



Teesside Mind Limited

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

Trustees' Annual Report and Accounts

For the year ended 31 March 2025

Charity number 1118098

Company Limited by Guarantee number 5884630

Registered office:

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

Telephone: 01642 257020

Email: info@teessidemind.org.uk

Website: www.teessidemind.org.uk

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

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

Public benefit, objectives, and activities

Public Benefit

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

Objectives

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

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

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

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

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

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

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

Activities

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

The projects and services provided during the year included:

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

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

Volunteering

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

Feedback from volunteers included:

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

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

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

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

Fundraising

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

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

Success included:

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

Achievements and performance

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

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

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

One service user, Sarah, shared her experience:

"I was in a bad place and felt totally lost."

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

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

A parent commented:

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

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

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

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

Feedback from a training delegate at Fujifilm included:

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

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

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

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

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

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

Financial review

Financial Review

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

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

Reserves Policy

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

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

Designated Funds

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

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

Social and Financial Investment

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

Plans for the future

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

Reference and administrative information

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

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

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

Structure, Governance and Management

Legal Status and Governing Document

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

Trading Subsidiary

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

Appointment and Induction of Trustees

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

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

Organisational Structure

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

The Mind Network and Related Parties

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

Pay Policy for Senior Staff

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

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

Risk management

Risk Management

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

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

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

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

Statement of Trustee Responsibilities

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

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

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

In so far as the trustees are aware:

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

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

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

R. M. Smith

Ruth Smith, Chair of Board of Trustees

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

Opinion

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

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for Opinion

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

Conclusions relating to Going Concern

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

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

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

Other Information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinion on Other Matter Prescribed by the Companies Act 2006

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

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

Matters on which we are Required to Report by Exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

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

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees/directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of Trustees

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

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

Auditor's Responsibilities for the Audit of the Financial Statements

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

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

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

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

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

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

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our Report

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



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

Dated: 15 December 2025

AC/GW

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

For the year ended 31 March 2025

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

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

Balance Sheet

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

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

D. Williams
D Williams (Treasurer)

R. M. Smith
R Smith (Chair)

Company Number 5884630

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

Statement of Cash Flows

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

NOTES TO THE ACCOUNTS

1. (a) General information and basis of preparation

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

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

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

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

(b) Accounting Policies

Income recognition

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

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

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

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

Accounting policies (continued)

Expenditure recognition

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

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

Fixed assets

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

Investments including Social Investment

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

Depreciation

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

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

Financial instruments

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

Taxation

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

Going concern

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

Accounting policies (continued)

Fund accounting

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

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

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

Pension contributions

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

Transfers between funds

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

Subsidiary Company

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

Judgements and key sources of estimation uncertainty

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

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

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

Notes to the Accounts

2. Income from Charitable Activities

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

Notes to the Accounts (continued)

3. Analysis of Resources Expended

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

Notes to the Accounts (continued)

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

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

5. Trustees Indemnity Insurance

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

Notes to the Accounts (continued)

6. Employee Emoluments

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

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

The aggregate payroll costs of the above were:

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

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

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

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

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

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

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

7. Taxation

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

Notes to the Accounts (continued)

8a Fixed Assets

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

8b Investment Properties

Transferred from Redcar and Cleveland Mind 312,000

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

8c Investments (including Social Investments)

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

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

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

Notes to the Accounts (continued)

9. Debtors

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

10. Creditors

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

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

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

Notes to the Accounts (continued)

11. Movement in Funds – current year

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

Notes to the Accounts (continued)

Transfers

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ballinger Trust – funding for befriending for older people.

Notes to the Accounts (continued)

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

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

12. Analysis of Net assets between funds

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

	Unrestricted			24/25
	General Funds	Designated Funds	Restricted Funds	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	<u>1,142,641</u>	<u>1,129,108</u>	<u>53,564</u>	<u>2,325,313</u>
As at 31 March 2024	<u>1,480,000</u>	<u>1,192,930</u>	<u>145,564</u>	<u>2,818,494</u>

Notes to the Accounts (continued)

13 Trustee Expenses

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

14. Company Limited by Guarantee

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

15. Subsidiary Company

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

16. Related Party transactions

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

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

17. Capital and Operating Lease Commitments

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

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

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

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

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

19. Analysis of Net Funds

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

20. Transfer from Redcar and Cleveland Mind

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

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

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