

Charity number: 1139601

Care in Mind

Trustees' report and financial statements

for the year ended 31 March 2024

Care in Mind

Contents

	Page
Legal and administrative information	1
Trustees' report	2 - 5
Independent examiners' report	6
Statement of financial activities	7
Balance sheet	8 - 9
Notes to the financial statements	10-14
Cash flow statement	15

Care in Mind

Legal and administrative information

Charity number	1139601
Trustees	Ms. S. Joseph BSc (Hons) MSc, UKCP, MBACP, MBPsS Mr M. Attfield Mr. M. Beale Mrs P. Hogan
Business address	Unit 4 Centurion Tower Caxton Street North Canning Town London E16 1XJ
Independent Examiner	M Angel Barton Close London E6
Bankers	NatWest Bank

Care in Mind

Trustees Report for the year ended 31 March 2024

The trustees present their report and the financial statements for the year ended 31st March 2024.
The trustees who served during the year and up to the date of this report are set out on page 1.

Structure, governance and management

Care in Mind is a registered Charity governed by its trust deeds and regulations established by the charity commission in England and Wales.

Objectives and activities

The Relief of unemployment for the public benefit in such ways as may be fit including, but not limited to assistance to identify and overcome barriers to employment, raise aspirations and employability of local people with Mental Health problems and generational unemployment issues and promote independence.

Trustees normally meet up to three to four times per year and administer all day to day affairs. The day to day running of Care in Mind is facilitated by Trustees and Volunteers.

Care in Mind is a small volunteer-led independent charity founded in December 2009 and became a registered charity in December 2010. The charity is quite unique as we do not employ paid staff, to achieve our objectives we aim to work with client's who are not a 'statutory' fit to access local government services, to identify and overcome barriers to employment, promote independence and community integration. We also aim to create opportunities for client's to develop their skills and use them on behalf of Care in Mind with particular focus on improving their role in supporting recruitment, being skilled volunteers and facilitators.

Care in Mind delivers several volunteer-led projects such as: Health in Mind which consists of the following weekly groups; Bikeability sessions, Healthy Eating and Walking. We also deliver on a weekly basis a creative writing project called Space to Think, Pilate's sessions, Self-confidence and Self-esteem Self-help groups, Mind to Progress, Project Management and Relapse Prevention. Volunteers are offered full-training to support them in the specific project area they choose to volunteer in once training is completed they work alongside an hourly paid sessional worker until each volunteer is confident enough to deliver, or initially, part deliver a project. Care in Mind works with a wide client base and projects delivered are extremely popular. We act on regular feedback to improve our services this is facilitated by distributing Feedback forms and through our monthly focus group

We organise events that are really popular within the local community, for instance, regular open days to introduce our services to the wider public, we also facilitate day trips to Bicester and Hastings and organise annual Christmas parties.






Care in Mind

Trustees Report for the year ended 31 March 2024

Achievements and Project Updates:

New Services:

Minding the Menopause and Boxing in Mind

 Minding the Menopause Workshop Complimentary Luxury Hamper for every attendee   <small>Care in Mind, Unit 4, Centurion Tower, Caxton Street North, Canning Town, London E16 1XJ E: info@careinmind.org.uk T: 0207 055 0808 Charity Registration No. 1128901</small>	 Minding the Menopause During the perimenopausal years, women go through a new stage of psychological, social and physical development, which is driven by a sequence of hormonal changes and can be quite debilitating. The workshops will offer a space to think about how to integrate psychological and physical menopausal experiences in a friendly environment. The workshops we will also explore/ deliver nutrition and exercise sessions. More information will be available in the New Year.	 Boxing in Mind (Facilitated by an ex Female GB Boxer) Physical activity has been shown to have a wealth of mental and physical health benefits. Non-contact boxing exercises in a group setting can provide significant reduction in symptoms of anxiety, depression and PTSD, also a cathartic release of anger, stress, with evidence of improved mood, self-esteem, confidence, concentration, metabolic burden, strength and coordination. More information will be available in the New Year.
---	---	---

We are very grateful to Awards for All for funding to deliver our Minding the Menopause Workshops which we advertised initially in January 2023, we deliver this service alongside our Boxing in Mind project. Huge thank you to the following organisations who provided luxury products for our clients hamper: **NEOM, PALMERS, PRICES CANDLES** and **UNION COFFEE**.

Health in Mind

Our popular project (Cycling, Walking and Healthy Eating sessions) which is solely delivered by our in-house highly trained volunteers, is still being delivered on a weekly basis. We would like to thank Sport England who funded the cycling aspect of the project for one year.

‘Need to Talk’ Psychoanalytic Psychotherapy Service

We were delighted to have received funding over a three year period from the National Lottery to provide free psychotherapy sessions for Newham residents only, the service is offered low cost for clients outside of Newham.

Volunteers

We would not be able to deliver our much needed service without the dedication of our volunteers, we aim to continue training volunteers to become qualified GB Cycle Instructors to help deliver our accredited Bikeability service, we will also train them through the RSPH to become Healthy Eating facilitators and train them to become Walking Group leaders to deliver our Ramblers (Walking the Health) accredited service.

Newsletters

Care in Mind still continues to compile and distribute fortnightly Newsletters, this keeps local residents, particularly our clients, local Community and Mental Health Teams and other Community Groups up to date with our progress.

Care in Mind

Trustees Report for the year ended 31 March 2024

Reserves policy

The trustees aim to have six month's running cost in reserves to cover operational activities. We currently hold £9,200 in our reserves account.

Risk Assessment

The trustees are aware of the risks facing the charity and have taken reasonable steps to mitigate identified risks.

Public Benefit

The trustees have paid due regard to the Charity Commission's guidance on public benefit in deciding activities undertaken by the charity. The trustees are satisfied that the information provided in the report and accounts meets the public benefit reporting requirement and can confirm that the charity's activities and services are provided to the community without bias. Effort is constantly being made to reach a wider section of the immediate and wider community.

Financial review

Total income for the year was £97,380.00 with total expenditure of £86,390.00.

Care in Mind

Notes to financial statements for the year ended 31 March 2024

Statement of Trustees' responsibilities

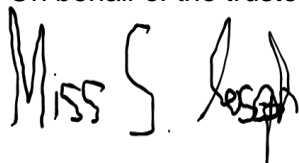
The Trustees' of Care in Mind are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

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 have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and which 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.

On behalf of the trustees



.....
Sandra Joseph
Chair

Care in Mind

Notes to financial statements for the year ended 31 March 2024

Reports of the Independent Examiner to the trustees of Care in Mind.

I report on the accounts of Care in Mind for the year ended 31 March 2024 set out in pages 1 to 15.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act), and that an independent examination is needed. It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act, as amended;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act, and
- to state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission and Regulations 11 of the 2006 Regulation. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(i) which gives me reasonable cause to believe that in any material respect, the requirements

to keep proper accounting records in accordance with section 386 of the Companies Act 2006, section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Regulations; and

to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Companies Act 2006, section 44(1)(b) of the 2005 Act and

Regulation 8 of the 2006 Regulations; and

- which are consistent with the methods and principles of the statement of Recommended Practice: Accounting and Reporting by charities have not been met; or

(ii) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



M Angel
Independent examiner

Care in Mind

Notes to financial statements for the year ended 31 March 2024

		Unrestricted	Restricted	Period ended 2024	Period ended 2023
	Notes	£	funds £	Total £	Total £
Incoming resources					
Incoming resources from generating funds:					
Voluntary income	2		97,380	97,380	17,000
Investment income		-	-	-	-
Total incoming resources			97,380	97,380	17,000
Resources expended					
Charitable activities	4		86,390	86,390	15,375
Governance costs	6	-	1,000	1,000	
Total resources expended			87,390	87,390	1,625
Net incoming resources for the year / Net income for the year		-	9,990	9,990	
Total funds brought forward		-	39,360	39,360	
Total funds carried forward		-	49,350	49,350	1,625

All of the above amounts relate to continuing activities.

Care in Mind

Notes to financial statements for the year ended 31 March 2024

Balance sheet

For the Year Ended 31 March 2024

		2024		2023	
	Notes	£	£	£	£
Fixed Assets					
Tangible Fixed Assets	10		28,724		
Current Assets					
Debtors		31,500			
Cash and bank and in hand	11	17,818			
Cash at bank and in hand					
		<u>49,318</u>		<u> </u>	
Creditors: amounts falling due within one year	12	(1,000)			
		<u>37,682</u>			
Net current assets/(liabilities)			<u>10,636</u>		
Net assets/(liabilities)			<u>39,360</u>		
Funds	14				
Restricted income funds			<u>39,360</u>		
Total funds			<u><u>39,360</u></u>		

In approving these financial statements as trustees of the charity we hereby confirm:

That financial statements give a true and fair view of the state of affairs of the charity as at the end of the financial year and of its income and expenses for the year then ended in accordance with the legal requirements.

The financial statements were approved by the board on: 18/03/2024 and signed on its behalf by



.....
Sandra Joseph
Chair

Care in Mind

Notes to financial statements for the year ended 31 March 2024

1. Accounting policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and the preceding period.

1.1. Basis of accounting

The financial statements are prepared under the historical cost convention and in accordance with the Statement of Recommended Practice 'Accounting and Reporting by Charities' issued in March 2005 (SORP 2005)

1.2. Cash flow

The charity has taken advantage of the exemption in FRS1 from the requirement to produce a cash flow statement because it is a small charity.

1.3. Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

Voluntary income is received by way of grants, donations and gifts and is included in full in the statement of financial activities when receivable. Grants where entitlement is not conditional on the delivery of a specific performance by the charity are recognised when the charity becomes unconditionally entitled to the grant. Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included. Gifts donated for resale are included as incoming resources within activities for generating funds when they are sold.

Grants, including grants for the purchase of fixed assets, are recognised in full in the statement of financial activities in the year in which they are receivable.

Income from investments is included in the year in which it is receivable.

1.4. Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fundraising purposes including the charity's shop.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Care in Mind

Notes to financial statements for the year ended 31 March 2024

2. Voluntary income

		Period ended 2024	Period ended 2023
	Restricted £	£	£
Awards for All	19,500	19,500	
Barclays Bank			3,500
DH Charitable Trust			2,750
Greenhall Foundation			3,000
National Lottery Grant Fund	32,250	32,250	
Sport England	10,630	10,630	
Sobell Foundation	5,000	5,000	5,000
The Edwards Gosling Foundation			2,000
The Foyles Foundation	5,000	5,000	
The Percy Bilton Charity			750
The Reso Charitable Trust	5,000	5,000	
The Albert Hunt Trust	5,000	5,000	
The Clothworkers' Foundation	15,000	15,000	
	<u>97,380</u>	<u>97,380</u>	<u>17,000</u>

3. Costs of charitable activities - by fund type

		Period ended 2024	Period ended 2023
	Restricted funds £	Total £	Total £
Activities by fund type	97,380	97,380	17,000
	<u>97,380</u>	<u>97,380</u>	<u>17,000</u>

Care in Mind

Notes to financial statements for the year ended 31 March 2024

4. Charitable Activities Breakdown

	Period ended 2024	Period ended 2023
Restricted £	£	£
Employee costs		
Sessional Workers	24,750.00	2,000
Volunteer costs		
Volunteer's Expenses	547.00	
Training/CPD/Supervision	3450.00	5,400
Premises Expenses		
Rent Payable	37,682.52	5,893.80
Light, Utilities	3,250	662
Insurance	4,389	1,100
Administrative overheads		
Membership subscriptions	694	320
Marketing	2,347	
Total Support costs	<u>87,390</u>	<u>15,375</u>

5. Costs of charitable activities - by activity

	Activities undertaken directly £	Grant funding activities £	Period ended 2024 Total £	Period ended 2023 Total £
Charitable activities	97,380	-	97,380	17,000
	<u>97,380</u>	<u>-</u>	<u>97,380</u>	<u>17,000</u>

Care in Mind

Notes to financial statements for the year ended 31 March 2024

6. Governance costs

		Period ended	Period ended
	Restricted funds	2024 Total	2023 Total
	£	£	£
Staff costs - Other	-	-	-
Independent Examination	1,000	1,000	-
Interest / Bank Charges	-	-	-
	<u>1,000</u>	<u>1,200</u>	<u> </u>

7. Net incoming resources for the year

	Period ended
	2024 £
Net incoming resources is stated after charging:	
Independent Examination	<u>1,000</u>

Care in Mind
For the year ended 31 March 2024

8. Tangible Fixed Assets

	Computer	Bikes & Df	Vehicle	Total
	£	£	£	£
Cost	4,000	3,000	21,724	28,724
Additions	<hr/>	<hr/>	<hr/>	<hr/>
At March 2024	<u><u>4,000</u></u>	<u><u>3,000</u></u>	<u><u>21,724</u></u>	<u><u>28,724</u></u>
	<hr/>	<hr/>	<hr/>	<hr/>
	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>	<u><u> </u></u>

Care in Mind

Notes to financial statements for the year ended 31 March 2024

9. Creditors: amounts falling due within one year

	2024	2023
	£	£
Other creditors		-
Accruals and deferred income	1,000	
	<u>1,000</u>	<u></u>
	<u></u>	<u></u>

10. Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
Fund balances at 31 March 2024 as represented by:			
Fixed Assets		28,724	
Current liabilities		-1,000	
	<u>-</u>	<u>27,624</u>	<u></u>
	<u></u>	<u></u>	<u></u>

Care in Mind

Notes to financial statements for the year ended 31 March 2024

Cashflow For the Year Ended 31 March 2024

	2024	2023
	£	£
Net incoming / (outgoing) resources for the year	9,990	1,625
Debtors	31,500	
Creditors	-38,682	
	<hr/>	
Net Cash inflow from operating activities	<u>2,808</u>	
Increase in cash in the year	2,808	
Reconciliation of net cash flow to movement in net funds		
Increase in cash in the year	2,808	
Net Funds at March 2024	17,818	
Net funds at 01 April 2024	<u>20,626</u>	

Care in Mind

**Notes to financial statements
for the year ended 31 March 2024**