



# 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

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## 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-Teess. 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 from the end of the signature.

**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><b>2,672,930</b></u>	<u><b>145,564</b></u>	<u><b>2,818,494</b></u>	<u><b>2,241,991</b></u>	<u><b>116,499</b></u>	<u><b>2,358,490</b></u>

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



## Balance Sheet

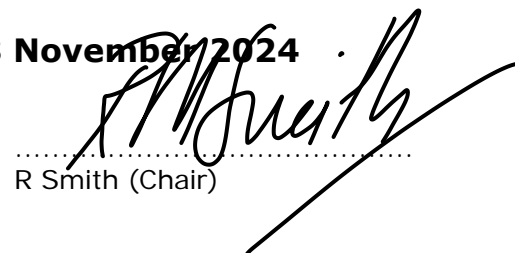
As at 31 March 2024	Note	23/24	22/23
		£	£
<b>Fixed assets</b>			
Tangible assets	8a	163,822	190,426
Investment property	8b	312,000	-
Investments	8c	17,359	20,422
		<u>493,181</u>	<u>210,848</u>
<b>Current assets</b>			
Debtors	9	501,402	249,972
Cash at bank and in hand		<u>2,237,799</u>	<u>2,277,898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

Company Number 5884630



R Smith (Chair)

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		(40,099)	(76,608)
Cash and cash equivalents at the beginning of the year		2,277,898	2,354,506
<b>Cash and cash equivalents at the end of the year</b>		<b>2,237,799</b>	<b>2,277,898</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>
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>
<b>Total incoming resources from charitable activities</b>	<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

	23/24	22/23
Net Incoming/(outgoing) resources for the year is stated after charging:	£	£
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 £
<b>Cost</b>					
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 £
<b>Cost</b>			
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
	<b>501,402</b>	<b>249,972</b>

### 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
	<b>413,888</b>	<b>380,228</b>

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	(254,119)	(151,598)
Balance carried forward	<b>289,803</b>	<b>254,119</b>

## 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

	Unrestricted Funds	Designated Funds	Restricted Funds	23/24 Total
	£	£	£	£
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>

	Unrestricted Funds	Designated Funds	Restricted Funds	22/23 Total
	£	£	£	£
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

	23/24	22/23
	£	£
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

	Brought Forward	Movement in year	Carried forward
	22/23		23/24
	£	£	£
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:-

	Total	Unrestricted Funds	Restricted Funds
	£	£	£
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.