



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

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

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

Balance Sheet

As at 31 March 2021	Note	2021 £	2020 £
Fixed assets			
Tangible assets	8	254,102	290,726
Investments in subsidiary	1	1	1
		<u>254,103</u>	<u>290,727</u>
Current assets			
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
Net current assets/(liabilities)		<u>2,215,428</u>	<u>1,881,606</u>
Net assets		<u>2,469,531</u>	<u>2,172,333</u>
Funds	11		
Unrestricted funds:			
General funds		1,465,000	1,539,798
Designated funds		816,195	418,882
		<u>2,281,195</u>	<u>1,958,680</u>
Restricted funds		188,336	213,653
Total Funds	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

For year ended 31st March 2021	Note	2021	2020
		£	£
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		<u>776,127</u>	<u>(103,236)</u>
Cash and cash equivalents at the beginning of the year		<u>1,465,623</u>	<u>1,568,859</u>
Cash and cash equivalents at the end of the year		<u>2,241,750</u>	<u>1,465,623</u>

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>
Total incoming resources from charitable activities	<u>3,896,091</u>	<u>3,588,985</u>

Notes to the Accounts (continued)

3. Analysis of Resources Expended

	Basis of Allocation	Unrestricted Funds	Restricted Funds	2021 Total Funds	2020 Total Funds
		£	£	£	£
Charitable Activities					
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
Total 2021		2,510,523	1,273,822	3,784,345	3,608,458
Total 2020		2,362,341	1,246,117	3,608,458	

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

	2021	2020
Net incoming resources for the year is stated after charging:	£	£
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
	£	£
Wages and Salaries	2,403,323	2,078,469
Social Security costs	195,983	169,117
Pension Costs - defined contribution scheme	60,635	59,121
Pension Costs - defined benefit scheme	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
	£	£
Pension contributions due but not paid to the schemes at 31 March:		
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
Cost	£	£	£	£
At 1st April 2020	125,000	436,560	105,485	667,045
Additions	-	-	-	-
At 31 March 2021	125,000	436,560	105,485	667,045
Depreciation				
At 1st April 2020	15,000	261,937	99,382	376,319
Charged in year	2,500	29,104	5,020	36,624
At 31 March 2021	17,500	291,041	104,402	412,943
Net Book Value				
At 31 March 2020	110,000	174,623	6,103	290,726
At 31 March 2021	107,500	145,519	1,083	254,102

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
	290,274	691,308

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
	316,596	275,325

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	196,257	126,304

Notes to the Accounts (continued)

11. Movement in Funds - current year

	2020	Incoming resources	Expended resources	Transfers	2021
	£	£	£	£	£
Restricted Funds					
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
Total restricted funds	213,653	1,444,584	(1,273,822)	(196,079)	188,336
Unrestricted Funds					
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
Total Unrestricted Funds	1,958,680	2,636,959	(2,510,523)	196,079	2,281,195
Total Funds	2,172,333	4,081,543	(3,784,345)	-	2,469,531

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

	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	1,784,684	239,601	191,143	2,215,428
As at 31st March 2021	1,892,185	386,203	191,143	2,469,531

	Unrestricted Funds	Designated Funds	Restricted Funds	2020 Total
	£	£	£	£
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
As at 31st March 2020	1,539,798	418,882	213,653	2,172,333

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 31st March 2012.

16. Related Party transactions

There were no transactions with related parties during the year.

17. Capital and Operating Lease Commitments

At 31st March 2021 there were no commitments to capital expenditure.

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

	2021 £	2020 £
Land and buildings		
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
	753,508	(105,522)

19. Analysis of Net Funds

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