

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

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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.

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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.

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

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
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Previous reporting period

	Unrestricted £	Restricted £	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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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
	<hr/> 281,412	<hr/> 276,303
	<hr/> <hr/> 2025 £	<hr/> <hr/> 2024 £
Restricted expenditure	31,250	29,598
Unrestricted expenditure	250,162	246,705
	<hr/> 281,412	<hr/> 276,303
	<hr/> <hr/>	<hr/> <hr/>

7 Net income/(expenditure) for the year

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

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/>

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	-
	<hr/>	<hr/>
	14,745	14,579
	<hr/>	<hr/>

11 Creditors: amounts falling due within one year

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

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)	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	56,099	31,328	(31,250)	(56,177)	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

Previous reporting period	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/>

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	-	-	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	117,759	157,564	(250,162)	56,177	81,338
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

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

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/>

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.