

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;

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- 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.

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- 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

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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

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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.

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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:

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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)

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- 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

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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.

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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.

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/>
<i>Previous reporting period</i>			
	Unrestricted £	Restricted £	2020 £
Stockport MBC - Carers etc	87,167	-	87,167
Stockport MBC - Food for Thought		9,500	9,500
Stockport MBC - Volunteer Recruitn	-	9,879	9,879
Pebble	-	9,450	9,450
Community Fund	-	9,520	9,520
Fees and other income	7,958	-	7,958
	<hr/>	<hr/>	<hr/>
Mental Health Advocacy & Counselling Services	95,125	38,349	133,474
	<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
	<hr/> 234,400	<hr/> 227,896
	<hr/> <hr/>	<hr/> <hr/>
	2021 £	2020 £
Restricted expenditure	61,743	12,567
Unrestricted expenditure	172,657	215,329
	<hr/> 234,400	<hr/> 227,896
	<hr/> <hr/>	<hr/> <hr/>

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/>

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/>
	175,644	164,829
	<hr/>	<hr/>

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

	Freehold land & buildings £	Equipment & Fittings £	Total £
Cost			
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/>
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/>
Net book value			
At 31 March 2021	102,199	7,504	109,703
	<hr/>	<hr/>	<hr/>
<i>At 31 March 2020</i>	<i>105,499</i>	<i>-</i>	<i>105,499</i>
	<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
	<hr/>	<hr/>
	25,833	19,168
	<hr/> <hr/>	<hr/> <hr/>

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
	<hr/>	<hr/>
	69,760	23,071
	<hr/> <hr/>	<hr/> <hr/>

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)
	<hr/>	<hr/>
Deferred grant carried forward	18,500	18,500
	<hr/> <hr/>	<hr/> <hr/>

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
Previous reporting period	Balance at 1 April 2019 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2020 £
<i>Pebble Enterprises</i>	<i>4,952</i>	<i>9,450</i>	<i>(10,201)</i>	<i>-</i>	<i>4,201</i>
<i>Stockport MBC - Food for Thought</i>	<i>-</i>	<i>9,500</i>	<i>(1,535)</i>	<i>-</i>	<i>7,965</i>
<i>Stockport MBC - Volunteer</i>	<i>-</i>	<i>9,879</i>	<i>(822)</i>	<i>-</i>	<i>9,057</i>
<i>Community Fund</i>	<i>-</i>	<i>9,520</i>	<i>(9)</i>	<i>-</i>	<i>9,511</i>
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	Balance at 1 April 2019 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2020 £
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/>

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)