in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 7 of these financial statements. Our main objective is to provide the high-quality projects and services that enable people experiencing emotional or mental health problems and their families to recover, increase wellbeing and build resilience.

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October. The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The presentational currency used in the financial statements is sterling and balances are rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

### (b) Accounting Policies

#### Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

For donations to be recognised, the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained, then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity, and it is probable that they will be fulfilled.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS102).

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

## **Accounting policies (continued)**

### **Expenditure recognition**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Grants payable to third parties are within the charitable objectives. Where unconditional grants are offered, this is accrued as soon as the recipient is notified of the grant, as this gives rise to a reasonable expectation that the recipient will receive the grants. Where grants are conditional relating to performance then the grant is only accrued when any unfulfilled conditions are outside the control of the charity.

### **Fixed assets**

Only fixed assets with an initial value or cost of at least £1,000 are considered for capitalisation. Fixed assets are initially recorded at purchase cost plus the costs of any directly attributable expenditure. The investment property was transferred from Redcar and Cleveland Mind at fair value, in the previous year. Subsequently, it is measured at fair value at the reporting date.

### **Investments including Social Investment**

The Charity has a social investment in relation to an agreement with Mind Matters (Trading Activities) Limited, in that they provide investment in exchange for a share of the profit made. This investment is capitalised and then amortised over a period of five years.

### **Depreciation**

Depreciation is provided on a straight-line basis over the useful economic life of the asset. In view of the short-term nature of some of the restricted projects, the Board considers it prudent to write off fixed assets purchased from restricted funds in full in the year of acquisition.

The leasehold property alterations are depreciated on a straight-line basis over the 15-year term of the lease. Freehold property is depreciated over 50 years on a straight-line basis. Associated grant funding is shown as a designated fund and will be written down over the same period. The investment property is not depreciated.

### **Financial instruments**

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the entity after deducting all its financial liabilities.

### **Taxation**

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

### **Going concern**

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

## **Accounting policies (continued)**

### **Fund accounting**

General funds are unrestricted funds that are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are those which can only be used in accordance with the wishes of the donor.

### **Pension contributions**

The charitable company operates a Group Personal Pension Scheme, operated through the Pensions Trust, for the benefit of its own staff. Pension contributions to defined contribution schemes are written off to the statement of financial activities in the year to which they relate. The charity further contributes to a defined benefit pension scheme, The Teesside Pension Fund, for one employee that has TUPE transferred into the charity. The charity is not an admitted member of the Teesside Pension scheme. As a result, all employer contributions are shown as a cost in the SoFA and any unpaid pension contributions due at the year-end are included within Other Creditors.

### **Transfers between funds**

The transfer from restricted funds to unrestricted funds represents management and administration charges earned on projects and any surpluses or deficits on the finalisation of projects (subject to funders agreement).

### **Subsidiary Company**

Consolidated accounts have not been prepared this year as the wholly owned subsidiary, Middlesbrough & Stockton Mind Trading Limited, did not trade during the year and is not expected to do so in the foreseeable future. This is currently under review for closure.

### **Judgements and key sources of estimation uncertainty**

There are no judgements (apart from those involving estimates) that have had a significant effect on amounts recognised in the financial statements:

The estimates and assumptions that could have a significant potential impact on the carrying values of assets and liabilities are as follows:

Useful economic lives of tangible fixed assets. These are set out in the depreciation policy note above and are the best estimate based on past experience and expected performance.

## Notes to the Accounts

### 2. Income from Charitable Activities

	<b>24/25</b>	<b>23/24</b>
	<b>£</b>	<b>£</b>
<b>Contracts and grants receivable</b>		
Unrestricted – general income:		
NHS – commissioned services	3,267,802	3,509,552
Local Authority – commissioned services	677,871	550,565
Garfield Weston Foundation	-	25,000
Other contracts	<u>712,018</u>	<u>716,265</u>
	<u>4,657,691</u>	<u>4,801,382</u>
Restricted income:		
The National Lottery Community Fund – Firm Foundations	112	50,453
Middlesbrough Borough Council – Ageing Better	-	9,377
National Mind – Schools & Colleges Early Support Service	-	40,448
National Mind – Help Through Hardship Local	-	83,520
National Mind – Investing in Mental Health	-	44,708
National Mind – Redcar Merger	-	20,477
National Mind – Supported Self Help	89,356	46,676
Community Mental Health Transformation (Redcar)	27,007	13,302
Community Mental Health Transformation (Hartlepool)	27,047	-
Sport England	-	10,250
Woodsmith Foundation – Children & Young People’s Programme	30,000	-
Comic Relief Smiles Fund - Arts & Minds	10,825	97,428
County Durham Community Foundation – Waiting Well Grant	5,000	-
NHS NE & North Cumbria ICB – Healthier Together Champions	5,000	-
Arch Teesside – Pilgrim’s Trust, Young Women Participation	3,000	-
Blue Stone Collaborative Ways to Wellness – Maternal Mental Health	20,220	32,590
NHS Charities Together – Rooted in Nature	<u>-</u>	<u>60,382</u>
	<u>217,657</u>	<u>509,611</u>
<b>Total incoming resources from charitable activities</b>	<b><u>4,875,258</u></b>	<b><u>5,310,993</u></b>

## Notes to the Accounts (continued)

### 3. Analysis of Resources Expended

	Basis of Allocation	Unrestricted Funds £	Restricted Funds £	24/25 Total Funds £	Unrestricted Funds £	Restricted Funds £	23/24 Total Funds £
<b>Charitable activities</b>							
Salaries	Direct	4,179,988	92,123	4,272,111	4,111,198	244,882	4,356,080
Pension costs	Direct	114,271	2,966	117,237	118,610	6,230	124,840
Other staff costs	Direct	91,486	12,293	103,779	130,272	9,684	139,956
Volunteer Costs	Direct	6,937	109	7,046	8,039	130	8,169
Premises costs	Hours	101,525	3,000	104,525	84,264	5,795	90,059
Insurance	Hours	16,567	-	16,567	14,696	-	14,696
Service delivery costs	Direct	332,481	83,602	416,083	243,092	297,702	540,794
Legal fees	Hours	29,038	-	29,038	12,201	25,695	37,896
Accountancy services	Hours	15,089	-	15,089	20,873	-	20,873
Audit fees	Hours	16,200	-	16,200	10,200	-	10,200
Trustee expenses	Direct	1,130	-	1,130	889	-	889
Depreciation	Usage	31,295	-	31,295	34,369	-	34,369
Amortisation	Usage	3,063	-	3,063	3,063	-	3,063
Loss on revaluation of investment property	Usage	-	-	-	-	33,000	33,000
Mind affiliation fees	Hours	2,064	-	2,064	2,064	-	2,064
Bank charges and interest	Hours	1,785	-	1,785	1,517	-	1,517
		<b><u>4,942,919</u></b>	<b><u>194,093</u></b>	<b><u>5,137,012</u></b>	<b><u>4,795,347</u></b>	<b><u>623,118</u></b>	<b><u>5,418,465</u></b>

## Notes to the Accounts (continued)

### 4. Net Incoming / (Outgoing) resources for the year

	<b>24/25</b>	<b>23/24</b>
	<b>£</b>	<b>£</b>
Net Income / (Outgoing) resources for the year is stated after charging:		
Director' / Trustees' emoluments	-	-
Depreciation of owned fixed asset	31,295	34,369
Amortisation of social investment	3,063	3,063
Auditor's remuneration		
- Audit work	15,089	20,873
- Accounting and other services	16,200	10,200

### 5. Trustees Indemnity Insurance

The charity subscribes to Mind Block Insurance, which is provided by a third party, and purchased indemnity insurance within the terms of the 1996 agreement. A total of £1,204 was paid during the year (2024: £1,204).

## Notes to the Accounts (continued)

### 6. Employee Emoluments

The number of staff employed by the charity during the year was as follows:

	<b>24/25</b>	<b>23/24</b>
	<b>Staff</b>	<b>Staff</b>
Average number of staff (heads)	163	174
Average number of staff (FTE)	137	147

The aggregate payroll costs of the above were:

	<b>24/25</b>	<b>23/24</b>
	<b>£</b>	<b>£</b>
<b>Wages and salaries</b>	3,928,530	4,010,848
<b>Social Security costs</b>	343,581	345,232
<b>Pension Costs – defined contribution scheme</b>	113,401	112,330
<b>Pension costs – defined benefit scheme</b>	<u>3,836</u>	<u>12,510</u>
	<u><b>4,389,348</b></u>	<u><b>4,480,920</b></u>

One employee (23/24: one) received employee benefits during the reporting period in the band £70,000 - £80,000.

The key management personnel comprise the Trustees, the Chief Executive Officer, the Deputy Chief Executive Officer and the Finance Manager.

The total employment costs of the key management personnel of the charity were £179,720 (23/24: £171,163). This figure excludes Trustees, who are unpaid volunteers.

The charity had two pension schemes in operation. The main scheme is a defined contribution scheme and is available to all employees to meet the qualifying criteria. The other is a defined benefit scheme and is restricted to one member of staff who transferred to the organisation under TUPE on 1 April 2020.

	<b>24/25</b>	<b>23/24</b>
	<b>£</b>	<b>£</b>
<b>Pension contributions due but not paid to the schemes at 31 March:</b>		
Defined contribution scheme	27,109	26,285
Defined benefit scheme	<u>-</u>	<u>1,253</u>
	<u><b>27,109</b></u>	<u><b>27,538</b></u>

The above balances are included in other creditors in Note 10.

### 7. Taxation

The charity is exempt from Corporation Tax on its charitable activities and the Board believe that no liability has arisen during the year.

Notes to the Accounts (continued)

8a Fixed Assets

	Freehold Property £	Leasehold Property £	Office Equipment £	Motor Vehicles £	Total £
<b>Cost</b>					
At 1 April 2024	125,000	436,560	113,249	1	674,810
Disposals	(125,000)	-	-	-	(125,000)
<b>At 31 March 2025</b>	<u>-</u>	<u>436,560</u>	<u>113,249</u>	<u>1</u>	<u>549,810</u>
<b>Depreciation</b>					
At 1 April 2024	25,000	378,339	107,649	-	510,988
Charged in year	-	29,104	2,191	-	31,295
Eliminated on disposals	(25,000)	-	-	-	(25,000)
<b>At 31 March 2025</b>	<u>-</u>	<u>407,443</u>	<u>109,840</u>	<u>-</u>	<u>517,283</u>
<b>Net Book Value</b>					
At 31 March 2024	100,000	58,221	5,600	1	163,822
<b>At 31 March 2025</b>	<u>-</u>	<u>29,117</u>	<u>3,409</u>	<u>1</u>	<u>32,527</u>

8b Investment Properties

Transferred from Redcar and Cleveland Mind 312,000

Investment properties were subject to independent, professional valuation of £312,000 at 31 March 2024. The valuation was undertaken by Thomas Stevenson Chartered Surveyors.

8c Investments (including Social Investments)

	Social Investment £	Trading Subsidiary £	Total £
<b>Cost</b>			
At 1 April 2024	20,421	1	20,422
Additions	-	-	-
<b>At 31 March 2025</b>	<u>20,421</u>	<u>1</u>	<u>20,422</u>
<b>Amortisation</b>			
At 1 April 2024	3,063	-	3,063
Amortisation	3,063	-	3,063
<b>At 31 March 2025</b>	<u>6,126</u>	<u>-</u>	<u>6,126</u>
<b>Net Book Value</b>			
At 31 March 2024	17,358	1	17,359
<b>At 31 March 2025</b>	<u>14,295</u>	<u>1</u>	<u>14,296</u>

Social Investment – The Social Investment represents the charity's share of capital costs in respect of its trading arrangement with Mind Matters (Trading Activities) Limited. National Mind, which operates its own trading subsidiary Mind Matters (Trading Activities) Limited, has entered into agreement with the charity to operate the charity shop. Under the terms of the arrangement, the charity contributes to capital and running costs of the local charity shop for a share of its operating profits and losses. The above investment is amortised in line with the agreement at 15% per annum.

Trading Subsidiary – The £1 investment represents the ownership of the subsidiary company, Middlesbrough and Stockton Mind Trading Limited, which has remained dormant since 31 March 2012.

**Notes to the Accounts (continued)**

**9. Debtors**

	<b>24/25</b>	<b>23/24</b>
	<b>£</b>	<b>£</b>
Trade debtors	309,470	411,463
Other debtors	-	70,481
Prepayments	<u>14,729</u>	<u>19,458</u>
	<b><u>324,199</u></b>	<b><u>501,402</u></b>

**10. Creditors**

	<b>24/25</b>	<b>23/24</b>
	<b>£</b>	<b>£</b>
Trade creditors	27,183	24,135
Taxation and social security	76,241	72,412
Accruals and deferred income (note 10.1)	150,421	289,803
Other creditors	<u>27,109</u>	<u>27,538</u>
	<b><u>280,954</u></b>	<b><u>413,888</u></b>

10.1 Analysis of deferred income included in  
Accruals and Deferred Income above:

	<b>24/25</b>	<b>23/24</b>
	<b>£</b>	<b>£</b>
Balance brought forward	271,388	254,119
Received in year	45,953	271,388
Released in year	<u>(168,310)</u>	<u>(254,119)</u>
	<b><u>149,031</u></b>	<b><u>271,388</u></b>

## Notes to the Accounts (continued)

### 11. Movement in Funds – current year

	At 1 April 2023 £	Incoming resources £	Expended resources £	Transfers £	At 31 March 2024 £	Incoming resources £	Expended resources £	Transfers £	At 31 March 2025 £
<b>Restricted Funds</b>									
<b>The National Lottery Community Fund:</b>									
- Ageing Better	(4,168)	-	-	4,168	-	-	-	-	-
- Firm Foundations	1,768	50,453	(50,004)	-	2,217	112	(2,329)	-	-
- Community Minded	15,969	-	(15,969)	-	-	-	-	-	-
- Middlesbrough Borough Council – Ageing Better	8,167	9,377	(18,579)	1,035	-	-	-	-	-
<b>National Mind:</b>									
- Investing in Mental Health	-	44,708	(41,244)	(3,464)	-	-	-	-	-
- Schools & Colleges Early Support Service	6,356	40,448	(46,804)	-	-	-	-	-	-
- Help Through Hardship Local	-	83,520	(83,520)	-	-	-	1,600	(1,600)	-
- Redcar Merger	-	20,477	(31,033)	10,556	-	-	-	-	-
- Supported Self Help	-	46,676	(35,353)	-	11,323	89,356	(75,922)	-	24,757
<b>Comic Relief:</b>									
- Smiles Fund, Arts & Minds	19,241	97,428	(92,207)	-	24,462	10,825	(35,287)	-	-
Woodsmith Foundation – Children & Young People's Programme	-	-	-	-	-	30,000	(20,024)	(9,976)	-
Arch Teesside – Pilgrim's Trust, Young Women Participation	-	-	-	-	-	3,000	-	(3,000)	-
NHSNE & North Cumbria ICB – Healthier Together Champions	-	-	-	-	-	5,000	-	(5,000)	-
County Durham Community Foundation – Waiting Well Grant	-	-	-	-	-	5,000	(4,375)	-	625
Sport England	-	10,250	-	(10,250)	-	-	-	-	-
Woodsmith, Time 4 Your Mind	-	-	(11,112)	11,112	-	-	-	-	-
Cost of Living Support	-	-	(4,415)	4,415	-	-	-	-	-
NHS Charities Together – Rooted in Nature	49,197	60,382	(109,579)	-	-	-	-	-	-
Blue Stone Collaborative Ways to Wellness – Maternal Mental Health	18,291	32,590	(38,943)	-	11,938	20,220	(32,158)	-	-
Ballinger Trust – Befriending	1,678	-	(1,678)	-	-	-	-	-	-
Community Mental Health Transformation (Redcar)	-	13,302	(9,678)	-	3,624	27,007	(21,661)	-	8,970
Community Mental Health Transformation (Hartlepool)	-	-	-	-	-	27,047	(3,937)	-	23,110
Transfer from Redcar and Cleveland Mind	-	125,000	(33,000)	-	92,000	-	-	-	92,000
<b>Total restricted funds</b>	<b>116,499</b>	<b>634,611</b>	<b>(623,118)</b>	<b>17,572</b>	<b>145,564</b>	<b>217,567</b>	<b>(194,093)</b>	<b>(19,576)</b>	<b>149,462</b>
<b>Unrestricted Funds</b>									
Designated Funds	-	-	-	-	-	-	-	-	-
Other Pilot Projects	658,682	-	(133,255)	597,365	1,122,792	-	(80,705)	49,810	1,091,897
Capital Asset Fund	103,309	-	-	(33,171)	70,138	-	-	(33,171)	36,967
	761,991	-	(133,255)	564,194	1,192,930	-	(80,705)	16,639	1,128,864
General Reserves	1,480,000	5,243,858	(4,662,092)	(581,766)	1,480,000	4,859,277	(4,862,214)	2,937	1,480,000
<b>Total Unrestricted Funds</b>	<b>2,241,991</b>	<b>5,243,858</b>	<b>(4,795,347)</b>	<b>(17,572)</b>	<b>2,672,930</b>	<b>4,859,277</b>	<b>(4,942,919)</b>	<b>19,576</b>	<b>2,608,864</b>
<b>Total Funds</b>	<b>2,358,490</b>	<b>5,878,469</b>	<b>(5,418,465)</b>	<b>-</b>	<b>2,818,494</b>	<b>5,076,844</b>	<b>(5,137,012)</b>	<b>-</b>	<b>2,758,326</b>

## Notes to the Accounts (continued)

### Transfers

Transfers from restricted funds represent overhead charges which are levied in accordance with the funding agreement of each fund. Transfers from the capital asset fund relate to the write down of refurbishment works on the Lothian Road premises. Transfers to the Other Pilot Projects fund represent excess funds transferred from general reserves (see Designated Funds on page 6).

**National Lottery Community Fund – Ageing Better** – funding for the Age Friendly Middlesbrough project.

**National Lottery Community Fund – Firm Foundations** – funding for the Firm Foundation project.

**National Lottery Community Fund – Community Minded** – funding for the Community Minded project.

**Middlesbrough Borough Council – Ageing Better** – funding for the Age Friendly Middlesbrough project.

**National Mind – Investing in Mental Health** – funding for the Help through Hardship project.

**National Mind – Schools and Colleges Early Support Service** – funding to provide phone and online support.

**National Mind – Help Through Hardship Local** – funding to be part of a national programme with Citizen's Advice and Trussell Trust.

**National Mind – Redcar Merger** – funding to support the merger with Redcar & Cleveland Mind.

**National Mind – Supported Self Help** – funding to support our one-to-one guided self-help service.

**Comic Relief Smiles Fund** – funding for Arts and Minds creative project.

**Woodsmith Foundation – Children and Young People's Programme** – funding for emotional health and wellbeing support for children and young people.

**Arch Teesside – Pilgrim's Trust** – funding for a Young Women's Participation Project.

**NHS NE & North Cumbria ICB – Healthier Together Champions** – funding for a children's health and wellbeing project.

**County Durham Community Foundation – Waiting Well Grant** – funding for a project to support people to improve their relationship with food and physical activity.

**Woodsmith – Time 4 Your Mind** – funding for emotional health and wellbeing support for children and young people.

**Cost of Living Support** – funding for support with community groups events and individual sessions.

**NHS Charities Together** – funding for the Rooted in Nature project, for green social prescribing activities.

**Blue Stone Collaborative – Ways to Wellness** – funding for the Maternal Mental Health project, for mental health link worker support.

**Ballinger Trust** – funding for befriending for older people.

**Notes to the Accounts (continued)**

**Community Mental Health Transformation – Footprints in the Community** – funding for a Community Wellbeing Partnership to provide a service which meets the needs of those with mental health problems.

**Investment Properties** – rental properties transferred following the merger with Redcar & Cleveland Mind.

**12. Analysis of Net assets between funds**

	Unrestricted			24/25 Total £
	General Funds £	Designated Funds £	Restricted Funds £	
Tangible Fixed Assets	-	32,527	-	32,527
Investment property	220,000	-	92,000	312,000
Investments	14,296	-	-	14,296
Net Current Assets	<u>1,245,704</u>	<u>1,096,337</u>	<u>57,462</u>	<u>2,399,503</u>
<b>As at 31 March 2025</b>	<b><u>1,480,000</u></b>	<b><u>1,128,864</u></b>	<b><u>149,462</u></b>	<b><u>2,758,326</u></b>

	Unrestricted			24/25 Total £
	General Funds £	Designated Funds £	Restricted Funds £	
Tangible Fixed Assets	100,000	63,822	-	163,822
Investment property	220,000	-	92,000	312,000
Investments	17,359	-	-	17,359
Net Current Assets	<u>1,142,641</u>	<u>1,129,108</u>	<u>53,564</u>	<u>2,325,313</u>
<b>As at 31 March 2024</b>	<b><u>1,480,000</u></b>	<b><u>1,192,930</u></b>	<b><u>145,564</u></b>	<b><u>2,818,494</u></b>

## Notes to the Accounts (continued)

### 13 Trustee Expenses

No remuneration was paid to the trustees in the year (2024: £Nil). Costs for the eleven trustees in the year were £1,130 (2024: £889).

### 14. Company Limited by Guarantee

The company is limited by guarantee and does not have a share capital.

### 15. Subsidiary Company

Middlesbrough & Stockton Mind Trading Limited (Company number 07158554) is a wholly owned subsidiary of Teesside Mind Limited and has been dormant since 31 March 2012.

### 16. Related Party transactions

A register of trustees' interests and related parties is held and updated on an ongoing basis to ensure the Charity can monitor and manage any potential conflicts of interest and ensure transparency. Trustees are not involved in any decisions where there is a potential conflict of interests.

The wife of trustee Metab Hussain is employed by the charity. Total employment costs for the year were £19,192 (2024: £25,643).

### 17. Capital and Operating Lease Commitments

At 31 March 2025 there were no commitments to capital expenditure.

Total future minimum lease payments under non-cancellable operating leases are as follows:

	<b>24/25</b>	<b>23/24</b>
	<b>£</b>	<b>£</b>
<b>Land and buildings</b>		
Within one year	43,219	43,219
Between one and five years	<u>6,154</u>	<u>43,075</u>
	<b><u>49,373</u></b>	<b><u>86,294</u></b>

## 18. Reconciliation of Net Income to Net Cash Flow from Operating Activities

	<b>24/25</b>	<b>23/24</b>
	<b>£</b>	<b>£</b>
Net movement in funds	(60,168)	460,004
Adjustments for:		
Depreciation	31,295	34,369
Amortisation	3,063	3,063
Transfer of assets	-	(386,562)
Profit on disposal of fixed assets	(25,000)	-
Loss on revaluation of investment property	-	23,000
Investment Income	(46,714)	(61,832)
(Increase)/decrease in debtors	177,203	(249,640)
Increase/(decrease) in creditors	<u>(132,934)</u>	<u>33,660</u>
<b>Cash outflow from operating activities</b>	<b><u>(53,255)</u></b>	<b><u>(143,938)</u></b>

## 19. Analysis of Net Funds

	<b>Brought Forward</b>	<b>Movement in Year</b>	<b>Carried forward</b>
	<b>23/24</b>		<b>24/25</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Cash	<u>2,237,799</u>	<u>118,459</u>	<u>2,356,258</u>
<b>Total</b>	<b><u>2,237,799</u></b>	<b><u>118,459</u></b>	<b><u>2,356,258</u></b>

## 20. Transfer from Redcar and Cleveland Mind

On 5 September 2023, the following assets were transferred from Redcar and Cleveland Mind:

	<b>Unrestricted</b>	<b>Restricted</b>	
	<b>Total</b>	<b>Funds</b>	<b>Funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Investment property	335,000	210,000	125,000
Other fixed assets	7,765	7,765	-
Debtors	1,790	1,790	-
Cash	<u>42,007</u>	<u>42,007</u>	<u>-</u>
	<b><u>386,562</u></b>	<b><u>261,562</u></b>	<b><u>125,000</u></b>

In addition, employees of Redcar and Cleveland Mind transferred to Middlesbrough and Stockton Mind. Both charities have the same charitable objectives.

**Teesside Mind Limited**

England & Wales - Charity number 1118098

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# Accounts

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# Teesside Mind Limited

(Middlesbrough and Stockton Mind Limited until 14 September 2023)

Our vision is that the people of Teesside enjoy good mental health, enabling them to lead full and happy lives.

## Trustees' Annual Report and Accounts

For the year ended 31 March 2024

**Charity number 1118098**

**Company Limited by Guarantee number 5884630**

Registered office:

The Mind Centre, 90-92 Lothian Road, Middlesbrough TS4 2QX

Telephone: 01642 257020

Email: [info@teessidemind.org.uk](mailto:info@teessidemind.org.uk)

Website: [www.teessidemind.org.uk](http://www.teessidemind.org.uk)

## Report of the trustees for the year ending 31 March 2024 (including directors' report)

The trustees are pleased to present their annual report together with the financial statements of the charity for the year ending 31 March 2024, which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

### Public benefit, objectives, and activities

#### Public Benefit

The charity's activities have been undertaken with due regard to the guidance published by the Charity Commission on public benefit.

#### Objectives

The objects of Teesside Mind under its Memorandum and Articles of Association are:

- promote the preservation of good mental health, by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition
- relieve the needs of people with mental health problems by working to increase understanding of mental health and its associated problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

Teesside Mind's overall vision is for the people of Teesside to enjoy good mental health, enabling them to lead full and happy lives.

Our purpose is to deliver activities, projects and services that contribute to better mental health and help address the underlying causes of poor emotional and mental health, particularly for those in the poorest health and worst social circumstances.

Our vision and purpose remain constant, but what we deliver changes all the time, as we innovate, gather new insights, learn from others, secure new funding and develop our approach.

In our strategy, we aim to achieve a balance between ambition and sustainability.

We continue to work as part of the Mind network across England and Wales towards our shared ambitions and goals. During the year, Middlesbrough and Stockton Mind merged with Redcar and Cleveland Mind and we changed our name to Teesside Mind.

#### Activities

Our plans during the year focus on meeting increasing need for mental health support resulting from the longer-term impacts of covid and the on-going cost-of-living crisis.

The projects and services provided during the year included:

- **Advocacy** – we provided Independent Mental Health Advocacy, Independent Mental Capacity Advocacy, Care Act Advocacy, Relevant Person's Representative Advocacy and General / non-statutory advocacy to ensure people's rights were upheld, they were equipped with the information they need to make decisions about their care and had their voices heard in relation to their treatment and futures.
- **Appropriate Adult** – we recruited, trained and managed a team of volunteer Appropriate Adults who were on call to Cleveland Police custody service to support vulnerable adults who are being detained or questioned by the police.
- **Arts and Minds** – in partnership with Stockton ARC, we delivered an arts, crafts and social programme to support wellbeing through creativity, skills development and social contact.
- **Carers' support** – we provided information, emotional and practical support for families and friends (unpaid carers) of people experiencing health problems. We worked with GPs and the wider primary care workforce to enable them to better identify carers and refer them on to services available to support them.
- **Children, young people and their families** – we have provided evidence-based psychoeducation, emotional wellbeing support and psychological therapies to children and young

people experiencing mild to moderate emotional difficulties and mental health problems. We have collaborated with our partner organisation 'A Time 4 You' to support children's mental health, funded by the Woodsmith Foundation. We delivered creative group work to primary school aged children to help them explore emotions, develop resilience, and create a peer support network.

- **Community Mental Health Transformation** – In 3 localities, we support the national NHS agenda on transformation of community mental health. In Middlesbrough, we led a partnership of 7 local voluntary organisations working alongside the NHS and Local Authority to provide voluntary sector support for people in need of community mental health services, focusing on people experiencing severe and enduring difficulties. In Redcar and Cleveland, we were also a delivery partner supporting people within the local partnership. In Stockton on Tees, we contribute to the planning of new community services.
- **Financial difficulties** – Our Firm Foundations project provided practical and mental health support to people in severe hardship to improve their circumstances and build resilience, in partnership with Actes. We worked with Mind, local Trussell Trust foodbanks and local Citizens Advice to develop a joined-up response to people experiencing mental health difficulties and money problems called Help through Hardship. We worked with Mind to develop and deliver a package of support for people experiencing mental health issues and money worries, called Money and Me.
- **Green Social Prescribing (Rooted in Nature)** – in partnership with five local voluntary organisations, we connected people experiencing mental health difficulties and those impacted by Covid with nature-based activities to support their long-term health and wellbeing.
- **Maternal Mental Health** – we delivered a prototype service in partnership with the NHS and Ways to Wellness to provide link worker support and peer support for pregnant women and women with babies aged under two years.
- **Psychological therapies and recovery support (Impact on Teesside)** – we worked in partnership with Alliance Psychological Therapies to deliver NHS primary care psychological therapies and community mental health recovery support across Teesside. We delivered wellbeing courses through the Recovery College. We trained people with lived experience of mental health problems to volunteer as college co-tutors and to provide peer support.
- **Redcar and Cleveland Wellbeing service (previously Road to Recovery)** – we provided person centred mental health and wellbeing support to residents of Redcar and Cleveland. Through one to one emotional and practical support, and peer support groups, we ensured that the support we offered was accessible to those who needed it.
- **Social Prescribing** – we provided Social Prescribing Link Worker support for people registered with GP practices across three Primary Care Networks in Middlesbrough and one in Stockton-on-Tees. We provided person-centred, holistic support based on the 'What matters to me' approach, addressing broad health and social issues and connecting people with community-based services and activities that were of interest and benefit to them.
- **Workplace wellbeing and private counselling services** – we provided tailored consultancy and designed and delivered customised mental health programmes for employers and their workforces. We provided paid therapy service to respond to employee and employer needs.

## Volunteering

During the year, our Charity was supported by 56 people undertaking formal volunteering roles. They contributed 2,353 hours of their time through volunteering. In addition, many people also contributed informally by volunteering at one-off fundraising events or other pop-up volunteering opportunities.

During the year we also invested in a part-time Volunteer Development Lead to improve support for volunteers and to identify new ways to involve volunteers across our services and projects. This was done with volunteer involvement.

Feedback from volunteers included: "I wanted to give back to those who had helped me, and see other people get well"; "I get great satisfaction seeing people grow"; "I used to suffer from depression, it's (volunteering) now almost my therapy, it's (volunteering) given me my confidence and self-esteem back".

## Service Design

We have continued to build on our service design ethos and practice over the past year. Between April and August 2023, we focussed on finalising our Off the Scales programme. Delivery of the programme began in September. After delivering two cohorts of the developed programme, a feedback session was held with participants to gather insight about any changes that could be made to improve the programme and their experience. All the suggestions were taken on board and adjustments to the content and resources were made accordingly, including increasing the number of sessions offered and developing additional content around body image and self-esteem. The re-developed programme was delivered to a new cohort in January 2024, which received positive feedback.

Another branch of the service design project that ultimately became Off the Scales was acknowledging the strong presence of weight stigma within society and particularly healthcare settings. It was felt that this is something that we could and should raise awareness of and challenge in any way that we could. To that end, we started to reach out to people in Teesside to share their experiences of weight stigma to help us better understand what action needs to be taken to challenge this. Surveys, interviews, and desktop research was gathered as a start to this piece of work.

Our main service design project for 2023/24 was Mind's Eye – seeing mental health from the view of a young person. This included a six-month service design phase from Aug 2023 – Jan 2024 in which a team of seven, including two young people peer designers, gathered research and developed a new service to meet the needs of young people in Teesside. The outcome of the design process was a drop-in service called Be Heard which will initially be available to young people aged between 11 – 16 years old and two locations across Teesside from Autumn 2024.

## Fundraising and events

The support we received from individual and corporate donors was hugely appreciated. This support made a vital contribution to maintaining our services for the communities of Teesside.

Our fundraising team developed a diverse and creative fundraising portfolio to raise unrestricted income, whilst also raising awareness of our organisation across Teesside. Fundraising income streams included individual giving, a school's programme, sponsored challenges, corporate giving, events and giving campaigns. Our team placed great importance on building relationships with donors and supporters, so they knew how their efforts contributed to the work of the organisation.

Our fundraising team organise fundraising events and co-ordinate the activities of our supporters in the wider community on behalf of Teesside Mind. Teesside Mind does not use professional fundraisers or involve commercial participators. There have been no complaints about fundraising activity this year. All direct marketing is undertaken by the fundraising team to ensure that it is not unreasonably intrusive or persistent.

Successes included:

- Bark In The Park, an event held in Stewart Park, which had over 500 people attend, and was supported by 35 event sponsors, partners and stallholders, raising over £5,200.
- The Great North Run, in collaboration with National Mind, grew to 35 supporters raising over £14,000.
- Corporate support continued to grow, with local businesses fundraising through various challenges from Razorblue's 140-mile Coast-to-Coast Cycle Challenge in April to CTO Digital's North Sea Dip in December, which raised almost £1,400.
- Match-funding campaigns through the Big Give platform raised over £5,900 and £13,700 respectively during the year.
- Our growing schools programme was enhanced by colour runs, with pilot schools The King's Academy and The Avenue Primary raising £7,600 between them from their events.
- We received a £6,000 from the Horrigan family from a memory walk they held in honour of their brother Andy.
- We were delighted to welcome our first Platinum Partner, Vision Building Services Limited, at the year end.

## Achievements and performance

During the year, we provided direct support services to more than 10,500 people through our community (2023: 10,200) and employer services and 17,000 people through our Impact on Teesside partnership (2023: 17,200). This is a tremendous achievement and a huge credit to our staff and volunteers.

Within Impact on Teesside, we supported over 850 people on a one-to-one basis through our Recovery and Foundations team and Recovery College which is led by Teesside Mind. We supported people to make positive changes in their lives and achieve new goals. Feedback from people we've worked with included: 'His (workers) help and support has helped me move on with my life and gave me the confidence and ability to move forward'; 'I have learnt so much since starting this recovery course. It's visible to myself and others around me how much it has helped me in tough situations'; and 'I have been receiving home visits from one of your workers. I felt compelled to write this as our time together is coming to an end. I have had many support workers over the years and nobody has made such an impact on me as her. If she is an example of the level of support workers you provide then I'm sure you have helped many people through some of the worst times in their lives, probably responsible for saving lives too.'

This year we moved into our fourth year of delivering NHS-funded social prescribing services in partnership with local Primary Care Networks. We currently work with 4 PCNs (Central Middlesbrough PCN, Holgate PCN, Greater Middlesbrough PCN and BYTES PCN), covering 24 GP practices and employing 27 Social Prescribing Link Workers. During the year, we supported 3,067 people, a 19% increase on the previous year and people reported a 75% improvement in their wellbeing. During the year, our service offer expanded to include children and young people social prescribers, health focus social prescribers and complex mental health social prescribers, alongside adult social prescribers. Further to this, we increased variety in our support offer including: drop-in sessions; walking groups; bereavement café; bereavement workshops; arts and crafts group; and non-clinical healthy lifestyle pathways.

Launched in July 2022, with funding from the NHS through Ways to Wellness, we delivered one of four maternal mental health link worker prototypes in the North East and North Cumbria. Our Link Worker worked closely with maternal and paternal pathways to identify new and expectant mums who may benefit from additional support. The service particularly aimed to support women from ethnically diverse backgrounds who may experience health inequalities and/or barriers to accessing support. As part of this project, we set up 2 peer support groups in 2 local community centres. Our Link Worker also delivered Cultural Awareness sessions to health professionals. The training provides an insight into some of the religious and cultural norms that are followed by Muslim Pakistani families.

Supported Self Help, funded by National Mind, was launched in October 2023 for people with low to moderate mental health needs. We were one of the 27 local Minds that worked with National Mind, delivering mainly telephone-based guided self-help.

Our children and young people's team have continued to work with wider stakeholders to meet growing demand. The team has worked directly with primary and secondary schools across Teesside. We have supported over 1,000 children and young people on a one-to-one basis. We supported over 7,000 children through whole school approach, such as assemblies, psychoeducation groups, drop in's etc, over 550 parents and offered advice to over 750 professionals. One parent fed back - "I now have the skills for my daughter when she is feeling anxious". A young person fed back - "Always someone to talk to, who would validate my feelings and emotions. Someone who cared about my feelings, even when I didn't".

With funding from South Tees local authorities, we continued our work to support unpaid family carers and encourage GPs and Primary Care professionals to identify carers and make sure they receive the help they need. We've supported unpaid carers of people with mental health struggles through 1:1 wellbeing support, practical support, and two regular peer support groups. Our help was wide ranging according to people's needs. We helped with dealing with anti-social behaviour, developing skills and confidence, reducing social isolation, improving access to healthcare, and information on benefits and finances. We supported groups to access nature, visiting forests and beaches, and to try new activities

such as bowling. Carers told us of the importance of having someone to talk to about their struggles and feeling that someone is there with them on their journey.

Supported by NHS Charities Together, working with 5 local partners, we continued to support people experiencing mental health issues to get involved in therapeutic nature-based activities as a way of improving their wellbeing. In total, 431 people benefitted from the project. One of the participants described their reduced anxiety in being outdoors: "Since the fieldtrip, I haven't chewed my nails. Ever since I was little I have chewed them because I was anxious. Look at them now! The fieldtrip and these walks have changed that."

Working with around 300 people a month, our team of advocates worked alongside a wide range of different organisations to achieve the best outcomes for people who may be vulnerable or lacking capacity. We were asked to nominate and present an award representing Mind at Roseberry Park hospital's forensic unit patient awards. We continuously advocate for equality, human rights and best practice often influencing the type of care someone receives.

Our Appropriate Adults service supported over 2,900 vulnerable adults in Custody. Our team of Appropriate Adults grew as we have pushed recruitment. We attended the National Appropriate Adult conference in London and shared our good practice. An interviewing officer described the service as 'excellent, I don't know how we would function in relation to interviews without it'.

Our Workplace Wellbeing service provided consultancy and bespoke mental health and wellbeing training to a range of public and private sector organisations across Teesside including clients such as Fujifilm, ConocoPhillips, and Tilbury Douglas. We developed new workshops based on common themes shared by organisations and introduced free monthly webinars on a range of topics. We developed partnerships with Chamber of Commerce and CIPD as well as local VCSE organisations. Feedback included: 'Teesside Mind delivered Listening Skills training to our staff working in SEN/D. It was really well received, everyone felt more confident and better informed afterwards about active listening skills. The trainers were superb, very knowledgeable and made the session engaging and accessible. Learning outcomes were achieved and we had fun in the process! Thanks so much.'

We continued to deliver our Employee Assistance Programme. We delivered therapy in person and remotely, including therapies such as EMDR, Couples counselling and Children/Family Counselling. Feedback from an employer included: 'We could tell that this was going to be a good service. Really friendly, helpful, and efficient throughout the whole process. The speed that staff are contacted is absolutely outstanding. When staff ask to be referred, many are in a bad place with their mental health. The speed that they can access this service makes a positive difference to their recovery. We can't thank the service enough'.

We delivered the final year of our Firm Foundations project, funded by the National Lottery Community Fund. In partnership with Actes, we supported people that were in financial hardship. During the 2 years of the project, we received 232 people, supporting people with their mental health as well as practical help such as food parcels, help with applying for benefits, help with debt including utilities and claiming council tax refunds. Monitoring showed that 98% of clients identified improvement in managing their money and 97% of clients improved their wellbeing.

Funded by Walkers and Comic Relief Smiles Fund, in partnership with Stockton Arc, this 2-year project ended in March 2024. We developed and delivered an arts, crafts and social project to prevent mental health problems escalating and help people stay well. People were able to attend regular sessions led by professional artists and had opportunities to display their artwork at the Arc. Participants developed skills in mosaics, journaling, calligraphy, set/production design, song writing, 3D modelling, collaging, and zine making. 100% of participants that attended the sessions, said that they had improved mental well-being. Social events were incorporated into the project with over 30 people attending social sessions including, arts exhibitions, pantomime, comedy nights, meals out and a trip to Whitby. A group of participants wanted to continue accessing arts and craft sessions and wanted to give something back to Teesside Mind. They set up a Creative Friends group, that meets weekly, sharing their skills and knowledge to others, and making items to be sold at local events.

## Financial review

Our income for this financial year was £5,878,469 – an increase of £1,427,114 from the previous financial year (2023: £4,451,355), which reflects an increase of £1,245,215 in unrestricted income, and an increase in income of £181,899 on restricted funded projects.

We spent £5,418,465 on delivering our projects and services during the year, an increase of £629,849 on the previous year (2023: £4,788,616). This reflected a £539,515 increase in cost of activity on service delivery funded through unrestricted and designated funds, and an increase in spending on restricted funded projects of £90,334.

## Reserves Policy

In line with Charity Commission requirements, the charity has a Reserves Policy based on a realistic assessment of its needs. During the financial year, the Trustees monitored their policy on reserves, based on an assessment of potential liabilities arising in future against the previous requirement to hold reserves at the level of between three to six months of operational expenditure. The outcome of the review was that the Trustees agreed to continue to hold General Reserves of £1,480,000 (2023: £1,480,000) with any excess at year end being transferred to the designated reserves for capacity building and the development and testing of new services once agreed by the trustees. The Reserves Policy will be reviewed by the Board on a six-monthly basis. At the year end the charity held free reserves of £1,142,641.

Although the Trustees believe that it is prudent to maintain a proportion of the organisation's reserves in the ongoing uncertainty of the economic challenges of 2024, the Trustees wanted to continue to use some reserves to further the charity's objectives and support more people experiencing mental health difficulties particularly during the cost-of-living crisis. The Trustees identified several areas where funding will be allocated, as described below.

## Designated funds

The designated reserves increased to £1,192,930 at the end of the financial year in accordance with the revised policy described above. Designated funds remain in place for the Capital Asset Fund at £70,138. This represents our investment in the refurbishments of the Lothian Road building and is being written back over the term of the lease of the premises.

A three-year plan is maintained for the use of the other designated funds, including organisational development, capacity building and volunteer development. Expenditure of designated funds in the year amounted to £133,255.

## Social and financial investment

The charity has one social investment in relation to an agreement with Mind Matters (Trading Activities) Limited, in which we provide investment in exchange for a share of the surplus. The financial investment of our cash deposits is made to produce the best financial return possible within an acceptable level of risk and taking account of the administrative costs involved.

## Plans for the future

Although concerns about Covid have substantially passed, inflation and the cost of living have continued to affect our communities and their mental health during the year. Demand on health and social welfare services has continued to be very high, in some circumstances impacting on availability and quality. We will continue to work hard to address this moving forward, as part of the wider health and social care system.

As reported in our previous annual report, the merger of Middlesbrough and Stockton Mind and Redcar and Cleveland Mind was completed in September 2023 and our Charity became Teesside Mind. The key drivers for the merger were enhancing service delivery, creating opportunities to work more efficiently and effectively, increasing sustainability, and extending our reach to improve support to our beneficiaries across the whole of Teesside. We were pleased with the successful transition and the positive responses from wider stakeholders. We will continue to consolidate and grow our work in Redcar and Cleveland as well as across wider Teesside.

In early 2023, the Board of Trustees revisited its strategic plan for the following three years, from 2023 to 2026. The plan aims to build on the successes and achievements of the organisation to date. The first year of the plan was completed very effectively and we progressed activities to make digital delivery more central to our work, enable people with lived experience to influence and participate in our work, increase volunteer involvement and co-design new services with young people.

## Reference and administrative information

Charity name	Middlesbrough and Stockton Mind Limited until 14 September 2023 Teesside Mind Limited from 15 September 2023
Operating name	Middlesbrough and Stockton Mind until 14 September 2023 Teesside Mind from 15 September 2023
Charity registration number	1118098
Company registration number	05884630
Registered office	The Mind Centre 90-92 Lothian Road Middlesbrough TS4 2QX
Bankers	Virgin Money Central Branch Linthorpe Road Middlesbrough TS1 1RF
Auditors	Baines Jewitt Limited Statutory Auditors Spitfire House, 19 Falcon Court Preston Farm Industrial Estate Stockton-on-Tees. TS18 3TU

The Directors of the charitable company are its trustees for the purpose of Charity Law. The Trustees and Chief Executive serving during the year and since the year end were as follows:

Trustees	Sue Cash Gary Emerson Ruth Hicks (resigned 11 March 2024) Metab Hussain Graham Lyons (appointed 15 July 2024) Charlie Nettle (resigned 11 March 2024) Ruth Smith Thomas Smith Girija Taylor Angela Turley (appointed 15 July 2024) Nicola Wass David Williams
Chair:	Ruth Smith
Vice Chair:	Charlie Nettle (resigned 11 March 2024) Gary Emerson (from 11 March 2024)
Treasurer:	David Williams
Chief Executive:	Emma Howitt
Senior Leadership Team:	Kerry Robinson, Deputy Chief Executive Simon McKnight, Finance Manager

## Structure, governance and management

### Legal status and governing document

Teesside Mind Limited (name changed from Middlesbrough and Stockton Mind Limited from 15 September 2023) is a charitable company limited by guarantee, incorporated on 24 July 2006. Its governing document is its Memorandum and Articles of Association.

### Trading subsidiary

Teesside Mind Limited has a trading subsidiary company, Middlesbrough & Stockton Mind Trading Limited. This company did not trade during the year and is not expected to do so in the foreseeable future.

### Appointment and induction of trustees

Trustees are recruited through public or targeted advertisement to ensure the appropriate mix of skills and knowledge and reflection of the local community. Each year, at the Annual General Meeting, one third of trustees retire and further trustees are appointed as needed. Retiring trustees may be re-appointed. There is no maximum number of trustees. No persons external to the charity are entitled to appoint trustees.

New trustees are provided with induction, support and training on their role, including their legal obligations under charity and company laws. They receive an induction which includes a copy of the Memorandum and Articles of Association and all other relevant documents. Trustees are encouraged to attend appropriate internal and external training opportunities to help them contribute as fully as possible to the organisation.

### Organisational structure

The Board of Trustees meets six times a year to consider governance and strategic issues. The Chief Executive has delegated responsibility for the operations of the organisation and implementation of the strategic plan, including staff management and fundraising. The Chief Executive reports on progress to the Board of Trustees. The Chief Executive is supported by the Senior Leadership Team.

### The Mind Network and related parties

Teesside Mind is part of the Mind network through the Mind Federation Agreement. This does not impact on Teesside Mind's operational policies.

Teesside Mind identifies one of its key roles as influencing others for the wider benefit of people who experience mental health problems, based on its insight into people's experiences locally. We do this by participating in multi-agency partnerships and supporting individuals and their families to raise issues themselves.

### Pay policy for senior staff

The Board of Trustees considers that the Senior Leadership Team comprises the key management personnel of the Charity in charge of operating the Charity on a day-to-day basis. The pay of senior staff within the team is reviewed annually. The Trustees benchmark against pay levels in the local and regional voluntary sector for similar size charities.

All trustees are volunteers and no trustee received remuneration in the year. Details of trustees' expenses are disclosed in note 13 to the accounts.

## **Risk management**

The Board of Trustees' view is that the principal risks facing the charity relate to the long-term impacts of Covid and rising cost of living on its current activities and its work over the coming five to ten years. This includes the impact of the pandemic on the nation's health and mental health, the growing demands on public services and charities, and the resources available to them to meet that demand.

Our risk management plans and systems include six-monthly review of strategic risks and associated mitigating actions at Trustees meetings and Senior Leadership Team meetings, regular review of the Risk Register and detailed risk management plans for key risks, trustee leadership in the organisation's Audit and Risk sub-group, annual business and service/project plans, and our financial management processes. All major risks have been reviewed and systems and procedures have been established to manage those risks.

## Statement of Trustee Responsibilities

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

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and 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 auditor is 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 auditor is aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

## Appointment of auditor

In accordance with section 485 of the Companies Act 2006, a resolution for the appointment of Baines Jewitt Limited as auditors of the charity was passed during the Finance Sub-group Meeting.

**Approved by the Board of Trustees on 18 November 2024**  
and signed on its behalf by

A handwritten signature in black ink, appearing to read 'Ruth Smith', with a long horizontal line extending to the right.

**Ruth Smith, Chair of Board of Trustees**

## **Independent Auditor's Report to the Members of Teesside Mind Limited**

### **Opinion**

We have audited the financial statements of Teesside Mind Limited (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities including Income and Expenditure Account, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

### **Basis for Opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the 'Auditor's 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 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 regard to going concern are described in the relevant sections of this report.

### **Other Information**

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. 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. 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 course of 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.

## **Opinion on Other Matter 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 trustees' report which includes the directors' report prepared for the purpose of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

## **Matters on which we are Required to Report by Exception**

In the light of our 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 directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which 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/directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

## **Responsibilities of Trustees**

As explained more fully in the trustees' responsibilities statement set out on page 11, the trustees (who are also the directors of the charitable company for the purposes of charity law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

## **Auditor's Responsibilities for the Audit of the Financial Statements**

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

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

Based on our understanding of the charitable company, we identified that the principal risks of non-compliance with laws and regulations related to Company and Charity law, and we considered the extent to which non-compliance might have a material effect on the financial statements.

We evaluated management's opportunities for fraudulent manipulation of the financial statements (including the risk of override of controls). Audit procedures performed by the engagement team include:

- enquiring of management concerning actual and potential litigation and claims;
- performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- testing the appropriateness of journal entries and other adjustments;
- assessing whether the judgements made in making accounting estimates were indicative of a potential bias; and
- reviewing minutes of meetings of those charged with governance.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely it is that we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentations, or through collusion.

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](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

## 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 auditor's 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.



**Mrs A Cowley FCA (Senior Statutory Auditor)**  
**for and on behalf of Baines Jewitt Limited**  
**Statutory Auditors**  
**Spitfire House**  
**19 Falcon Court**  
**Preston Farm Industrial Estate**  
**STOCKTON-ON-TEES**  
**TS18 3TU**

**Dated: 18 November 2024**

**Statement of Financial Activities**  
(including summary income and expenditure account)

For year ended 31st March 2024

	Note	Unrestricted Funds	Restricted Funds	23/24 Total Funds	Unrestricted Funds	Restricted Funds	22/23 Total Funds
		£	£	£	£	£	£
<b>Income</b>	2						
<b>Income from donations and legacies</b>							
- Donations		109,082	-	109,082	70,465	-	70,465
- Assets transferred from Redcar and	20	261,562	125,000	386,562	-	-	-
<b>Income from charitable activities</b>							
- contracts and grants receivable		4,801,382	509,611	5,310,993	3,912,222	452,712	4,364,934
- other income from charitable activities		-	-	-	-	-	-
<b>Income from investments</b>							
- Interest received		61,832	-	61,832	15,956	-	15,956
- Gain on revaluation of investment property		10,000	-	10,000	-	-	-
<b>Total income</b>		<u>5,243,858</u>	<u>634,611</u>	<u>5,878,469</u>	<u>3,998,643</u>	<u>452,712</u>	<u>4,451,355</u>
<b>Expenditure</b>	3						
Expenditure on charitable activities		<u>4,795,347</u>	<u>623,118</u>	<u>5,418,465</u>	<u>4,255,832</u>	<u>532,784</u>	<u>4,788,616</u>
<b>Total expenditure</b>		<u>4,795,347</u>	<u>623,118</u>	<u>5,418,465</u>	<u>4,255,832</u>	<u>532,784</u>	<u>4,788,616</u>
<b>Net incoming/(outgoing) resources</b>	4	448,511	11,493	460,004	(257,189)	(80,072)	(337,261)
Transfers between funds		(17,572)	17,572	-	64,522	(64,522)	-
<b>Net movement in funds for the year</b>		<u>430,939</u>	<u>29,065</u>	<u>460,004</u>	<u>(192,667)</u>	<u>(144,594)</u>	<u>(337,261)</u>
Total funds brought forward		<u>2,241,991</u>	<u>116,499</u>	<u>2,358,490</u>	<u>2,434,658</u>	<u>261,093</u>	<u>2,695,751</u>
<b>Total funds carried forward</b>		<u>2,672,930</u>	<u>145,564</u>	<u>2,818,494</u>	<u>2,241,991</u>	<u>116,499</u>	<u>2,358,490</u>

The notes on pages 18 to 31 form part of these accounts.

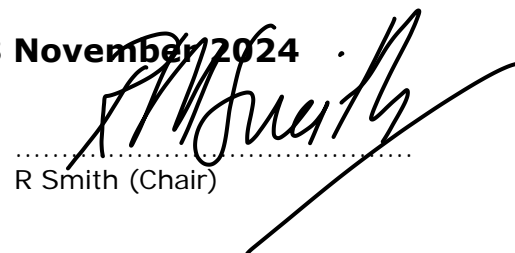
## Balance Sheet

As at 31 March 2024	Note	23/24	22/23
		£	£
<b>Fixed assets</b>			
Tangible assets	8a	163,822	190,426
Investment property	8b	312,000	-
Investments	8c	17,359	20,422
		<u>493,181</u>	<u>210,848</u>
<b>Current assets</b>			
Debtors	9	501,402	249,972
Cash at bank and in hand		<u>2,237,799</u>	<u>2,277,898</u>
		<u>2,739,201</u>	<u>2,527,870</u>
Creditors: amounts falling due within one year	10	413,888	380,228
		<u>2,325,313</u>	<u>2,147,642</u>
<b>Net assets</b>		<u><b>2,818,494</b></u>	<u><b>2,358,490</b></u>
<b>Funds</b>			
	11		
<b>Unrestricted funds:</b>			
General funds		1,480,000	1,480,000
Designated funds		1,192,930	761,991
		<u>2,672,930</u>	<u>2,241,991</u>
Restricted funds		145,564	116,499
<b>Total Funds</b>		<u><b>2,818,494</b></u>	<u><b>2,358,490</b></u>

Approved by the Board of Directors/Trustees on 18 November 2024



D Williams (Treasurer)



R Smith (Chair)

Company Number 5884630

The notes on pages 18 to 31 form part of these accounts.

## Statement of Cash Flows

<b>For year ended 31st March 2024</b>	<b>Note</b>	<b>23/24</b>	<b>22/23</b>
		<b>£</b>	<b>£</b>
Cash outflow from operating activities	18	(143,938)	(72,143)
Cash received on transfer of assets		42,007	-
Cash outflow from Social Investments		-	(20,421)
Cash flows from investing activities		61,832	15,956
Decrease in cash and cash equivalents in the year		<u>(40,099)</u>	<u>(76,608)</u>
Cash and cash equivalents at the beginning of the year		<u>2,277,898</u>	<u>2,354,506</u>
<b>Cash and cash equivalents at the end of the year</b>		<b><u>2,237,799</u></b>	<b><u>2,277,898</u></b>

## NOTES TO THE ACCOUNTS

### 1. (a) General information and basis of preparation

Teesside Mind Ltd is a private company limited by guarantee and registered in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 8 of these financial statements. Our main objective is to provide the high-quality projects and services that enable people experiencing emotional or mental health problems and their families to recover, increase wellbeing and build resilience.

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October. The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The presentational currency used in the financial statements is sterling and balances are rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

### (b) Accounting Policies

#### Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

For donations to be recognised, the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained, then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity, and it is probable that they will be fulfilled.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS102).

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

## **Accounting policies (continued)**

### **Expenditure recognition**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Grants payable to third parties are within the charitable objectives. Where unconditional grants are offered, this is accrued as soon as the recipient is notified of the grant, as this gives rise to a reasonable expectation that the recipient will receive the grants. Where grants are conditional relating to performance then the grant is only accrued when any unfulfilled conditions are outside the control of the charity.

### **Fixed assets**

Only fixed assets with an initial value or cost of at least £1,000 are capitalised. Fixed assets are initially recorded at purchase cost plus the costs of any directly attributable expenditure. The investment property was transferred from Redcar and Cleveland Mind at fair value. Subsequently, it is measured at fair value at the reporting date.

### **Investments including Social Investment**

The Charity has a social investment in relation to an agreement with Mind Matters (Trading Activities) Limited, in that they provide investment in exchange for a share of the profit made. This investment is capitalised and then amortised over a period of 5 years.

### **Depreciation**

Depreciation is provided on a straight-line basis over the useful economic life of the asset. In view of the short-term nature of some of the restricted projects, the Board considers it prudent to write off fixed assets purchased from restricted funds in full in the year of acquisition.

The leasehold property alterations are depreciated on a straight-line basis over the 15-year term of the lease. Freehold property is depreciated over 50 years on a straight-line basis. Associated grant funding is shown as a designated fund and will be written down over the same period. The investment property is not depreciated.

### **Financial instruments**

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the entity after deducting all its financial liabilities.

### **Taxation**

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

### **Going concern**

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

## **Accounting policies (continued)**

### **Fund accounting**

General funds are unrestricted funds that are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are those which can only be used in accordance with the wishes of the donor.

### **Pension contributions**

The charitable company operates a Group Personal Pension Scheme, operated through the Pensions Trust, for the benefit of its own staff. Pension contributions to defined contribution schemes are written off to the statement of financial activities in the year to which they relate. The charity further contributes to a defined benefit pension scheme, The Teesside Pension Fund, for two employees which have TUPE transferred into the charity. The charity is not an admitted member of the Teesside Pension scheme. As a result all employer contributions are shown as a cost in the SoFA and any unpaid pension contributions due at the year-end are included within Other Creditors.

### **Transfers between funds**

The transfer from restricted funds to unrestricted funds represents management and administration charges earned on projects and any surpluses or deficits on the finalisation of projects (subject to funders agreement).

### **Subsidiary Company**

Consolidated accounts have not been prepared this year as the wholly owned subsidiary, Middlesbrough & Stockton Mind Trading Limited, did not trade during the year and is not expected to do so in the foreseeable future. This is currently under review for closure.

### **Judgements and key sources of estimation uncertainty**

There are no judgements (apart from those involving estimates) that have had a significant effect on amounts recognised in the financial statements:

The estimates and assumptions that could have a significant potential impact on the carrying values of assets and liabilities are as follows:

Useful economic lives of tangible fixed assets. These are set out in the depreciation policy note above and are the best estimate based on past experience and expected performance.

## Notes to the accounts

### 2. Income from Charitable Activities

<b>Contracts and grants receivable</b>	<b>23/24</b>	<b>22/23</b>
	<b>£</b>	<b>£</b>
Unrestricted - general income:		
NHS - commissioned services	3,509,552	3,051,697
Local Authority - commissioned services	550,565	324,765
Garfield Weston	25,000	25,000
Other contracts	716,265	510,760
	<u>4,801,382</u>	<u>3,912,222</u>
Restricted income:		
The National Lottery Community Fund - Firm Foundations	50,453	49,489
The National Lottery Community Fund - Ageing Better	-	86,412
Middlesbrough Borough Council - Ageing Better	9,377	8,167
National Mind - Schools & Colleges Early Support Service	40,448	33,096
National Mind - Help Through Hardship Local	83,520	20,480
National Mind - Business Continuity Fund	-	5,251
National Mind - Ukraine Fund	-	5,000
National Mind - Investing in Mental Health	44,708	9,808
National Mind - Redcar Merger	20,477	-
National Mind - Supported Self Help	46,676	-
Community Mental Health Transformation (Redcar)	13,302	-
Sport England	10,250	-
Ballinger Trust - Befriending	-	15,000
Comic Relief Smiles Fund - Arts & Minds	97,428	53,896
Fair4All Finance - Covid 19 Resilience Fund	-	4,500
Blue Stone Collaborative Ways to Wellness - Maternal Mental Health	32,590	38,000
NHS Charities Together - Rooted in Nature	60,382	123,613
	<u>509,611</u>	<u>452,712</u>
Total incoming resources from charitable activities	<b><u>5,310,993</u></b>	<b><u>4,364,934</u></b>

## Notes to the Accounts (continued)

### 3. Analysis of Resources Expended

	Basis of Allocation	Unrestricted Funds £	Restricted Funds £	23/24 Total Funds £	Unrestricted Funds £	Restricted Funds £	22/23 Total Funds £
<b>Charitable Activities</b>							
Salaries	Direct	4,111,198	244,882	4,356,080	3,728,910	204,885	3,933,795
Pension costs	Direct	118,610	6,230	124,840	104,941	3,849	108,790
Other staff costs	Direct	130,272	9,684	139,956	99,596	4,701	104,297
Volunteer costs	Direct	8,039	130	8,169	6,207	151	6,358
Premises costs	Hours	84,264	5,795	90,059	58,707	6,093	64,800
Insurance	Hours	14,696	-	14,696	9,516	-	9,516
Service delivery costs	Direct	243,092	297,702	540,794	192,804	310,494	503,298
Legal fees	Hours	12,201	25,695	37,896	1,627	2,611	4,238
Accountancy services	Hours	20,873	-	20,873	15,600	-	15,600
Audit fees	Hours	10,200	-	10,200	200	-	200
Trustee expenses	Direct	889	-	889	2,400	-	2,400
Depreciation	Usage	34,369	-	34,369	31,805	-	31,805
Amortisation	Usage	3,063	-	3,063	-	-	-
Loss on the revaluation of investment property	Usage	-	33,000	33,000	-	-	-
Mind affiliation fees	Hours	2,064	-	2,064	2,064	-	2,064
Bank charges and interest	Hours	1,517	-	1,517	1,455	-	1,455
<b>Total 23/24</b>		<b>4,795,347</b>	<b>623,118</b>	<b>5,418,465</b>	<b>4,255,832</b>	<b>532,784</b>	<b>4,788,616</b>

## Notes to the Accounts (continued)

### 4. Net Incoming/(outgoing) resources for the year

	<b>23/24</b>	<b>22/23</b>
Net Incoming/(outgoing) resources for the year is stated after charging:	<b>£</b>	<b>£</b>
Director'/Trustees' emoluments	-	-
Depreciation of owned fixed asset	0	31,805
Amortisation of social investment	0	-
Auditors remuneration		
- Audit work	18,000	5,400
- Accounting and other services	13,073	10,400

### 5. Trustees Indemnity Insurance

The charity subscribes to Mind Block Insurance, which is provided by a third party, and purchased indemnity insurance within the terms of the 1996 agreement. A total of £1,204 was paid during the year (2023: £1,120).

## Notes to the Accounts (continued)

### 6. Employee Emoluments

The number of staff employed by the charity during the year was as follows:

	<b>23/24</b>	<b>22/23</b>
	<b>Staff</b>	<b>Staff</b>
Average number of staff (heads)	174	165
Average number of staff (FTE)	147	139

The aggregate payroll costs of the above were:

	<b>23/24</b>	<b>22/23</b>
	<b>£</b>	<b>£</b>
<b>Wages and Salaries</b>	4,010,848	3,619,876
<b>Social Security costs</b>	345,232	313,919
<b>Pension Costs - defined contribution scheme</b>	112,330	100,890
<b>Pension Costs - defined benefit scheme</b>	12,510	7,900
	<u>4,480,920</u>	<u>4,042,585</u>

One employee (22/23: one) received employee benefits during the reporting period in the band £70,000 - £80,000.

The key management personnel comprise the Trustees, the Chief Executive Officer, the Deputy Chief Executive Officer, and the Finance Manager.

The total employee benefits of the key management personnel of the charity were £171,163 (22/23: £180,124).

The charity has two pension schemes in operation. The main scheme is a defined contribution scheme and is available to all employees who meet the qualifying criteria. The other is a defined benefit scheme and is restricted to two members of staff who transferred to the organisation under TUPE on 1 April 2020.

	<b>23/24</b>	<b>22/23</b>
	<b>£</b>	<b>£</b>
<b>Pension contributions due but not paid to the schemes at 31 March:</b>		
Defined contribution scheme	26,285	23,338
Defined benefit scheme	1,253	840
	<u>27,538</u>	<u>24,178</u>

The above balances are included in Other creditors in Note 10.

### 7. Taxation

The charity is exempt from Corporation Tax on its charitable activities and the Board believe that no liability has arisen during the year.

## Notes to the Accounts (continued)

### 8a. Fixed assets

	Freehold Property	Leasehold Property	Office Equipment	Motor vehicles	Total
Cost	£	£	£	£	£
At 1st April 2023	125,000	436,560	105,485	-	667,045
Additions	-	-	7,764	1	7,765
<b>At 31 March 2024</b>	<b><u>125,000</u></b>	<b><u>436,560</u></b>	<b><u>113,249</u></b>	<b><u>1</u></b>	<b><u>674,810</u></b>
<b>Depreciation</b>					
At 1st April 2023	22,500	349,235	104,884	-	476,619
Charged in year	2,500	29,104	2,765	-	34,369
<b>At 31 March 2024</b>	<b><u>25,000</u></b>	<b><u>378,339</u></b>	<b><u>107,649</u></b>	<b><u>-</u></b>	<b><u>510,988</u></b>
<b>Net Book Value</b>					
At 31 March 2023	102,500	87,325	601	-	190,426
<b>At 31 March 2024</b>	<b><u>100,000</u></b>	<b><u>58,221</u></b>	<b><u>5,600</u></b>	<b><u>1</u></b>	<b><u>163,822</u></b>

### 8b. Investment property

Transferred from Redcar and Cleveland Mind	335,000
Revaluation in 2024	(23,000)
	<b><u>312,000</u></b>

Investment properties were subject to independent, professional valuation of £312,000 at 31 March 2024. The valuation was undertaken by Thomas Stevenson Chartered Surveyors.

### 8c. Investments (including Social Investments)

	Social Investment	Trading Subsidiary	Total
Cost	£	£	£
At 1st April 2023	20,421	1	20,422
Additions	-	-	-
<b>At 31 March 2024</b>	<b><u>20,421</u></b>	<b><u>1</u></b>	<b><u>20,422</u></b>
<b>Amortisation</b>			
At 1st April 2023	-	-	-
Amortisation	3,063	-	3,063
<b>At 31 March 2024</b>	<b><u>3,063</u></b>	<b><u>-</u></b>	<b><u>3,063</u></b>
<b>Net Book Value</b>			
At 31 March 2023	20,421	1	20,422
<b>At 31 March 2024</b>	<b><u>17,358</u></b>	<b><u>1</u></b>	<b><u>17,359</u></b>

Social Investment - The Social Investment represents the charity's share of capital costs in respect of its trading arrangement with Mind Matters (Trading Activities) Limited. National Mind, which operates its own trading subsidiary Mind Matters (Trading Activities) Limited, has entered into agreement with the charity to operate the charity shop. Under the terms of the arrangement, the charity contributes to capital and running costs of the local charity shop for a share of its operating profits and losses. The above investment is amortised in line with the agreement at 15% per annum.

Trading Subsidiary - The £1 investment represents the ownership of the subsidiary company, Middlesbrough and Stockton Mind Trading Limited, which has remained dormant since 31 March 2012.

## Notes to the Accounts (continued)

### 9. Debtors

	<b>23/24</b>	<b>22/23</b>
	<b>£</b>	<b>£</b>
Trade debtors	411,463	216,426
Other debtors	70,481	3,350
Prepayments	19,458	30,196
	<u><b>501,402</b></u>	<u><b>249,972</b></u>

### 10. Creditors

	<b>23/24</b>	<b>22/23</b>
	<b>£</b>	<b>£</b>
Trade creditors	24,135	30,274
Taxation and social security	72,412	70,930
Accruals and deferred income (note 10.1)	289,803	254,119
Other creditors	27,538	24,905
	<u><b>413,888</b></u>	<u><b>380,228</b></u>

10.1 Analysis of deferred income included in Accruals and Deferred Income above:

	<b>23/24</b>	<b>22/23</b>
	<b>£</b>	<b>£</b>
Balance brought forward	254,119	151,598
Received in year	289,803	254,119
Released in year	<u>(254,119)</u>	<u>(151,598)</u>
Balance carried forward	<u><b>289,803</b></u>	<u><b>254,119</b></u>

## Notes to the Accounts (continued)

### 11. Movement in Funds - current year

	At 1 April 2022	Incoming resources	Expended resources	Transfers	At 31 March 2023	Incoming resources	Expended resources	Transfers	At 31 March 2024
	£	£	£	£	£	£	£	£	£
<b>Restricted Funds</b>									
<b>The National Lottery Community Fund:</b>									
- Ageing Better	1,351	86,412	(91,931)	-	(4,168)	-	-	4,168	-
- Firm Foundations	-	49,489	(47,618)	(103)	1,768	50,453	(50,004)	-	2,217
- Community Minded	48,196	-	(32,227)	-	15,969	-	(15,969)	-	-
- Middlesbrough Borough Council - Ageing Better	-	8,167	-	-	8,167	9,377	(18,579)	1,035	-
<b>National Mind:</b>									
- Investing in Mental Health	77,946	9,808	(50,787)	(36,967)	-	44,708	(41,244)	(3,464)	-
- Schools & Colleges Early Support Service	-	33,096	(26,740)	-	6,356	40,448	(46,804)	-	-
- Help Through Hardship Local	-	20,480	(20,480)	-	-	83,520	(83,520)	-	-
- Business Continuity Fund	-	5,251	(5,251)	-	-	-	-	-	-
- Ukraine Fund	-	5,000	(5,000)	-	-	-	-	-	-
- Redcar Merger	-	-	-	-	-	20,477	(31,033)	10,556	-
- Supported Self Help	-	-	-	-	-	46,676	(35,353)	-	11,323
<b>Comic Relief:</b>									
- Smiles Fund, Arts & Minds	53,896	53,896	(88,551)	-	19,241	97,428	(92,207)	-	24,462
- Smiles Fund, Let's Do It	30,214	-	(24,263)	(5,951)	-	-	-	-	-
Jill Franklin Trust	982	-	-	(982)	-	-	-	-	-
BBC Children in Need - Mindset	17,622	-	(4,560)	(13,062)	-	-	-	-	-
BUPA - Ecominds	2,957	-	-	(2,957)	-	-	-	-	-
Fair4All Finance - Covid 19 Resilience Fund	-	4,500	-	(4,500)	-	-	-	-	-
Sport England	-	-	-	-	-	10,250	-	(10,250)	-
Woodsmith, Time 4 Your Mind	-	-	-	-	-	-	(11,112)	11,112	-
Cost of Living Support	-	-	-	-	-	-	(4,415)	4,415	-
NHS Charities Together - Rooted in Nature	18,929	123,613	(93,345)	-	49,197	60,382	(109,579)	-	-
Blue Stone Collaborative Ways to Wellness - Maternal Mental Health	9,000	38,000	(28,709)	-	18,291	32,590	(38,943)	-	11,938
Ballinger Trust - Befriending	-	15,000	(13,322)	-	1,678	-	(1,678)	-	-
Community Mental Health Transformation (Redcar)	-	-	-	-	-	13,302	(9,678)	-	3,624
Transfer from Redcar and Cleveland Mind	-	-	-	-	-	125,000	(33,000)	-	92,000
<b>Total restricted funds</b>	<b>261,093</b>	<b>452,712</b>	<b>(532,784)</b>	<b>(64,522)</b>	<b>116,499</b>	<b>634,611</b>	<b>(623,118)</b>	<b>17,572</b>	<b>145,564</b>
<b>Unrestricted Funds</b>									
Designated Funds									
Other Pilot Projects	818,178	-	(219,038)	59,542	658,682	-	(133,255)	597,365	1,122,792
Capital Asset Fund	136,480	-	-	(33,171)	103,309	-	-	(33,171)	70,138
	954,658	-	(219,038)	26,371	761,991	-	(133,255)	564,194	1,192,930
General Reserves	1,480,000	3,998,643	(4,036,794)	38,151	1,480,000	5,243,858	(4,662,092)	(581,766)	1,480,000
<b>Total Unrestricted Funds</b>	<b>2,434,658</b>	<b>3,998,643</b>	<b>(4,255,832)</b>	<b>64,522</b>	<b>2,241,991</b>	<b>5,243,858</b>	<b>(4,795,347)</b>	<b>(17,572)</b>	<b>2,672,930</b>
<b>Total Funds</b>	<b>2,695,751</b>	<b>4,451,355</b>	<b>(4,788,616)</b>	<b>-</b>	<b>2,358,490</b>	<b>5,878,469</b>	<b>(5,418,465)</b>	<b>-</b>	<b>2,818,494</b>

## Notes to the Accounts (continued)

### Transfers

Transfers from restricted funds represent overhead charges which are levied in accordance with the funding agreement of each fund. Transfers from the capital asset fund relate to the write down of refurbishment works on the Lothian Road premises. Transfers to the Other Pilot Projects fund represent excess funds transferred from general reserves (see Designated Funds on page 6).

**National Lottery Community Fund – Ageing Better** – funding for the Age Friendly Middlesbrough project

**National Lottery Community Fund – Firm Foundations** – funding for the Firm Foundation project

**National Lottery Community Fund – Community Minded** – funding for the Community Minded project

**Middlesbrough Borough Council – Ageing Better** - funding for the Age Friendly Middlesbrough project.

**National Mind – Investing in Mental Health** – funding for the Help through Hardship project

**National Mind – Schools and Colleges Early Support Service** – funding to provide phone and online support

**National Mind – Help Through Hardship Local** – funding to be part of a national programme with Citizen's Advice and Tressell Trust

**National Mind – Redcar Merger** – funding to support the merger with Redcar & Cleveland Mind

**National Mind – Supported Self Help** – funding to support our one-to-one guided self-help service

**Comic Relief Smiles Fund** – funding for Arts and Minds creative project

**Woodsmith – Time 4 Your Mind** – funding for emotional health and wellbeing support for children and young people

**Cost of Living Support** – funding for support with community groups events and individual sessions

**NHS Charities Together** – funding for the Rooted in Nature project, for green social prescribing activities

**Blue Stone Collaborative - Ways to Wellness** – funding for the Maternal Mental Health project, for mental health link worker support

**Ballinger Trust** – funding for befriending for older people

**Community Mental Health Transformation – Footprints in the Community** - funding for a Community Wellbeing Partnership to provide a service which meets the needs of those with mental health problems

**Investment Properties** – rental properties transferred following the merger with Redcar & Cleveland Mind

Notes to the Accounts (continued)

**12. Analysis of Net assets between Funds**

	<b>Unrestricted Funds</b>	<b>Designated Funds</b>	<b>Restricted Funds</b>	<b>23/24 Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Tangible Fixed Assets	100,000	63,822	-	163,822
Investment property	220,000	-	92,000	312,000
Investments	17,359	-	-	17,359
Net Current Assets	1,142,641	1,129,108	53,564	2,325,313
<b>As at 31st March 2024</b>	<b>1,480,000</b>	<b>1,192,930</b>	<b>145,564</b>	<b>2,818,494</b>

	<b>Unrestricted Funds</b>	<b>Designated Funds</b>	<b>Restricted Funds</b>	<b>22/23 Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Tangible Fixed Assets	102,500	87,926	-	190,426
Investments	20,422	-	-	20,422
Net Current Assets	1,357,078	674,065	116,499	2,147,642
<b>As at 31st March 2023</b>	<b>1,480,000</b>	<b>761,991</b>	<b>116,499</b>	<b>2,358,490</b>

## Notes to the Accounts (continued)

### 13 Trustee Expenses

No remuneration was paid to the trustees in the year (2023: £Nil). Costs for the ten trustees in the year were £889 (2023: £2,400).

### 14. Company Limited by Guarantee

The company is limited by guarantee and does not have a share capital.

### 15. Subsidiary Company

Middlesbrough & Stockton Mind Trading Limited (Company number 07158554) is a wholly owned subsidiary of Teesside Mind Limited and has been dormant since 31<sup>st</sup> March 2012.

### 16. Related Party transactions

A register of trustees' interests and related parties is held and updated on an ongoing basis to ensure the Charity can monitor and manage any potential conflicts of interest and ensure transparency. Trustees are not involved in any decisions where there is a potential conflict of interests.

The wife of trustee Metab Hussain is employed by the charity and received remuneration totalling £25,643 during the year (2023: £33,939).

The following related to trustee Gary Emerson during the year:

- Room Hire income of £500 from Tees Esk & Wear Valley NHS Foundation Trust (2023: £nil)
- Payment of £17,141 to Stockton District Advice and Information Service for delivery as part of the Help Through Hardship Project (2023: £10,480)

### 17. Capital and Operating Lease Commitments

At 31<sup>st</sup> March 2024 there were no commitments to capital expenditure.

Total future minimum lease payments under non-cancellable operating leases are as follows:

	<b>23/24</b>	<b>22/23</b>
	<b>£</b>	<b>£</b>
<b>Land and buildings</b>		
Within one year	43,219	41,071
Between one and five year	43,075	79,996
After 5 years	-	-
	<b><u>86,294</u></b>	<b><u>121,067</u></b>

### 18. Reconciliation of Net Income to Net Cash flow from Operating Activities

	<b>23/24</b>	<b>22/23</b>
	<b>£</b>	<b>£</b>
Net movement in funds	460,004	(337,261)
Adjustments for:		
Depreciation	34,369	31,805
Amortisation	3,063	-
Transfer of assets	(386,562)	-
Loss on revaluation of investment property	23,000	-
Investment Income	(61,832)	(15,956)
(Increase)/decrease in debtors	(249,640)	154,078
Increase/(decrease) in creditors	33,660	95,191
<b>Cash outflow from operating activities</b>	<b>(143,938)</b>	<b>(72,143)</b>

### 19. Analysis of Net Funds

	<b>Brought Forward</b>	<b>Movement in year</b>	<b>Carried forward</b>
	<b>22/23</b>		<b>23/24</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Cash	2,277,898	(40,099)	2,237,799
<b>Total</b>	<b>2,277,898</b>	<b>(40,099)</b>	<b>2,237,799</b>

### 20. Transfer from Redcar and Cleveland Mind

On 5 September 2023, the following assets were transferred from Redcar and Cleveland Mind:-

	<b>Total</b>	<b>Unrestrict ed Funds</b>	<b>Restricted Funds</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Investment property	335,000	210,000	125,000
Other fixed assets	7,765	7,765	-
Debtors	1,790	1,790	-
Cash	42,007	42,007	-
	<b>386,562</b>	<b>261,562</b>	<b>125,000</b>

In addition, employees of Redcar and Cleveland Mind transferred to Middlesbrough and Stockton Mind. Both charities have the same charitable objectives.

**Teesside Mind Limited**

England & Wales - Charity number 1118098

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# Accounts

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# Middlesbrough and Stockton Mind Limited

Our vision is for the people of Teesside to enjoy good mental health, enabling them to lead full and happy lives.

## Trustees' Annual Report and Accounts

For the year ended 31 March 2022

**Charity number 1118098**  
**Company Limited by Guarantee number 5884630**

Registered office:  
The Mind Centre, 90-92 Lothian Road, Middlesbrough TS4 2QX

Telephone: 01642 257020  
Email: [info@middlesbroughandstocktonmind.org.uk](mailto:info@middlesbroughandstocktonmind.org.uk)  
Website: [www.middlesbroughandstocktonmind.org.uk](http://www.middlesbroughandstocktonmind.org.uk)

## Report of the trustees for the year ending 31 March 2022

The trustees are pleased to present their annual report together with the financial statements of the charity for the year ending 31 March 2022, which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

### Public benefit, objectives and activities

#### Public Benefit

The charity's activities have been undertaken with due regard to the guidance published by the Charity Commission on public benefit.

#### Objectives

The objects of Middlesbrough and Stockton Mind under its Memorandum and Articles of Association are:

- to promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition, and;
- to relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

Middlesbrough and Stockton Mind's overall vision is for the people of Teesside to enjoy good mental health, enabling them to lead full and happy lives.

In working towards our goal, we agreed the following objectives:

1. To continue to provide the high-quality project and services that enable people to recover, increase wellbeing and build resilience, focusing wherever possible on those with complex and over-lapping problems
2. To further strengthen our workforce by focussing on skills development, engagement, wellbeing, resilience and diversity, and guiding staff and volunteers with appropriate policies and systems
3. To diversify our income streams to increase financial stability
4. To increase understanding of the work we do and its impact and build a community of partners and stakeholders around improving mental health.

#### Activities

Our plans during the year continued to focus on supporting our staff, volunteers and beneficiaries to cope with the continuing pandemic and its wider impacts. In the face of ongoing uncertainty, and pressures on health and social welfare services, we continued to do all we could to support people who experience mental health issues through another difficult year.

The projects and services provided during the year included:

- **Advocacy** – we provided Independent Mental Health Advocacy, Independent Mental Capacity Act Advocacy, Care Act, Relevant Person's Representative advocacy and general non-statutory advocacy to help people to obtain their rights, treatment and care.
- **Ageing Better Middlesbrough** – with the National Lottery Community Fund's continued support, we extended the programme for a seventh and final year to support people aged over 50 in Middlesbrough impacted by Covid. The final year also enabled us to share learning from the full 7-year programme.
- **Appropriate Adult** – we trained and supported volunteer Appropriate Adults for vulnerable adults being detained or questioned by the police.
- **Arts and Minds** – in partnership with Stockton ARC, we began delivering an arts, crafts and social programme to support wellbeing through creativity, skills development and social contact.
- **Befriending** – we provided volunteer-led telephone befriending support for older people experiencing isolation or loneliness.
- **Carers, family members and friends** – we provided information, emotional and practical support for families and friends (unpaid carers) of people experiencing health problems. We

worked with local hospital services to support families with a family member being discharged from hospital care.

- **Children, young people and their families** – we provided evidence-based psychoeducation, emotional wellbeing support and psychological therapies in local schools for children and young people experiencing distress, emotional difficulties and mental health problems. As part of a local partnership across South Tees, we provided NHS therapy services and Mental Health Support Teams in Schools. We provided emotional and counselling support within the Footsteps GP-based emotional wellbeing service for young people in Stockton. With the support of Comic Relief, we provided additional support to young people affected by Covid.
- **Green Social Prescribing** – in partnership with 5 local voluntary organisations, we began a new project to connect people experiencing mental health difficulties impacted by Covid with nature-based activities to support their long-term health and wellbeing.
- **Help for people in hardship crisis** (Firm Foundations) – we provided practical and mental health support to people in severe hardship to improve their circumstances and build resilience, in partnership with Actes and Middlesbrough Financial Inclusion Group.
- **Maternal Mental Health** – we began a new project in partnership with the NHS and Ways to Wellness to provide link worker support for pregnant women and women with babies aged under 2 years.
- **Mental Health and Cancer Care Research** – we continued to research the experience of people with mental health problems who receive a cancer diagnosis. We produced a 'Passport to my health and wellbeing', a paper document which helps people who are living with cancer and a mental health condition describe what they need from health professionals. We worked in partnership with North East and North Cumbria NHS ICS to roll this out across the region.
- **Mentally Healthy Universities** – we worked with Mind, Goldman Sachs Gives and Teesside University to provide workshops and short-courses for students to support their mental wellbeing and provide tools and techniques to cope with the challenges of student life. We provided training for university staff to become peer supporters and mental health champions within the University.
- **Nature-based and gardening activity** (Ecominds) – we worked with local people to improve mental health and well-being through community gardening and other nature-based activities.
- **Peer support** – we delivered a number of new peer support groups to enable people experiencing mental health difficulties to get together in safe, social spaces to share their experiences, learn from each other and enjoy different activities.
- **Psychological therapies and recovery support** (Impact on Teesside) – we worked in partnership with Alliance Psychological Therapies and Insight Healthcare to deliver NHS primary care psychological therapies and wellbeing services across Teesside. We provided accredited primary care therapies. Our recovery support focussed on assertive outreach support for individuals with complex issues that prevented them from accessing help before reaching crisis point. We delivered wellbeing courses through the Recovery College. We trained people with lived experience of mental health problems to volunteer as college co-tutors and to facilitate peer support.
- **Social Prescribing** – we provided Social Prescribing Link Worker support for patients registered with GP practices across 5 Primary Care Networks in Middlesbrough, Eston and Stockton-on-Tees. We provided person-centred, holistic support based on the 'What matters to me' approach, addressing broad health and social issues and connecting people with community-based services and activities that were of interest to and benefit to them.
- **Volunteering and community action** – (Community Minded) we supported people to get involved and give back to their community by volunteering or taking part in community action.
- **Workplace wellbeing and counselling services** – we provided tailored consultancy and mental health training for employers and their workforces. We developed a paid therapy service to respond to individual and employer needs.

## Grant making

Our charitable activities did not include grant making. However, as lead partner in the Ageing Better Middlesbrough programme, we continued to contract with our delivery partners.

## Volunteering and participation

During the year, 124 people contributed to the work of our organisation in a formal voluntary capacity, with many others participating informally in project co-design work and one-off volunteering activities. Formal and informal volunteers continued to play a vital role in helping to design and deliver most of our projects and services and helping us to develop the work of the organisation.

One of our volunteers said: "I started volunteering with Community Minded in 2020, where I began my Level 2 peer mentoring course. I was also involved in developing courses for Mind. I helped support people on a one-to-one basis which allowed them to feel empowered and able to use their skills to develop and grow. As Community Minded is coming to an end, I will be looking to have another role with Middlesbrough and Stockton Mind and potentially find employment with yourselves".

## Achievements and performance

Middlesbrough and Stockton Mind worked hard to achieve a high level of success and performance during the year and meet the needs of local people, in spite of the continuing impact of Covid. We kept our services open and available to anyone who needed them, whilst following Government guidance to keep everyone safe. We continued to provide more phone and online support as new ways of working that had appealed and been effective. We embedded hybrid working to support our staff team.

During the year, we provided direct support services to more than 9,300 people through our community services and more than 14,300 people through our Impact on Teesside partnership. This is a tremendous achievement and credit to our staff and volunteers.

Within Impact on Teesside, we supported over 1,400 people through our Recovery and Foundations which is led by Middlesbrough and Stockton Mind. Within this pathway, we supported 93% of clients to make positive changes in their lives and achieve new goals, evidenced through the Recovery Star. One client said: 'Since working with (staff member) and Impact on Teesside, I now feel like there may be a light at the end of a very dark tunnel. All I have ever wanted is to be listened to in regards to my mental health. Finally, I am being heard. This is thanks to (staff member) who has been a guiding light for me. The months we have worked together, she gave me hope, coping mechanisms, advice and ultimately got me what I have always wanted. A diagnosis (through secondary care). I have just recently completed a Peer Support course with Impact, which I thoroughly enjoyed. I am hoping that in the near future I get to run my own peer support groups. Right now though I need to focus on me, and my journey to some emotional stability.'

Our Ageing Better Middlesbrough programme had changed significantly in response to the first year of the Covid pandemic. With the ongoing support and flexibility of the National Lottery Community Fund, we were able to extend the programme to March 2022 to ensure older people locally were supported through the remainder of the pandemic and that the final year's learning programme could be completed. We were able to continue to provide an Older People's Wellbeing service, telephone befriending, and digital inclusion support. The way we worked continued to evidence improved wellbeing, physical health and reduce loneliness for older people. Positive feedback from people using our services included feedback from a woman who had been recently widowed: 'Ageing Better had been there for me and without their support I don't think I would be here now, it's kept me going really'. Over 120 older people and stakeholders attended our 'Festival of Ageing Better' which launched Middlesbrough's application to be a WHO-recognised Age Friendly Town, as part of the legacy of Ageing Better Middlesbrough.

Our NHS-funded Social Prescribing Link Worker teams went from strength to strength, providing person-centred support to people who needed more than medical help. Our staff team grew to 23 staff, including senior link workers and team members focusing on health coaching and young people. The team worked with over 1,900 people during the year. Feedback to the team has included: 'I'm over the moon! I only said to you this morning I wanted to go out for walks with my carers this morning and a social worker has just rung me to say this will be arranged. Thank you for sorting this out I would not have known how to go about it. If I win the lottery, I am going to share it with you!'

Our team working with children and young people worked hard with wider stakeholders to meet growing demand. We worked directly in 21 primary and secondary schools across Teesside and complemented this by working with families and young people in community and GP settings. One of the young people fed back: 'It was nice to just open up about things and that someone would listen and give me great advice'. One grandparent told us: 'Thank you, I don't know what you've done but she's like a different kid. My Granddaughter appears settled already; she is looking forward to coming to school. She is now very chatty, talking about what you had been discussing. I feel very hopeful that the support will help her'.

We entered the final year of National Lottery Help through Crisis funding for Firm Foundation, a project that supported people in severe hardship. Our final project evaluation showed that 90% of beneficiaries had improved mental wellbeing, 80% were better able to manage their money and 69% were better able to manage their tenancy and accommodation. A beneficiary who had diabetes and was struggling to afford to eat, said Firm Foundations helped her to feel "more in control, my self-esteem is better and I'm not having so many hypos because I'm able to have food". Another beneficiary said, Firm Foundations "really did make me stop and see how I can solve it [finances], rather than how it can beat me...I've got no debt now". Another beneficiary described her improved resilience, "I know there is going to be bumps in the road...but I'm more prepared now, each time something comes up, I am handling it better".

## Financial review

Our income for this financial year was £3,964,235 – a reduction of £117,308 from the previous financial year (2021: £4,081,543), which reflects an increase of £355,502 in unrestricted income, offset by a net reduction of £472,810 in restricted funds for project work.

We spent £3,738,015 on delivering our projects and services during the year, a reduction of £46,330 on the previous year (2021: £3,784,345). This reflected a £450,522 increase in cost of activity on service delivery funded through unrestricted and designated funds, offset by a £496,852 reduction in spending on restricted fund projects.

### Reserves Policy

In line with Charity Commission requirements, the charity has a Reserves Policy based on a realistic assessment of its needs. During the financial year the Trustees undertook a review of their policy on reserves, based on an assessment of potential liabilities arising in future against the previous requirement to hold reserves at the level of around 6 months of operational expenditure. The outcome of the review was that the Trustees agreed to continue to hold General Reserves of £1,480,000 (2021: £1,465,000) with any excess at year end being transferred to the designated reserves for capacity building and the development and testing of new services.

Although the Trustees believe that it is prudent to maintain a proportion of the organisation's reserves in the ongoing uncertain of the Covid pandemic and the economic challenges of 2022, the Trustees also wanted to use some reserves to further the charity's objectives and support more people experiencing mental health difficulties and the cost of living crisis. The Trustees identified several areas where funding will be allocated, as described below.

### Designated funds

The designated reserves were increased to £954,658 at the end of the financial year in accordance with the revised policy described above. Designated funds remain in place for the Capital Asset Fund at £136,480. This represents our investment in the refurbishments of the Lothian Road building and is being written back over the term of the lease of the premises.

A five-year plan is maintained for the use of the other designated funds, including organisational development and capacity building, new business development, co-designing new services with local people, delivering peer support and community outreach activities. Expenditure on Pilot Projects in the year amounted to £43,749.

### **Social and financial investment**

Social investment does not form a material part of our charitable and investment activities. We undertook no social investment activities (as defined by the Charities (Protection and Social Investment) Act 2017) during the year. The financial investment of our cash deposits is made to produce the best financial return possible within an acceptable level of risk and taking account of the administrative costs involved.

### **Plans for the future**

During the second year of the pandemic, we continued to focus our work on supporting staff, volunteers and beneficiaries to maintain their wellbeing and stay resilient through ongoing uncertainty. The cost of living crisis that has emerged in 2022 is just as concerning in terms of impact on people's lives, health and wellbeing. Pressure on health and social welfare services has increased rather than eased. Middlesbrough and Stockton Mind feels this pressure too.

We are a resilient organisation and we will continue to diversify our activities and income streams to maintain stability and deliver the services people want from us. In response to ongoing pressure on public services, we are now contributing to many partnership initiatives aimed at making sure resources are used as effectively as possible through shared responsibilities and jointed up approaches. We expect this approach to grow and for partnership working to be an increasing area of our work. We're excited to see what more our existing partnerships deliver, and to be part of new partnerships in the coming year including for young people's services and community mental health.

## Reference and administrative information

Charity name	Middlesbrough and Stockton Mind Limited
Operating name	Middlesbrough and Stockton Mind Limited
Charity registration number	1118098
Company registration number	05884630
Registered office	The Mind Centre 90-92 Lothian Road Middlesbrough TS4 2QX
Bankers	Yorkshire Bank plc Central Branch Linthorpe Road Middlesbrough TS1 1RF
Auditors	Azets Audit Services Chartered Accountant & Statutory Auditor Bulman House Regent Centre Gosforth Newcastle Upon Tyne NE3 3LS

The Directors of the charitable company are its trustees for the purpose of Charity Law. The Trustees and Chief Executive serving during the year and since the year end were as follows:

Trustees	Sue Cash Gary Emerson John Harrison (resigned 11.07.2022) Ruth Hicks Metab Hussain Charlie Nettle Joanne Ramsay (resigned 08.06.2021) Ruth Smith Thomas Smith Girija Taylor (appointed 14.03.2022) Nicola Wass (appointed 14.03.2022) David Williams (appointed 14.03.2022)
Chair:	Ruth Smith
Vice Chair:	Charlie Nettle
Treasurer:	John Harrison (resigned 11.07.2022) David Williams (appointed 11.07.2022)
Chief Executive:	Emma Howitt
Senior Management:	Kerry Robinson, Deputy Chief Executive Iain Fuller, Finance Manager Nicky Crombie, Human Resources Manager

## **Structure, governance and management**

### **Legal status and governing document**

Middlesbrough and Stockton Mind Limited is a charitable company limited by guarantee, incorporated on 24 July 2006. Its governing document is its Memorandum and Articles of Association.

### **Trading subsidiary**

Middlesbrough and Stockton Mind Limited has a trading subsidiary company, Middlesbrough and Stockton Mind Trading Limited. This company did not trade during the year and is not expected to do so in the foreseeable future.

### **Appointment and induction of trustees**

Trustees are recruited through public or targeted advertisement to ensure the appropriate mix of skills and knowledge and reflection of the local community. Each year, at the Annual General Meeting, one third of trustees retire and further trustees are appointed. Retiring trustees may be re-appointed. There is no maximum number of trustees. No persons external to the charity are entitled to appoint trustees.

New trustees are provided with information, support and training on their role, including their legal obligations under charity and company laws. They receive an induction and a handbook, which includes a copy of the Memorandum and Articles of Association and all other relevant documents. Trustees are encouraged to attend appropriate internal and external training opportunities to help them contribute as fully as possible to the organisation.

### **Organisational structure**

The Board of Trustees meets six times a year to consider governance and strategic issues. The Chief Executive has delegated responsibility for the operations of the organisation and implementation of the strategic plan, including staff management and fundraising. The Chief Executive reports on progress to the Board of Trustees. The Chief Executive is supported by the Senior Management Team.

### **The Mind Network and related parties**

Middlesbrough and Stockton Mind is part of the Mind network through the Mind Federation Agreement. This does not impact on Middlesbrough and Stockton Mind's operational policies.

Middlesbrough and Stockton Mind identifies one of its key roles as influencing others for the wider benefit of people who experience mental health problems, based on its insight into people's experiences locally. We do this by participating in multi-agency partnerships and supporting individuals and their families to raise issues themselves.

### **Pay policy for senior staff**

The Board of Trustees considers that the Senior Management Team comprises the key management personnel of the Charity in charge of operating the Charity on a day-to-day basis. The pay of senior staff within the team is reviewed annually. The Trustees benchmark against pay levels in the local and regional voluntary sector for similar size charities and using the ACEVO Pay Survey.

All trustees are volunteers and no trustee received remuneration in the year. Details of trustees' expenses are disclosed in note 13 to the accounts.

## **Risk management**

The Trustees view that the principal risks and uncertainties facing the charity at the current time relate to the on-going long-term impacts of Covid and rising cost of living on our current activities and our work over the coming two to three years. This includes the economic impact of Covid and the cost of living crisis on our beneficiaries, staff, public services and funding.

Our risk management plans and systems include monthly review of high risks and associated mitigating actions at Trustees meetings and Senior Management Team meetings, regular review of Risk Register and detailed risk management plans for key risks, trustee leadership in the organisation's Audit and Risk sub-group, annual business and service/project plans, and our budgeting process.

## Statement of Trustee Responsibilities

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

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and 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 auditor is 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 auditor is aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

### Reappointment of auditor

Azets Audit Services Limited, trading as Azets Audit Services, were appointed auditor to the company following their acquisition of the trade of Tait Walker LLP, trading as MHA Tait Walker, on 1 May 2022.

In accordance with section 485 of the Companies Act 2006, a resolution for the re-appointment of Azets Audit Services as auditors of the charity is to be proposed at the forthcoming Annual General Meeting.

Approved by the Board of Trustees on 24/11/2022  
and signed on its behalf by



**Ruth Smith, Chair of Board of Trustees**

## Independent Auditor's Report to the Members of Middlesbrough and Stockton Mind Limited

### Opinion

We have audited the financial statements of Middlesbrough and Stockton Mind Limited (the 'charity') for the year ended 31 March 2022, which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, 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 United Kingdom Accounting Standards, comprising Charities SORP - FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and applicable law (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity'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 Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity 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 were 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 auditor's report 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 there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

### **Opinion 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 Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

### **Matters on which we are required to report by exception**

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

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.

### **Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities, the trustees 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 charity'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 charity or to cease operations, or have no realistic alternative but to do so.

### **Auditor's 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 an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

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

- Enquiries with management, about any known or suspected instances of non-compliance with laws and regulations and fraud;
- Reviewing board minutes;
- Challenging assumptions and judgements made by management in their significant accounting estimates; and
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness.

Because of the field in which the client operates, we identified the following areas as those most likely to have a material impact on the financial statements: Health and Safety; employment law (including the Working Time Directive); and, compliance with the UK Companies Act and Charities Act.

Owing to the inherent limitations of an audit, there is an unavoidable risk that some material misstatements in the financial statements may not be detected, even though the audit is properly planned and performed in accordance with the ISAs (UK). For instance, the further removed non-compliance is from the events and transactions reflected in the financial statements, the less likely the auditor is to become aware of it or to recognise the non-compliance.

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](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

### Use of our report

This report is made solely to the charitable company's trustees, 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 charity's trustees those matters we are required to state to them in an auditor's 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 its trustees as a body, for our audit work, for this report, or for the opinions we have formed.



.....  
Simon Brown BA ACA DChA (Senior Statutory Auditor)  
For and on behalf of Azets Audit Services  
Chartered Accountants  
Statutory Auditor  
Bulman House Regent Centre  
Gosforth  
Newcastle Upon Tyne  
Tyne And Wear  
NE3 3LS

Date: 9/12/22 .....

Azets Audit Services is a trading name of Azets Audit Services Limited.

**Statement of Financial Activities**  
**(including summary income and expenditure account)**

For year ended 31st March 2022

	Note	Unrestricted funds £	Restricted funds £	2022 Total Funds £	2021 Total Funds £
<b>Income</b>					
<b>Income from donations and legacies</b>					
- Donations		41,755	-	41,755	86,535
- Government Grants (CJRS)		491	575	1,066	76,298
<b>Income from charitable activities</b>					
- contracts and grants receivable	2	2,878,624	1,032,826	3,911,450	3,896,091
- other income from charitable activities		-	2,948	2,948	-
<b>Income from investments</b>					
- Interest received		7,016	-	7,016	22,619
<b>Total income</b>		<u>2,927,886</u>	<u>1,036,349</u>	<u>3,964,235</u>	<u>4,081,543</u>
<b>Expenditure</b>					
Expenditure on charitable activities	3	<u>2,961,044</u>	<u>776,971</u>	<u>3,738,015</u>	<u>3,784,345</u>
<b>Total expenditure</b>		<u>2,961,044</u>	<u>776,971</u>	<u>3,738,015</u>	<u>3,784,345</u>
<b>Net income/(expenditure)</b>		(33,158)	259,378	226,220	297,198
Transfers between funds	1	186,622	(186,622)	-	-
<b>Net movement in funds for the year</b>		<u>153,464</u>	<u>72,756</u>	<u>226,220</u>	<u>297,198</u>
<b>Fund balances brought forward</b>		<u>2,281,194</u>	<u>188,337</u>	<u>2,469,531</u>	<u>2,172,333</u>
		<u><b>2,434,658</b></u>	<u><b>261,093</b></u>	<u><b>2,695,751</b></u>	<u><b>2,469,531</b></u>


The notes on pages 16 to 29 form part of these accounts.

**Balance Sheet**

As at 31 March 2022	Note	2022 £	2021 £
Fixed assets			
Tangible assets	8	222,231	254,102
Investments in subsidiary	1	1	1
		222,232	254,103
Current assets			
Debtors	9	404,050	290,274
Cash at bank and in hand		2,354,506	2,241,750
		2,758,556	2,532,024
 Creditors: amounts falling due within one year	 10	 285,037	 316,596
 Net current assets/(liabilities)		 2,473,519	 2,215,428
 <b>Net assets</b>		 <b>2,695,751</b>	 <b>2,469,531</b>
 <b>Funds</b>	 11		
Unrestricted funds:			
General funds		1,480,000	1,465,000
Designated funds		954,658	816,195
		2,434,658	2,281,195
Restricted funds		261,093	188,336
<b>Total Funds</b>	19	<b>2,695,751</b>	<b>2,469,531</b>

Approved by the Board of Directors/Trustees on 24/11/22

  
D Williams (Treasurer)

  
R Smith (Chair)

Company Number 5884630

The notes on pages 16 to 29 form part of these accounts.

**Statement of Cash Flows**

<b>For year ended 31st March 2022</b>	<b>Note</b>	<b>2022</b>	<b>2021</b>
		<b>£</b>	<b>£</b>
Cash flows from operating activities			
Net cash provided (used in) operating activities	18	105,741	753,508
Cash flows from investing activities		7,016	22,619
Change in cash and cash equivalents in the year		<u>112,757</u>	<u>776,127</u>
Cash and cash equivalents at the beginning of the year		<u>2,241,749</u>	<u>1,465,622</u>
<b>Cash and cash equivalents at the end of the year</b>		<b><u>2,354,506</u></b>	<b><u>2,241,749</u></b>

## NOTES TO THE ACCOUNTS

### 1. (a) General information and basis of preparation

Middlesbrough and Stockton Mind Ltd is a private company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 6 of these financial statements. Our main objective is to provide the high-quality projects and services that enable people experiencing emotional or mental health problems and their families to recover, increase wellbeing and build resilience.

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

#### (b) Accounting Policies

##### Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised, the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained, then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS102).

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

##### Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Grants payable the third parties are within the charitable objectives. Where unconditional grants are offered, this is accrued as soon as the recipient is notified of the grant, as this gives rise to a reasonable expectation that the recipient will receive the grants. Where grants are conditional relating to performance then the grant is only accrued when any unfulfilled conditions are outside the control of the charity.

## **Accounting policies (continued)**

### **Fixed assets**

Only fixed assets with an initial value or cost of at least £1,000 are capitalised. Fixed assets are initially recorded at purchase cost plus the costs of any directly attributable expenditure.

### **Depreciation**

Depreciation is provided on a straight line basis over the useful economic life of the asset. In view of the short term nature of some of the restricted projects, the Board considers it prudent to write off fixed assets purchased from restricted funds in full in the year of acquisition.

The leasehold property alterations are depreciated on a straight-line basis over the 15 year term of the lease. Freehold Property is depreciated over 50 years on a straight-line basis. Associated grant funding is shown as a designated fund and will be written down over the same period.

### **Financial instruments**

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the entity after deducting all of its financial liabilities.

### **Taxation**

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

### **Going concern**

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

### **Fund accounting**

General funds are unrestricted funds that are available for use at the discretion of the trustees in furtherance of the general objectives of the charity. Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements. Restricted funds are those which can only be used in accordance with the wishes of the donor.

### **Pension contributions**

The charitable company operates a Group Personal Pension Scheme, operated through the Pensions Trust, for the benefit of its own staff. Pension contributions to defined contribution schemes are written off to the statement of financial activities in the year to which they relate.

### **Transfers between funds**

The transfer from restricted funds to unrestricted funds represents management and administration charges earned on projects and any surpluses or deficits on the finalisation of projects (subject to funders agreement).

## **Accounting Policies (continued)**

### **Subsidiary Company**

Consolidated accounts have not been prepared this year as the wholly owned subsidiary, Middlesbrough and Stockton Mind Trading Limited, did not trade during the year and is not expected to do so in the foreseeable future.

### **Judgements and key sources of estimation uncertainty**

There are no judgements (apart from those involving estimates) that have had a significant effect on amounts recognised in the financial statements:

The estimates and assumptions that could have a significant potential impact on the carrying values of assets and liabilities are as follows:

Useful economic lives of tangible fixed assets

These are set out in the depreciation policy note above and are the best estimate based on past experience and expected performance.

## Notes to the accounts

### 2. Income from Charitable Activities

	2022	2021
	£	£
<b>Contracts and grants receivable</b>		
Unrestricted - general income:		
NHS - commissioned services	2,338,371	2,035,567
Local Authority - commissioned services	281,215	213,434
Gwyneth Forrester Trust	-	25,000
County Durham Foundation	-	20,000
Other contracts	259,038	179,024
	<u>2,878,624</u>	<u>2,473,025</u>
Restricted income:		
The National Lottery Community Fund - Community Minded	73,488	72,047
The National Lottery Community Fund - Firm Foundations	25,643	107,197
The National Lottery Community Fund & European Social Fund - Step Forward Tees Valley	-	41,918
The National Lottery Community Fund - Ageing Better	595,445	977,954
The National Lottery Community Fund - Covid response	-	66,099
National Mind - Mentally Healthy Universities	30,084	51,778
Sport England - Energise	-	22,076
Comic Relief - # Let's do it	-	28,901
Macmillan	-	18,663
BBC Children in Need - Mindset	38,426	19,213
Comic relief - Covid relief funds	-	17,220
Blue Stone Collaborative - Maternal Mental Health	9,000	-
Comic Relief - Arts & Minds	53,896	-
National Mind - Investing in Mental Health	88,264	-
NHS Charities together - Rooted in Nature	54,005	-
Middlesbrough Voluntary Development Agency - Resilience Fund Middlesbrough	4,500	-
Catalyst Stockton on Tees Ltd - Resilience Fund Stockton	18,419	-
Department of Health - Suicide Prevention Fund	41,656	-
	<u>1,032,826</u>	<u>1,423,066</u>
<b>Total incoming resources from charitable activities</b>	<u><b>3,911,450</b></u>	<u><b>3,896,091</b></u>

Notes to the Accounts (continued)

3. Analysis of Resources Expended

	Basis of Allocation	Unrestricted Funds	Restricted Funds	2022 Total Funds	2021 Total Funds
		£	£	£	£
<b>Charitable Activities</b>					
Salaries	Direct	2,529,216	284,718	2,813,934	2,599,306
Pension costs	Direct	74,099	6,807	80,906	70,467
Other staff costs	Direct	40,837	1,324	42,161	49,325
Volunteer costs	Direct	6,036	179	6,215	6,287
Premises costs	Hours	122,046	28,220	150,266	180,958
Insurance	Hours	7,850	-	7,850	5,536
Service delivery costs	Direct	134,163	455,723	589,886	820,345
Legal fees	Hours	2,553	-	2,553	3,690
Accountancy services	Hours	3,600	-	3,600	3,600
Audit fees	Hours	5,400	-	5,400	5,400
Trustee expenses	Direct	-	-	-	269
Depreciation	Usage	31,872	-	31,872	36,624
Mind affiliation fees	Hours	2,064	-	2,064	2,064
Bank charges and interest	Hours	1,308	-	1,308	474
<b>Total 2022</b>		<b>2,961,044</b>	<b>776,971</b>	<b>3,738,015</b>	<b>3,784,345</b>
<b>Total 2021</b>		<b>2,510,523</b>	<b>1,273,822</b>	<b>3,784,345</b>	

## Notes to the Accounts (continued)

### 4. Net Incoming resources for the Year

	2022	2021
	£	£
Net incoming resources for the year is stated after charging:		
Directors'/Trustees' emoluments	-	-
Depreciation of owned fixed assest	31,871	36,624
Auditors remuneration	5,400	5,400

### 5. Trustees Indemnity Insurance

The charity subscribes to Mind Block Insurance, which is provided by a third party, and purchased indemnity insurance within the terms of the 1996 agreement. A total of £392.00 was paid during the year.

**Notes to the Accounts (continued)**

**6. Employee Emoluments**

The number of staff employed by the charity during the year was as follows:

	<b>2022</b>	<b>2021</b>
	<b>Staff</b>	<b>Staff</b>
Average number	145	120

The aggregate payroll costs of the above were:

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Wages and Salaries</b>	2,595,564	2,403,323
<b>Social Security costs</b>	218,370	195,983
<b>Pension Costs - defined contribution scheme</b>	71,925	60,635
<b>Pension Costs - defined benefit scheme</b>	8,981	9,832
	<u>2,894,840</u>	<u>2,669,773</u>

One employee (2021: one) received employee benefits during the reporting period in the band £60,000 - £70,000

The key management personnel comprise the trustees, the Chief Executive Officer, the Deputy Chief Executive Officer, the Finance Manager and the Human Resources Manager of Middlesbrough and Stockton Mind Limited

The total employee benefits of the key management personnel of the charity were £176,902 (2021: £176,797).

The charity has two pension schemes in operation. The main scheme is a defined contribution scheme and is available to all employees who meet the qualifying criteria. The other is a defined benefit scheme and is restricted to three members of staff who transferred to the organisation under TUPE on 1 April 2020.

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Pension contributions due but not paid to the schemes at 31 March:</b>		
Defined contribution scheme	18,355	18,520
Defined benefit scheme	819	819
	<u>19,174</u>	<u>19,339</u>

The above balances are included in Other creditors in Note 10.

**Notes to the Accounts (continued)**

**7. Taxation**

The charity is exempt from Corporation Tax on its charitable activities and the Board believe that no liability has arisen during the year.

**8. Fixed assets**

	<b>Freehold Property</b>	<b>Leasehold Property</b>	<b>Office Equipment</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>				
At 1st April 2021	125,000	436,560	105,485	667,045
Additions	-	-	-	-
<b>At 31 March 2022</b>	<b>125,000</b>	<b>436,560</b>	<b>105,485</b>	<b>667,045</b>
 <b>Depreciation</b>				
At 1st April 2021	17,500	291,041	104,402	412,943
Charged in year	2,500	29,104	267	31,871
<b>At 31 March 2022</b>	<b>20,000</b>	<b>320,145</b>	<b>104,669</b>	<b>444,814</b>
 <b>Net Book Value</b>				
At 31 March 2021	107,500	145,519	1,083	254,102
<b>At 31 March 2022</b>	<b>105,000</b>	<b>116,415</b>	<b>816</b>	<b>222,231</b>

Notes to the Accounts (continued)

**9. Debtors**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Trade debtors	386,132	218,356
Other debtors	5,320	52,996
Prepayments	12,598	18,922
	<u><b>404,050</b></u>	<u><b>290,274</b></u>

**10. Creditors**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Trade creditors	38,997	22,483
Taxation and social security	51,635	48,107
Accruals and deferred income (note 10.1)	157,000	200,771
Other creditors	37,405	45,235
	<u><b>285,037</b></u>	<u><b>316,596</b></u>

10.1 Analysis of deferred income included in  
Accruals and Deferred Income above:

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Balance brought forward	196,257	126,304
Received in year	151,598	196,257
Released in year	(196,257)	(126,304)
Balance carried forward	<u><b>151,598</b></u>	<u><b>196,257</b></u>

Notes to the Accounts (continued)

11. Movement in Funds - current year

	2021	Incoming resources	Expended resources	Transfers	2022
	£	£	£	£	£
<b>Restricted Funds</b>					
The National Lottery Community Fund:					
- Ageing Better	46,741	597,278	(540,068)	(102,600)	1,351
- Firm Foundations	45,785	25,643	(70,895)	(533)	-
- Community Minded	21,067	73,488	(35,315)	(11,044)	48,196
National Mind - Mentally healthy Universities	14,036	30,084	(41,680)	(2,440)	-
Comic Relief - #Let's do it	45,590	1,115	(16,491)	-	30,214
Jill Franklin Trust	982	-	-	-	982
BBC Children in Need - Mindset	6,560	38,426	(21,934)	(5,430)	17,622
BUPA - Ecominds	7,575	575	(5,193)	-	2,957
National Mind - Investing in Mental Health	-	88,264	(10,318)	-	77,946
NHS Charities Together - Rooted in Nature	-	54,005	(35,076)	-	18,929
Blue Stone Collaborative - Maternal Mental Health	-	9,000	-	-	9,000
Comic Relief - Arts & Minds	-	53,896	-	-	53,896
Middlesbrough Voluntary Development Agency - Resilience Fund Middlesbrough	-	4,500	-	(4,500)	-
Catalyst Stockton on Tees Ltd - Resilience Fund Stockton	-	18,419	-	(18,419)	-
Department of Health - Suicide Prevention Fund	-	41,656	-	(41,656)	-
<b>Total restricted funds</b>	<b>188,336</b>	<b>1,036,349</b>	<b>(776,970)</b>	<b>(186,622)</b>	<b>261,093</b>
<b>Unrestricted Funds</b>					
Designated Funds					
Other Pilot Projects	650,344	-	(43,749)	211,583	818,178
Capital Asset Fund	165,851	-	-	(29,371)	136,480
	816,195	-	(43,749)	182,212	954,658
General Reserves	1,465,000	2,927,885	(2,917,295)	4,410	1,480,000
<b>Total Unrestricted Funds</b>	<b>2,281,195</b>	<b>2,927,885</b>	<b>(2,961,044)</b>	<b>186,622</b>	<b>2,434,658</b>
<b>Total Funds</b>	<b>2,469,531</b>	<b>3,964,234</b>	<b>(3,738,014)</b>	<b>-</b>	<b>2,695,751</b>

## Notes to the Accounts (continued)

### Transfers

Transfers from restricted funds represent overhead charges which are levied in accordance with the funding agreement of each fund. Transfers from the capital asset fund relate to the write down of refurbishment works on the Lothian Road premises. Transfers to the Other Pilot Projects fund represent excess funds transferred from general reserves (see Designated Funds on page 4).

### Ageing Better Middlesbrough

We led the project, which was a partnership with other local organisations aimed at tackling loneliness and isolation in people over 50 in Middlesbrough. The scheme ended on 31 March 2022. A follow on scheme 'Age Friendly Middlesbrough' will operate for 2022/23 supported by Big Lottery and Middlesbrough Borough Council.

### Firm Foundations

We provided practical and mental health support to people in severe poverty to improve their circumstances and build resilience, in partnership with Actes and Middlesbrough Financial Inclusion Group. The scheme was due to end in 2021/22 but further funding has been agreed for two more years.

### Community Minded

We supported people to get involved and give back to their local community by volunteering or taking part in community action.

### Mentally Healthy Universities

We worked with Mind, Goldman Sachs Gives and Teesside University to provide workshops and short-courses for students to support their mental wellbeing and provide tools and techniques to cope with the challenges of student life. The scheme ended in 2021/22.

### #Let's do it

We work alongside young men aged 14 to 20 to jointly run fun activities that promote good mental health and well-being

### Jill Franklin Trust

We receive a small contribution on an occasional basis and use the funds to support individuals by making small grants. There was no activity in the year.

### BBC Children in Need – Mindset

We received funding to support young people impacted by Covid.

### BUPA

We received funding to support people to improve their mental health and wellbeing through allotment gardening and other nature-based activities.

### National Mind - Investing in Mental Health (renamed Money and Me)

We work with people who are struggling with their finances and don't know how to start sorting things out.

### NHS Charities Together – Rooted in Nature

The project began in January 2022 and is aimed at helping individuals and families with mental health needs to get out and enjoy nature, meet new people, develop new interests and learn new skills.

### Blue Stone Collaborative – Maternal Mental Health

We work with new and expectant mothers to help them overcome feelings of sadness and isolation.

### Comic Relief – Arts and Minds

We work with artists at Stockton ARC, where people can learn a new skill, meet and connect with new people, while boosting their mood and confidence.

### Resilience funds – Middlesbrough and Stockton

We secured funding from Middlesbrough Voluntary Development Agency and Catalyst Stockton to support our Peer Support project, which is one of our Designated Fund Pilot Projects

### Department of Health – Suicide Prevention fund

The fund was made available to voluntary organisations to support cost of increased demand for suicide prevention work arising from COVID-19.

Notes to the Accounts (continued)

12. Analysis of Net assets between Funds

	Unrestricted Funds	Designated Funds	Restricted Funds	2022 Total
	£	£	£	£
Tangible Fixed Assets	105,000	117,231	-	222,231
Investment in subsidiary	1	-	-	1
Net Current Assets	1,374,999	837,427	261,093	2,473,519
<b>As at 31st March 2022</b>	<b>1,480,000</b>	<b>954,658</b>	<b>261,093</b>	<b>2,695,751</b>

	Unrestricted Funds	Designated Funds	Restricted Funds	2021 Total
	£	£	£	£
Tangible Fixed Assets	107,500	146,602	-	254,102
Investment in subsidiary	1	-	-	1
Net Current Assets	1,357,499	669,593	188,336	2,215,428
<b>As at 31st March 2021</b>	<b>1,465,000</b>	<b>816,195</b>	<b>188,336</b>	<b>2,469,531</b>

**Notes to the Accounts (continued)**

**13 Trustee Expenses**

No travel expenses were paid in respect of board members in the year (2021: £269). No Trustees received remuneration in the year (2021: £Nil)

**14. Company Limited by Guarantee**

The company is limited by guarantee and does not have a share capital.

**15. Subsidiary Company**

Middlesbrough and Stockton Mind Trading Limited (Company number 07158554) is a wholly owned subsidiary of Middlesbrough and Stockton Mind Limited and has been dormant since 31<sup>st</sup> March 2012.

**16. Related Party transactions**

There were no transactions with related parties during the year.

**17. Capital and Operating Lease Commitments**

At 31<sup>st</sup> March 2022 there were no commitments to capital expenditure.

Total future minimum lease payments under non-cancellable operating leases are as follows:

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Land and buildings</b>		
Within one year	34,980	49,920
Between one and five year	97,500	124,980
After 5 years	-	7,500
	<u>132,480</u>	<u>182,400</u>

**18. Reconciliation of Net Income to Net Cash flow from Operating Activities**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Net Income for the year (per SOFA)	226,220	297,198
Adjustments for:		
Depreciation	31,872	36,624
(Increase)/decrease in debtors	(120,792)	(368,877)
Increase/(decrease) in creditors	(31,559)	159,146
	<u><b>105,741</b></u>	<u><b>124,091</b></u>

**19. Analysis of Net Funds**

	<b>Brought Forward</b>	<b>Movement in</b>	<b>Carried forward</b>
	<b>2021</b>	<b>year</b>	<b>2022</b>
	<b>£</b>	<b>£</b>	<b>£</b>
Cash	<u>2,241,750</u>	<u>112,756</u>	<u>2,354,506</u>
<b>Total</b>	<u><b>2,241,750</b></u>	<u><b>112,756</b></u>	<u><b>2,354,506</b></u>

**Teesside Mind Limited**

England & Wales - Charity number 1118098

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# Accounts

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# Middlesbrough and Stockton Mind Limited

Our vision is for the people of Teesside to enjoy good mental health, enabling them to lead full and happy lives.

## Trustees' Annual Report and Accounts

For the year ended 31 March 2021

**Charity number 1118098**  
**Company Limited by Guarantee number 5884630**

Registered office:  
The Mind Centre, 90-92 Lothian Road, Middlesbrough TS4 2QX

Telephone: 01642 257020  
Email: [info@middlesbroughandstocktonmind.org.uk](mailto:info@middlesbroughandstocktonmind.org.uk)  
Website: [www.middlesbroughandstocktonmind.org.uk](http://www.middlesbroughandstocktonmind.org.uk)

## Report of the trustees for the year ending 31 March 2021

The trustees are pleased to present their annual report together with the financial statements of the charity for the year ending 31 March 2021, which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

### Public benefit, objectives and activities

#### Public Benefit

The charity's activities have been undertaken with due regard to the guidance published by the Charity Commission on public benefit.

#### Objectives

The objects of Middlesbrough and Stockton Mind Limited under its Memorandum and Articles of Association are:

- to promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition, and;
- to relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

Middlesbrough and Stockton Mind Limited's overall vision is for the people of Teesside to enjoy good mental health, enabling them to lead full and happy lives.

In working towards our goal, we have agreed the following medium-term objectives:

1. To continue to provide the high-quality project and services that enable people to recover, increase wellbeing and build resilience, focusing wherever possible on those with complex and over-lapping problems
2. To further strengthen our workforce by focussing on skills development, engagement, wellbeing, resilience and diversity, and guiding staff and volunteers with appropriate policies and systems
3. To diversify our income streams to increase financial stability
4. To increase understanding of the work we do and its impact and build a community of partners and stakeholders around improving mental health.

#### Activities

Like every organisation and community, our plans for the year changed to support our staff, volunteers and beneficiaries to cope with Covid and its wider impacts. We were able to make significant contributions to helping local people through the challenges of lockdowns and the return to more normal lives. In the face of ongoing uncertainty, and extreme pressures on health services, we have continued to do all we can to support people who experience mental health issues through this very difficult year.

The projects and services provided during the year include:

- **Advocacy** – we provided Independent Mental Health Advocacy, Independent Mental Capacity Act Advocacy, Care Act and general advocacy to help people to obtain their rights, treatment and care.
- **Ageing Better Middlesbrough** – we continued to lead a local partnership to tackle loneliness and isolation amongst people aged over 50 in Middlesbrough. As a partnership, we continued to test different approaches to tackling these issues, including understanding more about how people become lonely and isolated. The programme is co-designed by local older people.
- **Appropriate Adult** – we trained and supported volunteer Appropriate Adults for vulnerable people being detained or questioned by the police.
- **Help for people in hardship crisis** (Firm Foundations) – we provided practical and mental health support to people in severe hardship to improve their circumstances and build resilience, in partnership with Actes and Middlesbrough Financial Inclusion Group.

- **Mental Health and Cancer Care Research** – we continued to research the experience of people with mental health problems who receive a cancer diagnosis. We produced a 'Passport to my health and wellbeing', a paper document which helps people who are living with cancer and a mental health condition describe what they need from health professionals. We worked in partnership with North East and North Cumbria NHS ICS to roll this out across the region.
- **Mentally Healthy Universities** – we worked with Mind, Goldman Sachs Gives and Teesside University to provide workshops and short-courses for students to support their mental wellbeing and provide tools and techniques to cope with the challenges of student life. We provided training for university staff to become peer supporters and mental health champions within the University.
- **Mental health training** – we provided tailored mental health training for employers and their workforces. We developed a paid therapy service to respond to individual and employer needs.
- **Nature-based and gardening activity (Ecominds)** – we worked with local people to improve mental health and well-being through community gardening and other nature-based activities.
- **Psychological therapies and recovery support (IMPACT on Teesside)** – we established a new partnership with Alliance Psychological Therapies and Insight Healthcare to deliver primary care psychological therapies and wellbeing services across Teesside. We provided accredited primary care therapies. Our recovery and outreach support, wellbeing courses and volunteering programme were integrated into this service. We provided assertive outreach support for individuals with complex issues that prevented them from accessing help before reaching crisis point. We delivered wellbeing courses through the Connect College. We trained people with lived experience of mental health problems to volunteer as college co-facilitators or to set up their own peer support groups.
- **Social Prescribing** – we provided Social Prescribing Link Worker support for patients registered with GP practices across 5 Primary Care Networks in Middlesbrough, Eston and Stockton-on-Tees. We provided person-centred, holistic support based on the 'What matters to me' approach, addressing broad health and social issues and connecting people with community-based services and activities that were of interest to and benefit to them.
- **Support for carers, family members and friends** – we provided information, emotional and practical support for families and friends (carers) of people of both adults and young people in Middlesbrough who experienced mental health problems. We worked with local hospital services to support families with a family member being discharged from hospital.
- **Support for people to move closer to the labour market (Step Forward Tees Valley)** – as part of a Teesside-wide partnership project, we provided support for people in Stockton who experienced health issues that prevented them participating in learning or employment.
- **Support for young people and their families** – we provided one-to-one and group sessions in Middlesbrough schools for young people experiencing distress or emotional difficulties. We worked with South Tees Youth Offending Service to provide emotional support to young people within that service. We collaborated to form a partnership of local organisations to provide and extend psychological therapies (IAPT) for children and young people's across South Tees. With the support of BBC Children in Need and Comic Relief, we provided additional support to young people affected by Covid.
- **Volunteering and community action** – (Community Minded) we supported people to get involved and give back to their local community by volunteering or taking part in community action.
- **Young men and mental health (#LetsDoIt)** – we worked alongside young men aged 14 to 20 to jointly run fun activities that promoted good mental health and well-being.

### Grant making

Our charitable activities did not include grant making. However, as lead partner in the Ageing Better Middlesbrough programme, we continued to contract with our delivery partners.

### Volunteering and participation

During the year, 68 people contributed to the work of our organisation in a formal voluntary capacity, with many others participating informally in project co-design work and one-off volunteering

activities. Formal and informal volunteers continued to play a vital role in helping to design and deliver most of our projects and services and helping us to develop the work of the organisation.

## Achievements and performance

Middlesbrough and Stockton Mind Limited worked hard to achieve a high level of success and performance during the year and meet the needs of local people, in spite of Covid. From the beginning of the first lockdown and throughout the year, we kept in touch with everyone who wanted us to. We worked hard to change the way that we delivered our services to follow Government guidance and keep everyone safe. When it was the only option available to us, we provided support by phone and online for people who wanted this. We supported our staff with additional guidance on phone and online working to ensure it remained safe and effective, including additional support with safeguarding and risk whilst working remotely. Our premises were closed only during the first lockdown, after which we were able to reopen and maintain a Covid-safe environment for everyone. This enabled us to get back to providing face-to-face support for those who needed it as quickly as possible, including through outdoor and walking meetings where appropriate.

During the year, we provided direct support services to more than 10,400 people (excluding IMPACT of Teesside), a tremendous achievement and credit to our staff and volunteers.

As part of the IMPACT on Teesside partnership, we supported over 10,900 people access psychological therapies, with much of this provided remotely because of Covid. We supported over 460 people through our recovery-focussed pathway and wellbeing-courses within the service, led by Middlesbrough and Stockton Mind.

We worked alongside Middlesbrough Council and Stockton Borough Council to provide telephone support to more than 350 people struggling with isolation and mental health during lockdowns. We provided telephone befriending and emotional support across our services, and as a specific new approach within Ageing Better Middlesbrough to support older people who were isolated.

Linda's experience was common. Linda told us, "There was a time during lockdown where I couldn't speak because of my breathing I had COVID and so did my children. Before Covid I had just started to feel confident again, attending yoga with Middlesbrough & Stockton Mind, and going out to mix with different people. Meeting other people helps you feel confident, and those people start feeling like friends straightway, because they understand you. Everyone comes from a background of some sort of mental health problem, it feels like you are in the same boat, you don't feel lonely. I am afraid now - I have anxieties about starting activities again and feel like I'm back where I started."

We maintained all service during the year, working with funders who were extremely supportive and allowed us to work flexible to keep projects and service running. Much of our work kept going irrespective of the circumstances. For example, our advocacy service providing statutory IMHA, IMCA, PRP and Care Act advocacy continued throughout lockdowns, with staff using PPE as appropriate to provide advocacy. Our Appropriate Adult service continued - working within Covid safety guidance in the Police Station. Our Children and Young People's service worked with children on the phone and online when schools were closed but quickly returned to working in school settings when they reopened to support children with their mental health. We set up new arts and mindfulness groups for young people, at first online and then face-to-face, to increase the variety of support available to young people affected by Covid.

Community activity had been the focus of our Ageing Better Middlesbrough programme, and when this became inappropriate, the focus of the programme moved quickly, with the involvement of partners, to keeping older people safe and well. The whole team refocused on keeping in touch with older people, making sure they were connected to practical support being provided by Middlesbrough Council, coping with the uncertainty, and then getting through the Winter, again in Lockdown. This would have been the last year of the programme funded by National Lottery Community Fund, but thanks to the ongoing support and flexibility of the funder, we were able to secure an extension to March 2022 to ensure older people locally were supported through the remainder of the pandemic and that the final year's learning programme could be completed.

We became aware of the extent of digital exclusion amongst our beneficiaries and worked with partners to address this, including for example through the FurbdIT partnership, breathing new life into unwanted IT equipment for community and individual use.

Our initial Social Prescribing collaboration between Ageing Better Middlesbrough and Linthorpe Surgery, led to the delivery of NHS-funded Social Prescribing Link Workers for 5 Primary Care Networks across Middlesbrough, Eston and Stockton on Tees. The service started in April 2020 as the first lockdown began, so our team provided support to GPs by checking in with vulnerable patients on their behalf. We have since worked flexibly to support delivery of primary care services in difficult times, including mobilising vaccine clinics, and then moved on to provide the person-centred link worker support planned. During the year, our link worker team supported over 2,000 people through check-in support during lockdowns and over 1,100 people through personalised support.

## Financial review

Our income for this financial year was £4,081,543 – an increase in income of £422,847 from the previous financial year (2020 £3,658,696), which reflects an increase in un-restricted income from income generating projects, offset by a net reduction in funding in restricted projects. We also received significant non-recurrent funding: a grant of £25,000 from the Gwyneth Forrester Trust towards general running costs; Covid support funds of £20,000 from the County Durham Foundation, £66,099 from the National Lottery Community Fund and £17,220 from Comic Relief; and, HM Treasury furlough funds of £76,298 to support staffing costs (included in donations income).

We spent £3,784,345 on delivering our projects and services during the year – an increase in expenditure of £175,887. This reflected the increase in activity on income generating projects together with a significant investment in new information technology to support remote working due to Covid. In addition there was additional spending in restricted projects, such as ABM, which was funded from balances carried forward from previous years.

### Reserves Policy

In line with Charity Commission requirements, the charity has a Reserves Policy based on a realistic assessment of its needs. During the financial year the Trustees undertook a detailed review of their policy on reserves, based on an assessment of potential liabilities arising in future against the previous requirement to hold reserves at the level of around 6 months of operational expenditure. The outcome of the review was that the Trustees agreed to hold General Reserves of £1,465,000 with any excess at year end being transferred to the Pilot projects designated reserve.

Although the Trustees believe that it is prudent to maintain a significant proportion of the organisation's reserves in the uncertain and difficult times following Covid, the Trustees also believe that some reserves should be used to further the charity's objectives, perhaps more than ever to support people through the after effects of Covid. The Trustees have identified a number of areas where funding will be allocated, as described below.

### Designated funds

The designated reserves were increased to £816,195 at the end of the financial year in accordance with the revised policy described above. Designated funds remain in place for the Capital Asset Fund at £165,851. This represents our investment in the refurbishments of the Lothian Road building and is being written back over the term of the lease of the premises.

A rolling three year plan is being developed for the use of the other designated funds, themes include business development, peer support, diversity, training and web-site development.

## **Social and financial investment**

Social investment does not form a material part of our charitable and investment activities. We undertook no social investment activities (as defined by the Charities (Protection and Social Investment) Act 2017) during the year. The financial investment of our cash deposits is made to produce the best financial return possible within an acceptable level of risk and taking account of the administrative costs involved.

## **Plans for the future**

Like every organisation and community, our plans for the future have now been significantly reshaped by the impact of Covid on our beneficiaries and communities, and the impact of Covid on how we work. As we all learn to carry on with our lives, we want to help people be resilient through ongoing change, the coming Winter and any future waves of the pandemic. This includes helping people stay connected to their support networks and communities in whatever ways are possible.

During the year, the Trustees refreshed the strategic plan for the Charity, refocussing on providing the high-quality projects and services that enable people to recover from mental health difficulties, increase wellbeing and build resilience. In this work we will focus wherever possible on those with complex and over-lapping problems whose needs we are uniquely placed to respond to. In order to do this, we will further strengthen our workforce of staff and volunteers by focussing on skills development, engagement, wellbeing, resilience and diversity, whilst recognising the impact of Covid on them.

We will be continuing to diversify our income streams to increase financial stability. As a result of financial support from Government (furlough support), the National Lottery Community Fund and charitable trusts, Covid has not had the financial impact on the Charity that it might have. However there continues to be uncertainty about future funding across the voluntary sector and ever-increasing pressure on public funds. We will work to further increase understanding of the work we do and its benefits, and build a community of partners and stakeholders around improving mental health. We will continue to diversify our income streams to increase stability.

During the year, we worked with national Mind and the Mind network to agree a new Federation Agreement for the coming 6 years. As a result, we have now changed our formal geographical area within the network to cover the whole of Teesside, working collaborative with Redcar and Cleveland Mind as appropriate. We are excited to explore how we can support more people across Teesside in coming years.

## Reference and administrative information

Charity name	Middlesbrough and Stockton Mind Limited
Operating name	Middlesbrough and Stockton Mind Limited
Charity registration number	1118098
Company registration number	05884630
Registered office	The Mind Centre 90-92 Lothian Road Middlesbrough TS4 2QX
Bankers	Yorkshire Bank plc Central Branch Linthorpe Road Middlesbrough TS1 1RF
Auditors	MHA Tait Walker Chartered Accountant & Statutory Auditor Bulman House Regent Centre Gosforth Newcastle Upon Tyne NE3 3LS

The Directors of the charitable company are its trustees for the purpose of Charity Law. The Trustees and Chief Executive serving during the year and since the year end were as follows:

Trustees	Sue Cash John Harrison Ruth Hicks Metab Hussain David King (resigned 24.03.2021) Jennifer Morris (resigned 16.12.2020) Charlie Nettle Joanne Ramsay Ruth Smith Thomas Smith Gary Emerson (appointed 14.09.2020)
Chair:	Ruth Smith
Vice Chair:	Charlie Nettle
Treasurer:	John Harrison
Chief Executive:	Emma Howitt
Senior Management:	Kerry Robinson, Deputy Chief Executive Iain Fuller, Finance Manager Nicky Crombie, Human Resources Manager

## **Structure, governance and management**

### **Legal status and governing document**

Middlesbrough and Stockton Mind Limited is a charitable company limited by guarantee, incorporated on 24 July 2006. Its governing document is its Memorandum and Articles of Association.

### **Trading subsidiary**

Middlesbrough and Stockton Mind Limited has a trading subsidiary company, Middlesbrough and Stockton Mind Trading Limited. This company did not trade during the year and is not expected to do so in the foreseeable future.

### **Appointment and induction of trustees**

Trustees are recruited through public or targeted advertisement to ensure the appropriate mix of skills and knowledge and reflection of the local community. Each year, at the Annual General Meeting, one third of trustees retire and further trustees are appointed. Retiring trustees may be re-appointed. There is no maximum number of trustees. No persons external to the charity are entitled to appoint trustees.

New trustees are provided with information, support and training on their role, including their legal obligations under charity and company laws. They receive an induction and a handbook, which includes a copy of the Memorandum and Articles of Association and all other relevant documents. Trustees are encouraged to attend appropriate internal and external training opportunities to help them contribute as fully as possible to the organisation.

### **Organisational structure**

The Board of Trustees meets monthly to consider governance and strategic issues. The Chief Executive has delegated responsibility for the operations of the organisation and implementation of the strategic plan, including staff management and fundraising. The Chief Executive reports on progress to the Board of Trustees at their monthly meetings. The Chief Executive is supported by the Senior Management Team.

### **The Mind Network and related parties**

Middlesbrough and Stockton Mind Limited is part of the Mind network through its Community Partnership Agreement. This does not impact on Middlesbrough and Stockton Mind Limited's operational policies.

Middlesbrough and Stockton Mind Limited identifies one of its key roles as influencing others for the wider benefit of people who experience mental health problems, based on its knowledge of people's experiences locally. We do this by participating in multi-agency partnerships and supporting individuals and their families to raise issues themselves.

### **Pay policy for senior staff**

The Board of Trustees considers that the Senior Management Team comprises the key management personnel of the Charity in charge of operating the Charity on a day-to-day basis. The pay of senior staff within the team is reviewed annually. The Trustees benchmark against pay levels in the local and regional voluntary sector for similar size charities and the ACEVO Pay Survey.

All trustees are volunteers and no trustee received remuneration in the year. Details of trustees' expenses are disclosed in note 13 to the accounts.

## **Risk management**

The Trustees view that the principal risks and uncertainties facing the charity at the current time relate to the impact of Covid on our current activities and our work over the coming two to three years. This includes:

- The economic impact of Covid on all of our sources of funds
- The impact of further waves of Covid on staff wellbeing, service delivery and fundraising
- Impact of recession on local people and communities which may increase demand for our services beyond capacity.

Our risk management plans and systems include monthly review of high risks and associated mitigating actions at Trustees meetings and Senior Management Team meetings, regular review of Risk Register and detailed risk management plans for key risks, trustee leadership in the organisation's Audit and Risk sub-group, annual business and service/project plans, and our budgeting process.

## Statement of Trustee Responsibilities

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

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and 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 auditor is 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 auditor is aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

### Appointment of Auditors

MHA Tait Walker were appointed as auditors of the charity on 14 June 2021, replacing Azets.

In accordance with section 485 of the Companies Act 2006, a resolution for the re-appointment of MHA Tait Walker as auditors of the charity will be proposed at the forthcoming Annual General Meeting.

Approved by the Board of Trustees on 8/4/2021  
and signed on its behalf by



**Ruth Smith Chair of Board of Trustees**

## **Independent Auditor's Report to the Members of Middlesbrough and Stockton Mind Limited**

### **Opinion**

We have audited the financial statements of Middlesbrough and Stockton Mind Limited (the 'charity') for the year ended 31 March 2021, which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, 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 United Kingdom Accounting Standards, comprising Charities SORP - FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and applicable law (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity'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 Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity 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 were 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 auditor's report 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 there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

### **Opinion 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 Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

### **Matters on which we are required to report by exception**

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

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.

### **Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities, the trustees 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 charity'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 charity or to cease operations, or have no realistic alternative but to do so.

### **Auditor's 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 an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

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

- Enquiries with management, about any known or suspected instances of non-compliance with laws and regulations and fraud;
- Reviewing board minutes;
- Challenging assumptions and judgements made by management in their significant accounting estimates; and
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness.

Because of the field in which the client operates, we identified the following areas as those most likely to have a material impact on the financial statements: Health and Safety; employment law (including the Working Time Directive); and, compliance with the UK Companies Act and Charities Act.

Owing to the inherent limitations of an audit, there is an unavoidable risk that some material misstatements in the financial statements may not be detected, even though the audit is properly planned and performed in accordance with the ISAs (UK). For instance, the further removed non-compliance is from the events and transactions reflected in the financial statements, the less likely the auditor is to become aware of it or to recognise the non-compliance.

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](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

### Use of our report

This report is made solely to the charitable company's trustees, 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 charity's trustees those matters we are required to state to them in an auditor's 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 its trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Simon Brown BA ACA DChA (Senior Statutory Auditor)  
For and on behalf of MHA Tait Walker  
Chartered Accountants  
Statutory Auditor  
Bulman House Regent Centre  
Gosforth  
Newcastle Upon Tyne  
Tyne And Wear  
NE3 3LS

Date: 7/12/2021

MHA Tait Walker is a trading name of Tait Walker LLP.

**Statement of Financial Activities**  
(including summary income and expenditure account)

For year ended 31st March 2021

	Note	Unrestricted funds £	Restricted funds £	2021 Total Funds £	2020 Total Funds £
<b>Income</b>					
<b>Income from donations and legacies</b>					
- Donations		86,535	-	86,535	65,095
- Government Grants (CJRS)		54,781	21,517	76,298	-
<b>Income from charitable activities</b>					
- contracts and grants receivable	2	2,473,025	1,423,066	3,896,091	3,588,985
- other income from charitable activities		-	-	-	2,330
<b>Income from investments</b>					
- Interest received		22,619	-	22,619	2,286
<b>Total income</b>		<b>2,636,960</b>	<b>1,444,583</b>	<b>4,081,543</b>	<b>3,658,696</b>
<b>Expenditure</b>					
Expenditure on charitable activities	3	2,510,523	1,273,822	3,784,345	3,608,458
<b>Total expenditure</b>		<b>2,510,523</b>	<b>1,273,822</b>	<b>3,784,345</b>	<b>3,608,458</b>
<b>Net income/(expenditure)</b>		<b>126,437</b>	<b>170,761</b>	<b>297,198</b>	<b>50,238</b>
Transfers between funds	1	196,078	(196,078)	-	-
<b>Net movement in funds for the year</b>		<b>322,515</b>	<b>(25,317)</b>	<b>297,198</b>	<b>50,238</b>
<b>Fund balances brought forward</b>		<b>1,958,680</b>	<b>213,653</b>	<b>2,172,333</b>	<b>2,122,095</b>
		<b>2,281,195</b>	<b>188,336</b>	<b>2,469,531</b>	<b>2,172,333</b>

The notes on pages 16 to 29 form part of these accounts.

## Balance Sheet

As at 31 March 2021	Note	2021 £	2020 £
<b>Fixed assets</b>			
Tangible assets	8	254,102	290,726
Investments in subsidiary	1	1	1
		<u>254,103</u>	<u>290,727</u>
<b>Current assets</b>			
Debtors	9	290,274	691,308
Cash at bank and in hand		<u>2,241,750</u>	<u>1,465,623</u>
		<u>2,532,024</u>	<u>2,156,931</u>
Creditors: amounts falling due within one year	10	316,596	275,325
		<u>2,215,428</u>	<u>1,881,606</u>
<b>Net current assets/(liabilities)</b>			
		<u>2,469,531</u>	<u>2,172,333</u>
<b>Net assets</b>			
<b>Funds</b>	11		
<b>Unrestricted funds:</b>			
General funds		1,465,000	1,539,798
Designated funds		816,195	418,882
		<u>2,281,195</u>	<u>1,958,680</u>
<b>Restricted funds</b>		<u>188,336</u>	<u>213,653</u>
<b>Total Funds</b>	19	<u>2,469,531</u>	<u>2,172,333</u>

Approved by the Board of Directors/Trustees on 8 November 2021

.....  
J Harrison (Treasurer)

Company Number 5884630

  
.....  
R Smith (Chair)

The notes on pages 16 to 29 form part of these accounts.

**Statement of Cash Flows**

<b>For year ended 31st March 2021</b>	<b>Note</b>	<b>2021</b>	<b>2020</b>
		<b>£</b>	<b>£</b>
Cash flows from operating activities			
Net cash provided (used in) operating activities	18	753,508	(105,522)
Cash flows from investing activities		22,619	2,286
Change in cash and cash equivalents in the year		776,127	(103,236)
Cash and cash equivalents at the beginning of the year		1,465,623	1,568,859
<b>Cash and cash equivalents at the end of the year</b>		<b>2,241,750</b>	<b>1,465,623</b>

## NOTES TO THE ACCOUNTS

### 1. (a) General information and basis of preparation

Middlesbrough and Stockton Mind Ltd is a private company limited by guarantee. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 6 of these financial statements. Our main objective is to provide the high-quality projects and services that enable people experiencing emotional or mental health problems and their families to recover, increase wellbeing and build resilience.

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

#### (b) Accounting Policies

##### Income recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised, the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained, then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS102).

Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

##### Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Grants payable the third parties are within the charitable objectives. Where unconditional grants are offered, this is accrued as soon as the recipient is notified of the grant, as this gives rise to a reasonable expectation that the recipient will receive the grants. Where grants are conditional relating to performance then the grant is only accrued when any unfulfilled conditions are outside the control of the charity.

## **Accounting policies (continued)**

### **Fixed assets**

Only fixed assets with an initial value or cost of at least £1,000 are capitalised. Fixed assets are initially recorded at purchase cost plus the costs of any directly attributable expenditure.

### **Depreciation**

Depreciation is provided on a straight line basis over the useful economic life of the asset. In view of the short term nature of some of the restricted projects, the Board considers it prudent to write off fixed assets purchased from restricted funds in full in the year of acquisition.

The leasehold property alterations are depreciated on a straight-line basis over the 15 year term of the lease. Freehold Property is depreciated over 50 years on a straight-line basis. Associated grant funding is shown as a designated fund and will be written down over the same period.

### **Financial instruments**

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the entity after deducting all of its financial liabilities.

### **Taxation**

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

### **Going concern**

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

### **Fund accounting**

General funds are unrestricted funds that are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements. Restricted funds are those which can only be used in accordance with the wishes of the donor.

### **Pension contributions**

The charitable company operates a Group Personal Pension Scheme, operated through the Pensions Trust, for the benefit of its own staff. Pension contributions to defined contribution schemes are written off to the statement of financial activities in the year to which they relate.

### **Transfers between funds**

The transfer from restricted funds to unrestricted funds represents management and administration charges earned on projects and any surpluses or deficits on the finalisation of projects (subject to funders agreement).

## **Accounting Policies (continued)**

### **Subsidiary Company**

Consolidated accounts have not been prepared this year as the wholly owned subsidiary, Middlesbrough and Stockton Mind Trading Limited, did not trade during the year and is not expected to do so in the foreseeable future.

### **Judgements and key sources of estimation uncertainty**

There are no judgements (apart from those involving estimates) that have had a significant effect on amounts recognised in the financial statements:

The estimates and assumptions that could have a significant potential impact on the carrying values of assets and liabilities are as follows:

Useful economic lives of tangible fixed assets

These are set out in the depreciation policy note above and are the best estimate based on past experience and expected performance.

## Notes to the accounts

### 2. Income from Charitable Activities

Contracts and grants receivable	2021 £	2020 £
Unrestricted - general income:		
NHS - commissioned services	2,035,567	1,439,962
Local Authority - commissioned services	213,434	393,572
Garfield Weston Foundation	-	30,000
Gwyneth Forrester Trust	25,000	-
County Durham Foundation	20,000	-
Other contracts	179,024	153,905
	<u>2,473,025</u>	<u>2,017,439</u>
Restricted income:		
The National Lottery Community Fund - Community Minded	72,047	70,634
The National Lottery Community Fund - Firm Foundations	107,197	100,664
The National Lottery Community Fund & European Social Fund - Step Forward Tees Valley	41,918	51,825
The National Lottery Community Fund - Ageing Better	977,954	1,176,646
The National Lottery Community Fund - Covid response	66,099	-
National Mind - Mentally Healthy Universities	51,778	35,401
Sport England - Energise	22,076	23,475
Comic Relief - # Let's do it	28,901	44,604
Macmillan	18,663	20,549
BBC Children in Need - Mindset	19,213	-
Comic relief - Covid relief funds	17,220	-
BUPA - Ecominds	-	23,000
National Mind - Womens Peer Support	-	24,748
	<u>1,423,066</u>	<u>1,571,546</u>
<b>Total incoming resources from charitable activities</b>	<u><b>3,896,091</b></u>	<u><b>3,588,985</b></u>

Notes to the Accounts (continued)

3. Analysis of Resources Expended

	Basis of Allocation	Unrestricted Funds	Restricted Funds	2021 Total Funds	2020 Total Funds
		£	£	£	£
<b>Charitable Activities</b>					
Salaries	Direct	2,104,437	494,869	2,599,306	2,247,586
Pension costs	Direct	57,055	13,412	70,467	59,121
Other staff costs	Direct	43,461	5,864	49,325	175,059
Volunteer costs	Direct	5,912	375	6,287	5,988
Premises costs	Hours	148,787	32,171	180,958	250,102
Insurance	Hours	5,536	-	5,536	6,208
Service delivery costs	Direct	94,681	726,564	821,245	815,847
Legal fees	Hours	3,123	567	3,690	4,684
Accountancy services	Hours	3,600	-	3,600	3,600
Audit fees	Hours	4,500	-	4,500	4,200
Trustee expenses	Direct	269	-	269	315
Depreciation	Usage	36,624	-	36,624	33,638
Mind affiliation fees	Hours	2,064	-	2,064	2,063
Bank charges and interest	Hours	474	-	474	47
<b>Total 2021</b>		<b>2,510,523</b>	<b>1,273,822</b>	<b>3,784,345</b>	<b>3,608,458</b>
<b>Total 2020</b>		<b>2,362,341</b>	<b>1,246,117</b>	<b>3,608,458</b>	

**Notes to the Accounts (continued)****4. Net Incoming resources for the Year**

	<b>2021</b>	<b>2020</b>
Net incoming resources for the year is stated after charging:	<b>£</b>	<b>£</b>
Directors'/Trustees' emoluments	-	-
Depreciation of owned fixed assest	36,624	33,638
Auditors remuneration		
- as auditor	4,500	4,200
- other services	-	3,600

**5. Trustees Indemnity Insurance**

The charity subscribes to Mind Block Insurance, which is provided by a third party, and purchased indemnity insurance within the terms of the 1996 agreement. A total of £25.00 was paid during the year.

## Notes to the Accounts (continued)

### 6. Employee Emoluments

The number of staff employed by the charity during the year was as follows:

	2021	2020
	Staff	Staff
Average number	120	109

The aggregate payroll costs of the above were:

	2021	2020
	£	£
<b>Wages and Salaries</b>	2,403,323	2,078,469
<b>Social Security costs</b>	195,983	169,117
<b>Pension Costs - defined contribution scheme</b>	60,635	59,121
<b>Pension Costs - defined benefit scheme</b>	9,832	-
	<u>2,669,773</u>	<u>2,306,707</u>

One employee received employee benefits during the reporting period in the band £60,000 – £70,000

The key management personnel comprise the trustees, the Chief Executive Officer, the Deputy Chief Executive Officer, the Finance Manager and the Human Resources Manager of Middlesbrough and Stockton Mind Limited

The total employee benefits of the key management personnel of the charity were £176,797 (2020: £177,884).

The charity has two pension schemes in operation. The main scheme is a defined contribution scheme and is available to all employees who meet the qualifying criteria. The other is a defined benefit scheme and is restricted to three members of staff who transferred to the organisation under TUPE on 1 April 2020.

	2021	2020
	£	£
<b>Pension contributions due but not paid to the schemes at 31 March:</b>		
Defined contribution scheme	18,520	15,161
Defined benefit scheme	819	-
	<u>19,339</u>	<u>15,161</u>

The above balances are included in Other creditors in Note 10.

**Notes to the Accounts (continued)**

**7. Taxation**

The charity is exempt from Corporation Tax on its charitable activities and the Board believe that no liability has arisen during the year.

**8. Fixed assets**

	Freehold Property	Leasehold Property	Office Equipment	Total
<b>Cost</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
At 1st April 2020	125,000	436,560	105,485	667,045
Additions	-	-	-	-
<b>At 31 March 2021</b>	<b>125,000</b>	<b>436,560</b>	<b>105,485</b>	<b>667,045</b>
 <b>Depreciation</b>				
At 1st April 2020	15,000	261,937	99,382	376,319
Charged in year	2,500	29,104	5,020	36,624
<b>At 31 March 2021</b>	<b>17,500</b>	<b>291,041</b>	<b>104,402</b>	<b>412,943</b>
 <b>Net Book Value</b>				
At 31 March 2020	110,000	174,623	6,103	290,726
 <b>At 31 March 2021</b>	<b>107,500</b>	<b>145,519</b>	<b>1,083</b>	<b>254,102</b>

**Notes to the Accounts (continued)**

**9. Debtors**

	2021	2020
	£	£
Trade debtors	218,356	639,262
Other debtors	52,996	33,031
Prepayments	18,922	19,015
	<u>290,274</u>	<u>691,308</u>

**10. Creditors**

	2021	2020
	£	£
Trade creditors	22,483	68,843
Taxation and social security	48,107	42,115
Accruals and deferred income (note 10.1)	200,771	130,816
Other creditors	45,235	33,551
	<u>316,596</u>	<u>275,325</u>

**10.1 Analysis of deferred income included in Accruals and Deferred Income above:**

	2021	2020
	£	£
Balance brought forward	126,304	3,270
Received in year	196,257	126,304
Released in year	126,304	3,270
Balance carried forward	<u>196,257</u>	<u>126,304</u>

Notes to the Accounts (continued)

11. Movement in Funds - current year

	2020	Incoming resources	Expended resources	Transfers	2021
	£	£	£	£	£
<b>Restricted Funds</b>					
The National Lottery Community Fund:					
- Ageing Better	102,876	977,954	(877,872)	(156,217)	46,741
- Firm Foundations	24,984	107,197	(72,887)	(13,509)	45,785
- Community Minded	22,237	72,047	(53,890)	(19,327)	21,067
- Covid response	-	66,099	(66,099)	-	-
National Mind - Mentally healthy Universities	23,913	51,778	(51,395)	(10,260)	14,036
Macmillan Cancer Support	(9,508)	18,663	(12,882)	3,727	-
The National Lottery Community Fund & European Social Fund:					
- Step Forward Tees Valley	-	46,583	(42,929)	(3,654)	-
Comic Relief - #Let's do it	38,042	40,740	(33,192)	-	45,590
Comic Relief - Covid funds	-	17,220	(17,220)	-	-
Sport England - Energise	(5,900)	23,636	(25,985)	8,249	-
Jill Franklin Trust	982	-	-	-	982
BBC Children in Need - Mindset	-	19,213	(10,565)	(2,088)	6,560
BUPA - Ecominds	16,027	3,454	(8,906)	(3,000)	7,575
<b>Total restricted funds</b>	<b>213,653</b>	<b>1,444,584</b>	<b>(1,273,822)</b>	<b>(196,079)</b>	<b>188,336</b>
<b>Unrestricted Funds</b>					
Designated Funds					
Other Pilot Projects	219,860	-	-	430,484	650,344
Capital Asset Fund	199,022	-	-	(33,171)	165,851
	418,882	-	-	397,313	816,195
General Reserves	1,539,798	2,636,959	(2,510,523)	(201,234)	1,465,000
<b>Total Unrestricted Funds</b>	<b>1,958,680</b>	<b>2,636,959</b>	<b>(2,510,523)</b>	<b>196,079</b>	<b>2,281,195</b>
<b>Total Funds</b>	<b>2,172,333</b>	<b>4,081,543</b>	<b>(3,784,345)</b>	<b>-</b>	<b>2,469,531</b>

## Notes to the Accounts (continued)

### Transfers

Transfers from restricted funds represent overhead charges which are levied in accordance with the funding agreement of each fund. Transfers from the capital asset fund relate to the write down of refurbishment works on the Lothian Road premises, and transfers from the Other Pilot Projects fund represent costs associated with the individual workstreams which are supported by the fund (see Designated Funds section of the annual report for more information)

### Ageing Better Middlesbrough

We lead the project, which is a partnership with other local organisations aimed at tackling loneliness and isolation in people over 50 in Middlesbrough.

### Firm Foundations

We provided practical and mental health support to people in severe poverty to improve their circumstances and build resilience, in partnership with Actes and Middlesbrough Financial Inclusion Group.

### Community Minded

We supported people to get involved and give back to their local community by volunteering or taking part in community action.

### National Lottery Community Fund - Covid response

We received non-recurrent funding to increase support across communities during Covid, but with particular emphasis on children and young people.

### Mentally Healthy Universities

We worked with Mind, Goldman Sachs Gives and Teesside University to provide workshops and short-courses for students to support their mental wellbeing and provide tools and techniques to cope with the challenges of student life.

### Macmillan Cancer Support

We researched the experience of people with mental health problems who receive a cancer diagnosis and use this information to identify opportunities for service improvement. The project ended in September 2020.

### Step Forward Tees Valley

Part of a Teesside-wide partnership project, we provide support for people in Stockton who experience health issues that prevent them participating in learning or employment. Our input to the project ended in March 2021.

### #Let's do it

We work alongside young men aged 14 to 20 to jointly run fun activities that promote good mental health and wellbeing

### Comic Relief – Covid Funds

We received non-recurrent funding to increase support across communities during Covid, but with particular emphasis on children and young people.

### Energise

We supported women to engage in physical activity and sport to improve their mental health and wellbeing. The project ended in December 2020.

### Jill Franklin Trust

We receive a small contribution on an occasional basis and use the funds to support individuals by making small grants. There was no activity in the year.

### BBC Children in Need – Mindset

We received funding to support young people impacted by Covid.

### BUPA

We received funding to support people to improve their mental health and wellbeing through allotment gardening and other nature-based activities.

**Notes to the Accounts (continued)**

**12. Analysis of Net assets between Funds**

	<b>Unrestricted Funds</b>	<b>Designated Funds</b>	<b>Restricted Funds</b>	<b>2021 Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Tangible Fixed Assets	107,500	146,602	-	254,102
Investment in subsidiary	1	-	-	1
Net Current Assets	1,784,684	239,601	191,143	2,215,428
<b>As at 31st March 2021</b>	<b>1,892,185</b>	<b>386,203</b>	<b>191,143</b>	<b>2,469,531</b>

	<b>Unrestricted Funds</b>	<b>Designated Funds</b>	<b>Restricted Funds</b>	<b>2020 Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Tangible Fixed Assets	111,445	179,281	-	290,726
Investment in subsidiary	1	-	-	1
Net Current Assets	1,428,352	239,601	213,653	1,881,606
<b>As at 31st March 2020</b>	<b>1,539,798</b>	<b>418,882</b>	<b>213,653</b>	<b>2,172,333</b>

## Notes to the Accounts (continued)

### 13 Trustee Expenses

Travel expenses of £269 were paid in respect of 10 board members in the year (2020: £244). No Trustees received remuneration in the year (2020: £Nil)

### 14. Company Limited by Guarantee

The company is limited by guarantee and does not have a share capital.

### 15. Subsidiary Company

Middlesbrough and Stockton Mind Trading Limited (Company number 07158554) is a wholly owned subsidiary of Middlesbrough and Stockton Mind Limited and has been dormant since 31<sup>st</sup> March 2012.

### 16. Related Party transactions

There were no transactions with related parties during the year.

### 17. Capital and Operating Lease Commitments

At 31<sup>st</sup> March 2021 there were no commitments to capital expenditure.

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2021	2020
	£	£
<b>Land and buildings</b>		
Within one year	49,920	34,980
Between one and five year	124,980	122,400
After 5 years	7,500	-
	<u>182,400</u>	<u>157,380</u>

**18. Reconciliation of Net Income to Net Cash flow from Operating Activities**

	2021	2020
	£	£
Net Income for the year (per SOFA)	274,579	47,952
Adjustments for:		
Depreciation	36,624	33,638
(Increase)/decrease in debtors	401,034	(346,258)
Increase/(decrease) in creditors	41,271	159,146
	<u>753,508</u>	<u>(105,522)</u>

**19. Analysis of Net Funds**

	Brought Forward 2020	Movement in year	Carried forward 2021
	£	£	£
Cash	<u>1,465,623</u>	<u>776,127</u>	<u>2,241,750</u>
<b>Total</b>	<u><b>2,172,333</b></u>	<u><b>297,198</b></u>	<u><b>2,469,531</b></u>