

STOCKPORT AND DISTRICT MIND

England & Wales · Charity number 1119317

Details

Status Registered

Legal form Charitable company

Company number [05879337](#)

Registered 2007-05-21

Register [View on the Charity Commission register](#)

Contact

Address Tameside Oldham & Glossop Mind
216-218 Katherine Street
Ashton-Under-Lyne
Lancashire
OL6 7AS

Phone 01614807393

Email info@stockportmind.org.uk

Website www.stockportmind.org.uk

Activities

Objects: 4 The charity's objects ('Objects') are specifically restricted to the following: • to promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition; • to relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination. In carrying out its objects, the charity will promote equality of opportunity and oppose any form of discrimination. The charity will provide services to achieve its objects, including but not restricted to advice, advocacy, training and other forms of support. [Nothing in the articles shall authorise an application of the property of the charity for purposes which are not charitable in accordance with section 7 of the Charities and Trustee Investment (Scotland) Act 2005 and/or section 2 of the Charities Act (Northern Ireland) 2008.]

Activities: Providing recovery and social inclusion services to people experiencing mental distress.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED IN PRACTICE STOCKPORT
- Stockport

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£188,892	£281,412	-	-
2024-03-31	£186,248	£276,303	-	-
2023-03-31	£369,599	£275,130	-	-
2022-03-31	£220,710	£237,713	-	-
2021-03-31	£255,900	£234,400	-	-

Trustees

Name	Role	Appointed
Kay Day	Chair	2016-09-30
Karen Beal		2025-03-07
Peter Miles		2016-08-01

STOCKPORT AND DISTRICT MIND

England & Wales - Charity number 1119317

Accounts

Company number: 5879337

Charity Number: 1119317



Stockport and District Mind

Report and financial statements
For the year ended 31st March 2025

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2025

1 Reference and Administrative Information

Company number 5879337

Charity number 1119317

Registered office

216-218 Katherine Street
Ashton-Under-Lyne
OL6 7AS

Operational address

Disability Stockport
23 High Street
Stockport
SK1 1EG

Trustees

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Kay Day	Chair
Peter Miles	Vice Chair
Lucy Dewhurst	(resigned 7 th March 2025)
Janet Lomas	(resigned 7 th March 2025)
Mark Baxendall	(resigned 7 th March 2025)
Karen Beal	(appointed 7 th March 2025)
Dr. Keith Jeffery	(appointed 7 th March 2025)

Key management personnel

Sarah Powell	Chief Officer (appointed 1 st May 2023; TUPE March 2025)
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Bankers

Virgin Money Jubilee House Gosforth Newcastle on Tyne NE3 4PL	Flagstone 1 st Floor, Clareville House 26-27 Oxenden Street London SW1Y 4EL
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Independent examiner

Jennifer Daniel FCCA DChA
Slade & Cooper Limited
Beehive Mill, Jersey Street,
Manchester, M4 6JG

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2025

The Trustees present their report and the unaudited financial statements for the year ended 31st March 2025.

Reference and administrative information set out above forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with Financial Reporting Standard 102 (FRS 102).

1 Objectives and activities

1.1 Mission Statement

Stockport and District Mind works towards a society where anyone who experiences poor mental health is supported, empowered to reach their full potential and free from stigma and discrimination.

1.2 Aims

The charity's aims are to provide advice, advocacy, support and services to all people resident in the Stockport Metropolitan Borough and adjacent areas who are experiencing poor mental health, to enable and empower them to live with, manage and where possible recover from their condition. It will also support their family, friends, and carers.

1.3 Objectives

The charity's objects are specifically restricted to the following:

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

In carrying out its objects, the charity will promote equality of opportunity and oppose any form of discrimination.

The charity provides services to achieve its objects, including but not restricted to advice, advocacy, training, and other forms of support.

The aims, objectives, and activities are reviewed each year by the trustees with a particular regard to the Charity Commission's guidance on public benefit.

1.4 Activities

The Charitable Company's main activities and who it tries to help are set out in section 2 of this report.

2 Achievements and performance

2.1 Mental Health Carers' support

The support we provided for carers included Carers Choir, Drop-ins and Carers' assessments.

Most referrals into the service are directly from carers themselves. We also receive a high number of referrals from the Pennine Care Mental Health Teams and other secondary care services since our staff have had a regular presence at mental health service locations, including Stepping Hill Hospital, Baker Street and Councillor Lane Community Mental Health Teams (CMHTs).

The partnership we have with Signpost Stockport for Carers to deliver this service has proven to be very successful.

2.2 Stockport Mind Carers' Choir

The Stockport Mind Carers' Choir (Singing for Fun) has continued to thrive. The choir takes place at St Peter's Church, St Petersgate, Stockport, and small donations have been kindly given by those who attend this group.

"Joining the choir has opened up my life. It felt very supportive and safe. I have been searching for a choir like this for months. Now I have found it, for me it is perfect."

2.3 Thursday at One

This art and well-being group continues to be popular and run on a weekly basis. There is a core cohort of volunteers who support the group and staff from Stockport Mind are available if any group members need 1:1 support during the session. Average attendances are 12 people per session.

2.4 Olive Branch Mental Health Drop-in sessions

Stockport Mind have been facilitating a weekly drop in for the community of Edgeley which attend the Olive Branch support services. The attendees are those who face complex long-standing mental health challenges and have benefitted from a peer support group also with access for 1:1 advice. Due to lack of funding the Olive Branch are no longer able to fund this session, so it finished in February 2025.

2.5 Allotment

In 2023 Stockport Mind were lucky to be gifted an allotment plot at the Barnfield Rd East allotment. This provides an exciting opportunity to provide peer support groups, enhancing our well-being offer and therapeutic space. We have been supported by corporate businesses to prepare the plot, including safety, building of a shed, and provision of tools for the groups. A men's group took place on the allotment during the year together with a nature in wellbeing group.

2.6 Music in Mind

In 2024 we were successful in receiving funding through The National Academy for Social Prescribing to work with Manchester Camerata to deliver Music in Mind sessions to those living with dementia and their carers. Since October we have delivered 2 sessions

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2025

a week in collaboration with Step Out day care in Reddish and trained a number of dementia champions to help facilitate the sessions. A further 2 sessions a week are to be delivered in May 2025 in Heaton Moor with the Heaton Moor United church. We have received exceptional feedback from the attendees and the funders.

2.7 Menopause Awareness training

The contract was awarded in October 2022 for a period of 3 years. We have successfully continued to deliver this training, alongside the other Greater Manchester Minds including Tameside, Oldham and Glossop (TOG) Mind, Rochdale Mind, Mind in Salford and Manchester Mind. Training has been delivered to managers and staff of SMEs during 2024/25, with over 600 people in over 400 SMEs receiving training over the course of the 3-years

2.8 Connect 5 training

Following on from winning a contract with Stockport Metropolitan Borough Council (SMBC) and the Greater Manchester Integrated Care Partnership, we have continued to deliver Connect 5 mental wellbeing training to public and voluntary sector employees to help them care for their own wellbeing and for those around them. Some of this has been done on a 'train the trainer' basis and forms part of SMBC's mental health and wellbeing strategy.

We have also continued to provide additional training on mental health awareness in the workplace to commercial organisations in the area.

2.9 Information Service and General Support, including Social Media

We have continued to provide telephone and website email access to offer a listening ear, to give short-term support, advice and information to callers, and where necessary refer them to other support organisations and statutory services.

We continue to increase our online presence, strengthen our communications output, and raise mental health awareness to our local community.

2.10 Volunteers

Stockport and District Mind relies heavily on volunteers; this includes the Trustees/Board of Directors who are also unpaid workers. A number of volunteers have previously received the charity's services and want to give something back so that others can benefit.

Volunteers provide energy, commitment and diversity, and support us with office reception cover; support to groups and social inclusion programmes; support to fundraising activities as well as other undertakings. We are extremely grateful to all of our volunteers recognising that a number of our services could not function without their support.

2.11 Trustees & Management

We would like to record our thanks to the three trustees who resigned in March as part of the merger process. Mark Baxendall has been a trustee since 2015; Lucy Dewhurst and Janet Lomas since 2022. Janet continues her separate role as a volunteer.

We would also like to thank Sarah Powell for all her work in managing the organisation during a challenging time and helping to make the merger process a success.

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2025

Finally, we want to thank Joanne Strickleton for her 22 years of service at Stockport Mind. Joanne took voluntary redundancy in February.

3 Financial review

3.1 Summary

Sources of income during the year were from general donations, Eric Wright Charitable Trust, Stockport Health Carer Support, Olive Community Projects, Mental Health Advocacy and Counselling Services.

Total income at the end of the financial year was £188,892 and this represented a marginal increase of 1.4% from the previous year. Total expenditure at the end of the financial year was £281,412 and this represented an increase of 1.8% from the previous year. The result was a deficit of £92,520.

A 2-year lease (taken out in 2023) provided our office space in the Cornerstone building in central Stockport until February 2025, at which point staff moved to temporary accommodation at Disability Stockport.

The trustees ensured careful control of costs in the uncertain economic environment but agreed to self-finance continued volunteer co-ordination and helpline services through our reserves.

A merger with Tameside, Oldham and Glossop (TOG) Mind took place on 7th March 2025 (see section 4).

3.2 Reserves

It is the policy of the Trustees to maintain operational reserves held at a level that equates to a minimum of three months expenditure based upon expected levels for the following year. The identified level provides sufficient funds to cover management, administration, and support costs; allows short term funding for projects until further funding is obtained or match funding for new projects, where required; and accommodates changes in funding by statutory authorities.

The Reserves policy is reviewed on an annual basis by the Board.

3.3 Investment policy and objectives

Month to month cash surpluses during the year and reserves are maintained in interest bearing investments using the CAF Charity Deposit Platform, managed by Flagstone Investment Management.

The Board considers the risks relating to these to be appropriate.

4 Plans for the future

The Board had recognised for some time that the organisation is too small, with disproportionate overheads. The strategy had been to aim for growth, while preparing for potential consolidation (e.g. merger). With diminishing reserves the risk of reliance on growth alone was judged to be too high and the Board decided to approach potential partners to discuss options, aiming for a consolidation decision by March 2025.

In October 2024 we agreed with Tameside Oldham and Glossop Mind to merge the two organisations. We spent 5 months working jointly on this and, in March 2025 the two organisations merged together. The joint organisation, Tameside, Oldham Glossop and Stockport Mind hope to continue and expand the services of Mind in Stockport.

5 Structure, governance, and management

5.1 Governing document

The Charitable Company is governed by the Memorandum and Articles of Association of the Company. The Company was formed on 18th July 2006 and took over the staff and assets of Stockport and District Association for Mental Health on 1st July 2007.

The Articles of Association have subsequently been revised, most recently in October 2022.

A Scheme of Delegation is in place.

5.2 Company status

The Company is limited by guarantee and all members have agreed to contribute a sum not exceeding £10 in the event of a winding-up. The number of guarantees on 31st March 2025 was 4.

5.3 Recruitment and appointment of Trustees/ Directors

Trustees/Directors are recruited from a number of sources, including personal recommendation and approaches to specific organisations who can provide volunteers with particular skills. The Trustees have defined the skill profiles required for the make-up of the Board and seek people with the necessary background experience. The Board actively seeks to reflect the diversity of backgrounds and experience, including 'lived experience' of mental illness, of its members.

Under the current Articles, the Board shall comprise not less than three directors, with no upper limit. All members of the Board of Directors are Trustees of the Charity, and all Trustees are members of the Board of Directors.

Trustees are required to sign a Code of Conduct clearly detailing the role and obligations of Trustees. Each of the Trustees has been provided with a specification and definition of responsibilities relating to his/her specific role.

All members of the Board (along with staff and volunteers) are required to complete a Disclosure and Barring Service (DBS) check, in line with Charity Commission requirements in relation to safeguarding in organisations, where direct work takes place with vulnerable adults and/or children. All Board members have read the safeguarding guidance and have discussed it at Board meetings.

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2025

All members of the Board give their time voluntarily and receive no benefits from the Charitable Company. Any expenses reclaimed from the Charitable Company are set out in note 9 to the accounts.

The Chair meets with all prospective Trustees to provide information and discusses the fit between the prospective Trustee and the organisation's needs. Induction is provided and on-going training needs are identified as part of each Trustee's annual review.

6 Statement of responsibilities of the Trustees

The Trustees (who are also directors of Stockport and District Mind for the purposes of company law) are responsible for preparing the Trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. 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
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the Board of Trustees, who are Directors for the purposes of company law, and Trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 1.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the Board of Directors and signed on its behalf by

Kay Day (Chair)

Date: 03/11/2025

Independent examiner's report
to the trustees of
Stockport and District Mind

I report on the accounts of the company for the year ended 31 March 2025 which are set out on pages 9 to 23.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jennifer Daniel FCCA DChA
Beehive Mill, Jersey Street
Manchester, M4 6JG

Date: 27th November 2023

Stockport and District Mind
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2025

	Note	Unrestricted funds £	Restricted funds £	Total funds 2025 £	Total funds 2024 £
Income from:					
Donations and legacies	3	67,792	-	67,792	59,067
Charitable activities:	4	85,456	31,328	116,784	124,036
Investments	5	4,316	-	4,316	3,145
Total income		157,564	31,328	188,892	186,248
Expenditure on:					
Charitable activities:	6	250,162	31,250	281,412	276,303
Total expenditure		250,162	31,250	281,412	276,303
Net income/(expenditure) for the year	7	(92,598)	78	(92,520)	(90,055)
Transfer between funds		56,177	(56,177)	-	-
Net movement in funds for the year		(36,421)	(56,099)	(92,520)	(90,055)
Reconciliation of funds					
Total funds brought forward		117,759	56,099	173,858	263,913
Total funds carried forward		81,338	-	81,338	173,858

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

A full comparative SOFA is available on the last page of the financial statements.

Stockport and District Mind
Company number 05879337

Balance sheet as at 31 March 2025

	Note	2025		2024	
		£	£	£	£
Fixed assets					
Tangible assets	-		-		-
Total fixed assets			<u>-</u>		<u>-</u>
Current assets					
Debtors	10	14,745		14,579	
Cash at bank and in hand		110,751		164,958	
Total current assets		<u>125,496</u>		<u>179,537</u>	
Liabilities					
Creditors: amounts falling due in less than one year	11	(44,158)		(5,679)	
Net current assets			<u>81,338</u>		<u>173,858</u>
Total assets less current liabilities			<u>81,338</u>		<u>173,858</u>
Net assets			<u>81,338</u>		<u>173,858</u>
The funds of the charity:					
Restricted income funds	12		-	56,099	
Unrestricted income funds	13		81,338	117,759	
Total charity funds			<u>81,338</u>	<u>173,858</u>	

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 12 to 23 form part of these accounts.

Approved by the trustees on 03/11/2025 and signed on their behalf by:

.....
Peter Miles (Vice Chair)

.....
Kay Day (Chair)

Stockport and District Mind
Statement of Cash Flows
for the year ending 31 March 2025

	Note	2025 £	2024 £
Cash provided by/(used in) operating activities	15	(58,523)	(84,732)
<i>Cash flows from investing activities:</i>			
Dividends, interest, and rents from investments		4,316	3,145
Cash provided by/(used in) investing activities		4,316	3,145
Increase/(decrease) in cash and cash equivalents in the year		(54,207)	(81,587)
Cash and cash equivalents at the beginning of the year		164,958	246,545
Cash and cash equivalents at the end of the year		110,751	164,958

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2025

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a Basis of preparation

The financial statements have been prepared in accordance with 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), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Stockport and District Mind meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Preparation of the accounts on a going concern basis

The Board had recognised for some time that the organisation is too small, with disproportionate overheads. The strategy had been to aim for growth, while preparing for potential consolidation (e.g. merger). With diminishing reserves the risk of reliance on growth alone was judged to be too high and the Board decided to approach potential partners to discuss options, aiming for a consolidation decision by March 2025.

In October 2024 we agreed with Tameside Oldham and Glossop Mind to merge the two organisations. We spent 5 months working jointly on this and, in March 2025 the two organisations merged together. The joint organisation, Tameside, Oldham Glossop and Stockport Mind hope to continue and expand the services of Mind in Stockport. The Board consider it appropriate to prepare the financial statements on a going concern basis as no material adjustment to the charity's assets and liabilities will be needed. The assets and liabilities of have been transfered to the merged organisation.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2025 (continued)

c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

d Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2025 (continued)

f Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of Mental Health Advocacy and Counselling Services undertaken to further the purposes of the charity and
- Other expenditure represents those items not falling into any other heading.

h Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. Support costs have all been allocated to expenditure on charitable activities.

i Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

Tangible fixed assets

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Asset Category	Annual rate
Freehold land & building	2%
Equipment & fittings	25%
Computer equipment	50%

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2025 (continued)

j Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l Creditors and provisions

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

m Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 8. There were no overdue contributions at the year end.

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. 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 registered office address is disclosed on page 1.

3 Income from donations and legacies

	Unrestricted	Restricted	Total 2025 £	Total 2024 £
Donations	67,792	-	67,792	49,192
Legacies	-	-	-	9,875
Total	67,792	-	67,792	59,067
<i>Total 2024</i>	<i>49,192</i>	<i>9,875</i>	<i>59,067</i>	

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2025 (continued)

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2025 £
Eric Wright Charitable Trust	10,000	-	10,000
Stockport Health Carer Support	62,935	-	62,935
Olive Community Projects	4,583	-	4,583
Fees and other income	7,938	31,328	39,266
Mental Health Advocacy & Counselling Services	85,456	31,328	116,784
<i>Previous reporting period</i>	<i>Unrestricted</i>	<i>Restricted</i>	<i>2024</i>
	<i>£</i>	<i>£</i>	<i>£</i>
<i>Eric Wright Charitable Trust</i>	<i>10,000</i>	<i>-</i>	<i>10,000</i>
<i>GreaterSport</i>	<i>4,771</i>	<i>-</i>	<i>4,771</i>
<i>Signpost Carers</i>	<i>40,038</i>	<i>-</i>	<i>40,038</i>
<i>Olive Community Projects</i>	<i>2,082</i>	<i>-</i>	<i>2,082</i>
<i>Fees and other income</i>	<i>16,140</i>	<i>51,005</i>	<i>67,145</i>
<i>Mental Health Advocacy & Counselling Services</i>	<i>73,031</i>	<i>51,005</i>	<i>124,036</i>
Investment income		2025	2024
		£	£
5 Income from bank deposits		4,316	3,145
		4,316	3,145

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2025 (continued)

6 Analysis of expenditure on charitable activities

	Total 2025 £	Total 2024 £
Staff costs	198,565	192,844
Administration	80,143	77,993
Programme costs	1,204	3,966
Governance - Accountancy and independent examination	1,500	1,500
	281,412	276,303
	2025 £	2024 £
Restricted expenditure	31,250	29,598
Unrestricted expenditure	250,162	246,705
	281,412	276,303
	281,412	276,303

7 Net income/(expenditure) for the year

	2025 £	2024 £
This is stated after charging/(crediting):		
Independent examiner's remuneration - Accountancy	1,200	1,200
Independent examination	300	300
	1,500	1,500

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2025 (continued)

8 Staff costs

Staff costs during the year were as follows:

	2025	2024
	£	£
Wages and salaries	176,866	161,121
Social security costs	6,976	7,227
Pension costs	3,132	3,229
Payroll administration	733	1,189
	<hr/>	<hr/>
	187,707	172,766
	<hr/> <hr/>	<hr/> <hr/>

Nil employees has employee benefits in excess of £60,000 (2024: Nil).

The average number of staff employed during the period was 7 (2024: 10).

The average full time equivalent number of staff employed during the period was 5 (2024: 5).

The key management personnel of the charity comprise the trustees, the Chief Officer. The total employee benefits of the key management personnel of the charity were £48,276 (2024: £34,321).

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2025 (continued)

9 Trustee remuneration and expenses, and related party transactions

No (2024: no) trustee received expenses during the year (2024: £nil).

There were no donations from related parties (2024: nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2024: nil).

10 Debtors

	2025 £	2024 £
Accrued income	7,850	14,579
Other debtors	6,895	-
	14,745	14,579
	14,745	14,579

11 Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals	24,158	5,008
Other creditors	-	671
Deferred Income	20,000	-
	44,158	5,679
	44,158	5,679

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2025 (continued)

12 Analysis of movements in restricted funds

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2025 £
GM TOG Mind	41,255	23,973	(23,973)	(41,255)	-
Connect 5	14,844	7,355	(7,277)	(14,922)	-
Total	56,099	31,328	(31,250)	(56,177)	-

Previous reporting period	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2024 £</i>
CAB Advocacy	4,375	-	(1,612)	(2,763)	-
CRH Charitable Trust	4,822	-	(1,612)	(3,210)	-
GM TOG Mind	23,243	24,340	(6,328)	-	41,255
Connect 5	-	26,665	(11,821)	-	14,844
Total	32,440	51,005	(21,373)	(5,973)	56,099

Name of	Description, nature and purposes of the fund
Citizens Advice (Cheshire north)	providing community advocacy on North-East Cheshire.
CRH Charitable Trust	helping people with mental health issues to provide advocacy in navigating the complexities of the benefits system.
TOG MIND	to provide Menopause Awareness training
Connect 5	The Connect 5 programme is a series of mental health training modules designed to help people have better mental wellbeing conversations in the workplace. The training is underpinned by the 'five ways to mental wellbeing' and evidence-based theory. The training is for people working or volunteering in a public facing role, including community workers in health and social care or people working in the emergency services.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2025 (continued)

13 Analysis of movement in unrestricted funds

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers £	As at 31 March 2025 £
General fund	117,759	157,564	(250,162)	56,177	81,338
Designated fund	-	-	-	-	-
	117,759	157,564	(250,162)	56,177	81,338
	117,759	157,564	(250,162)	56,177	81,338

Previous reporting period	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2024 £</i>
<i>General fund</i>	<i>193,251</i>	<i>135,243</i>	<i>(254,930)</i>	<i>44,195</i>	<i>117,759</i>
<i>Designated fund</i>	<i>38,222</i>	<i>-</i>	<i>-</i>	<i>(38,222)</i>	<i>-</i>
	<i>231,473</i>	<i>135,243</i>	<i>(254,930)</i>	<i>5,973</i>	<i>117,759</i>
	<i>231,473</i>	<i>135,243</i>	<i>(254,930)</i>	<i>5,973</i>	<i>117,759</i>

Name of

Description, nature and purposes of the fund

General fund

The free reserves after allowing for all designated funds

Designated fund

The building revaluation fund represents the amount of money that would be included in a revaluation reserve following a revaluation of Dove House in 2006 if the revaluation had taken place in this charitable company. The revaluation occurred in the previous unincorporated charity.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2025 (continued)

14 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	-	-	-	-
Net current assets/(liabilities)	81,338	-	-	81,338
	<hr/>	<hr/>	<hr/>	<hr/>
Total	81,338	-	-	81,338
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

15 Reconciliation of net movement in funds to net cash flow from operating activities

	2025 £	2024 £
Net income/(expenditure) for the year	(92,520)	(90,055)
Adjustments for:		
Dividends, interest and rents from investments	(4,316)	(3,145)
Decrease/(increase) in debtors	(166)	8,278
Increase/(decrease) in creditors	38,479	190
	<hr/>	<hr/>
Net cash provided by/(used in) operating	(58,523)	(84,732)

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2025 (continued)

16 Prior year Statement of Financial Activities (including Income and Expenditure account)

	Note	Unrestricted funds £	Restricted funds £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	3	59,067	-	59,067	37,372
Charitable activities:	4	73,031	51,005	124,036	114,916
Investments	5	3,145	-	3,145	734
Profit on disposal of fixed assets		-	-	-	216,577
Total income		135,243	51,005	186,248	369,599
Expenditure on:					
Charitable activities:	6	254,930	21,373	276,303	275,130
Total expenditure		254,930	21,373	276,303	275,130
Net income/(expenditure) for the year	7	(119,687)	29,632	(90,055)	94,469
Transfer between funds		5,973	(5,973)	-	-
Net movement in funds for the year		(113,714)	23,659	(90,055)	94,469
Reconciliation of funds					
Total funds brought forward		231,473	32,440	263,913	169,444
Total funds carried forward		117,759	56,099	173,858	263,913

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

STOCKPORT AND DISTRICT MIND

England & Wales - Charity number 1119317

Accounts

Company number: 5879337

Charity Number: 1119317



Stockport and District Mind

Report and financial statements
For the year ended 31st March 2024

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2024

1 Reference and Administrative Information

Company number 5879337

Charity number 1119317

Registered office and operational address

Cornerstone
2 Edward Street
Stockport
SK1 3NQ

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Kay Day	Chair
Peter Miles	Vice Chair
Mark Baxendall	
Janet Lomas	
Lucy Dewhurst	
Imelda Lowe	(resigned 30 th April 2023)
Colin Wilkes	Treasurer (resigned 21 st April 2023)
David Dawes	Treasurer (appointed 10 th June 2023; resigned 12 th December 2023)

Key management personnel

Beverley Hart	Chief Officer (resigned 28 th April 2023)
Sarah Powell	Chief Officer (appointed 1 st May 2023)

Bankers

Virgin Money	Flagstone
Jubilee House	1 st Floor, Clareville House
Gosforth	26-27 Oxenden Street
Newcastle on Tyne	London
NE3 4PL	SW1Y 4EL

Independent examiner

Jennifer Daniel FCCA DChA
Slade & Cooper Limited
Beehive Mill, Jersey Street,
Manchester, M4 6JG

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2024

The Trustees present their report and the unaudited financial statements for the year ended 31st March 2024.

Reference and administrative information set out above forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with Financial Reporting Standard 102 (FRS 102).

1 Objectives and activities

1.1 Mission Statement

Stockport and District Mind works towards a society where anyone who experiences poor mental health is supported, empowered to reach their full potential and free from stigma and discrimination.

1.2 Aims

The charity's aims are to provide advice, advocacy, support and services to all people resident in the Stockport Metropolitan Borough and adjacent areas who are experiencing poor mental health, to enable and empower them to live with, manage and where possible recover from their condition. It will also support their family, friends, and carers.

1.3 Objectives

The charity's objects are specifically restricted to the following:

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

In carrying out its objects, the charity will promote equality of opportunity and oppose any form of discrimination.

The charity provides services to achieve its objects, including but not restricted to advice, advocacy, training, and other forms of support.

The aims, objectives, and activities are reviewed each year by the trustees with a particular regard to the Charity Commission's guidance on public benefit.

1.4 Activities

The Charitable Company's main activities and who it tries to help are set out in section 2 of this report.

2 Achievements and performance

2.1 Beneficiaries of our services

2,111 people have benefited from our services between April 2023 and March 2024.

2.2 Mental Health Carers' support

By the end of the year, we had 787 active service users. This figure included Carers Choir attendance, Yoga Group attendance, Drop-in attendees, and completed Carers' assessments.

Most referrals into the service are directly from carers themselves. We also receive a high number of referrals from the Pennine Care Mental Health Teams and other secondary care services since our staff have had a regular presence at mental health service locations, including Stepping Hill Hospital, Baker Street and Councillor Lane Community Mental Health Teams (CMHTs).

The partnership we have with Signpost Stockport for Carers to deliver this service has proven to be very successful.

2.3 Stockport Mind Carers' Choir

The Stockport Mind Carers' Choir (Singing for Fun) has continued to thrive. The choir regularly attracts on average 11 carers to each session. The accommodation, at St Peter's Church, St Petersgate, Stockport, is generously provided free of charge, and small donations have been kindly given by those who attend this group.

"Joining the choir has opened up my life. It felt very supportive and safe. I have been searching for a choir like this for months. Now I have found it, for me it is perfect."

2.4 Yoga Sessions

BOOST and Stockport Mind made a joint bid to GreaterSports to continue this popular programme and we are pleased to say that in May 2023 we were successful and were awarded funding which has allowed us to continue through Autumn/Winter 2023 and early 2024. This has attracted on average 4 carers to each weekly session.

2.5 Thursday at One

This art and well-being group continues to be popular and run on a weekly basis. There is a core cohort of volunteers who support the group and staff from Stockport Mind are available if any group members need 1:1 support during the session. Average attendances are 12 people per session.

2.6 Olive Branch Mental Health Drop-in sessions

Stockport Mind have been facilitating a weekly drop in for the community of Edgeley which attend the Olive Branch support services. The attendees are those who face

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2024

complex long-standing mental health challenges and have benefitted from a peer support group with also access for 1:1 advice. Average attendances have been 4-5 people per session. This will continue into 2024/25.

2.7 Allotment

In 2023 Stockport Mind were lucky to be gifted an allotment plot at the Barnfield Rd East allotment. This provides an exciting opportunity to provide peer support groups, enhancing our well-being offer and therapeutic space. We have been supported by corporate businesses to prepare the plot, including safety, building of shed, and provision of tools for the groups to take place in 2024.

2.8 Menopause Awareness training

During the year previous year (2022/23), we worked with other Greater Manchester Minds to put together a successful bid to the NHS to provide Menopause Awareness training. This started in March 2023, contracted for 3 years. We have successfully continued to deliver this training, alongside Tameside, Oldham and Glossop (TOG) Mind, to managers and staff of SMEs during 2023/24.

2.9 Connect 5 training

Following on from winning a contract last year with Stockport Metropolitan Borough Council (SMBC) and the Greater Manchester Integrated Care Partnership, which has now been extended, we have continued to deliver Connect 5 mental wellbeing training to public and voluntary sector employees to help them care for their own wellbeing and for those around them. Some of this has been done on a 'train the trainer' basis and forms part of SMBC's mental health and wellbeing strategy.

We have also continued to provide additional training on mental health awareness in the workplace to commercial organisations in the area.

2.10 Information Service and General Support, including Social Media

We have continued to provide telephone and website email access to offer a listening ear, to give short-term support, advice and information to callers, and where necessary refer them to other support organisations and statutory services.

We have received around 2,062 calls, including emails and those who have returned to our service during the period April 2023 – March 2024. This also includes signposting and emotional support provided.

Last year we invested in a new post to provide input into our communications and publicity so that we could increase our online presence, strengthen our communications output, and raise mental health awareness to our local community. We also updated our website so that we can include details of other organisations that can also support our service users.

Below shows examples of our increasing online presence and the numbers of people that we connected with via social media between April 2023 and March 2024:

Twitter		Facebook		Website	
Followers	2947	Reach	34759	Users	7584
Impressions	60300	Profile likes	579	Page views	22573
Engagements	1.38%	Engagement	1404		

2.11 **Community Advocacy (Benefits Claims Assistance)**

As previously reported, we received a 3-year grant from the Cheadle Royal Hospital Charitable Trust to recruit a part-time Community Advocate to help people with mental health issues to access the online benefits system. The funding for this service ended in July 2023, having supported 130 people.

2.12 **Volunteers**

Stockport and District Mind relies heavily on volunteers; this includes the Trustees/Board of Directors who are also unpaid workers. A number of volunteers have previously received the charity's services and want to give something back so that others can benefit.

Volunteers provide energy, commitment and diversity, and support us with office reception cover; support to groups and social inclusion programmes; support to fundraising activities as well as other undertakings. During 2023/24, we recruited and trained more volunteers, and we are lucky to now have 25-30 active volunteers, a number of whom have been with us for many years. We are extremely grateful to all of our volunteers recognising that a number of our services could not function without their support.

The Board of Trustees held an event in February to thank volunteers for their hard work and dedication to Stockport and District Mind.

2.13 **Trustees & Management**

We would like to record our thanks to Imelda Lowe, who has been a trustee with the Board since September 2021 and retired in April 2023. We have benefitted greatly from her wealth of expertise. We would also like to extend our thanks to Beverley Hart who resigned as our Chief Officer in April 2023 and welcome Sarah Powell who joined us as Chief Officer in May 2023.

2.14 **Students**

Stockport and District Mind is an accredited learning site for practice placements for Social Work students undertaking their degree.

Between April 2023 and March 2024, we have had one student on placement. The student is supervised by our qualified Practice Educator. We continue to liaise with the University of Central Lancashire (UCLAN), The University of Manchester, Manchester Metropolitan University and Salford University regarding social work placements.

2.15 **Clinical Supervision**

To support our staff in their roles and to build on our relationship with the University of Manchester, the university provides Stockport Mind with a Clinical Psychologist / Senior Psychology Lecturer, who leads reflective practice sessions with the front-line staff.

2.16 **User Engagement**

To ensure maximum collaboration, Stockport Mind devised and circulated a satisfaction survey to all current users and also included request for feedback around new services or unmet needs. This will be collated and used to inform future plans for 2024 and beyond.

3 Financial review

3.1 Summary

During the year, we benefitted from:

- **Signpost Stockport for Carers** - £40k from a contract to support the Stockport Carer's Hub. (The income was reduced this year due to a temporary resourcing issue, now resolved.)
- **Eric Wright Charitable Trust** - £10k supporting core expenses
- **Training Services** – including £24k for the second year of a 3-year NHS contract (subcontracted via TOG MIND) to provide Menopause Awareness training and £27k from SMBC to provide Connect 5 training
- **Donations** –£59k (up from £37k in 22/23). This includes £11.3k from New Look and £7.7k from Fichtner Consulting Engineers who made us their Charity of the Year. A legacy of £9.9k from the family of Michael John Heale is being spent on maintaining our advice and support line in East Cheshire. An initial donation of £10.2k was received during this year from the family of Jim Clarke, who ran a series of marathons and half marathons in memory of their dad and uncle; part of the money raised will be used to launch a men's mental health activity group at our allotment space. £1.7k was received from the Northumberland Community Pub and £1.5k from Hazel Grove Golf Club. There were numerous other substantial donations, many thanks to all the donors
- **Olive Branch** – £2k to facilitate drop-in sessions
- **GreaterSport** - £4.8k for Carers yoga sessions, in conjunction with BOOST and funded by Greater Manchester Sports Partnership
- **Student placements** - £4k from UCLAN

The funds from the sale of Dove House were invested via the CAF Charity Deposit Platform, managed by Flagstone Investment Management. Interest of £3.1k was received during the year.

A 2-year lease (taken out in February 2023) continued to provide our office space in the Cornerstone building in central Stockport.

There were several remaining non-recurring costs related to the office move and sale of Dove House in February 2023.

The trustees ensured careful control of costs in the uncertain economic environment but agreed to self-finance continued volunteer co-ordination and helpline services through our reserves.

The average number of staff employed for the period was 8, which, adjusting for part time staff, is equivalent to 5.8 full time staff. Employment costs represented 64% of total costs.

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2024

The short-term financial outlook is stable due to the remaining reserves from the sale of Dove House, but concerns remain about the viability of the organisation as a stand-alone entity and steps are being taken to address this (see section 4).

3.2 Reserves

The sale of Dove House has substantially increased the availability of liquid reserves.

It is the policy of the Trustees to maintain operational reserves held at a level that equates to a minimum of three months expenditure based upon expected levels for the following year. This amounts to £73k on 31st March 2024 compared with £174k in the accounts, of which £56k is restricted.

The identified level provides sufficient funds to cover management, administration, and support costs; allows short term funding for projects until further funding is obtained or match funding for new projects, where required; and accommodates changes in funding by statutory authorities.

The Reserves policy is reviewed on an annual basis by the Board.

3.3 Investment policy and objectives

Month to month cash surpluses during the year and reserves are maintained in interest bearing investments using the CAF Charity Deposit Platform, managed by Flagstone Investment Management.

The Board considers the risks relating to these to be appropriate.

4 Plans for the future

The Board has recognised for some time that the organisation is too small, with disproportionate overheads. The strategy has been to aim for growth, while preparing for potential consolidation (e.g. merger).

Growth to achieve a sustainable stand-alone operation is still possible, but with diminishing reserves the risk of reliance on growth alone is now judged to be too high. The Board has decided to approach potential partners to discuss options, aiming for a consolidation decision by March 2025.

5 Structure, governance, and management

5.1 Governing document

The Charitable Company is governed by the Memorandum and Articles of Association of the Company. The Company was formed on 18th July 2006 and took over the staff and assets of Stockport and District Association for Mental Health on 1st July 2007.

The Articles of Association have subsequently been revised, most recently in October 2022.

A Scheme of Delegation is in place.

5.2 Company status

The Company is limited by guarantee and all members have agreed to contribute a sum not exceeding £10 in the event of a winding-up. The number of guarantees on 31st March 2024 was 5.

5.3 Recruitment and appointment of Trustees/ Directors

Trustees/Directors are recruited from a number of sources, including personal recommendation and approaches to specific organisations who can provide volunteers with particular skills. The Trustees have defined the skill profiles required for the make-up of the Board and seek people with the necessary background experience. The Board actively seeks to reflect the diversity of backgrounds and experience, including 'lived experience' of mental illness, of its members.

Under the current Articles, the Board shall comprise not less than three directors, with no upper limit. All members of the Board of Directors are Trustees of the Charity, and all Trustees are members of the Board of Directors.

Trustees are required to sign a Code of Conduct clearly detailing the role and obligations of Trustees. Each of the Trustees has been provided with a specification and definition of responsibilities relating to his/her specific role.

All members of the Board (along with staff and volunteers) are required to complete a Disclosure and Barring Service (DBS) check, in line with Charity Commission requirements in relation to safeguarding in organisations, where direct work takes place with vulnerable adults and/or children. All Board members have read the safeguarding guidance and have discussed it at Board meetings.

All members of the Board give their time voluntarily and receive no benefits from the Charitable Company. Any expenses reclaimed from the Charitable Company are set out in note 9 to the accounts.

The Chair meets with all prospective Trustees to provide information and discusses the fit between the prospective Trustee and the organisation's needs. Induction is provided and on-going training needs are identified as part of each Trustee's annual review.

6 Statement of responsibilities of the Trustees

The Trustees (who are also directors of Stockport and District Mind for the purposes of company law) are responsible for preparing the Trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. 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
- Make judgements and estimates that are reasonable and prudent

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2024

- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the Board of Trustees, who are Directors for the purposes of company law, and Trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 1.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the Board of Directors and signed on its behalf by

Kay Day (Chair)

Date: 19th November 2024

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2024

I report on the accounts of the company for the year ended 31 March 2024 which are set out on pages 11 to 26.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jennifer Daniel FCCA DChA
Beehive Mill, Jersey Street
Manchester, M4 6JG

Date: 22 November 2024

Stockport and District Mind
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2024

	Note	Unrestricted funds £	Restricted funds £	Total funds 2024 £	Total funds 2023 £
Income from:					
Donations and legacies	3	59,067	-	59,067	37,372
Charitable activities:	4	73,031	51,005	124,036	114,916
Investments	5	3,145	-	3,145	734
Profit on disposal of fixed assets		-	-	-	216,577
Total income		135,243	51,005	186,248	369,599
Expenditure on:					
Charitable activities:	6	254,930	21,373	276,303	275,130
Total expenditure		254,930	21,373	276,303	275,130
Net income/(expenditure) for the year	7	(119,687)	29,632	(90,055)	94,469
Transfer between funds		5,973	(5,973)	-	-
Net movement in funds for the year		(113,714)	23,659	(90,055)	94,469
Reconciliation of funds					
Total funds brought forward		231,473	32,440	263,913	169,444
Total funds carried forward		117,759	56,099	173,858	263,913

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

A full comparative SOFA is available on the last page of the financial statements.

Stockport and District Mind
Company number 05879337

Balance sheet as at 31 March 2024

	Note	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	-		-		-
Total fixed assets			<u>-</u>		<u>-</u>
Current assets					
Debtors	10	14,579		22,857	
Cash at bank and in hand		164,958		246,545	
Total current assets		<u>179,537</u>		<u>269,402</u>	
Liabilities					
Creditors: amounts falling due in less than one year	11	(5,679)		(5,489)	
Net current assets			<u>173,858</u>		<u>263,913</u>
Total assets less current liabilities			<u>173,858</u>		<u>263,913</u>
Net assets			<u>173,858</u>		<u>263,913</u>
The funds of the charity:					
Restricted income funds	12		56,099		32,440
Unrestricted income funds	13		117,759		231,473
Total charity funds			<u>173,858</u>		<u>263,913</u>

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 14 to 24 form part of these accounts.

Approved by the trustees on 19/ 11/ 2024 and signed on their behalf by:

.....
Peter Miles (Vice Chair)

.....
Kay Day (Chair)

Stockport and District Mind
Statement of Cash Flows
for the year ending 31 March 2024

	Note	2024 £	2023 £
Cash provided by/(used in) operating activities	15	(84,732)	(173,510)
<i>Cash flows from investing activities:</i>			
Dividends, interest, and rents from investments		3,145	734
Proceeds from sale of tangible fixed assets		-	320,479
Cash provided by/(used in) investing activities		3,145	321,213
Increase/(decrease) in cash and cash equivalents in the year		(81,587)	147,703
Cash and cash equivalents at the beginning of the year		246,545	98,842
Cash and cash equivalents at the end of the year		164,958	246,545

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2024

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a Basis of preparation

The financial statements have been prepared in accordance with 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), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Stockport and District Mind meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Preparation of the accounts on a going concern basis

The Board has recognised for some time that the organisation is too small, with disproportionate overheads. The strategy has been to aim for growth, while preparing for potential consolidation (e.g. merger).

Growth to achieve a sustainable stand-alone operation is still possible, but with diminishing reserves the risk of reliance on growth alone is now judged to be too high. The Board has decided to approach potential partners to discuss options, aiming for a consolidation decision by March 2025.

The Board consider it appropriate to prepare the financial statements on a going concern basis as no material adjustment to the charity's assets and liabilities will be needed in the event of a merger .

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2024 (continued)

c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

d Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2024 (continued)

f Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of Mental Health Advocacy and Counselling Services undertaken to further the purposes of the charity and
- Other expenditure represents those items not falling into any other heading.

h Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. Support costs have all been allocated to expenditure on charitable activities.

i Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

Tangible fixed assets

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Asset Category	Annual rate
Freehold land & building	2%
Equipment & fittings	25%
Computer equipment	50%

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2024 (continued)

j Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l Creditors and provisions

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

m Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 8. There were no overdue contributions at the year end.

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. 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 registered office address is disclosed on page 1.

3 Income from donations and legacies

	Unrestricted	Restricted	Total 2024 £	Total 2023 £
Donations	49,192	-	49,192	37,372
Legacies	-	9,875	9,875	-
Total	49,192	9,875	59,067	37,372

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2024 (continued)

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2024 £
Eric Wright Charitable Trust	10,000	-	10,000
GreaterSport	4,771	-	4,771
Signpost Carers	40,038	-	40,038
Olive Community Projects	2,082	-	2,082
Fees and other income	16,140	51,005	67,145

Mental Health Advocacy & Counselling Services	73,031	51,005	124,036
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Previous reporting period

	Unrestricted £	Restricted £	2023 £
<i>Eric Wright Charitable Trust</i>	<i>6,500</i>	<i>-</i>	<i>6,500</i>
<i>CAB Advocacy</i>	<i>-</i>	<i>10,216</i>	<i>10,216</i>
<i>Cheadle Royal Trust</i>	<i>-</i>	<i>13,100</i>	<i>13,100</i>
<i>Signpost Carers</i>	<i>51,000</i>	<i>-</i>	<i>51,000</i>
<i>GM TOG Mind</i>	<i>-</i>	<i>23,243</i>	<i>23,243</i>
<i>Fees and other income</i>	<i>10,857</i>	<i>-</i>	<i>10,857</i>

<i>Mental Health Advocacy & Counselling Services</i>	<i>68,357</i>	<i>46,559</i>	<i>114,916</i>
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Investment income

	2024 £	2023 £
5 Income from bank deposits	3,145	734
	3,145	734

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2024 (continued)

6 Analysis of expenditure on charitable activities

	Total 2024 £	Total 2023 £
Staff costs	192,844	199,666
Administration	77,993	73,567
Programme costs	3,966	397
Governance -		
Accountancy and independent examination	1,500	1,500
	276,303	275,130
	2024 £	2023 £
Restricted expenditure	21,373	28,425
Unrestricted expenditure	254,930	246,705
	276,303	275,130
	276,303	275,130

7 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2024 £	2023 £
Independent examiner's remuneration -		
Accountancy	1,200	1,200
Independent examination	300	300
	1,500	1,500

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2024 (continued)

8 Staff costs

Staff costs during the year were as follows:

	2024	2023
	£	£
Wages and salaries	161,121	174,488
Social security costs	7,227	7,892
Pension costs	3,229	3,296
Payroll administration	1,189	464
	<hr/>	<hr/>
	172,766	186,140
	<hr/> <hr/>	<hr/> <hr/>

Nil employees has employee benefits in excess of £60,000 (2023: Nil).

The average number of staff employed during the period was 10 (2023: 12).

The average full time equivalent number of staff employed during the period was 5 (2023: 8).

The key management personnel of the charity comprise the trustees, the Chief Officer. The total employee benefits of the key management personnel of the charity were £34,321 (2023: £31,113).

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2024 (continued)

9 Trustee remuneration and expenses, and related party transactions

No (2023: no) trustee received expenses during the year (2023: £nil).

There were no donations from related parties (2023: nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2023: nil).

10 Debtors

	2024 £	2023 £
Accrued income	14,579	21,143
Other debtors	-	1,714
	<hr/>	<hr/>
	14,579	22,857
	<hr/> <hr/>	<hr/> <hr/>

11 Creditors: amounts falling due within one year

	2024 £	2023 £
Accruals	5,008	4,873
Other creditors	671	616
Taxation and social security costs	-	-
	<hr/>	<hr/>
	5,679	5,489
	<hr/> <hr/>	<hr/> <hr/>

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2024 (continued)

12 Analysis of movements in restricted funds

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2024 £
CAB Advocacy	4,375	-	(1,612)	(2,763)	-
CRH Charitable Trust	4,822	-	(1,612)	(3,210)	-
GM TOG Mind	23,243	24,340	(6,328)	-	41,255
Connect 5	-	26,665	(11,821)	-	14,844
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	32,440	51,005	(21,373)	(5,973)	56,099
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Previous reporting period	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2023 £</i>
<i>Cheshire Community Fund</i>	<i>14,306</i>	<i>-</i>	<i>(14,306)</i>	<i>-</i>	<i>-</i>
<i>CAB Advocacy</i>	<i>-</i>	<i>10,216</i>	<i>(5,841)</i>	<i>-</i>	<i>4,375</i>
<i>CRH Charitable Trust</i>	<i>-</i>	<i>13,100</i>	<i>(8,278)</i>	<i>-</i>	<i>4,822</i>
<i>GM TOG Mind</i>	<i>-</i>	<i>23,243</i>	<i>-</i>	<i>-</i>	<i>23,243</i>
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	14,306	46,559	(28,425)	-	32,440
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Name of

Description, nature and purposes of the fund

Citizens Advice
(Cheshire north)

providing community advocacy on North-East Cheshire.

CRH Charitable
Trust

helping people with mental health issues to provide advocacy in
navigating the complexities of the benefits system.

TOG MIND

to provide Menopause Awareness training

Connect 5

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2024 (continued)

13 Analysis of movement in unrestricted funds

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfers £	As at 31 March 2024 £
General fund	193,251	135,243	(254,930)	44,195	117,759
Designated fund	38,222	-	-	(38,222)	-
	231,473	135,243	(254,930)	5,973	117,759
	231,473	135,243	(254,930)	5,973	117,759

Previous reporting period	<i>Balance at 1 April 2022 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2023 £</i>
<i>General fund</i>	<i>116,916</i>	<i>323,040</i>	<i>(246,705)</i>	<i>-</i>	<i>193,251</i>
<i>Designated fund</i>	<i>38,222</i>	<i>-</i>	<i>-</i>	<i>-</i>	<i>38,222</i>
	<i>155,138</i>	<i>323,040</i>	<i>(246,705)</i>	<i>-</i>	<i>231,473</i>
	<i>155,138</i>	<i>323,040</i>	<i>(246,705)</i>	<i>-</i>	<i>231,473</i>

Name of

Description, nature and purposes of the fund

General fund

The free reserves after allowing for all designated funds

Designated fund

The building revaluation fund represents the amount of money that would be included in a revaluation reserve following a revaluation of Dove House in 2006 if the revaluation had taken place in this charitable company. The revaluation occurred in the previous unincorporated charity.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2024 (continued)

14 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	-	-	-	-
Net current assets/(liabilities)	117,759	-	56,099	173,858
	117,759	-	56,099	173,858
Total	117,759	-	56,099	173,858

15 Reconciliation of net movement in funds to net cash flow from operating activities

	2024 £	2023 £
Net income/(expenditure) for the year	(90,055)	94,469
Adjustments for:		
Loss/(profit) on sale of fixed assets	-	(216,577)
Dividends, interest and rents from investments	(3,145)	(734)
Decrease/(increase) in debtors	8,278	(5,270)
Increase/(decrease) in creditors	190	(45,398)
	(84,732)	(173,510)
Net cash provided by/(used in) operating	(84,732)	(173,510)

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2024 (continued)

16 Prior year Statement of Financial Activities (including Income and Expenditure account)

	Note	Unrestricted funds £	Restricted funds £	Total funds 2023 £	<i>Total funds</i> 2022 £
Income from:					
Donations and legacies	3	37,372	-	37,372	63,541
Charitable activities:	4	68,357	46,559	114,916	157,141
Investments	5	734	-	734	28
Profit on disposal of fixed assets		216,577	-	216,577	-
Total income		323,040	46,559	369,599	220,710
Expenditure on:					
Charitable activities:	6	246,705	28,425	275,130	237,713
Total expenditure		246,705	28,425	275,130	237,713
Net income/(expenditure) for the year	7	76,335	18,134	94,469	(17,003)
Transfer between funds		-	-	-	-
Net movement in funds for the year		76,335	18,134	94,469	(17,003)
Reconciliation of funds					
Total funds brought forward		155,138	14,306	169,444	186,447
Total funds carried forward		231,473	32,440	263,913	169,444

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

STOCKPORT AND DISTRICT MIND

England & Wales - Charity number 1119317

Accounts

Company number: 5879337

Charity Number: 1119317



Stockport and District Mind

Report and financial statements
For the year ended 31st March 2023

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2023

1 Reference and Administrative Information

Company number 5879337

Charity number 1119317

Registered office and operational address

Cornerstone
2 Edward Street
Stockport
SK1 3NQ

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Kay Day	(Chair)
Peter Miles	(Vice Chair)
Shirley Williams	(Resigned 14.10.22)
John Kendrick	(Treasurer; resigned 14.10.22)
Colin Wilkes	(Treasurer; appointed 20.12.22; resigned; 21.04.2023)
David Dawes	(Treasurer; appointed 10.06.2023)
Mark Baxendall	
Kevin Brosnahan	(Resigned 14.10.22)
Imelda Lowe	
Janet Lomas	(Appointed 15.11.22)
Lucy Dewhurst	(Appointed 20.12.22)

Key management personnel Beverley Hart Chief Officer

Bankers

Yorkshire Bank plc
34 Princess Street
Stockport
SK1 1RE

Virgin Money
Jubilee House
Gosforth
Newcastle on Tyne
NE3 4PL

Independent examiner Jennifer Daniel FCCA DChA
Slade & Cooper Limited
Beehive Mill, Jersey Street,
Manchester, M4 6JG

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2023

The Trustees present their report and the unaudited financial statements for the year ended 31st March 2023.

Reference and administrative information set out above forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with Financial Reporting Standard 102 (FRS 102).

1 Objectives and activities

1.1 Mission Statement

Stockport and District Mind works towards a society where anyone who experiences poor mental health is supported, empowered to reach their full potential and free from stigma and discrimination.

1.2 Aims

The charity's aims are to provide advice, advocacy, support and services to all people resident in the Stockport Metropolitan Borough and adjacent areas who are experiencing poor mental health, to enable and empower them to live with, manage and where possible recover from their condition. It will also support their family, friends, and carers.

1.3 Objectives

The charity's objects are specifically restricted to the following:

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

In carrying out its objects, the charity will promote equality of opportunity and oppose any form of discrimination.

The charity provides services to achieve its objects, including but not restricted to advice, advocacy, training, and other forms of support.

The aims, objectives, and activities are reviewed each year by the trustees with a particular regard to the Charity Commission's guidance on public benefit.

1.4 Activities

The Charitable Company's main activities and who it tries to help are set out in section 2 of this report.

2 Achievements and performance

2.1 Beneficiaries of our services

1,707 people have benefited from our services between April 2022 and March 2023.

We were delighted to be completely free of Covid restrictions so that we could continue to welcome visitors back into our building and with our group work.

2.2 Mental Health Carers' support

By the end of the year, we had 711 active service users. This figure included Carers Choir attendance, Yoga Group attendance, Drop-in attendees, and completed Carers' assessments.

Most referrals into the service are directly from carers themselves. We also receive a high number of referrals from the Pennine Care Mental Health Teams and other secondary care services since our staff have had a regular presence at mental health service locations, including Stepping Hill hospital, Baker Street and Councillor Lane Community Mental Health Teams (CMHTs).

The partnership we have with Signpost Stockport for Carers to deliver this service has proved very successful.

2.3 Singing for Fun

The Stockport Mind Choir (Singing for Fun) continued to thrive in its new venue in St Peter's Church, St Petersgate. The choir regularly attracts on average 11 carers to each session.

2.4 Yoga Sessions

'Yoga for Carers' was established early in the year through a partnership between Stockport Mind and BOOST. It initially ran sessions for 8 weeks and proved very successful. We are extremely thankful to BOOST – a Stockport based service providing free wellbeing and exercise classes - for providing the initial funding to run the sessions.

2.5 Training

During the year we worked with other Greater Manchester Minds to put together a successful bid to the NHS to provide Menopause Awareness Training which started in March 2023. We have also continued to provide workplace training on mental health awareness.

We also won a contract from Stockport Metropolitan Borough Council (SMBC) and the Greater Manchester Integrated Care Partnership to deliver mental wellbeing training to public and voluntary sector employees to help them care for their own wellbeing and for those around them. Some of this will be done on a 'train the trainer' basis and forms part of SMBC's mental health and wellbeing strategy.

2.6 Information Service and General Support, including Social Media

We have continued to provide telephone and website email access to offer a listening ear, to give short-term support, advice and information to callers, and where necessary refer them to other support organisations and statutory services.

We have received around 1,627 calls, including emails and those who have returned to our service during the period April 2022 – March 2023. This also includes signposting and emotional support provided.

This year we have continued to invest in communications and publicity so that we can increase our online presence, strengthen our communications output, and raise mental health awareness to our local community. We now have a modern, informative web site which includes details of our services and details of other organisations that can also support our service users.

Below shows examples of our increasing online presence and the numbers of people that we connected with via social media between April 2022 and March 2023:

Twitter		Facebook		Instagram	
Followers	2958	Reach	11180	Reach	2584
		Profile likes	2492	Followers	14888
		Followers	2153		

2.7 Community Advocacy (Benefits Claims Assistance)

Our community advocacy service, funded by a 3-year grant from the CRH Charitable Trust is a unique service in Stockport which assists people with mental health issues to access the online benefits system. We receive outstanding positive feedback on this vital service and demand continues to increase but the future funding of the service is uncertain.

2.8 North-East Cheshire

A grant from Cheshire Community Foundation continued to enable us to help isolated people with mental health difficulties to connect/reconnect with their communities and wider society, as the country emerged from Covid lockdowns ('Reconnecting after Lockdown').

2.9 Cost of Living

We are pleased to have received funding from the Eric Wright Charitable Trust to enable us to support our services through the cost of living crisis.

2.10 Volunteers

Stockport and District Mind relies heavily on volunteers who provide energy, commitment, and diversity and support us with office reception cover; support to groups and support to fundraising activities as well as other undertakings. A number of volunteers have previously received the charity's services and want to give something back so that others can benefit.

During 2022/23 we recruited and trained more volunteers and now have 19 active volunteers, a number of whom have been with us for many years. We are extremely grateful to all of our volunteers, recognising that a number of our services could not function without their support.

2.11 Move to Cornerstone

In March 2022 we moved into modern offices in Cornerstone, Stockport which will enable us to develop further community links and provide more suitable accommodation for our service users, staff and volunteers. This move coincided with a transformation of our telephone system and a transfer of our computer system to CharityLog which is commonly used by other local charities.

2.12 Trustees

We would like to record our thanks to Shirley Williams who resigned in October 2022 having been a trustee since 2007 and Chair of Trustees since 2008. Shirley put in an enormous amount of time and energy into ensuring that we provide the best service we can to the people of Stockport. John Kendrick, our treasurer, also resigned in October 2022 having served for over 20 years. John's wisdom and common sense are much missed!

We were fortunate in recruiting 2 new trustees; Janet Lomas in November 2022 and Lucy Dewhurst in December 2022. Janet has been a long-serving volunteer for us and is a past service user so brings a great deal of expertise from this and from her professional career with HMRC. Lucy also enriches the board with her experience of being a mental health nurse in the Stockport area.

2.13 Students

Stockport and District Mind is an accredited learning site for practice placements for social work students undertaking their degree.

Between April 2022 and 31st March 2023, we had one student on placement. The student was supervised by our qualified Practice Educator. We continue to liaise with the universities of University of Central Lancashire, The University of Manchester, Manchester Metropolitan University and Salford University regarding social work placements.

2.14 Clinical Supervision

To support our staff in their roles and to build on our relationship with the University of Manchester, the university provides Stockport Mind with a Clinical Psychologist / Senior Psychology Lecturer, who leads reflective practice sessions with the front-line staff.

3 Financial review

3.1 Summary

There was a significant increase in income from £221k in 21/22 to £370k in 22/23 due to the sale of Dove House but this was offset by reduced contract income and donations. The sale of Dove House significantly increased our reserves, but the consequent office move introduced transition and IT transformation costs.

During the year, we benefitted from:

- **CRH Charitable Trust** – continuation of a 3-year £13.1k pa grant for the part-time employment of a support worker to help people with mental health issues to provide advocacy in navigating the complexities of the benefits system.

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2023

- **Signpost Stockport for Carers** - £51k from a new contract to support the Stockport Carer's Hub. This contract superseded our previous SMBC Carers' contract and commenced on 1st April 2022.
- **Citizens Advice (Cheshire North)** - £10.2k for a part time community advocate in Macclesfield. This project completed on 31st Oct 2022.
- **Eric Wright Charitable Trust** - £6.5k as a welcome supplementary grant to support increased 'cost of living' expenses.
- **Greater Manchester Integrated Care Partnership (NHS)** - £23.2k for the first year of a 3-year contract (subcontracted via Tameside, Oldham and Glossop MIND) to provide Menopause Awareness training.
- **Donations** – Reduced from £63.5k in 21/22 to £37.4k in 22/23. This included £9.3k from New Look, £6.6k from Hazel Grove Golf Club, £4.1k from Styal Golf Club, and many other contributions too numerous to list. So many people raised funds for us and thank you all.
- **Dove House** was successfully sold on 25th August 2022 at a net profit of £217k

A £50k loan from Yorkshire Bank was fully repaid on 30th August 2022.

A 2-year lease was taken out in February 2023 for office space in the Cornerstone building in central Stockport.

There were a number of non-recurring costs of moving office, including clearing Dove House and the termination of service contracts. Capital costs were incurred with an IT transformation programme, conducted in preparation for the office move. This involved the purchase of new laptops, adaptations to go 'serverless', a new modern database and a digital 'VOIP' phone system. As well as enabling the office move, these new systems improve our efficiency, reduce our running costs and leave us well placed for future growth.

The trustees ensured careful control of costs in the uncertain economic environment but agreed to self-finance continued volunteer co-ordination and helpline services. The sale of Dove House offset by the one-time costs of the office move and IT transformation resulted in a net income of £94k for the year.

The average number of staff employed for the period was 12, which, adjusting for part time staff, is equivalent to 8 full time staff. Employment costs represented 73% of total cost.

The short-term financial outlook is stable largely due to the sale of Dove House, but concerns remain both about income and increasing demand for our services as the economic cost pressures increase.

3.2 Reserves

The sale of Dove House has substantially increased the availability of liquid reserves.

It is the policy of the Trustees to maintain operational reserves held at a level that equates to a minimum of three months expenditure based upon expected levels for the following year. This amounts to £80k at 31st March 2023 compared with £264k of reserves in the accounts, of which £32k is restricted.

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2023

The identified level of reserves provides sufficient funds to cover management, administration, and support costs; allows short term funding for projects until further funding is obtained or match funding for new projects, where required; and accommodates changes in funding by statutory authorities.

The Reserves policy is reviewed on an annual basis by the Board.

3.3 Investment policy and objectives

Month to month cash surpluses during the year and reserves are maintained in interest bearing deposit accounts.

The Board considers the risks relating to these to be appropriate.

4 Plans for the future

Following a strategic review during FY22/23 the Trustees have developed a strategic Business Plan for the future sustainability of the organisation.

We intend to work openly and collaboratively with a wide range of partners in Stockport and District so that we can meet the needs of the local population.

5 Structure, governance, and management

5.1 Governing document

The Charitable Company is governed by the Memorandum and Articles of Association of the Company. The Company was formed on 18th July 2006 and took over the staff and assets of Stockport and District Association for Mental Health on 1st July 2007.

The Members passed a Special Resolution at the AGM held on 14th October 2022, approving revised Articles of Association based on the model Articles recommended by the Charity Commission, and as subsequently approved by the Charity Commission. These Articles have been registered with Companies House and the Charity Commission has been notified.

5.2 Company status

The Company is limited by guarantee and all members have agreed to contribute a sum not exceeding £10 in the event of a winding-up. The number of guarantees on 31st March 2022 was 7.

5.3 Recruitment and appointment of Trustees/ Directors

Trustees/Directors are recruited from a number of sources, including personal recommendation and approaches to specific organisations who can provide volunteers with particular skills. The Trustees have defined the skill profiles required for the make-up of the Board and seek people with the necessary background experience. The Board actively seeks to reflect the diversity of backgrounds and experience, including 'lived experience' of mental illness, of its members.

Under the revised Articles, the Board shall comprise not less than three directors, with no upper limit. All members of the Board of Directors are Trustees of the Charity, and all Trustees are members of the Board of Directors.

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2023

Trustees are required to sign a Code of Conduct clearly detailing the role and obligations of Trustees. Each of the Trustees has been provided with a specification and definition of responsibilities relating to his/her specific role.

All members of the Board (along with staff and volunteers) are required to complete a Disclosure and Barring Service (DBS) check, in line with Charity Commission requirements in relation to safeguarding in organisations, where direct work takes place with vulnerable adults and/or children. All Board members have read the safeguarding guidance and have discussed it at Board meetings.

All members of the Board give their time voluntarily and receive no benefits from the Charitable Company. Any expenses reclaimed from the Charitable Company are set out in note 9 to the accounts.

The Chair meets with all prospective Trustees to provide information and discusses the fit between the prospective Trustee and the organisation's needs. Induction is provided and on-going training needs are identified as part of each Trustee's annual review.

6 Statement of responsibilities of the Trustees

The Trustees (who are also directors of Stockport and District Mind for the purposes of company law) are responsible for preparing the Trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. 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
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2023

Members of the Board of Trustees, who are Directors for the purposes of company law, and Trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 1.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the Board of Directors and signed on its behalf by

Kay Day (Chair)

Date: 12/12/2023

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2023

I report on the accounts of the company for the year ended 31 March 2023 which are set out on pages 11 to 26.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jennifer Daniel FCCA DChA
Beehive Mill, Jersey Street
Manchester, M4 6JG

Date: 15 December 2023

Stockport and District Mind
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2023

	Note	Unrestricted funds £	Restricted funds £	Total funds 2023 £	Total funds 2022 £
Income from:					
Donations and legacies	3	37,372	-	37,372	63,541
Charitable activities:	4	68,357	46,559	114,916	157,141
Investments	5	734	-	734	28
Profit on disposal of fixed assets		216,577	-	216,577	-
Total income		323,040	46,559	369,599	220,710
Expenditure on:					
Charitable activities:	6	246,705	28,425	275,130	237,713
Total expenditure		246,705	28,425	275,130	237,713
Net income/(expenditure) for the year	7	76,335	18,134	94,469	(17,003)
Transfer between funds		-	-	-	-
Net movement in funds for the year		76,335	18,134	94,469	(17,003)
Reconciliation of funds					
Total funds brought forward		155,138	14,306	169,444	186,447
Total funds carried forward		231,473	32,440	263,913	169,444

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

A full comparative SOFA is available on the last page of the financial statements.

Stockport and District Mind
Company number 05879337

Balance sheet as at 31 March 2023

	Note	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	10		-		<u>103,902</u>
Total fixed assets			-		103,902
Current assets					
Debtors	11	22,857		17,587	
Cash at bank and in hand		246,545		98,842	
Total current assets		269,402		116,429	
Liabilities					
Creditors: amounts falling due in less than one year	12	(5,489)		(50,887)	
Net current assets			263,913		65,542
Total assets less current liabilities			263,913		169,444
Net assets			263,913		169,444
The funds of the charity:					
Restricted income funds	14		32,440		14,306
Unrestricted income funds	15		231,473		155,138
Total charity funds			263,913		169,444

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 14 to 26 form part of these accounts.

Approved by the trustees on 12/12/ 2023 and signed on their behalf by:

.....
Peter Miles (Vice Chair)

.....
David Dawes (Treasurer)

Stockport and District Mind
Statement of Cash Flows
for the year ending 31 March 2023

	Note	2023 £	2022 £
Cash provided by/(used in) operating activities	17	(173,510)	(21,857)
<i>Cash flows from investing activities:</i>			
Dividends, interest, and rents from investments		734	28
Proceeds from sale of tangible fixed assets		320,479	-
Cash provided by/(used in) investing activities		321,213	28
Increase/(decrease) in cash and cash equivalents in the year		147,703	(21,829)
Cash and cash equivalents at the beginning of the year		98,842	120,671
Cash and cash equivalents at the end of the year		246,545	98,842

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2023

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a Basis of preparation

The financial statements have been prepared in accordance with 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), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Stockport and District Mind meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Preparation of the accounts on a going concern basis

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

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2023 (continued)

c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

d Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2023 (continued)

f Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of Mental Health Advocacy and Counselling Services undertaken to further the purposes of the charity and
- Other expenditure represents those items not falling into any other heading.

h Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. Support costs have all been allocated to expenditure on charitable activities.

i Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

Tangible fixed assets

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Asset Category	Annual rate
Freehold land & building	2%
Equipment & fittings	25%
Computer equipment	50%

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2023 (continued)

j Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l Creditors and provisions

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

m Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 8. There were no overdue contributions at the year end.

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. 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 registered office address is disclosed on page 1.

3 Income from donations and legacies

	Total 2023 £	Total 2022 £
Donations	37,372	63,541
Total	37,372	63,541

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2023 (continued)

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2023 £
Eric Wright Charitable Trust	6,500	-	6,500
CAB Advocacy	-	10,216	10,216
Cheadle Royal Trust	-	13,100	13,100
Signpost Carers	51,000	-	51,000
GM TOG Mind	-	23,243	23,243
Fees and other income	10,857	-	10,857

Mental Health Advocacy & Counselling Services	68,357	46,559	114,916
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Previous reporting period

	Unrestricted £	Restricted £	2022 £
<i>Eric Wright Charitable Trust</i>	10,000	-	10,000
<i>CAB Advocacy</i>	-	3,961	3,961
<i>Cheadle Royal Trust</i>	-	13,100	13,100
<i>Cheshire Community Fund</i>	-	14,806	14,806
<i>Enterprise Development</i>	-	22,278	22,278
<i>National Mind</i>	3,870	-	3,870
<i>Stockport Health Carer Support</i>	74,000	-	74,000
<i>Workers Employment Association</i>	-	7,627	7,627
<i>Fees and other income</i>	7,499	-	7,499

Mental Health Advocacy & Counselling Services	95,369	61,772	157,141
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Investment income

	2023 £	2022 £
5 Income from bank deposits	734	28
	734	28

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2023 (continued)

6 Analysis of expenditure on charitable activities

	Total 2023 £	Total 2022 £
Staff costs	199,666	180,115
Administration	73,567	45,806
Programme costs	397	4,641
Depreciation	-	5,801
Governance -		
Accountancy and independent examination	1,500	1,350
	275,130	237,713
	2023 £	2022 £
Restricted expenditure	28,425	62,125
Unrestricted expenditure	246,705	175,588
	275,130	237,713
	275,130	237,713

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2023 (continued)

7 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2023 £	2022 £
Depreciation	-	5,801
Independent examiner's remuneration - Accountancy	1,200	1,020
Independent examination	300	330
	<u><u> </u></u>	<u><u> </u></u>

8 Staff costs

Staff costs during the year were as follows:

	2023 £	2022 £
Wages and salaries	174,488	170,965
Social security costs	7,892	5,719
Pension costs	3,296	2,753
Payroll administration	464	678
	<u> </u>	<u> </u>
	<u><u>186,140</u></u>	<u><u>180,115</u></u>

No employees has employee benefits in excess of £60,000 (2022: Nil).

The average number of staff employed during the period was 12 (2022: 8).

The average full time equivalent number of staff employed during the period was 8 (2022: 6.3).

The key management personnel of the charity comprise the trustees, the Chief Officer. The total employee benefits of the key management personnel of the charity were £31,113 (2022: £31,997).

9 Trustee remuneration and expenses, and related party transactions

No (One) trustee received expenses during the year (2022: 383).

There were no donations from related parties (2022: nil).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2022: nil).

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2023 (continued)

10 Fixed assets: tangible assets

Cost	Freehold land & buildings £	Equipment & Fittings £	Total £
At 1 April 2022	165,000	41,562	206,562
Additions	-	-	-
Disposals	(165,000)	(41,562)	(206,562)
	<hr/>	<hr/>	<hr/>
At 31 March 2023	-	-	-
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Depreciation			
At 1 April 2022	66,101	36,559	102,660
Charge for the year	-	-	-
Disposals	(66,101)	(36,559)	(102,660)
	<hr/>	<hr/>	<hr/>
At 31 March 2023	-	-	-
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Net book value			
At 31 March 2023	-	-	-
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<i>At 31 March 2022</i>	<i>98,899</i>	<i>5,003</i>	<i>103,902</i>
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2023 (continued)

11 Debtors

	2023 £	2022 £
Accrued income	21,143	16,864
Prepayments	-	723
Other debtors	1,714	-
	22,857	17,587
	22,857	17,587

12 Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals	4,873	1,350
Other creditors	616	-
Bank loan	-	49,537
	5,489	50,887
	5,489	50,887

13 Deferred income

	2023 £	2022 £
Deferred grant brought forward	-	18,500
Grant received	-	-
Released to income from charitable activities	-	(18,500)
	-	-
Deferred grant carried forward	-	-

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2023 (continued)

14 Analysis of movements in restricted funds

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2023 £
Cheshire Community Fund	14,306	-	(14,306)	-	-
CAB Advocacy	-	10,216	(5,841)	-	4,375
CRH Charitable Trust	-	13,100	(8,278)	-	4,822
GM TOG Mind	-	23,243	-	-	23,243
Total	14,306	46,559	(28,425)	-	32,440

Previous reporting period	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2022 £</i>
Cheshire Community Fund	-	14,806	(500)	-	14,306
CAB Advocacy	-	3,961	(6,567)	2,606	-
CRH Charitable Trust	-	13,100	(13,100)	-	-
Enterprise Development Community Fund	(884) 9,011	22,278 -	(22,278) (9,511)	884 500	- -
Workers Employment Association	2,542	7,627	(10,169)	-	-
Total	10,669	61,772	(62,125)	3,990	14,306

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2023 (continued)

Name of	Description, nature and purposes of the fund
Citizens Advice (Cheshire north)	providing community advocacy on North-East Cheshire.
CRH Charitable Trust	helping people with mental health issues to provide advocacy in navigating the complexities of the benefits system.
TOG MIND	to provide Menopause Awareness training

15 Analysis of movement in unrestricted funds

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfers £	As at 31 March 2023 £
General fund	116,916	323,040	(246,705)	-	193,251
Designated fund	38,222	-	-	-	38,222
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	155,138	323,040	(246,705)	-	231,473
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Previous reporting period	<i>Balance at 1 April 2021 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2022 £</i>
General fund	137,556	158,938	(175,588)	(3,990)	116,916
Designated fund	38,222	-	-	-	38,222
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	175,778	158,938	(175,588)	(3,990)	155,138
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2023 (continued)

Name of	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds
Designated fund	The building revaluation fund represents the amount of money that would be included in a revaluation reserve following a revaluation of Dove House in 2006 if the revaluation had taken place in this charitable company. The revaluation occurred in the previous unincorporated charity.

16 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	-	-	-	-
Net current assets/(liabilities)	193,251	38,222	32,440	263,913
	<hr/>	<hr/>	<hr/>	<hr/>
Total	193,251	38,222	32,440	263,913
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

17 Reconciliation of net movement in funds to net cash flow from operating activities

	2023 £	2022 £
Net income/(expenditure) for the year	94,469	(17,003)
Adjustments for:		
Depreciation charge	-	5,801
Loss/(profit) on sale of fixed assets	(216,577)	-
Dividends, interest and rents from investments	(734)	(28)
Decrease/(increase) in debtors	(5,270)	8,246
Increase/(decrease) in creditors	(45,398)	(18,873)
	<hr/>	<hr/>
Net cash provided by/(used in) operating	(173,510)	(21,857)

Stockport and District Mind

Statement of Financial Activities (including Income and Expenditure account) for the year ended 31 March 2022

	Note	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	3	63,541	-	63,541	47,748
Charitable activities:	4	95,369	61,772	157,141	208,152
Investments	5	28	-	28	-
Total income		158,938	61,772	220,710	255,900
Expenditure on:					
Charitable activities:	6	175,588	62,125	237,713	234,400
Total expenditure		175,588	62,125	237,713	234,400
Net income/(expenditure) before net gains/(losses) on investments		(16,650)	(353)	(17,003)	21,500
Net income/(expenditure) for the year	7	(16,650)	(353)	(17,003)	21,500
Transfer between funds		(3,990)	3,990	-	-
Net movement in funds for the		(20,640)	3,637	(17,003)	21,500
Reconciliation of funds					
Total funds brought forward		175,778	10,669	186,447	164,947
Total funds carried forward		155,138	14,306	169,444	186,447

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

STOCKPORT AND DISTRICT MIND

England & Wales - Charity number 1119317

Accounts

Company number: 5879337

Charity Number: 1119317



Stockport and District Mind

Report and financial statements
For the year ended 31st March 2022

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2022

1 Reference and Administrative Information

Company number 5879337

Charity number 1119317

Registered office and operational address

Dove House
65 Union Street
Stockport
SK1 3NP

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Kay Butler nee Day	(Chair – appointed 09.11.21)
Peter Miles	(Vice Chair)
John Kendrick	(Treasurer)
Yvonne Awenat	(resigned 10.01.22)
Mark Baxendall	
Kevin Brosnahan	
Imelda Lowe	(co-opted 15.09.21; appointed 10.01.22)
Shirley Williams	(Chair – stepped down 09.11.21)

Key management personnel Beverley Hart Chief Officer (appointed April 2022)

Bankers

Yorkshire Bank plc
34 Princess Street
Stockport
SK1 1RE

Virgin Money
Jubilee House
Gosforth
Newcastle on Tyne
NE3 4PL

Independent examiner Jennifer Daniel FCCA DChA
Slade & Cooper Limited
Beehive Mill, Jersey Street,
Manchester, M4 6JG

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2022

The Trustees present their report and the unaudited financial statements for the year ended 31st March 2022.

Reference and administrative information set out above forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with Financial Reporting Standard 102 (FRS 102).

1 Objectives and activities

1.1 Mission Statement

Stockport and District Mind works towards a society where anyone who experiences mental ill health is supported in their recovery, empowered to reach their full potential, and they and their family/Carers are free from stigma and discrimination.

1.2 Aims

The charity's key aims are to deliver high quality appropriate services within Stockport and North-East Cheshire; to work with Mind nationally in line with their values, raising awareness of mental health to reduce stigma and discrimination; work within a recovery framework; and to involve people with experience of mental health problems in every aspect of our work.

1.3 Objectives, Public Benefits, and Activities

The charity's objects are specifically restricted to the following:

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

In carrying out its objects, the charity will promote equality of opportunity and oppose any form of discrimination.

The charity provides services to achieve its objects, including but not restricted to advice, advocacy, training, and other forms of support.

We define our values and ethos as:

- respect for people, their experiences, and opinions;
- a belief in the principle of recovery and working with people to achieve their full potential;

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2022

- An inclusive and welcoming service that is open access and signposts to alternative services where we cannot deliver the appropriate service;
- A belief in a social rather than medical model of mental distress, focussing on the person as a whole rather than on a diagnosis.

The aims, objectives, and activities are reviewed each year by the trustees with a particular regard to the Charity Commission's guidance on public benefit.

1.4 **Activities**

The Charitable Company's main activities and who it tries to help are set out in section 2 of this report.

2 **Achievements and performance**

2.1 **Beneficiaries of our services**

1,632 people have benefited from our services between April 2021 and March 2022.

Covid regulations limited how we could deliver our services in the earlier part of the year. We delivered services remotely as far as we could but were relieved that the restrictions were lifted, so that we could start to welcome visitors back into our building and restart our group work.

2.2 **Social Inclusion and Isolation**

During the period April 2021 – March 2022, we supported 170 people either by face to face, or by telephone. It was challenging to continue with this service during the Covid restrictions. Specific funding for the service has now ceased and we are considering how to fold the support into the general support we offer.

2.3 **Mental Health Carers' support**

By the end of the year, we had 561 active service users. This figure included Carers Choir attendance, Yoga Group attendance, Drop-in attendees, and completed Carers' assessments.

Most referrals into the service are directly from carers themselves. We also receive a high number of referrals from the Pennine Care Mental Health Teams and other secondary care services since our staff have had a regular presence at mental health service locations, including Stepping Hill hospital, Baker Street and Councillor Lane Community Mental Health Teams (CMHTs).

The SMBC contract which started in 2015 finally ended in March 2022. We are delighted to report that we were successful in winning a new contract with Signpost Stockport for Carers, starting in April 2022.

2.4 Carers' Choir

During the year, the Carers' Choir, which was funded by the National Lottery - Community Fund, became much more active post COVID and was merged with 'Fun2 Sing' to become The Stockport Mind Choir. This was suggested by the carers themselves through a 'You Said - We Did' feedback mechanism, distributed through our teams. We are happy to report that the choir continues to thrive. It was agreed that, after the grant was used up, the choir would be self-funded – the accommodation is currently free of charge, and small donations have been kindly given by those who attend this group.

2.5 Yoga Sessions

Following a survey we conducted with carers in January 2022 that asked what sort of exercise they would like to do, a group called 'Yoga for Carers' was arranged. Stockport Mind and BOOST ran sessions for 8 weeks. Sessions were fully booked with additional attendances via Zoom. The Yoga Group was a pilot which commenced in March 2022 and was a tremendous success. We are extremely thankful to BOOST – a Stockport based service providing free wellbeing and exercise classes - for providing the funding to run the sessions. It is hoped that there may be a possibility of funding for further sessions going forward.

2.6 Information Service and General Support, including Social Media

We have continued to provide telephone and website email access to offer a listening ear, to give short-term support, advice and information to callers, and where necessary refer them to other support organisations and statutory services.

We have received around 1,600 calls, including emails and those who have returned to our service during the period April 2021 – March 2022. This also includes signposting and emotional support provided.

This year we have invested in a new post to provide input into our communications and publicity so that we can increase our online presence, strengthen our communications output, and raise mental health awareness to our local community. We have also updated our website so that we can include details of other organisations that can also support our service users.

Below shows examples of our increasing online presence and the numbers of people that we connected with via social media between April 2021 and March 2022:

Twitter		Facebook		Website	
Followers	2947	Reach	34759	Users	7584
Impressions	60300	Profile likes	579	Page views	22573
Engagements	1.38%	Engagement	1404		

2.7 Community Advocacy (Benefits Claims Assistance)

Last year we were successful in achieving a 3-year grant from the Cheadle Royal Hospital Charitable Trust to recruit a part-time Community Advocate to help people with mental health issues to access the online benefits system. The service continued this year, supporting 130 people, including return service users.

2.8 North-East Cheshire

For some time, we have been aware of demand for our services in North-East Cheshire through the continuing requests for support from the area. We have been seeking funding to extend our services to this area where it borders with Stockport.

We continued to liaise with Citizen's Advice Cheshire North to agree how we might best use a grant from Cheshire Community Foundation, to provide community advocacy.

We also applied for, and won, a grant directly from Cheshire Community Foundation to help isolated people with mental health difficulties to connect/reconnect with their communities and wider society, as the country emerged from Covid lockdowns ('Reconnecting after Lockdown'). We will work with other agencies and organisations to identify and make direct contact with isolated individuals and, in parallel, build and train a cohort of local volunteers to expand capacity and develop sustainability for the longer term.

2.9 Young people

Over the last few years, we have undertaken some ad-hoc work with young people, for example through working with local secondary schools. We are pleased to have now received funding from the Eric Wright Charitable Trust to enable us to provide more systematic support to young people (aged 14+).

2.10 Volunteers

Stockport and District Mind relies heavily on volunteers; this includes the Trustees/Board of Directors who are also unpaid workers.

A number of volunteers have previously received the charity's services and want to give something back so that others can benefit.

Volunteers provide energy, commitment, and diversity and support us with office reception cover; support to groups and social inclusion programmes; support to fundraising activities as well as other undertakings.

During 2021/22 we were lucky to have 17 active volunteers, a number of whom have been with us for many years. We are extremely grateful to all of our volunteers recognising that a number of our services could not function without their support.

2.11 Trustees

We were delighted to welcome Imelda Lowe to the Board of Trustees in January this year. Imelda has a wealth of experience which she has been using to support the charity since she was co-opted onto the Board in September 2021.

We would also like to record our thanks to Shirley Williams who has been a trustee since 2007 and Chair of Trustees since 2008. Shirley has worked tirelessly for Stockport and District Mind since 2007, putting in an enormous amount of time and energy into ensuring that we provide the best service we can to the people of Stockport. Shirley stepped down as Chair in November 2021.

2.12 Mind Quality Mark (MQM)

National Mind came to visit us to talk to our staff, volunteers, services users, and trustees as part of their quality assurance process. They also undertook a thorough review of our policies and procedures. This quality assurance process enables National Mind to be confident that we are a well-run organisation which meets all their expectations. The process inevitably exposed areas where we needed to improve our practice but, with the help of the staff and trustees and the outstanding support from National Mind, we achieved this vital accreditation.

2.13 Students

Stockport and District Mind is an accredited learning site for practice placements for social work students undertaking their degree.

Between April 2021 and 31st March 2022, we had one student on placement. The student was supervised by our qualified Practice Educator. We continue to liaise with the universities of University of Central Lancashire, The University of Manchester, Manchester Metropolitan University and Salford University regarding social work placements.

2.14 Clinical Supervision

To support our staff in their roles and to build on our relationship with the University of Manchester, the university provide Stockport Mind with a Clinical Psychologist / Senior Psychology Lecturer, who leads reflective practice sessions with the front-line staff.

3 Financial review

3.1 Summary

There was a small drop in income from £256k in 20/21 to £221k in 21/22 due to lower grant funding.

During the year, we benefitted from:

- CRH Charitable Trust – the continued support of £13.1k pa for the part-time employment of a support worker to help people navigate the complexities of benefit/Universal Credit claims
- Stockport Council - £74k from the continuation of the Carers' contract until March 2022
- Enterprise Development Fund - providing support for the employment of a Business Development Manager to develop new commercial income streams- £22k (total £30k over 12 months)
- Citizens Advice (Cheshire North) - £4k for a part time community advocate in Macclesfield
- Cheshire Community Foundation - £14.8k to establish a volunteer network in the Macclesfield area to help isolated people reconnect
- Workers Employment Agency – balance of £7.6k (from £10.2k) for online nutrition workshops to support mental health
- Eric Wright Foundation - £10k for support to young people (14+)

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2022

- Donations – Improved from £47.7k in 20/21 to £63.5k in 21/22. Alderley Edge Golf Club, with member Brian Foden's charity day, raised £13k and Gracious Beers, Traditional Scaffolding, Stephanie Renshaw were amongst others too numerous to list who contributed. So many people raised funds for us and thank you all.

The trustees ensured careful control of costs in the uncertain economic environment but agreed to self-finance continued advocacy and helpline services, resulting in £17k loss for the year.

The average number of staff employed for the period was 8, which, adjusting for part time staff, is equivalent to 6.3 full time staff. Employment costs represented 76% of total cost.

The short-term financial outlook is stable, particularly with the impending sale of Dove House, but concerns are building both about income and increasing demand for our services as the economic/energy cost pressures increase.

3.2 Reserves

It is the policy of the Trustees to maintain operational reserves held at a level that equates to a minimum of three months expenditure based upon expected levels for the following year. This amounts to £63k at 31st March 2022 compared with £49k in the accounts of which £14.3k is restricted. The trustees are taking action to strengthen the reserves.

The identified level provides sufficient funds to cover management, administration, and support costs; allows short term funding for projects until further funding is obtained or match funding for new projects, where required; and accommodates changes in funding by statutory authorities.

The planned sale of Dove House will substantially increase the availability of liquid reserves.

The Reserves policy is reviewed on an annual basis by the Board.

3.3 Investment policy and objectives

Month to month cash surpluses during the year and reserves are maintained in interest bearing deposit accounts.

The Board considers the risks relating to these to be appropriate but the interest rates currently available return a minimal yield.

4 Plans for the future

During this year we have undertaken a review of the services we deliver to ensure that we continue to deliver against our objectives and improve the service we offer to our beneficiaries.

We have recognised that one of the most important aspects of the Charitable Company is the body of volunteers we have. To build on this, we are investing in a Volunteer Co-ordinator who will support our volunteers, particularly through ongoing training and development. They will also seek to recruit more volunteers so that we can offer a wider range of services.

We also intend to work openly and collaboratively with a wide range of partners in Stockport and District so that we can meet the needs of the local population.

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2022

We decided during the year that we should sell Dove House to release the money invested in the building to improve our services. Our aim is to find accommodation which is more suitable to our needs with easy access for service users, volunteers, and staff.

5 Structure, governance, and management

5.1 Governing document

The Charitable Company is governed by the Memorandum and Articles of Association of the Company. The Company was formed on 18th July 2006 and took over the staff and assets of Stockport and District Association for Mental Health on 1st July 2007.

The Members passed a Special Resolution at the AGM held on 10th January 2022, approving revised Articles of Association based on the model Articles recommended by the Charity Commission, and as subsequently approved by the Charity Commission. These Articles have been registered with Companies House and the Charity Commission has been notified.

5.2 Company status

The Company is limited by guarantee and all members have agreed to contribute a sum not exceeding £10 in the event of a winding-up. The number of guarantees on 31st March 2022 was 41.

5.3 Recruitment and appointment of Trustees/ Directors

Trustees/Directors are recruited from a number of sources, including personal recommendation and approaches to specific organisations who can provide volunteers with particular skills. The Trustees have defined the skill profiles required for the make-up of the Board and seek people with the necessary background experience. The Board actively seeks to reflect the diversity of backgrounds and experience, including 'lived experience' of mental illness, of its members.

Under the revised Articles, the Board shall comprise not less than five directors, with no upper limit. All members of the Board of Directors are Trustees of the Charity, and all Trustees are members of the Board of Directors.

Trustees are required to sign a Code of Conduct clearly detailing the role and obligations of Trustees. Each of the Trustees has been provided with a specification and definition of responsibilities relating to his/her specific role.

All members of the Board (along with staff and volunteers) are required to complete a Disclosure and Barring Service (DBS) check, in line with Charity Commission requirements in relation to safeguarding in organisations, where direct work takes place with vulnerable adults and/or children. All Board members have read the safeguarding guidance and have discussed it at Board meetings.

All members of the Board give their time voluntarily and receive no benefits from the Charitable Company. Any expenses reclaimed from the Charitable Company are set out in note 9 to the accounts.

The Chair meets with all prospective Trustees to provide information and discusses the fit between the prospective Trustee and the organisation's needs. Induction is provided and on-going training needs are identified as part of each Trustee's annual review.

6 Statement of responsibilities of the Trustees

The Trustees (who are also directors of Stockport and District Mind for the purposes of company law) are responsible for preparing the Trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. 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
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the Board of Trustees, who are Directors for the purposes of company law, and Trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 1.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the Board of Directors and signed on its behalf by

Kay Butler (Chair)

Date: 26/08/2022

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2022

I report on the accounts of the company for the year ended 31 March 2022 which are set out on pages 11 to 26.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jennifer Daniel FCCA DChA
Beehive Mill, Jersey Street
Manchester, M4 6JG

Date: 14 September 2022

Stockport and District Mind
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2022

	Note	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	3	63,541	-	63,541	47,748
Charitable activities:	4	95,369	61,772	157,141	208,152
Investments	5	28	-	28	-
Total income		158,938	61,772	220,710	255,900
Expenditure on:					
Charitable activities:	6	175,588	62,125	237,713	234,400
Total expenditure		175,588	62,125	237,713	234,400
Net income/(expenditure) before net gains/(losses) on investments		(16,650)	(353)	(17,003)	21,500
Net income/(expenditure) for the year	7	(16,650)	(353)	(17,003)	21,500
Transfer between funds		(3,990)	3,990	-	-
Net movement in funds for the year		(20,640)	3,637	(17,003)	21,500
Reconciliation of funds					
Total funds brought forward		175,778	10,669	186,447	164,947
Total funds carried forward		155,138	14,306	169,444	186,447

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

A full comparative SOFA is available on the last page of the financial statements.

Stockport and District Mind
Company number 05879337

Balance sheet as at 31 March 2022

	Note	2022		2021	
		£	£	£	£
Fixed assets					
Tangible assets	10		103,902		109,703
			103,902		109,703
Current assets					
Debtors	11	17,587		25,833	
Cash at bank and in hand		98,842		120,671	
		116,429		146,504	
Liabilities					
Creditors: amounts falling due in less than one year	12	(50,887)		(69,760)	
		65,542		76,744	
Net current assets			169,444		186,447
Total assets less current liabilities			169,444		186,447
Net assets			169,444		186,447
The funds of the charity:					
Restricted income funds	14		14,306		10,669
Unrestricted income funds	15		155,138		175,778
			169,444		186,447
Total charity funds			169,444		186,447

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 14 to 26 form part of these accounts.

Approved by the trustees on 26 / 08 / 2022 and signed on their behalf by:

Kay Butler (Chair)

John Kendrick (Treasurer)

Stockport and District Mind
Statement of Cash Flows
for the year ending 31 March 2022

	Note	2022 £	2021 £
Cash provided by/(used in) operating activities ¹⁷		(21,857)	67,325
<i>Cash flows from investing activities:</i>			
Dividends, interest, and rents from investments		28	-
Proceeds from sale of tangible fixed assets		-	-
Purchase of tangible fixed assets		-	(10,005)
Proceeds from sale of investments		-	-
Purchase of investments		-	-
Cash provided by/(used in) investing activities		28	(10,005)
Increase/(decrease) in cash and cash equivalents in the year		(21,829)	57,320
Cash and cash equivalents at the beginning of the year		120,671	63,351
Cash and cash equivalents at the end of the year		98,842	120,671

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2022

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a Basis of preparation

The financial statements have been prepared in accordance with 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), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Stockport and District Mind meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Preparation of the accounts on a going concern basis

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

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2022 (continued)

c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

d Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2022 (continued)

f Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of Mental Health Advocacy and Counselling Services undertaken to further the purposes of the charity and
- Other expenditure represents those items not falling into any other heading.

h Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. Support costs have all been allocated to expenditure on charitable activities.

i Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

Tangible fixed assets

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Asset Category	Annual rate
Freehold land & building	2%
Equipment & fittings	25%
Computer equipment	50%

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2022 (continued)

j Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l Creditors and provisions

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

m Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 8. There were no overdue contributions at the year end.

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. 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 registered office address is disclosed on page 1.

3 Income from donations and legacies

	Total 2022 £	Total 2021 £
Donations	63,541	47,748
Total	63,541	47,748

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2022 (continued)

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2022 £
Eric Wright Charitable Trust	10,000	-	10,000
CAB Advocacy	-	3,961	3,961
Cheadle Royal Trust	-	13,100	13,100
Cheshire Community Fund	-	14,806	14,806
Enterprise Development	-	22,278	22,278
GMVCO Winter Discharge	-	-	-
Laurus Trust	-	-	-
Lottery Community Fund	-	-	-
National Mind	3,870	-	3,870
Stockport MBC	-	-	-
Stockport Health Carer Support	74,000	-	74,000
Pebble	-	-	-
Workers Employment Association	-	7,627	7,627
Wolfson Trust	-	-	-
Fees and other income	7,499	-	7,499
	<hr/>	<hr/>	<hr/>
Mental Health Advocacy & Counselling Services	95,369	61,772	157,141
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<i>Previous reporting period</i>			
	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>2021</i> £
<i>CAB Advocacy</i>	-	4,795	4,795
<i>Cheadle Royal Trust</i>	-	16,100	16,100
<i>Enterprise Development</i>	-	7,722	7,722
<i>GMVCO Winter Discharge</i>	3,000	-	3,000
<i>Laurus Trust</i>	500	-	500
<i>Lottery Community Fund</i>	49,000	-	49,000
<i>National Mind</i>	10,833	-	10,833
<i>Pebble</i>	-	9,750	9,750
<i>Stockport MBC</i>	1,000	-	1,000
<i>Stockport Health Carer Support</i>	74,000	-	74,000
<i>Workers Employment Association</i>	-	2,542	2,542
<i>Wolfson Trust</i>	22,500	-	22,500
<i>Fees and other income</i>	6,410	-	6,410
	<hr/>	<hr/>	<hr/>
<i>Mental Health Advocacy & Counselling Services</i>	167,243	40,909	208,152
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Investment income			
		2022 £	2021 £
5 Income from bank deposits		28	-
		<hr/>	<hr/>
		28	-
		<hr/> <hr/>	<hr/> <hr/>

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2022 (continued)

6 Analysis of expenditure on charitable activities

	Total 2022 £	<i>Total 2021</i> £
Staff costs	180,115	175,644
Administration	45,806	48,255
Programme costs	4,641	3,440
Depreciation	5,801	5,801
Governance - Accountancy and independent examination	1,350	1,260
	<hr/> 237,713	<hr/> 234,400
	<hr/> <hr/> 2022 £	<hr/> <hr/> 2021 £
Restricted expenditure	62,125	61,743
Unrestricted expenditure	175,588	172,657
	<hr/> 237,713	<hr/> 234,400
	<hr/> <hr/>	<hr/> <hr/>

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2022 (continued)

7 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2022 £	2021 £
Depreciation	5,801	5,801
Independent examiner's remuneration - Accountancy	1,020	960
Independent examination	330	300
	<u> </u>	<u> </u>

8 Staff costs

Staff costs during the year were as follows:

	2022 £	2021 £
Wages and salaries	170,965	164,208
Social security costs	5,719	7,388
Pension costs	2,753	3,142
Payroll administration	678	906
	<u> </u>	<u> </u>
	180,115	175,644
	<u> </u>	<u> </u>

No employees has employee benefits in excess of £60,000 (2021: Nil).

The average number of staff employed during the period was 8 (2021: 9).

The average full time equivalent number of staff employed during the period was 6.3 (2021: 6.3).

The key management personnel of the charity comprise the trustees, the General Manager and Deputy Manager. The total employee benefits of the key management personnel of the charity were £31,997 (2021: £57,478).

9 Trustee remuneration and expenses, and related party transactions

One trustee received expenses of £383 during the year (2021: nil).

There were no donations from related parties (2021: nil).

Shirley Williams, a trustee of the charity is also a trustee of Pebble Enterprises Ltd who provided funding of £nil to the charity during the year (2020: £9,750).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2021: nil).

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2022 (continued)

10 Fixed assets: tangible assets

Cost	Freehold land & buildings £	Equipment & Fittings £	Total £
At 1 April 2021	165,000	41,562	206,562
Additions	-	-	-
Disposals	-	-	-
	<hr/>	<hr/>	<hr/>
At 31 March 2022	165,000	41,562	206,562
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Depreciation			
At 1 April 2021	62,801	34,058	96,859
Charge for the year	3,300	2,501	5,801
	<hr/>	<hr/>	<hr/>
At 31 March 2022	66,101	36,559	102,660
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Net book value			
At 31 March 2022	98,899	5,003	103,902
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<i>At 31 March 2021</i>	<i>102,199</i>	<i>7,504</i>	<i>109,703</i>
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

The property at Dove House, 65 Union Street, Stockport was valued on 1 August 2006 by P.A.Sheehan FRICS at open market capital value in accordance with the Valuation Standards Manual of the RICS dated February 2003 (as amended) This occurred when Stockport Mind was an unincorporated charity. The original purchase cost of the property, including refurbishment, was £176,628. The building was originally purchased by the unincorporated charity. The Board has reviewed its policy of revaluing the building every 5 years and decided to defer a formal revaluation.

Earlier in the year, the Board decided that the charity should be re-located to more suitable premises and that Dove House should be sold.

Following an extensive marketing campaign, which generated numerous bids, the Board has agreed to sell for an amount considerably in excess of book value.

Contracts have been signed but are awaiting final approval from the Land Registry of an earlier transfer in order to complete the sale, which is considered to be imminent.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2022 (continued)

11 Debtors

	2022 £	2021 £
Accrued income	16,864	25,606
Prepayments	723	227
Other debtors		-
	17,587	25,833
	17,587	25,833

12 Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals	1,350	1,260
Other creditors	-	-
Bank loan	49,537	50,000
Deferred income	-	18,500
	50,887	69,760
	50,887	69,760

13 Deferred income

	2022 £	2021 £
Deferred grant brought forward	18,500	18,500
Grant received	-	92,500
Released to income from charitable activities	(18,500)	(92,500)
	-	18,500
Deferred grant carried forward	-	18,500

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2022 (continued)

14 Analysis of movements in restricted funds

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2022 £
Cheshire					
Community Fund	-	14,806	(500)	-	14,306
CAB Advocacy	-	3,961	(6,567)	2,606	-
CRH Foundation Trus	-	13,100	(13,100)	-	-
Enterprise					
Development	(884)	22,278	(22,278)	884	-
Community Fund	9,011	-	(9,511)	500	-
Workers					
Employment					
Association	2,542	7,627	(10,169)	-	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	10,669	61,772	(62,125)	3,990	14,306
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

<i>Previous reporting period</i>	<i>Balance at 1 April 2019 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2020 £</i>
CRH Foundation Trus	-	16,100	(16,100)	-	-
CAB Advocacy	-	4,795	(2,189)	(2,606)	-
Enterprise					
Development	-	7,722	(8,606)	-	(884)
Pebble Enterprises Limited	4,201	9,750	(17,326)	3,375	-
Stockport MBC - Food for Thought	7,965	-	(7,965)	-	-
Stockport MBC - Volunteer					
Recruitment	9,057	-	(9,057)	-	-
Community Fund	9,511	-	(500)	-	9,011
Workers					
Employment					
Association	-	2,542	-	-	2,542
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	30,734	40,909	(61,743)	769	10,669
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2022 (continued)

Name of	Description, nature and purposes of the fund
Eric Wright Foundation	provision of support to young people.
Citizens Advice Advocacy	Provision of community advocacy service at Citizens Advice in Macclesfield.
CRH Foundation Trust	Provision of advocacy support in the claiming of benefits.
Enterprise Development	To finance a person to set up a new business development activity
Workers Employment	Food for Thought online workshops aimed at improving diet and mental health.
Cheshire Foundation	To build a volunteer network in the Macclesfield area.

15 Analysis of movement in unrestricted funds

	Balance at 1 April 2021 £	Income £	Expenditure £	Transfers £	As at 31 March 2022 £
General fund	137,556	158,938	(175,588)	(3,990)	116,916
Designated fund	38,222	-	-	-	38,222
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	175,778	158,938	(175,588)	(3,990)	155,138
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<i>Previous reporting period</i>	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2021 £</i>
General fund	95,991	214,991	(172,657)	(769)	137,556
Designated fund	38,222	-	-	-	38,222
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	134,213	214,991	(172,657)	(769)	175,778
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2022 (continued)

Name of	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds
Designated fund	The building revaluation fund represents the amount of money that would be included in a revaluation reserve following a revaluation of Dove House in 2006 if the revaluation had taken place in this charitable company. The revaluation occurred in the previous unincorporated charity.

16 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	103,902	-	-	103,902
Net current assets/(liabilities)	13,014	38,222	14,306	65,542
	116,916	38,222	14,306	169,444
Total	116,916	38,222	14,306	169,444

17 Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	2021 £
Net income/(expenditure) for the year	(17,003)	21,500
Adjustments for:		
Depreciation charge	5,801	5,801
Decrease/(increase) in debtors	8,246	(6,665)
Increase/(decrease) in creditors	(18,873)	46,689
	(21,857)	67,325
Net cash provided by/(used in) operating	(21,857)	67,325

Stockport and District Mind

Statement of Financial Activities (including Income and Expenditure account) for the year ended 31 March 2021

	Note	Unrestricted funds £	Restricted funds £	Total funds 2021 £	<i>Total funds</i> 2020 £
Income from:					
Donations and legacies	3	47,748	-	47,748	60,658
Charitable activities:	4	167,243	40,909	208,152	133,474
Total income		214,991	40,909	255,900	194,132
Expenditure on:					
Charitable activities:	5	172,657	61,743	234,400	227,896
Total expenditure		172,657	61,743	234,400	227,896
Net income/(expenditure) before net gains/(losses) on investments		42,334	(20,834)	21,500	(33,764)
Net income/(expenditure) for the year	6	42,334	(20,834)	21,500	(33,764)
Transfer between funds		(769)	769	-	-
Net movement in funds for the		41,565	(20,065)	21,500	(33,764)
Reconciliation of funds					
Total funds brought forward		134,213	30,734	164,947	198,711
Total funds carried forward		175,778	10,669	186,447	164,947

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

STOCKPORT AND DISTRICT MIND

England & Wales - Charity number 1119317

Accounts

Company number: 5879337

Charity Number: 1119317



Stockport and District Mind

Report and financial statements
For the year ended 31st March 2021

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2021

1 Reference and Administrative Information

Company number 5879337

Charity number 1119317

Registered office and operational address

Dove House
65 Union Street
Stockport
SK1 3NP

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Shirley Williams	(Chair – stepped down 09.11.21)
John Kendrick	(Treasurer)
Kevin Brosnahan	
Yvonne Awenat	
Mark Baxendall	
Kay Day	(Chair – appointed 09.11.21)
Peter Miles	(Vice Chair)
Imelda Lowe	(co-opted 15.09.21)

Key management personnel	Collin McCabe	General Manager (deceased 27.2.2021)
	Joanne Strickleton	Deputy Manager

Bankers

Yorkshire Bank plc
34 Princess Street
Stockport
SK1 1RE

Virgin Money
Jubilee House
Gosforth
Newcastle on Tyne
NE3 4PL

Independent examiner

Jennifer Daniel FCCA DChA
Slade & Cooper Limited
Beehive Mill, Jersey Street,
Manchester, M4 6JG

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2021

The Trustees present their report and the unaudited financial statements for the year ended 31st March 2021.

Reference and administrative information set out above forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with Financial Reporting Standard 102 (FRS 102).

1. **Collin McCabe, General Manager** - The Trustees have to report that, very sadly and suddenly, Collin McCabe, our General Manager, died on 27th February 2021. Collin had been with the Charity for many years and the Trustees wish to acknowledge his contribution during that time.

2 Objectives and activities

2.1 Mission Statement

Stockport and District Mind works towards a society where anyone who experiences mental ill health is supported in their recovery, empowered to reach their full potential, and they and their family/Carers are free from stigma and discrimination.

2.2 Aims

The charity's aims are to provide advice, advocacy, support and services to all people resident in the Stockport Metropolitan Borough and adjacent areas who are experiencing mental distress. It primarily supports people aged 14 and above but is flexible and works with others outside that age range where appropriate. It will also support family, friends, and carers of people experiencing mental ill-health.

2.3 Objectives, Public Benefits, and Activities

The aims, objectives, and activities are reviewed each year and the numbers of people who have benefited from each activity and the outcomes for individuals are 'measured' (where possible) by way of evidentially based methods and the feedback they provide, through their written and verbal communications. We recognise that all people experiencing mental health problems have strengths as well as challenges and that maintaining good mental health can be assisted by recognising and building on those strengths. We provide support by focusing on the whole person rather than just their mental health problems. We treat people respectfully and acknowledge that negative life experiences can impact on how people think and behave. We work in partnership with other people and organisations to help individuals find the support they need.

More specifically our objectives are:

- To listen to the individual and provide them with person centred assistance to understand and manage their mental health;
- To provide information to support people to access a range of voluntary and community-based services in their local community;

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2021

- To support people to access appropriate statutory professional advice and treatment services from primary and secondary care mental health services;
- To encourage people to gain skills and experience leading to a better quality of life and the confidence to explore and build supportive relationships, opportunities in education, volunteering, and employment when helpful to do so;
- To promote a positive image of people surviving and recovering from mental ill health and to combat stigmatisation and social exclusion;
- To value and support all our staff including through the provision of supervision, reflective practice, training, and ensuring they are at least paid at National Living Wage Foundation level;
- To value and support our volunteers, through training, supervision, thank-you events, and encouragement to seek paid employment where this is desired;
- To seek out and work in partnership with other people and organisations to help individuals find the support that best meets their needs.

Our activities from April 1st 2020 to March 31st 2021

In March 2020 the UK Government announced the first of a number of restrictions and 'lockdowns' as a result of the threat of infection from coronavirus. The impact caused high levels of anxiety on users of services and staff delivering services and made for very different and challenging service delivery for the Charity. However no staff were furloughed and we managed to maintain some Covid compliant office presence.

- Our activities continued but most were delivered by telephone, online and digital platforms.
- We quickly implemented home-working arrangements and made outbound calls to all people we had been supporting, including Carers and people who would usually access support groups.
- The telephone Helpline, providing a trained and experienced non-judgemental 'listening ear' continued to be available and was particularly busy as statutory health and social care services became increasingly stretched.
- At the end of 2019 we received 1-year funding to set up a Choir for Carers. 4 events took place and numbers were growing, but face-to-face singing had to be suspended in March 2020 due to Covid restrictions. A small number of group practice sessions and some individual tuitions have taken place by Zoom in 2020-2021.
- The Loneliness and Social Engagement Support Service continued to be provided but almost entirely by telephone, digital and letter contact. This service was of particular benefit during the pandemic period, and referrals increased from health and care agencies.
- We secured funding from a local Rotary Club for some mobile phones, to be able to equip specifically trained volunteers to support our work, particularly to deal with increased demand for the Loneliness and Social Engagement Support Service. 6 volunteers were mobilised in support of this service.
- We were successful in achieving a 3-year grant from CRH Charitable Trust to recruit a part-time Community Advocate. The demand has been high, particularly for support for people needing to understand and claim benefits due to the impact of Covid 19 in certain types of employment.

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2021

- We appointed another part-time advocacy post, to work with Citizens Advice Cheshire North, funded by the Cheshire Community Foundation.
- As a result of some success in bids for Covid emergency funding from the National Lottery Community Fund and Pears Foundation in conjunction with DCMS, we recruited some new staff on short-term contracts, supported by a number of volunteers, particularly to assist with increasing regular proactive telephoning of people needing support.
- We continued to deliver assessment and support planning to Care Act 'eligible' Carers and support other Carers.
- We supported Carers with their peer support group to continue online via Zoom; a 'How Do I...?' course for Carers was delivered 'virtually'.
- We increased our social media presence keeping our supporters up-to-date with information and resources on support.
- Our Thursday at One group members received some art materials to continue activities at home and they and others who were not part of the group, sent in their artwork to feature on the website.
- Just before Christmas 2020 'Wellbeing packs' were taken by some staff and trustees to the homes of 130 people (service users of the loneliness and social isolation service, regular (but suspended by Covid-19 restrictions) group users, registered carers, and regular volunteers.

In measuring the benefit provided by each activity undertaken by the Charity, the Board has referred to the Charity Commission's general guidance on public benefit and, in particular, how the activities contribute to the aims and objectives set. The Board ensures that, where possible, equal access to all services will be maintained and that they will be free at the point of delivery. Where funding limitations apply, a proper assessment is made, and support supplied solely based upon an individual's needs and not their financial status.

2.4 Activities

Our activities in 2020/21 have directly supported over 700 people to manage their mental health problems and reduce the demands placed upon the services provided by statutory agencies.

Support to those who are social isolated and lonely

We have a number of services that provide group activities and opportunities for friendships to develop. One is a free drop-in (Rendezvous) where people can socialise or learn about what support is available in Stockport. There is no registration or referral for this drop-in which ensures that as many barriers as possible are removed.

Stockport Mental Health Carers Service

The service provides support to carers (family/friend carers) of adults who have a mental health condition or are experiencing emotional distress. Staff also work with carers to undertake assessments and facilitate self-assessments and support planning for those carers deemed 'eligible' under the 2014 Care Act.

In addition to the statutory function of Care Act compliant assessments and support planning, the service provides all aspects of support to all those who identify themselves as carers to help them maintain their wellbeing. This includes help by way of emotional

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2021

support, advocacy, navigating the support system for the cared-for person and peer support for the carer.

By using available technology, we were able to maintain the support service throughout the impact of COVID restrictions.

Information Service and General Support, including social media

We have continued to provide telephone and website email access to provide 'a listening ear', to give short-term support, advice and information to callers, and where necessary refer them to other support organisations and statutory services.

Many of those who have used our services in the past, but who manage independently most of the time, often need some support during crises, particularly with financial, housing, and legal difficulties. Where possible we have continued to provide this support by telephone, including assistance to complete benefit and other legal forms. People access support through a whole range of online 'tools' and as such we have continued investment in creating a stronger online presence via online tools and social media platforms. This became particularly important when we were faced with the beginning of the Covid epidemic.

Volunteering

We recruit and train volunteers, many of whom have previously used Stockport Mind's and/or other mental health services. Volunteer roles within our organisation include office reception cover, group facilitation, one to one support, fundraising, and raising awareness. Some volunteers, after undertaking our generic training, move to support other charities or gain employment. COVID impact meant that support by telephone was increased, and training was provided to 6 volunteers via Zoom.

We have 43 registered volunteers, of whom 21 were active during the year, plus 7 volunteer trustees.

Children and Young People

Our main contact with children and young people has been via awareness raising in schools. COVID restrictions stopped developments in this area, although contact was maintained with the schools.

Awareness and Information Stands

As part of the Charity's objectives around raising awareness and having conversations with the general public, Stockport Mind has traditionally hosted information stands across the local community. In addition to conversations, we have distributed leaflets (both from National Mind and locally produced) and information on mental health, coping strategies, services, helplines, community groups, etc. Covid restrictions have affected this but we have continued to deliver leaflets and letters to people living in our more deprived communities. Most face-to-face activity was suspended but digital information provision has increased on our website and via social media.

Community Advocacy

We were successful in achieving a 3-year grant from CRH Charitable Trust to recruit a part-time Community Advocate. The demand has been high, particularly for support for

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2021

people needing to understand and claim benefits due to the impact of Covid 19 in certain types of employment.

We also appointed a part-time advocacy post to support people in North-East Cheshire, to work with Citizens Advice Cheshire North, funded by the Cheshire Community Foundation.

3 Achievements and performance

The Charitable Company's main activities and who it tries to help are set out in section 2 of this report and the achievements and performance are described below. All its charitable activities focus on increasing awareness of the impact of mental ill health on people's lives; supporting people with mental health conditions and their carers (family/friend) to get support to assist them; and campaigning to reduce the stigma that people and their carers may experience.

3.1 Beneficiaries of our services

We have supported over 700 people between April 2020 and March 2021 through the services listed below. Until the COVID-19 virus restrictions were put in place at the end of March 2020, people were able to call into our offices – often in need of a supportive conversation and sometimes assistance to access specialist help as they have become seriously mentally unwell.

3.2 Social Inclusion

This has proved difficult during 2020-21 as most group activities were suspended, but some Zoom activity has taken place.

3.3 Volunteers

Stockport and District Mind relies heavily on volunteers; this includes the Trustees/Board of Directors who are also unpaid workers.

A number of volunteers have previously received the Charitable Company's services and want to 'give back' so that others can benefit.

Volunteers provide energy, commitment, and diversity and support us with; office reception cover; support to groups and social inclusion programmes; support to fundraising activities etc.

During 2020/21 we had 21 'active' volunteers, a number of whom have been with us for many years. During lockdowns a cohort of 6 volunteers was trained and equipped with mobile phones to provide a dedicated service to people who were shielding and/or already lonely/self-isolating.

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2021

3.4 Students

Stockport and District Mind is an accredited learning site for practice placements for social work students undertaking their degree.

Between April 2020 and 31st March 2021, one student was on placement during the year. They were supervised by one of our qualified Practice Educators. We continue to liaise with the universities of University of Central Lancashire, The University of Manchester, Manchester Metropolitan University and Salford University regarding social work placements. Feedback from students and the universities regarding our organisation is very positive and they act as good ambassadors for the work we do. The feedback we get back from staff and people who use our services is also very positive with everyone enjoying the students being with us: they bring new energy, ideas and diverse experience that adds to the learning in our organisation.

3.3 Clinical Supervision

To support our staff in their roles and to build on our relationship with the University of Manchester, the university provide Stockport Mind with a Clinical Psychologist / Senior Psychology Lecturer, who leads reflective practice sessions with the front-line staff. This has continued via Zoom during 2020-21.

3.4 Mental health Carers' support

At the end of the year, we had 128 active service users, with 66 new people referred to this service during the year. We recorded 988 interactions, not including weekly emails. Most referrals into the service are directly from carers themselves. We also receive a high number of referrals from the Pennine Care Mental Health Teams and other secondary care services since our staff have had a regular presence at mental health service locations, including Stepping Hill hospital, Baker Street and Councillor Lane Community Mental Health Teams (CMHTs).

3.5 Investment in research and learning

We have continued to have a mutually beneficial relationship with the University of Manchester. We regularly discuss research project proposals and support users/carers of our services to become involved in research as 'experts by experience'.

3.6 Information Service and General Support, including social media

We typically receive around 70 calls per month and have supported around 400 individuals over the year with information about mental health, emotional support and signposting.

People in mental distress and/or with a long-term mental health condition find it particularly difficult to directly access services. In addition, we have been working on creating a stronger online presence. Below shows examples of our increasing online presence and the numbers of people that we connected with via social media between 1st April 2020 and 31st March 2021:

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2021

Twitter

Followers - 2859
Impressions - 206,047
Engagements - 4395

Instagram

Followers - 1146
Post Likes - 916

Facebook

Reach - 123,799
Profile Likes - 1574
Engagement - 5483

Website

Users - 20,669
Page Views - 40,526

LinkedIn

Followers - 302
Impressions - 7028

3.7 Community Advocacy

We were successful in achieving a 3-year grant with the CRH Charitable Trust to recruit a part-time Community Advocate to support people with mental health issues to access the online benefits system.

We also appointed another part-time advocacy post to work with Citizens Advice Cheshire North, funded by the Cheshire Community Foundation for 12 months. This area is on our border and we have always had people phoning for support from Cheshire East. Previously we were able to have supportive conversations, but unable to offer an ongoing service. We hope to build on this to provide more mental health support in this area.

4 Financial review

4.1 Summary

Income increased from £194k in 19/20 to £256k for the current year. We benefitted from:

- National Lottery Community Fund - £49k for support during COVID impact
- Wolfson Foundation - £22.5k for building re-wiring and COVID support
- CRH Charitable Trust - £3k for leaflet distribution and £13.1k pa for 3 years for the part-time employment of a support worker to help people navigate the complexities of benefit/Universal Credit claims
- Stockport Council - £74k from the extension of the Carers' contract until March 2022
- Through the Association of Mental Health Providers (AMHP) we won a grant from the Enterprise Development Fund, providing support for the employment of a Business Development Manager to develop new commercial income streams- £7.7k (total £30k over 12 months)

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2021

- The Pears Foundation - DCMS Emergency Fund supported our helpline for 3 months
- Through the Workers' Educational Association, we were awarded a European Social Fund Community Grant of £10.2k (£2.5k in the year) to provide online training with the objective of helping people back into employment
- Citizens Advice (Cheshire North) - £4.8k (total £14k over 12 months) for a part time community advocate in Macclesfield
- Donations – Slipped to £47.7k from £60.6k in 2019/20. Romiley Golf Club, Davenport Golf Club, AG Parfett & Son, Oddfellows, The Avalon Trust, were amongst others too numerous to list. So many people raised funds for us and thank you all.

Increasing effort is being put into encouraging third party fund raising amongst corporate sponsors and to reduce our dependence upon statutory funded contracts.

Careful control of costs in the uncertain economic environment at £234k produced a surplus of £21.5k to help offset the £33.8k deficit in 2019/20.

As a service-based Charity, payroll costs are the largest item of expenditure at 74% of total costs. Requirements for performance information and more sophisticated communication have continued to put increased pressure on the cost base with expenditure on IT hardware/software support and telephones accounting for another 9.5%.

The average number of staff employed for the period was 9, which, adjusting for part time staff is equivalent to 6.3 full time staff.

Since the year-end, the pressures have been building on our income stream and, whilst we are able to forecast a reasonable year to 31st March 2022, the periods after contain major uncertainties.

4.2 Reserves

It is the policy of the Trustees to maintain operational reserves held at a level that equates to a minimum of three months expenditure based upon expected levels for the following year. This amounts to £62k at 31st March 2021 compared with £70.7k in the accounts of which £10.7k is restricted.

This provides sufficient funds to cover management, administration, and support costs; allows short term funding for projects until further funding is obtained or match funding for new projects, where required; and accommodates changes in funding by statutory authorities.

In addition, Dove House is owned by the charity and could be realised if required.

The Reserves policy is reviewed on an annual basis by the Board.

4.3 Investment policy and objectives

Month to month cash surpluses during the year and reserves are maintained in interest bearing deposit accounts.

The Board considers the risks relating to these to be appropriate but the interest rates currently available return a minimal yield.

5 Plans for the future

The Board regularly monitors the outlook for the Charity, which has become more uncertain in recent times. The Board is developing an updated strategic plan that is focussing on diversity of earning streams in order to reduce dependence upon the statutory sector. A grant was received during the current year to help finance the setting up of a Business Development Activity and much more focus will be given to generating non-statutory income.

6 Structure, governance, and management

6.1 Governing document

The Charitable Company is governed by the Memorandum and Articles of Association of the Company. The Company was formed on 18th July 2006 and took over the staff and assets of Stockport and District Association for Mental Health on 1st July 2007.

6.2 Company status

The Company is limited by guarantee and all members have agreed to contribute a sum not exceeding £1 in the event of a winding-up. The number of guarantees on 31st March 2021 was 35.

6.3 Recruitment and appointment of Trustees/ Directors

Trustees/Directors are recruited from a number of sources, including personal recommendation and approaches to specific organisations such as Reach, who can provide volunteers with particular skills. The Trustees have defined the skill profiles required for the make-up of the Board and seek people with the necessary background experience. The Board actively seeks to reflect the diversity of backgrounds and experience, including 'lived experience' of mental ill health, of its members.

The Board shall comprise not less than seven and not more than ten persons appointed as follows:

- a) Up to seven Directors elected by and from the membership at the Annual General Meeting
- b) Up to three Directors, who must be members of the Charitable Company, may be co-opted by the Board providing that at no time shall more than one third of the Board be made up of co-opted persons. Co-opted Directors are to be selected for their particular skills and/or experience.

All members of the Board of Directors are Trustees of the Charity, and all Trustees are members of the Board of Directors.

Each Trustee is required to sign a Code of Conduct clearly detailing the role and obligations of Trustees. Each of the Trustees has been provided with a specification and definition of responsibilities relating to his/her specific role.

All members of the Board (as are all staff and volunteers) are required to complete a Disclosure and Barring Service (DBS) check in line with Charity Commission requirements in relation to safeguarding in organisations where direct work takes place

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2021

with vulnerable adults and/or children. All Board members have read the safeguarding guidance and have discussed it at Board meetings.

All members of the Board give their time voluntarily and receive no benefits from the Charitable Company. Any expenses reclaimed from the Charitable Company are set out in note 8 to the accounts.

The Chair/Vice Chair meets with all prospective Trustees to provide information and discusses the fit between the prospective Trustee and the organisation's needs. Induction is provided and on-going training needs are identified as part of each Trustee's annual review.

Stockport and District Mind
Trustees' annual report
for the year ended 31st March 2021

7 Statement of responsibilities of the Trustees

The Trustees (who are also directors of Stockport and District Mind for the purposes of company law) are responsible for preparing the Trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. 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
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity 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.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the Board of Trustees, who are Directors for the purposes of company law, and Trustees for the purposes of charity law, who served during the year and up to the date of this report are set out on page 1.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the Board of Directors and signed on its behalf by:

Shirley Williams (Trustee)

Date 1st December 2021

Independent examiner's report
to the trustees of
Stockport and District Mind

I report on the accounts of the company for the year ended 31 March 2021 which are set out on pages 14 to 28.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jennifer Daniel FCCA DChA
Beehive Mill, Jersey Street
Manchester, M4 6JG

Date: 2nd December 2021

Stockport and District Mind
Statement of Financial Activities
(including Income and Expenditure account)
for the year ended 31 March 2021

	Note	Unrestricted funds £	Restricted funds £	Total funds 2021 £	Total funds 2020 £
Income from:					
Donations and legacies	3	47,748	-	47,748	60,658
Charitable activities:	4	167,243	40,909	208,152	133,474
Total income		214,991	40,909	255,900	194,132
Expenditure on:					
Charitable activities:	5	172,657	61,743	234,400	227,896
Total expenditure		172,657	61,743	234,400	227,896
Net income/(expenditure) before net gains/(losses) on investments		42,334	(20,834)	21,500	(33,764)
Net income/(expenditure) for the year	6	42,334	(20,834)	21,500	(33,764)
Transfer between funds		(769)	769	-	-
Net movement in funds for the year		41,565	(20,065)	21,500	(33,764)
Reconciliation of funds					
Total funds brought forward		134,213	30,734	164,947	198,711
Total funds carried forward		175,778	10,669	186,447	164,947

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

Stockport and District Mind
Company number 05879337
Balance sheet as at 31 March 2021

	Note	2021	2020
		£	£
Fixed assets			
Tangible assets	9	109,703	105,499
Total fixed assets		109,703	105,499
Current assets			
Debtors	10	25,833	19,168
Cash at bank and in hand		120,671	63,351
Total current assets		146,504	82,519
Liabilities			
Creditors: amounts falling due in less than one year	11	(69,760)	(23,071)
Net current assets		76,744	59,448
Total assets less current liabilities		186,447	164,947
Net assets		186,447	164,947
The funds of the charity:			
Restricted income funds	13	10,669	30,734
Unrestricted income funds	14	175,778	134,213
Total charity funds		186,447	164,947

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 17 to 28 form part of these accounts.

Approved by the trustees on 1st December 2021 and signed on their behalf by:

Shirley Williams (Trustee)

John Kendrick (Treasurer)

Stockport and District Mind
Statement of Cash Flows
for the year ending 31 March 2021

	Note	2021 £	2020 £
Cash provided by/(used in) operating activities	16	67,325	(30,025)
<i>Cash flows from investing activities:</i>			
Dividends, interest, and rents from investments		-	-
Cash provided by/(used in) investing activities		(10,005)	-
Increase/(decrease) in cash and cash equivalents in the year		57,320	(30,025)
Cash and cash equivalents at the beginning of the year		63,351	93,376
Cash and cash equivalents at the end of the year		120,671	63,351

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2021

1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

a Basis of preparation

The financial statements have been prepared in accordance with 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), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Stockport and District Mind meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

b Preparation of the accounts on a going concern basis

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

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2021 (continued)

c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

d Donated services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

e Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2021 (continued)

f Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

g Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of Mental Health Advocacy and Counselling Services undertaken to further the purposes of the charity and
- Other expenditure represents those items not falling into any other heading.

h Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. Support costs have all been allocated to expenditure on charitable activities.

i Operating leases

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

Tangible fixed assets

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Asset Category	Annual rate
Freehold land & building	2%
Equipment & fittings	25%
Computer equipment	50%

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2021 (continued)

j Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

k Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

l Creditors and provisions

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

m Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 8. There were no overdue contributions at the year end.

2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. 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 registered office address is disclosed on page 1.

3 Income from donations and legacies

	Total 2021 £	Total 2020 £
Donations	47,748	60,658
Total	47,748	60,658

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2021 (continued)

4 Income from charitable activities

	Unrestricted £	Restricted £	Total 2021 £
CAB Advocacy	-	4,795	4,795
Cheadle Royal Trust		16,100	16,100
Enterprise Development		7,722	7,722
GMVCO Winter Discharge	3,000	-	3,000
Laurus Trust	500	-	500
Lottery Community Fund	49,000		49,000
National Mind	10,833		10,833
Stockport MBC	1,000	-	1,000
Stockport Health Carer Support	74,000	-	74,000
Pebble	-	9,750	9,750
Workers Employment Association	-	2,542	2,542
Wolfson Trust	22,500	-	22,500
Fees and other income	6,410	-	6,410
	<hr/>	<hr/>	<hr/>
Mental Health Advocacy & Counselling Services	167,243	40,909	208,152
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<i>Previous reporting period</i>			
	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>2020</i> £
<i>Stockport MBC - Carers etc</i>	87,167	-	87,167
<i>Stockport MBC - Food for Thought</i>		9,500	9,500
<i>Stockport MBC - Volunteer Recruitn</i>	-	9,879	9,879
<i>Pebble</i>	-	9,450	9,450
<i>Community Fund</i>	-	9,520	9,520
<i>Fees and other income</i>	7,958	-	7,958
	<hr/>	<hr/>	<hr/>
<i>Mental Health Advocacy & Counselling Services</i>	95,125	38,349	133,474
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2021 (continued)

5 Analysis of expenditure on charitable activities

	Total 2021 £	Total 2020 £
Staff costs	175,644	164,829
Administration	48,255	47,134
Programme costs	3,440	11,373
Depreciation	5,801	3,300
Governance -		
Accountancy and independent examination	1,260	1,260
	234,400	227,896
	2021 £	2020 £
Restricted expenditure	61,743	12,567
Unrestricted expenditure	172,657	215,329
	234,400	227,896
	234,400	227,896

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2021 (continued)

6 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2021 £	2020 £
Depreciation	5,801	3,300
Independent examiner's remuneration - Accountancy	960	960
Independent examination	300	300
	<hr/> <hr/>	<hr/> <hr/>

7 Staff costs

Staff costs during the year were as follows:

	2021 £	2020 £
Wages and salaries	164,208	152,623
Social security costs	7,388	8,442
Pension costs	3,142	3,084
Payroll administration	906	680
	<hr/> <hr/>	<hr/> <hr/>
	175,644	164,829

No employees has employee benefits in excess of £60,000 (2020: Nil).

The average number of staff employed during the period was 9 (2020: 8).

The average full time equivalent number of staff employed during the period was 6.3 (2020: 6.7).

The key management personnel of the charity comprise the trustees, the General Manager and Deputy Manager. The total employee benefits of the key management personnel of the charity were £57,478 (2020: £59,831).

8 Trustee remuneration and expenses, and related party transactions

Neither the management committee nor any persons connected with them received any remuneration or reimbursed expenses during the year (2020: nil).

There were no donations from related parties (2020: nil).

Shirley Williams, a trustee of the charity is also a trustee of Pebble Enterprises Ltd who provided funding of £9,750 to the charity during the year (2020: £9450).

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2020: nil).

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2021 (continued)

9 Fixed assets: tangible assets

Cost	Freehold land & buildings £	Equipment & Fittings £	Total £
At 1 April 2020	165,000	31,557	196,557
Additions	-	10,005	10,005
Disposals	-	-	-
	<hr/>	<hr/>	<hr/>
At 31 March 2021	165,000	41,562	206,562
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Depreciation			
At 1 April 2020	59,501	31,557	91,058
Charge for the year	3,300	2,501	5,801
	<hr/>	<hr/>	<hr/>
At 31 March 2021	62,801	34,058	96,859
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
Net book value			
At 31 March 2021	102,199	7,504	109,703
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
<i>At 31 March 2020</i>	<i>105,499</i>	<i>-</i>	<i>105,499</i>
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

The property at Dove House, 65 Union Street, Stockport was valued on 1 August 2006 by P.A.Sheehan FRICS at open market capital value in accordance with the Valuation Standards Manual of the RICS dated February 2003 (as amended) This occurred when Stockport Mind was an unincorporated charity. The original purchase cost of the property, including refurbishment, was £176,628. The building was originally purchased by the unincorporated charity. The Board has reviewed its policy of revaluing the building every 5 years and decided to defer a formal revaluation. The Board has reviewed the local external market for similar properties and believes that the carrying value in the accounts is a conservative reflection of value in the present market conditions.

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2021 (continued)

10 Debtors

	2021 £	2020 £
Accrued income	25,606	18,600
Prepayments	227	568
	25,833	19,168
	25,833	19,168

11 Creditors: amounts falling due within one year

	2021 £	2020 £
Accruals	1,260	1,260
Other creditors	-	645
Bank loan	50,000	-
Deferred income	18,500	18,500
	69,760	23,071
	69,760	23,071

12 Deferred income

	2021 £	2020 £
Deferred grant brought forward	18,500	13,167
Grant received	92,500	130,849
Released to income from charitable activities	(92,500)	(125,516)
	18,500	18,500
	18,500	18,500

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2021 (continued)

13 Analysis of movements in restricted funds

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2021 £
Cheadle Royal Grant	-	16,100	(16,100)	-	-
CAB Advocacy	-	4,795	(2,189)	(2,606)	-
Enterprise Development	-	7,722	(8,606)		(884)
Pebble Enterprises Limited	4,201	9,750	(17,326)	3,375	-
Stockport MBC - Food for Thought	7,965	-	(7,965)	-	-
Stockport MBC - Volunteer	9,057	-	(9,057)	-	-
Community Fund Workers Employment Association	9,511	-	(500)	-	9,011
	-	2,542	-	-	2,542
Total	30,734	40,909	(61,743)	769	10,669
<i>Previous reporting period</i>	<i>Balance at 1 April 2019</i>	<i>Income</i>	<i>Expenditure</i>	<i>Transfers</i>	<i>Balance at 31 March 2020</i>
	£	£	£	£	£
<i>Pebble Enterprises</i>	4,952	9,450	(10,201)	-	4,201
<i>Stockport MBC - Food for Thought</i>	-	9,500	(1,535)	-	7,965
<i>Stockport MBC - Volunteer</i>	-	9,879	(822)	-	9,057
<i>Community Fund</i>	-	9,520	(9)	-	9,511
Total	4,952	38,349	(12,567)	-	30,734

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2021 (continued)

Name of	Description, nature and purposes of the fund
SMBC - Food for Thought	To deliver workshops on good dietary practice
SMBC - Volunteer recruitment	To strengthen volunteer numbers on Isolation and Social Engagement project.
Pebble Enterprises Limited	To fund a part time worker to help relieve feelings of social isolation and/or loneliness in older people and younger adults.
Community Fund	To form and build a Carers' choir for mental health support

14 Analysis of movement in unrestricted funds

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers £	As at 31 March 2021 £
General fund	95,991	214,991	(172,657)	(769)	137,556
Designated fund	38,222	-	-	-	38,222
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	134,213	214,991	(172,657)	(769)	175,778
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Previous reporting period	<i>Balance at 1 April 2019 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2020 £</i>
General fund	155,537	155,783	(215,329)	-	95,991
Designated fund	38,222	-	-	-	38,222
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	193,759	155,783	(215,329)	-	134,213
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Stockport and District Mind

Notes to the accounts for the year ended 31 March 2021 (continued)

Name of	Description, nature and purposes of the fund
General fund	The free reserves after allowing for all designated funds
Designated fund	The building revaluation fund represents the amount of money that would be included in a revaluation reserve following a revaluation of Dove House in 2006 if the revaluation had taken place in this charitable company. The revaluation occurred in the previous unincorporated charity.

15 Analysis of net assets between funds

	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	109,703	-	-	109,703
Net current assets/(liabilities)	27,853	38,222	10,669	76,744
	<hr/>	<hr/>	<hr/>	<hr/>
Total	137,556	38,222	10,669	186,447
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

16 Reconciliation of net movement in funds to net cash flow from operating activities

	2021 £	2020 £
Net income/(expenditure) for the year	21,500	(33,764)
Adjustments for:		
Depreciation charge	5,801	3,300
Decrease/(increase) in debtors	(6,665)	(4,967)
Increase/(decrease) in creditors	46,689	5,406
	<hr/>	<hr/>
Net cash provided by/(used in) operating	67,325	(30,025)