BURTON & DISTRICT MIND

England & Wales · Charity number 1140492

Details

Status	Registered
Legal form	Charitable company
Company number	07438326
Registered	2011-02-18
Register	View on the Charity Commission register

Contact

Address	67 Branston Road Burton-On-Trent Staffordshire DE14 3BY
Phone	01283566696
Email	info@burtonmind.co.uk
Website	www.burtonmind.co.uk

Activities

Objects: = TO PROMOTE THE PRESERVATION OF MENTAL HEALTH;= TO ASSIST IN RELIEVING AND REHABILITATING PERSONS SUFFERING FROM MENTAL DISORDER OR CONDITIONS OF EMOTIONAL OR MENTAL DISTRESS REQUIRING ADVICE OR TREATMENT;= TO WORK IN CHARITY WITH NATIONAL MIND IN ACCORDANCE WITH THE AIMS AND THEIR OBJECTIVES, AND REFLECT THE POLICIES OF NATIONAL MIND.

Activities: Burton & District Mind promotes mental health & wellbeing in East Staffordshire through the provision of Counselling, Holistic Therapies and group work in partnership with the NHS and with the support of Grant funding and donations from a number of sources.We provide timely interventions which aim to prevent people's mental health deteriorating and enable people to live more fulfilled lives.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups

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Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL
- Staffordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,421,472	£1,325,063	£872,627	40
2024-03-31	£1,423,377	£1,127,264	£776,218	35
2023-03-31	£1,009,688	£700,121	£480,105	20
2022-03-31	£416,374	£439,828	-	-
2021-03-31	£325,123	£272,053	-	-

Trustees

Name	Role	Appointed
KENNETH JOHN BUILTH	Chair	
CYNTHIA DAWN ROBINSON		
Charlene Susan Gethin		2022-10-19
Christopher Edward Pettitt		2026-04-24
DAVID JOHN BASSETT		2018-07-18
Kathleen St Clair		2020-09-16
Louisa Wright		2025-11-13
Susan Adey-Rankin		2016-07-19

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BURTON & DISTRICT MIND

England & Wales - Charity number 1140492

Accounts

REGISTERED COMPANY NUMBER: 07438326 (England and Wales)
REGISTERED CHARITY NUMBER: 1140492

Report of the Trustees and

Financial Statements

for the Year Ended 31 March 2025

for

Burton & District Mind

Bourne & Co
Statutory Auditors
6 Lichfield Street
Burton-on-Trent
Staffordshire
DE14 3RD

Burton & District Mind

Contents of the Financial Statements for the Year Ended 31 March 2025

	Page
Report of the Trustees	1 to 9
Report of the Independent Auditors	10 to 12
Statement of Financial Activities	13
Balance Sheet	14
Cash Flow Statement	15
Notes to the Cash Flow Statement	16
Notes to the Financial Statements	17 to 28

Report of the Trustees
for the Year Ended 31 March 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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) (effective 1 January 2019).

Burton & District Mind have a positive local reputation, and are known to provide high quality services and projects, we have highly trained and dedicated staff who underpin our service delivery and an experienced board of trustees with wide ranging skills and knowledge.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our strategy 2020/24 and the trustee board has remained true to the vision of the association, and this is further reflected in the strategy document. A new strategy was developed in the period covering 2025/27 to cover consecutive years. The board awareness of social investment continues to be high on the agenda. There is planned increased activity in the Tamworth area once the new Safe Haven Crisis Cafe service relocates from its temporary accommodation to a permanent location in central Tamworth. The new venue will further support the planned geographical reach of our charity across the previous strategy. Additionally, the opportunity to develop services due to the national Mental Health Transformation directives supported service growth over the initial strategy period with focus on maintaining this investment across new contractual periods.

OBJECTIVES AND ACTIVITIES

Significant activities

Successful tenders have provided growth of our staff team. All bid and tenders are subject to full-cost recovery protocols to ensure they are fully funded. Contracts of work provided within this period have allowed Burton & District Mind to increase geographical reach and choice for our community. Achievements set within the Strategy have been met with the securing of contracts and providing stability and planned development for our organisation. Midlands Partnership Foundation Trust (MPFT) made the decision to close the partner service led by Alzheimer's Outreach in Oct 2024 of which we were sub-contracted which impacted on annual budgets for the year. Furthermore, MPFT did not reprocure the Safe Hands following a major redesign of community accessible mental health crisis services, impacting funding in financial year 25/26. Following procurement legislation changes both Future Focus and Safe Haven will be directly purchased for a further 3+1+1 years from 1st April 2025.

We have several ongoing NHS contracts through Midland Partnership Foundation Trust (MPFT) including:

- Staffordshire Wellbeing Talking Therapies	- Providing counselling for mental health counselling appointments through phone, video and face to face sessions across our area of benefit.
- Future Focus - previously part of Mental Health Transformation	- Working with 4 third sector partners to provide Future Focus Recovery Workers,Team Leader and Deputy Team Leader. Future Focus covers Burton, Uttoxeter, Lichfield, Burntwood and Tamworth and provides additional community support to clients within secondary care mental health services, to help reduce barriers that can cause prolonged mental ill health and social isolation.
- Safe Haven Crisis Café	- A safe space in Tamworth providing support for those in mental health crisis or emotional distress, reducing presentations at A & E and GP surgeries. Supported by a team of Recovery Workers, Team Leader, Deputy Team Leader, volunteers and peer helpers.

Additional services provided within the period -:

- EAP Thinkwell to Staffordshire County Council	- Providing one to one counselling sessions both through County Council Employment employee self-referral and manager referral.
- School funding Young Peoples Counselling	- Providing counselling sessions to sixth form students 16-18 at a local college.

OBJECTIVES AND ACTIVITIES

Our Grants and fundraising projects include low-cost counselling sessions, Music Minds, Mind-makeover sessions, Ecotherapy, Forest bathing, Walk and talk football, Bat and Chat Cricket, Library Listening Space and virtual peer support group and others in the local communities.

We also provide fast tracked self-funded private counselling sessions funded by the client.

OBJECTIVES AND ACTIVITIES

Public benefit

On-going fundraising activities have continued beyond the Mind grant that sponsored its development. Future Focus, partnering with organisations allowed for delivery of services across South Staffordshire in 4 additional locations. Future Focus strengthened the links and resources with our partner organisations and provided further development opportunities within the localities. Burton and District Mind has achieved greater reach through our improved social media activities supported by a part-time worker and volunteers.

Being part of this sector enables us to deliver services that are influenced by the needs of our beneficiaries in the most innovative and cost-effective way. Burton & District Mind aim to work closely with statutory services and other third sector organisations to bridge gaps in provision and shape the needs of our local beneficiaries.

Volunteers

Increased activity to recruit, train and deploy volunteers has created additional resource for induction and training of new volunteers and new community activities. Developments such as Library Listening Spaces, Peer Support facilitators, Safe Haven volunteers and peer buddies, Future Focus buddies for appointments, fundraising support, and service-related communications.

Increased support within funded projects has provided extra resource for participants within wider community-based venues. Co-production and involvement has been increased through volunteer MH Ambassadors, participation and influence to better reflect needs analysis supporting future planning of services and need.

STRATEGIC REPORT

Achievements and performance

This period saw Burton & District Mind achieve significant milestones that solidify our operational stability and service provision.

A major success was securing a long-term leased property to serve as a permanent base for our Safe Haven project in Tamworth. This development was immediately complemented by securing directly commissioned three year contracts for both the Safe Haven and Future Focus projects.

Crucially, the Safe Haven contract was structured to align with the property's lease period, which significantly mitigates financial risk over the initial three-year term and includes the potential for subsequent one-year extensions (1 + 1 option).

Despite some shifts in commissioner-led decisions, we successfully maintained a strong, collaborative relationship with MPFT, retaining our position as a preferred provider.

We continued to invest in improving our communications and maintaining a sharp focus on expanding our geographical reach remains a strategic priority moving forward.

Financial Report

Burton & District Mind continued to successfully maintain it's income at £1.4m, despite the early end to the Alzheimer's contract in Oct 2024 and the end of the longstanding Trent and Dove contract in June 2024. There was a noticeable 46% drop in Donation's and Legacies in the year equating to £42k, where a challenging environment has been seen. Counteracting this drop in Donations, Charitable Activities saw an increase of 35k including funding received to complete the fit out of the new permanent venue for the Safe Haven Crisis Cafe in Tamworth.

For 2024-25, 95.5% of the income related to our Charitable Activities, just 3.5% of income related to Donations and Legacies with 1% of income relating to Other Activities, including a venture into Workplace Health.

The main sources of income were from several Midlands Foundation Trust contracts, totalling £1.2m including Safe Hands and Safe Haven, Future Focus and Talking Therapies Counselling. In addition to this there was £40k from the Alzheimer's Outreach contract, £36k from Lichfield District Council and £4k from Burntwood Town Council for the Community Development Project, £9k from Trent and Dove and £1.5k from Staffordshire County Council Thinkwell contract. There was also £22k in Other Grants, £8k in other counselling and £6k in Workplace Health.

There have been the following changes in total income in recent years.

Total income for 2024-25 was £1,421,472, a small decrease of £1,905.
Total income for 2023-24 was £1,423,377, an increase of £413,688.
Total income for 2022-23 was £1,009,689, an increase of £593,313.
Total income for 2021-22 was £416,376, an increase of £91,252.
Total income for 2020-21 was £325,124, an increase of £91,598.
Total income for 2019-20 was £233,526.

Coupled with the additional income for the Crisis Cafe was the corresponding expenditure for the fit out, legal fees and the lease of the property but the main increase to the cost base related to an increase of £108k in staffing costs with 10 new starters in the year. These included additional heads to support the Safe and Future Focus contracts as well as an additional Outreach Worker for the Alzheimer's contract and a Project Support Worker for the Burntwood and Lichfield area. We also invested in our core team in the areas of Finance and Communications and later in the year Fundraising and Customer Relationship Management. The total headcount averaged at 40 heads across the year, an increase from 35 heads in the prior year.

There has been the following changes in total expenditure in recent years.

Total expenditure for 2024-25 was £1,325,063, an increase of £197,799.
Total expenditure for 2023-24 was £1,127,264, an increase of £427,142.
Total expenditure for 2022-23 was £700,122, an increase of £260,294.
Total expenditure for 2021 -22 was £439,828, an increase of £167,774.
Total expenditure for 2020-21 was £272,054, an increase of £56,046.
Total expenditure for 2019-20 was £216,008.

Our Reserves Fund has been maintained at £68k, which covers our winding up costs should they be required. This is reviewed every 6 months to ensure it reflects the current structure/risk.

We have continued to maintain the small mortgage for our registered office, "Birkett House". We continue to ensure that all other costs are managed to ensure value for money.

There has been an increase in the Tangible Fixed Assets of £20k in relation to capitalised costs for the new driveway.

Bourne & Co, Statutory Auditors, 6 Lichfield Street, Burton-on-Trent complete our annual audit in line with the Charity Commission's Audit Requirements and to ensure the accounts are completed in line with the requirements of the Charities Statement of Recommended Practice and (FRS 102 accounting standards).

The Board of Trustees have and will continue to ensure that projects are in line with our Strategic Plan.

Financial and risk management objectives and policies
The national wage increase has increased our employment costs this year as we have managed to maintain an increment above this for all base rates of pay. There has also been a noticeable reduction in charitable donations which may be as a direct result of the on-going cost of living crisis. It has been identified that some funders will no longer fund core staff as part of the terms of their grants and we will look to source additional funds for this year over the next financial year.

Burton & District Mind anticipate the next Mind Quality Mark (MQM) round in 2025/26 - MQM this rigorous assessment and auditing process takes place every three years and covers all aspects of charity governance and operations. Recent Mind improvements to the MQM should serve to further improve our board and organisational processes beyond its completion next year. We will continue to review and further improve our organisations attitude to risk management, it's monitoring, and our policies and procedures to ensure we are operating with the most up to date knowledge of law and legislation to achieve optimum quality and governance.
Burton & District Mind will pursue the completion of Cyber Essentials accreditation and maintain the Data Protection and Security toolkit and ICO registered.

STRATEGIC REPORT

Future plans

During the period our contracts of work have continued to develop to meet increasing community demands and to further support VCSE work with the NHS. Although there have been changes in direction and NHS priorities Burton & District Mind remain a preferred provider to the NHS. We expect some reduction across the NHS funding landscape following the end of the Mental Health Transformation period, we will look wider to identify appropriate funders to maintain our sustainability. From 2025/26 there will be further government changes around employment law, and we anticipate how this will affect Burton & District Mind as employers. On-going recruitment difficulties and the potential risk of loss of key staff continues to be identified risk to our organisation. Future work will be completed by the board along with the senior management team to continue to strengthen and maintain our infrastructure to mitigate some identified risks. Further development will form a vital part of our onward work for 2025/27 strategy.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

As summarised in our governing documents the purposes of Burton & District Mind are.

- To promote the preservation of mental health.
- To assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.
- To work in association with Mind in accordance with their aims and their objectives

Burton & District Mind are the regions primary mental health charity. In line with our Strategy the trustees have remained true to our purposes and vision.

The trustees of Burton and District Mind take ultimate responsibility for compliance. The trustee board delegates operational management to the Chief Officer and Senior Management Team.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Recruitment and appointment of new trustees

Trustees are recruited based on the annual Trustee Skills audit report and Risk Assessment report which are completed by the trustee board. These activities inform the board on emerging needs of the charity and skills gap within the trustee board. Board recruitment is addressed in several ways from advertising on our website, advertising with Indeed, Support Staffordshire our local VCSE support service, promoting trustee opportunities at health events the charity attends and within our networks and partnerships. The charity has a trustee recruitment process and application process which must be completed successfully prior to an applicant becoming a charity trustee.

The board complete a full volunteer induction including training to better understand the role and responsibilities and are invited to attend the national Festival of Trusteeship annually. Additional annual training may be added on an ad hoc basis if law and legislation require further advice and guidance.

The trustee board follow an annual timetable of governance processes to ensure that structure, governance and legal status of the charity remains focused and strategic.

Annually the trustee board oversee annual staff remuneration through a formal trustee steering group. The steering group review the charities activities and contracts of work and compare equivalent charitable posts and salaries. The Trustee Steering group will propose staff annual increases to the full trustee board for the purposes of voting.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
07438326 (England and Wales)

Registered Charity number
1140492

Registered office
67 Branston Road
Burton on Trent
Staffordshire
DE14 3BY

Trustees
Ms S Adey-Rankin Retired
D J Bassett Engagement Officer
K J Builth Retired
Ms C S Gethin Chief Executive
Ms C D Robinson Retired
Ms K St Clair Retired
Ms D Worley Chartered Management Accountant (resigned 6.11.24)
Ms S Jay (resigned 21.7.24)

REFERENCE AND ADMINISTRATIVE DETAILS

Auditors

Bourne & Co
Statutory Auditors
6 Lichfield Street
Burton-on-Trent
Staffordshire
DE14 3RD

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Burton & District Mind for the purposes of company law) are responsible for preparing the Report of the Trustees 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. Under that law, the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

Under company law the trustees must not approve the financial statements unless they are satisfied that they 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 those 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 accounting standards 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 charitable company will continue in business.

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 to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

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

AUDITORS

The auditors, Bourne & Co, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the Trustees
for the Year Ended 31 March 2025

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 13.11.25 and signed on the board's behalf by:

.....

K J Builth - Trustee

Report of the Independent Auditors to the Members of Burton & District Mind

Opinion

We have audited the financial statements of Burton & District Mind (the 'charitable company') for the year ended 31 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of the audit:
- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:
- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

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

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

Report of the Independent Auditors to the Members of
Burton & District Mind

Our responsibilities for the audit of the financial statements

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

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- Discussions and correspondence with management, including known or suspected instances of non-compliance with laws and regulations and fraud
- Reviewing nominal ledger transactions with particular emphasis on journal entries posted by management
- Being alert throughout our work for anything considered unusual by virtue of size or nature.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

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

Use of our report

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

David Meadows F.C.A. (Senior Statutory Auditor)
for and on behalf of Bourne & Co
Statutory Auditors
6 Lichfield Street
Burton-on-Trent
Staffordshire
DE14 3RD

Date: 20th Novembe 2025

Burton & District Mind

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2025

	Notes	Unrestricted funds £	Restricted fund £	31.3.25 Total funds £	31.3.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	48,056	1,000	49,056	91,086
Charitable activities	5				
Charitable activities		260,731	1,097,312	1,358,043	1,322,904
Other trading activities	3	9,623	-	9,623	5,265
Investment income	4	4,750	-	4,750	4,122
Total		323,160	1,098,312	1,421,472	1,423,377
EXPENDITURE ON					
Charitable activities	6				
Charitable activities		379,559	945,504	1,325,063	1,127,264
NET INCOME/(EXPENDITURE)		(56,399)	152,808	96,409	296,113
Transfers between funds	20	416,844	(416,844)	-	-
Net movement in funds		360,445	(264,036)	96,409	296,113
RECONCILIATION OF FUNDS					
Total funds brought forward		355,430	420,788	776,218	480,105
TOTAL FUNDS CARRIED FORWARD		715,875	156,752	872,627	776,218

The notes form part of these financial statements

Balance Sheet
31 March 2025

	Notes	Unrestricted funds £	Restricted fund £	31.3.25 Total funds £	31.3.24 Total funds £
FIXED ASSETS					
Tangible assets	13	63,518	81,665	145,183	125,312
CURRENT ASSETS					
Debtors	14	24,945	108,891	133,836	68,467
Cash at bank and in hand		641,540	80,644	722,184	710,718
		666,485	189,535	856,020	779,185
CREDITORS					
Amounts falling due within one year	15	(14,128)	(44,040)	(58,168)	(54,592)
NET CURRENT ASSETS		652,357	145,495	797,852	724,593
TOTAL ASSETS LESS CURRENT LIABILITIES		715,875	227,160	943,035	849,905
CREDITORS					
Amounts falling due after more than one year	16	-	(70,408)	(70,408)	(73,687)
NET ASSETS		715,875	156,752	872,627	776,218
FUNDS	20				
Unrestricted funds				715,875	355,430
Restricted funds				156,752	420,788
TOTAL FUNDS				872,627	776,218

The financial statements were approved by the Board of Trustees and authorised for issue on ..... 13/11/25 ..... and were signed on its behalf by:

.....

K J Builth - Trustee

The notes form part of these financial statements

Burton & District Mind

Cash Flow Statement
for the Year Ended 31 March 2025

	Notes	31.3.25 £	31.3.24 £
Cash flows from operating activities			
Cash generated from operations	1	35,894	229,169
Finance costs paid		(5,961)	(5,064)
Net cash provided by operating activities		29,933	224,105
Cash flows from investing activities			
Purchase of tangible fixed assets		(20,150)	(125,418)
Interest received		4,750	4,122
Net cash used in investing activities		(15,400)	(121,296)
Cash flows from financing activities			
New loans in year		-	79,000
Loan repayments in year		(9,028)	(7,522)
Loan interest in year		5,961	5,064
Net cash (used in)/provided by financing activities		(3,067)	76,542
Change in cash and cash equivalents in the reporting period		11,466	179,351
Cash and cash equivalents at the beginning of the reporting period		710,718	531,367
Cash and cash equivalents at the end of the reporting period		722,184	710,718

The notes form part of these financial statements

Notes to the Cash Flow Statement for the Year Ended 31 March 2025

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.3.25 £	31.3.24 £
Net income for the reporting period (as per the Statement of Financial Activities)	96,409	296,113
Adjustments for:		
Depreciation charges	279	106
Interest received	(4,750)	(4,122)
Finance costs	5,961	5,064
(Increase)/decrease in debtors	(65,369)	634
Increase/(decrease) in creditors	3,364	(68,626)
Net cash provided by operations	35,894	229,169

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.24 £	Cash flow £	At 31.3.25 £
Net cash			
Cash at bank and in hand	710,718	11,466	722,184
	710,718	11,466	722,184
Debt			
Debts falling due within 1 year	(2,855)	(212)	(3,067)
Debts falling due after 1 year	(73,687)	3,279	(70,408)
	(76,542)	3,067	(73,475)
Total	634,176	14,533	648,709

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Burton & District Mind is a Charitable Company incorporated in England & Wales and limited by Guarantee. In the event of being wound up, the liability in respect of guarantees is limited to £1 per member of the charity. The registered office is given in the Trustees Report on pages 1 and 2 of these financial statements. The nature of the charity's operations and principal activities are also included within the Trustees Report.

The financial statements are presented in sterling which is the functional currency of the charity.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Where income is paid in advance by the customer and that income covers a period of time straddling the year end, the income is apportioned so that it is allocated to the financial year in which the services are delivered.

Income is accrued for where the activities have been performed but not invoiced at the year end.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

The company acquires some assets that are the purpose of a specific project (charitable activity) for which funding is obtained. These assets are not capitalised but are instead treated as expenditure such that they are offset against the income to which they relate.

Any assets not acquired for the purpose of a specific project are capitalised.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the depreciated replacement cost of each asset to its expected residual value evenly over its expected useful life as follows:

- Freehold buildings	- over 50 years
- Fixtures and fittings	- 15% reducing balance

continued...

1. ACCOUNTING POLICIES - continued

Tangible fixed assets

No depreciation charge has been charged on the building as the residual value is considered to be at least equal to cost.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Hire purchase and leasing commitments
Rentals payable under operating leases are charged to profit or loss on a straight line basis over the lease term, unless the rental payments are structured to increase in line with expected general inflation, in which case the company recognises annual rent expense equal to amounts owed to the lessor.

Hire of equipment is charged directly to profit or loss, as incurred.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

The liability and expense is allocated to specific projects and activities and between restricted and unrestricted funds on a time spent basis.

Debtors and creditors
Debtors and Creditors are measured at transaction price, less any impairment.

continued...

2. DONATIONS AND LEGACIES

	31.3.25	31.3.24
	£	£
Donations	36,192	91,086
Gift aid	34	-
Legacies	12,830	-
	49,056	91,086

3. OTHER TRADING ACTIVITIES

	31.3.25	31.3.24
	£	£
Other	9,623	5,265

4. INVESTMENT INCOME

	31.3.25	31.3.24
	£	£
Deposit account interest	4,750	4,122

5. INCOME FROM CHARITABLE ACTIVITIES

		31.3.25	31.3.24
	Activity	£	£
Grants	Charitable activities	21,606	71,720
Contract income	Charitable activities	1,336,437	1,251,184
		1,358,043	1,322,904

Grants of £21,606 (2024: £71,720) comprise £15,000 from Mercer Farming to fund Ecotherapy programmes (2024:£15,000), £-2,394 repaying part of a grant received last year from the English Sports Council to run the Bat & Chat Cricket project (2024: £7,860), £4,000 from National Mind relating to a Buxton movers grant (2004: £nil) and £5,000 from Toyota Manufacturing UK charitable trust for Music Minds (2004: £nil).

In the previous year, grants of £1,000 from National Mind EFL Grant for the Walk & Talk Football programme, £10,097 in respect of a National Mind Organisational & Development Grant to employ a part time fundraiser, £24,390 from National Mind for the Mentor Mental Health Productivity Pilot, £375 in respect of a Tesco Community Grant for the Mindfulness sessions, £5,999 from National Mind as part of the Equity & Lived Experience Development Fund to run the LQBTQI+ Expression Forum, £5,000 from the Screwfix Foundation towards the refurbishment of the driveway to the office on Branston Road and £1,999 from South East Staffs as part of the Healthy Communities programme, running a series of Mind Makeover pyschoeducation sessions, for which no corresponding grants have been received in the year ending 31 March 2025.

continued...

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Charitable activities	1,231,821	93,242	1,325,063

7. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Charitable activities	79,781	5,961	7,500	93,242

Support costs, included in the above, are as follows:

	31.3.25 Charitable activities	31.3.24 Total activities
	£	£
Wages	61,474	57,422
Social security	6,475	5,916
Pensions	5,822	5,440
Other operating leases	-	513
Rates and water	143	134
Insurance	2,914	1,481
Light and heat	405	390
Telephone	532	864
Postage and stationery	1,036	638
Sundries	64	73
Professional fees	108	662
Subscriptions	529	94
Depreciation of tangible and heritage assets	279	106
Bank charges	-	1
Interest payable and similar charges	5,961	5,064
Auditors' remuneration	7,500	7,200
	93,242	85,998

continued...

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.25	31.3.24
	£	£
Depreciation - owned assets	279	106
Other operating leases	34,146	15,997

9. AUDITORS' REMUNERATION

Audit and accountancy fees charged to the profit and loss account during the year comprise £3,750 for audit fees and £3,750 for accountancy fees. (2024: £3,600 and £3,600 respectively).

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

Trustees' expenses paid for the year ended 31 March 2025 were £25 relating to a mileage claim (2024: nil).

11. STAFF COSTS

	31.3.25	31.3.24
	£	£
Wages and salaries	845,882	785,080
Social security costs	63,651	56,156
Other pension costs	59,442	21,618
	968,975	862,854

The average monthly number of employees during the year was as follows:

	31.3.25	31.3.24
Senior Management	4	4
Counsellors	8	8
Project Workers/Support Roles	7	5
Recovery Workers	21	18
	40	35

No employees received emoluments in excess of £60,000.

continued...

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	81,236	9,850	91,086
Charitable activities			
Charitable activities	210,460	1,112,444	1,322,904
Other trading activities	5,265	-	5,265
Investment income	4,122	-	4,122
Total	301,083	1,122,294	1,423,377
EXPENDITURE ON			
Charitable activities			
Charitable activities	306,131	821,133	1,127,264
NET INCOME/(EXPENDITURE)	(5,048)	301,161	296,113
Transfers between funds	114,544	(114,544)	-
Net movement in funds	109,496	186,617	296,113
RECONCILIATION OF FUNDS			
Total funds brought forward	245,934	234,171	480,105
TOTAL FUNDS CARRIED FORWARD	355,430	420,788	776,218

continued...

13. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
At 1 April 2024	123,444	1,974	125,418
Additions	20,150	-	20,150
At 31 March 2025	143,594	1,974	145,568
DEPRECIATION			
At 1 April 2024	-	106	106
Charge for year	-	279	279
At 31 March 2025	-	385	385
NET BOOK VALUE			
At 31 March 2025	143,594	1,589	145,183
At 31 March 2024	123,444	1,868	125,312

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25 £	31.3.24 £
Prepayments and accrued income	133,836	68,467

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25 £	31.3.24 £
Bank loans and overdrafts (see note 17)	3,067	2,855
Trade creditors	55,101	51,737
	58,168	54,592

continued...

16. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.3.25	31.3.24
	£	£
Bank loans (see note 17)	70,408	73,687

17. LOANS

An analysis of the maturity of loans is given below:

	31.3.25	31.3.24
	£	£
Amounts falling due within one year on demand:		
Bank loans	3,067	2,855
Amounts falling between one and two years:		
Bank loans - 1-2 years	3,067	2,855
Amounts falling due between two and five years:		
Bank loans - 2-5 years	9,200	8,565
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	58,141	62,267

18. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.25	31.3.24
	£	£
Within one year	22,929	1,814
Between one and five years	79,441	5,442
	102,370	7,256

continued...

19. SECURED DEBTS

The following secured debts are included within creditors:

	31.3.25	31.3.24
	£	£
Bank loans	73,475	76,542

The loan taken out to fund the acquisition of the freehold property is secured on the property itself.

20. MOVEMENT IN FUNDS

	At 1.4.24	Net movement in funds	Transfers between funds	At 31.3.25
	£	£	£	£
Unrestricted funds				
General fund	199,987	(43,517)	(38,320)	118,150
Designated	155,443	(12,882)	455,164	597,725
	355,430	(56,399)	416,844	715,875
Restricted funds				
Restricted	420,788	152,808	(416,844)	156,752
TOTAL FUNDS	776,218	96,409	-	872,627

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	161,909	(205,426)	(43,517)
Designated	161,251	(174,133)	(12,882)
	323,160	(379,559)	(56,399)
Restricted funds			
Restricted	1,098,312	(945,504)	152,808
TOTAL FUNDS	1,421,472	(1,325,063)	96,409

continued...

20. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	116,106	(24,784)	108,665	199,987
Designated	129,828	19,736	5,879	155,443
	245,934	(5,048)	114,544	355,430
Restricted funds				
Restricted	234,171	301,161	(114,544)	420,788
TOTAL FUNDS	480,105	296,113	-	776,218

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	148,920	(173,704)	(24,784)
Designated	152,163	(132,427)	19,736
	301,083	(306,131)	(5,048)
Restricted funds			
Restricted	1,122,294	(821,133)	301,161
TOTAL FUNDS	1,423,377	(1,127,264)	296,113

continued...

20. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
General fund	116,106	(68,301)	70,345	118,150
Designated	129,828	6,854	461,043	597,725
	245,934	(61,447)	531,388	715,875
Restricted funds				
Restricted	234,171	453,969	(531,388)	156,752
TOTAL FUNDS	480,105	392,522	-	872,627

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	310,829	(379,130)	(68,301)
Designated	313,414	(306,560)	6,854
	624,243	(685,690)	(61,447)
Restricted funds			
Restricted	2,220,606	(1,766,637)	453,969
TOTAL FUNDS	2,844,849	(2,452,327)	392,522

continued...

21. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

mind Burton & District

Annual Report 2024-25

mind Burton & District

Contents

Chair of the Board of Trustees.....3

Chief Officer.....4

Financial Report.....6

Operations Manager.....8

Development and Sustainability.....10

Future Focus.....22

Safe Haven.....28

CRM.....31

Chair of the Board of Trustees Report

Chairmans statement AGM Report 2024-2025

I would like to start by thanking the Vice Chair, Kay and the board for all their help and support over the past year.

Also, a huge thank you to Lynne and the senior team, staff and all the volunteers for the effort and commitment to Burton & District Mind, which is the reason for our continued success.

The voluntary sector is becoming increasingly challenging financially, especially in mental health.

We do however have a history of resilience and creativity to overcome future challenges and to adapt our approaches.

Burton & District Mind has gained a reputation with funders for quality and delivery.

Just one of our achievements this year has been the move of our Safe Haven Café in Tamworth.

It is more central and accessible place enabling us to expand the service to the people in the area and provide a greater service offer to the communities we serve.

No doubt these will further challenges ahead but I'm sure they will be met and will continue to provide help and assistance to those in need.

Ken Builth,
Chairman

Chief Officer's Report

AGM Report 2024-2025

In March 2025 I was invited to represent Burton & District Mind along with 5 other local charities and a few small businesses to meet a senior royal during a visit to the area.

We were informed on arrival we would be meeting King Charles III. The King was very interested to hear about our local work and about our team and volunteers. He acknowledged the importance of the work that charities do and the value we provide. It was a real honour for our organisation to be recognised and invited to this personal royal visit.

After more than two years of searching, lots of property viewings and a few setbacks along the way, we were delighted to secure a lease on new premises at 34 Market Street, Tamworth. The building underwent substantial refurbishment by the landlord, which gave us the opportunity to request specific adaptations to meet the needs of our Safe Haven service. The Safe Haven team and volunteers worked hard and further enhanced the space with feature walls and welcoming touches, creating a calm and inviting environment for our visitors. By late spring, the property was ready, and the team successfully relocated. Since the move, Safe Haven has gone from strength to strength, with a marked increase in the number of people directly accessing support.

As many organisations and services move to remote delivery, we are especially proud to maintain physical premises in Burton, Burntwood, and now Tamworth. This ensures that Burton & District Mind remains a visible and accessible presence for those who need our support.

Our new Tamworth premises have also created valuable additional space for the wider organisation. Services such as Future Focus (both one-to-one and group sessions), counselling, staff meetings, training, and interviews have all benefited from the increased flexibility the new building provides.

Meanwhile, our Development and Sustainability Team has expanded community-based activities across Burntwood and Tamworth, reflecting those already established in East Staffordshire. These developments have strengthened our local presence and reinforced Burton & District Mind's reputation as a trusted mental health provider in the region.

Chief Officer's Report

AGM Report 2024-2025

Unfortunately, the year also brought the closure of the Safe Hands service. Our funder, Midlands Partnership Foundation Trust (MPFT), made the strategic decision to redesign local mental health crisis services to improve community access. As Safe Hands was embedded within local crisis teams, individuals in crisis could not refer directly to the service.

As our Safe Hands team were experienced and training in NHS settings and digital systems the MPFT were keen to support them into MPFT roles. We worked closely with MPFT to support our staff through this ending period. Seven team members were assisted and supported to apply for local NHS roles, and by 31st March, 86% had successfully secured new positions within the local NHS or continued to receive active application support from MPFT.

On a positive note, we successfully secured 3 year (+1 +1) block contracts for both Future Focus and Safe Haven. This achievement reflects the consistently high quality of our work, the strong outcomes delivered by our teams, and our continued reputation as a trusted NHS partner. Both services continue to evolve, introducing new ideas, activities, and resources to better meet the needs of those we support. With the introduction of our community-based projects ranging from Mind Makeover, and Music Mind's to Bat and Chat cricket and walk and talk , we now offer a diverse range of services that meet a wide variety of community needs. The team are not stopping there; even more creative and engaging initiatives are in the pipeline.

Finally, I would like to express my heartfelt thanks to our amazing staff, volunteers, trustees, and associates for their outstanding work and unwavering drive and dedication.

Your commitment continues to make a real difference in the lives of those we serve in our community.

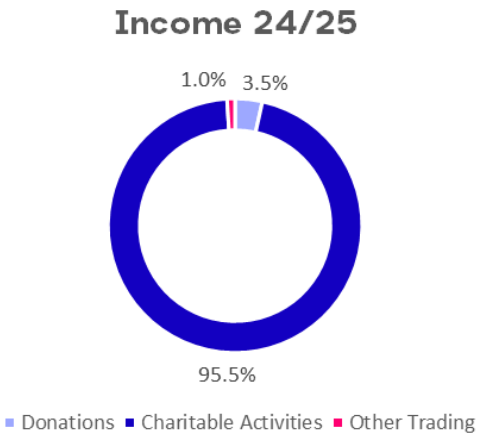
Thank you all sincerely,
Lynne Barrell
Chief Officer

Financial Report

AGM Report 2024-2025

Burton & District Mind continued to successfully maintain its income at £1.4m, despite the early end to the Alzheimer's contract in Oct 2024 and the end of the longstanding Trent and Dove contract in June 2024.

There was a noticeable 46% drop in Donations and Legacies in the year equating to £42k, where a challenging environment has been seen. Counteracting this drop in Donations, Charitable Activities saw an increase of £35k including funding received to complete the fit out of the new permanent venue for the Safe Haven Crisis Café in Tamworth.



For 2024/25, 95.5% of the income related to our Charitable Activities, just 3.5% of income related to Donations and Legacies with 1% of income relating to Other Activities, including a venture into Workplace Health.

The main sources of income were from several Midlands Partnership Foundation Trust contracts, totalling £1.2m including Safe Hands and Safe Haven, Future Focus and Talking Therapies Counselling.

In addition to this there was £40k from the Alzheimer's Outreach contract, £36k from Lichfield District Council and £4k from Burntwood Town Council for the Community Development Project, £9k from Trent and Dove and £1.5k from Staffordshire County Council Thinkwell contract. There was also £22k in Other Grants, £8k in other counselling and £6k in Workplace Health.

Coupled with the additional income for the Crisis Café was the corresponding expenditure for the fit out, legal fees and the lease of the property but the main increase to the cost base related to an increase of £108k in staffing costs with 10 new starters in the year. These included additional heads to support the Safe and Future Focus contracts as well as an additional Outreach Worker for the Alzheimer's contract and a Project Support Worker for the Burntwood and Lichfield area.

Financial Report

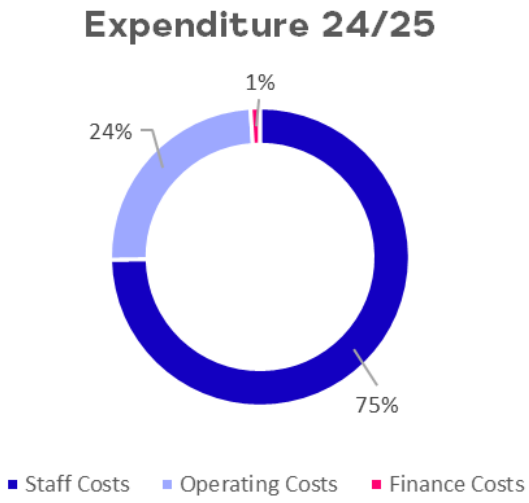
AGM Report 2024-2025

We also invested in our core team in the areas of Finance and Communications and later in the year Fundraising and Customer Relationship Management. The total headcount averaged at 40 heads across the year, an increase from 35 heads in the prior year.

Our Reserves Fund has been maintained at £68k, which covers our winding up costs should they be required. This is reviewed every 6 months to ensure it reflects the current structure/risk.

We have continued to maintain the small mortgage for our registered office, “Birkett House”. We continue to ensure that all other costs are managed to ensure value for money.

There has been an increase in the Tangible Fixed Assets of £20k in relation to capitalised costs for the new driveway.



Bourne & Co, Statutory Auditors, 6 Lichfield Street, Burton-on-Trent complete our annual audit in line with the Charity Commission's Audit Requirements and to ensure our accounts are completed within the Charities SORP (FRS 102) accounting standards. The Board of Trustees have and will continue to ensure that projects are in line with the Strategic Plan.

Anthea Howard
Head of Finance

Operations Manager's Report

AGM Report 2024-2025

Over the year from April 2024 to March 2025 we have been continuing the counselling support that we have been providing to those in the East Staffordshire and South East Staffordshire area with our NHS and Direct counselling services.

I would like to say a very big thank you to all our staff at Burton & District Mind, our colleagues and volunteers for the continued hard work that they have put in over the year and the consistent delivery of the mental health support to our community.

Our NHS counselling has continued with a steady stream of clients coming through and have been receiving the support face to face as well as remotely. Our face to face sessions have progressed into the Burntwood areas, providing the face to face counselling in the locality of Burntwood to help provide different ways of accessing to clients in that area, otherwise they have to travel 30 minutes to Tamworth and Burton.

This has allowed local clients to be seen in their local area and provided them with more of an option to access therapy, as face to face allows those that are unable to do remote or have the preference for the face to face for human interaction.

We have continued providing the Anger Management pathway as well and the Counselling for Wellbeing pathway which has seen an increase in referrals. Our counselling team has continued to provide mental health support to those in need of our services and have maintained the highest level of quality and also managing the waiting list in a timely manner.

Our direct counselling services has also continued to increase in referrals and have maintained a steady pace of clients coming through for the low cost counselling, low cost coaching and also private counselling. Our coaching pathway has increased in referrals as there has been more awareness of the benefits of coaching and is continuing to progress with the support that we are providing for those in our area.

These services have been managed by our team of associate counsellors who have continued to be reliable and on hand to pick up clients as and when requested.

Operations Manager's Report

AGM Report 2024-2025

They have also been providing this support face to face as well as remotely even though we have seen a high number of clients on these pathways requesting more face to face than remote which we have been able to provide.

Due to lack of funding we have been unable to secure the young people's funding that we previously had been using to provide the emotional wellbeing support we were providing at Deferrers, this has meant that we had to approach Deferrers in either removing the support from the school or self-funding the young people's counsellor to which they have opted to self-fund the young people's counsellor.

This has shown the great work that we have been providing which they also have seen at the school. We will continue to look for further opportunities to provide these services through some other funding sources.

Finally, a big thank you to all our Therapists Associates and Salaried who have continued to provide our counselling services through the NHS as well as the Direct Counselling and Coaching services that we provide and have maintained the highest quality of support to our clients in need of mental health support.

A list of our Counsellors and Coaching therapist are listed below:

Amy Marlow, Alison Fitzsimmons, David Petch, Daniel Harris, Edward Degg, Laura Riley, Tom Grace, Yvonne Builth, Liz Matthews and Rob Hallott.

A very Big Thank You to you all for all your hard work and support to Burton & District Mind.

Zainera Liaqat
Operations Manager /
Counselling for Wellbeing Lead & Counsellor

Development and Sustainability Report

AGM Report 2024-2025

Overarching Goal

Burton & District Mind to increase sustainable capacity through geographical and community growth, income diversification and increased service user and volunteer involvement, in preparation for future Mental Health contracts.

Foreword

The Development and Sustainability Team continues to grow the number of people our charity reaches.

This year we have put special efforts into deepening the reach into the community. We are now better positioned and equipped in helping audiences and communities which haven't always seen Mind as an agency for their good mental health

We have been successful in our reach into Lichfield District and building on that success, as team, we have also moved into Tamworth. We have a greater reach into Asian communities and LGBTQIA+ audiences.

We have also developed and delivered our first psycho-education programme, co-produced with people with lived experience of mental health problems.

As before, our key objectives have been:

1. Community Help and projects throughout East Staffordshire, Lichfield District and Tamworth Borough
2. Volunteer Programme
3. Commercial Modelling
4. Increased Capacity and Infrastructure

Development and Sustainability Team

- Keri Lawrence, Development and Sustainability Officer
- Emma Godfrey, East Staffs Project Support Coordinator
- Ben Longmore, Lichfield Project Support Coordinator
- Jo Smith, Funding Support Coordinator
- Tom Lawson, Communications Coordinator

We are also supported by associates and partners including:

- Lesley Kirk, Wellbeing Associate
- Little Trees
- Remedies Health and Wellbeing
- Lalita Heier, Wellbeing Associate
- Circularity.org
- Rolleston Cricket Club
- Thrive Fitness and Nutrition
- Life Sport Fitness Lichfield
- Muddy Boots
- Elim Church
- Queen Street Community Centre
- Burton Caribbean Association

Huge thanks to the team for all the hard work.

Development and Sustainability Report

AGM Report 2024-2025

Community Help: East Staffordshire, Lichfield District and Tamworth Borough

Activity Projects

Over the year, Burton & District Mind provided 16 projects chosen by local audiences, two more than previous year. The team has provided high quality projects for 202 people, increasing wellbeing, self-esteem, and social connectivity. This is an increase of 175% on last year.

Project	Key Dates	Funder		# of Participants Supported
Burton Arts Peer Support Group	Apr 2024 – Ongoing	Community Fundraising		12
Mind Matters Burntwood Peer Support Group	Apr 2024 – Ongoing	Community Fundraising		12
Virtual Peer Support Group	Apr 2024 – Ongoing	Community Fundraising		6
Older Adults Outreach	Aug 2024 – October	Alzheimer's Society and MPFT		9
Spring 2024 Eco Therapy – Muddy Boots	Apr 2024– Jul 2024	Mercers Family Foundation		8
Music Minds	May 2024- Jul 2024	Toyota Manufacturing Trust		11
Expression: LGBTQIA+ Equity Steering Goup	Jan 2024- Mar 2024	Mind		9
Lichfield Mindfulness	Nov 2024- Dev 2024	Community Fundraising		5
Autumn 2024 Eco Therapy – Muddy Boots	Sep 2024- Dec 2024	Mercers Family Foundation		11
Mind Makeover Pilot	Mar 2024 – Dec 2024	South East Staffs Healthy Communities		11
Running Group Burton	Sep 2024- Dec 2024	Mind and Buxton Water		5
Running Group Lichfield	Sep 2024- Dec 2024	Mind and Buxton Water		8
Helen's Bursary	Jan 2025 - ongoing	Lichfield Kaleidoscope Choir		1
Music Mindfulness Burntwood	Nov 2024- Dec 2024	Finch Consultancy		8
Wellbeing Techniques, Burton	Nov 2024- Dec 2024	Toyota Manufacturing Trust		6
Winter/Spring 2025 Eco Therapy – Muddy Boots	Jan 2025 – Mar 2025	Mercers Family Foundation		8

All projects are expertly managed and monitored, with evaluation reports provided to funders. Individual reports are available on request.

Development and Sustainability Report

AGM Report 2024-2025

Success of Delivery 2024-2025

Operational Plan 2024-25	East Staffs	Lichfield	Tamworth	Virtual and Digital
Peer Support Group	In place – funding gaps for 2025-26	In place – funding gaps for 2025-26	Consultation with Safe Haven participants suggests no present need	In place – funding gaps for 2025-26
Arts/music	Mindful Music - Toyota	Music Mindfulness	Safe Haven bus stop project	Need not identified.
Sports and physical activity	Running Group completed	Running group completed	Working with martial arts group	Need not identified.
Ecotherapy and Nature	Ecotherapy and Forest Bathing - Mercers	Projects ready for 2025	Projects Ready for 2025	N/A
Holistic Programme	Elim Church – Wellbeing Techniques	Lichfield Mindfulness completed	Projects ready for 2025	Need not identified.
Psychoeducation	Mind Makeover as part of workplace wellbeing	Mind Makeover	Projects ready for 2025	Mind Makeover
Workplace Health	Mind Makeover Training	Training provided	Training provided	Expressed support from Mind.
Fundraising	Quiz Night 24-hour Gaming Reggae Night	Lichfield Kaleidoscope Choir	Moving Mountains from Safe Haven Team	Review of digital platforms and community lotteries
Volunteers	Established – 10 volunteers active	Established – 8 volunteers active	Safe Haven: 3 volunteers active	3 active volunteers.

Development and Sustainability Report

AGM Report 2024-2025

Project Case Studies:

Connect Hope and Help: Older Adults Outreach Service

Working in partnership with Alzheimer's Society and funded by Midlands Partnership NHS Foundation Trust, Burton & District Mind provided an Older Adults Outreach service to support marginalised communities. This has been vital in building trust and understanding with communities and audiences that historically haven't seen Mind as a agency that can support with their mental health.

Target audiences included:

- Black and Asian minorities
- Eastern Europeans
- Traveller communities
- People identifying as LGBTQIA+
- People living in rural communities

Key successes over the contract included:

- 1896 contacts with the community.
- Helping 9 people with increased challenges to ethnicity, age, cultural barriers, etc to engage with mental health services.
- Food give-away from our Office.
- 3 visits and event held at Burton Mosques.
- Partnerships with Alzheimer's Society and Burton Pride.
- Key communication with Major of Burton, Sherrif of Staffordshire, Police and Crime Commissioner.
- 2 radio interviews.
- Our logo and advert on beer mats.

"I was very low due to my husband's passing been together 28 years. I was very lucky and didn't go through with my suicide plan at the last minute. My Outreach Worker has been visiting me ... making sure I'm ok around the three main anniversaries.

He encouraged me to keep going forward with wellbeing plans and keep asking if things not working out for the extra support I needed on and off. Thank you for all your support and supportive encouraging words during my continuing period of grief, isolation and ill health."

Participant on Outreach Service

Development and Sustainability Report

AGM Report 2024-2025

Lichfield District and Burntwood Development

"What we need is something to show that we [people with mental health problems] can actually do this for ourselves. We just need some guidance and some funding to get us started. We need someone to trust us."

Mind Matters Burntwood participant

The Development and Sustainability Team have been funded by Burntwood Town Council and Lichfield Council for three years to support our developments in Lichfield District. Funding supports the role of Project Support Coordinator, taken up by Ben Longmore, and office space at the Old Mining College.

The new office not only provides more space for project management and for group work, but also provides a new counselling space, ensuring that people from Burntwood have somewhere close for talking therapy sessions.

Burntwood Town Council Celebrates Project Success

In April 2024, Burntwood Town Council awarded two local organisations a grant of £5,000 per year for three years to provide services locally that support adult mental health and wellbeing, and young people.

Platinum Boxing and Burton & District Mind each received a grant, and one year, the Town Council has been celebrating the success of these projects.

Burton & District Mind have established themselves as a new provider in Burntwood, offering services and support to adults with their mental health and wellbeing including a Music Mindfulness programme, Mind Makeover sessions for women, Creative Spaces arts project for people who identify as LGBTQIA+ and an ecotherapy project, as well as providing a venue in Burntwood for residents to access free NHS talking therapies.

Cllr Di Evans, Chair of Community and Partnerships said:

"Burntwood Town Council is pleased to support Burton & District Mind's new initiatives and help with funding to enable Burntwood residents to access mental health and wellbeing support. Help at the point of need is crucial for so many and being based locally is also important."

Pictured: Cllr Paul Taylor and Cllr Di Evans with Keri Lawrence and Ben Longmore.

Development and Sustainability Report

AGM Report 2024-2025

Annual Volunteer Report

Over 2023-2024, we reported that we had 23 volunteers who donated 649 hours, worth over £6,700 to our charity, this meant we were able to reach out to an extra 815 people with mental health problems.

This last year (2024-25), we have had 28 different volunteers donate a total of 1,612 hours over 441 reported occasions, this is worth a value of £18,436. We have been able to reach out to an extra 1,804 people this last year due to our wonderful volunteers.

Our volunteers, on average, connect with 4 people with mental health problems when they donate their time!!!

This is extraordinary: many charities are reporting having less volunteers and we have had even more! A huge thank you to all our volunteers for all their generous donations of time and skills.

While it seems somewhat incorrect to rank volunteers on how much time they have donated, as everyone has different levels of availability.

However, it does feel right to highlight the donations of both Karla Billington and Lesley Kirk have both given over 400 hours each!

Our volunteers would rate their usefulness when they volunteer at 4.7 out of 5!!!

Karla has now joined the Safe Haven Team and Lesley has joined the team of Paid Associates on Mind Makeover – we think this is evidence again that volunteering can and does lead to paid work.

Thanks again to everyone involved including Amina, Emma, Jo, Ben and Oliver for supporting our Volunteer Programme.

Development and Sustainability Report

AGM Report 2024-2025

Mind Makeover

Funded by South East Staffs Healthy Communities and National Lottery, Burton & District Mind development and delivered two pilot programmes of psychoeducation at Lichfield Fire Station Community Room.

Psychoeducation is an intervention where mental health workers educate clients about specific mental health conditions, including diagnosis, symptoms, treatment options, and coping strategies. It aims to empower individuals by providing knowledge, reducing stigma, and promoting a proactive approach to mental health.

The initial concept was provided by David Salt, Peer Group Facilitator. The programme of work was co-produced by people with experience of mental health problems, and led by trained and supported volunteers.

The workshops covered a range of topics including Empathy and compassion, Local service provision, Emotional Intelligence, Crisis and Recovery Planning, Mindfulness, Assertiveness, Self Confidence and Confidence.

Participants will complete the workshops with a completed Recovery Plan that they have been developing throughout the sessions.

The format is straight forward; our facilitators briefly talk through some familiar mental health theory and the group spend the rest of the session, with a cup of tea and biscuits, discussing how to practically apply that theory to their situation.

Development and Sustainability Report

AGM Report 2024-2025

Mind Makeover

Goal	Target	Result
Number of individuals benefiting from the sessions.	12	15
Respondents reporting an increase in their mental wellbeing.	75%	87%
Respondents reporting a positive impact on their self-esteem.	75%	97%
Respondents to report a positive impact on social connectivity.	75%	84%
Net Promoter Score	50	85

As part of Workplace Wellbeing, we offered to trial Mind Makeover to Punch Tavens staff both face to face and online.

This was also well received and the proceeds of this enabled Burton & District Mind to deliver a further eight-week programme to a Ladies Group in Burntwood.

Burton & District Mind now have a co-produced programme of psychoeducation that can be delivered to a range of audiences to need.

Furthermore, as we build our Workplace Wellbeing offer, this project will be self-sustained for the future.

"I found the courses insightful and I feel like I've gained a greater understanding. I've also found myself adopting small skills into my daily life, taking nudges of information from the sleep session, neurodiversity, managing stress, being you (confidence)"

Punch Participant

Development and Sustainability Report

AGM Report 2024-2025

Fundraising and Corporate Social Responsibility

We have had another bumper year for donations and fundraising.

A huge thanks to all of our supporters and donors. Funds are being used to help our volunteer programme and peer support groups, provide a participant bursary, and to pilot new innovations.

- **Elaine Prichard and Labour of Love book sales**
- **ESBC Mayors Donation**
- **Dom and Finch Consultants**
- **Enterprise - rent a car**
- **Punch Tavens**
- **Ceva Logistics**
- **Safe Haven Team with Moving Mountains**
- **East Staffs Lottery**
- **Oak and Ivy pub, Burton on Trent**
- **Muchloved**
- **BASE and Pete Bourne**
- **Burntwood Wakes**
- **Sparkle 18**
- **Lichfield Kaleidoscope Choir Concert,**
- **The Plough pub in Horninglow**
- **Little Strawberries Nursery**
- **The family of Alix Knowles**
- **Curries**
- **Burton and District Ladies Bowls Association**
- **Rykneld Primary School**
- **Tea and Tots**
- **Russell Roof Tiles**
- **Radis Collection**
- **DHL**
- **Howdah - Parking at Ankerside, Tamworth**
- **Devonshire Arms pub, Burton on Trent**
- **SP Sports**
- **Malcom Bridges**
- **Marstons Social Club**
- **Home Instead**
- **B&Q and Wincanton**
- **CAMRA Beer Festival**
- **Oddfellows**

Development and Sustainability Report

AGM Report 2024-2025

Fundraising and Corporate Social Responsibility

Development and Sustainability Report

AGM Report 2024-2025

Increased Capacity and Infrastructure

Staff and volunteer Training

As well as the Induction and NHS eLearning required by all team members, the Development and Sustainability Team facilitated arrangements of the following training for staff and volunteers:

- Mental Health Awareness
- Mental Health First Aid
- Active Listening
- Leadership Skills
- Emergency First Aid at Work

Community Representation

The Development and Sustainability team had representation at the following Mind Communities of Practice:

- Physical Activity
- Communications
- Lived Experience
- Fundraising

We also represented Burton & District Mind at the following events and activities:

- Support Staffordshire VCSE Forums: East Staffs, Lichfield and Tamworth
- South East Staffs Healthy Communities Forum
- Staffordshire Mental Health Forum
- Staffordshire County Council Public Health: Suicide Prevention
- Staffordshire County Council Public Health: Community Wellbeing
- Meeting of the Minds event
- Burton Pride
- Lichfield Pride
- Burntwood Wakes

Newsletter, Social Media and Website

In August 2024, Tom Lawson came onto the Development and Sustainability Team as Communications Coordinator. He has successfully published 11 editions of the internal newsletter received by trustees, staff, volunteers and associates. This has showcased successes, highlighted campaigns (such as Longest Night and Time to Talk Day), and ensured the whole team has up to date information on developments, training opportunities, new team members, and projects & services that they can signpost and refer to.

Tom has developed the social media approach, including setting up a Bluesky channel and increasing the number of followers on Facebook to 800.

Development and Sustainability Report

AGM Report 2024-2025

...Our Aims for 2025-2026

Since 2025, the Development and Sustainability Team have grown from strength to strength each year, finding even more creative ways to identify the needs of our communities and audiences, design solutions and generating resources in an ever more challenging environment to deliver. However, the mental health emergency does not appear to be letting up. In addition, as we improve our ability to reach audiences new to our charity, we discover further complexities and challenges which enrich our problem-solving capabilities and our ambition to achieve even more.

Throughout the next year, we will continue to strengthen our ability to connect and understand underserved communities, including:

- Black, Asian and Eastern European communities
- Young people
- People experience
- LGBTQIA+ audiences
- Disabled people and people with neurodiverse traits
- Refugees and asylum seekers
- People at higher risk of suicide

We will continue to explore new provisions to meet needs, including leaning further into:

- Sports and physical activity
- Unusual hobbies enjoyed by neurodivergent people
- Psychoeducation and creating learning environments
- Making more of the beautiful natural environments around us
- Exploring digital and online opportunities
- Developing local networks that support equality, diversity and inclusion
- Strengthening relationships with local businesses and finding new partners

We will also improve our work with decision makers and strategic partners in continuing to raise the profile of mental health provision and the needs of our community.

Keri Lawrence

Development and Sustainability Officer

Future Focus

AGM Report 2024-2025

This 2024–2025 report outlines the continued collaborative work of Burton & District Mind (lead partner), BACT, BBaF, CT CIC, CCC, and YESS in delivering the Future Focus service across East Staffordshire, Burntwood, Lichfield, and Tamworth. This year has seen meaningful developments in leadership, team growth, participant-led activities, and innovative changes to service delivery in response to increased demand.

Key achievements include a total of new 272 referrals, with 245 participants actively engaging with the service. This does not include any existing participants already open to the service. The team expanded with the recruitment of a Deputy Team Leader and one new Recovery Worker, strengthening capacity across all areas. Notably, the co-produced Mind Harmony Ladies Group has emerged as a vibrant social and emotional wellbeing offer for South Asian women, and a Men's Group at BACT has shown encouraging outcomes in male engagement and independence.

Improvements in triage processes and updates to participant resources, including a redesigned handbook and action planning tools, have contributed to a more personalised and participant-centred journey. Despite continued challenges from high referral volumes and limited external service responsiveness, the team has worked tirelessly to maintain quality and uphold the values of compassionate, community-led mental health support.

Achievements and Outcomes

- 272 referrals received across 2024–2025:
- 156 in Burntwood, Lichfield, and Mercian
- 116 in East Staffordshire
- 245 participants progressed into active engagement
- 5772 appointments booked 2024 - 2025
- Streamlined triage process introduced to improve allocation time and clarify suitability
- Team expansion to include team member progression to Deputy Team Leader role to assist with triaging requests for support and recruitment of another Recovery Worker to work predominantly in the Mercian are to create more capacity in an already overwhelmed locality.
- Participants consistently report they "wouldn't have been able to do what they needed to without their Recovery Worker"
- Some shared disappointment in statutory services, reflecting the vital role FF plays in filling those gaps.
- Group activities introduced: including nature walks, pool groups, mindfulness practice.
- Men's Group at BACT fostered greater engagement and reflection among male participants, with some achieving closure following group involvement.
- Mind Harmony Ladies Group co-developed by Recovery Worker Shakila Shaheen provides holistic, culturally appropriate support for Asian women, with additional partnership input from local mosques and health providers.

Future Focus

AGM Report 2024-2025

Case studies and participant feedback continue to be a vital source of evidence in demonstrating the effectiveness and reach of our service. The following examples reflect the outcomes we strive for.

Case Study

Participant Background

This participant is a young woman with learning challenges, a history of psychosis, and past experiences of sexual abuse, which she spoke openly about during our work together. These experiences had a significant impact on her confidence, body image, and sense of safety. She also lives with Irritable Bowel Syndrome (IBS), which affected her daily functioning, food choices, and wellbeing.

When we began working together, she was isolated, anxious, and lacked confidence in both herself and her abilities. However, she presented with clear goals:

- To lose weight and feel better in her body
- To learn how to use gym equipment confidently and independently
- To gain the confidence to apply for voluntary work
- To manage her IBS more effectively through diet and routine

Support Provided

Building Trust Through Shared Interests

We started by meeting for a cup of tea, with no pressure to dive straight into goal setting. These early meetings helped build rapport and trust. We discovered a mutual love of films, She particularly loves Harry Potter (which I had to go away and do my homework on as I knew very little but felt it was something we could connect over), this became a regular talking point and comfort throughout our sessions.

This foundation of connection helped ease anxiety and create a safe working relationship.

Gym Confidence and Physical Health

Once she felt ready, we began attending the gym together three times a week. At first, we worked side-by-side to reduce fear and build confidence. Gradually, I stepped back first waiting in the leisure centre café, then meeting her before or after at a separate café nearby. She now attends the gym independently and has exceeded her own expectations in terms of fitness and routine

Within six months, she reached her target weight, and reported feeling stronger, more confident, and more in control of her life.

Future Focus

AGM Report 2024-2025

Managing IBS and Food Awareness

To help her manage her IBS, I introduced a food diary. Together, we looked for patterns and trigger foods, eventually creating a structured but flexible eating routine, including planned treat times. To strengthen this support, I also worked in collaboration with the care workers in her supported living setting. I shared the routine with them and asked that they encourage her to complete her food diary daily, which they consistently did.

She also attended an online group focused on nutrition and healthy living, which gave her additional tools and confidence around food choices. Over time, her IBS symptoms became more manageable and less disruptive to her daily life.

Trauma-Informed Mental Health Support

Our sessions often included gentle, open conversations about her past experiences of abuse and the ongoing effects of psychosis. We explored these topics at her pace, using grounding strategies, routine, and self-regulation tools.

Her growing fitness and independence became protective factors, helping her feel more resilient and in control. As her routine stabilised, she began reporting fewer distressing symptoms and showed increased confidence in public and social settings.

Volunteering and Independence

Once her confidence grew, we worked on building her digital and job-search skills. I supported her to navigate the Indeed app, create a CV, and practise applying for roles. I also referred her to STEP ON, a specialist employment support service, but before she reached the top of the waiting list, she successfully applied for and secured a volunteering role at an Air Ambulance charity shop. She now volunteers three days a week, engaging with the public, managing responsibilities, and feeling proud of her contribution to the community.

Current Progress

She now:

- Attends the gym three times a week independently
- Volunteers regularly, contributing to her community
- Manages her IBS with a structured food routine and consistent diary tracking (supported by her care team)
- Uses self-regulation strategies to manage psychosis
- Presents with significantly improved confidence, resilience, and emotional wellbeing

Future Focus

AGM Report 2024-2025

I continue to see her regularly out and about in the community, engaging with others, smiling, and standing tall. She often reflects on how far she's come and how proud she is of the life she's now living.

This case demonstrates the power of compassionate, trauma-informed, and joined-up support. Through consistency, trustbuilding, and collaborative care, we supported her to transform not just her physical health, but her confidence, independence, and self-worth.

Working closely with her care staff, and reinforcing progress with shared interests, practical structure, and empowerment, helped her take ownership of her goals. What started as a weight-loss journey became a full-circle recovery story, one of healing, self-discovery, and genuine pride. She still keeps in touch and I recently received this text from her: "Thank you so much for helping me to reach my goals, I have lost another 0.7kg"

Family Member Feedback

Dear Katy,

I am writing to express my heartfelt thanks for the extraordinary support Matt Penn has provided to my brother, B, during his recent transition into supported housing. Matt has gone well beyond the expectations of his role—not only offering consistent emotional support to B throughout this complex and often challenging period, but also physically helping with the move itself.

He rolled up his sleeves to pack boxes, removed rubbish, and accompanied B through what was a highly stressful day with patience, empathy, and professionalism.

As a family, we are deeply grateful for Matt's unwavering commitment, his grounded presence, and above all, the kindness and trust he has extended to B. His involvement made an immeasurable difference to the success of today's move and to B's emotional stability during this critical life change.

Please do pass on our sincere thanks and recognition of Matt's exceptional contribution. It's clear that his work is not only valued by those he supports, but also by the wider network of family members who walk alongside them.

Warmest Regards
BO

Future Focus

AGM Report 2024-2025

Best Practice and Service Delivery

Changes implemented and recognition of areas for improvement

- We have made changes to processes from request for support to allocation to meet align with KPI requirements.
- Refined warm handover process:
- SMS appointment scheduling introduced via SendIT system
- Service introduction with Operations Manager or Deputy Team Leader via
- telephone call to clarify scope before moving to in-depth pre-service session
- Followed by warm handover with OM or DTL with participant and assigned
- Recovery Worker
- We continue to work together as a close-knit team using our shared skills and knowledge to provide the best opportunities for our participants.
- Deputy Team Leader leads monthly peer support sessions for troubleshooting,
- Reflection, and team development
- Whole-team meetings held quarterly to communicate updates and facilitate team building

We have made changes to:

Participant handbook redesigned to include an "action plan" mirroring the RIO care plan, while maintaining non-clinical tone

This has resulted in:

Positive reception from staff; work remains to ensure consistent implementations of care plans to RIO.

We have recognised that there is still some work to do on implementing care plans more efficiently, whilst still allowing the participants to have some time to build a relationship with their Recovery Worker. In the new group model, the Recovery Worker facilitating the session will complete care plans earlier in journey

Future Focus

AGM Report 2024-2025

Looking Ahead

Key developments planned for the coming year:

- Goal-Setting & Progress Groups - For participants with lower-level needs or immediate 1:1 work not required, led by a Recovery Worker; allows for needs triage, peer support, and earlier care planning.
- “Pit Stop” Sessions - Short appointments offered to participants who’ve completed goals but need ad hoc check-ins or signposting. Intended to ease transition and reduce anxiety post-discharge.
- Continued improvements in exit planning, care planning, and response to community mental health gaps.

Overall, the 2024 – 2025 year for Future Focus has been defined by growth, adaptation, and deepening community ties.

Despite growing demand and limited external resources, the team has remained focused on empowering individuals to regain confidence, independence, and connection.

By investing in co-produced group support, expanding the team with dedicated and culturally competent staff, and refining internal processes, Future Focus continues to model a responsive, person-led approach to mental health recovery.

With plans to further diversify the offer in 2025–2026, the service is well-positioned to continue addressing unmet need, promoting resilience, and championing the role of the VCSE sector in the local mental health landscape.

Katy Lawrence
Future Focus Team Leader

Safe Haven Report

AGM Report 2024-2025

As we come to the end of another year, it is important to look back at how far Safe Haven has come. It has been a year of huge progress, change and growth and we should be proud of what we have achieved.

Month on month, the demand for Safe Haven has continued to rise. We have supported more people this year than ever before, each with their own challenges, backgrounds and stories.

We have continued to utilise our varied programme of activities, including craft sessions, knitting and diamond art, baking, resin making, T-shirt making, our “Wellbeing Wednesday” healthy eating on a budget initiative, seasonal crafts such as pumpkin carving and wreath making, as well as indoor yoga and dance sessions, as a means to support out participant wellbeing and recovery.

Safe Haven Report

AGM Report 2024-2025

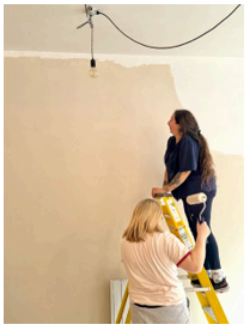
The primary focus, and a major milestone this year was securing our own building. After years of looking, we viewed 34 Market Street on 20 August 2024, then a month later we got the keys and opened the doors to the public. The whole team worked incredibly hard to make the space feel professional, warm and welcoming.

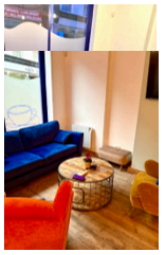
Since moving into the new premises, we have seen a significant rise in attendance, with over 300+ visitors a month. As we move into the next year, we will continue to build on this momentum, expanding our activity-based wellbeing work, strengthening peer support, and developing more opportunities for people to feel understood and connected.

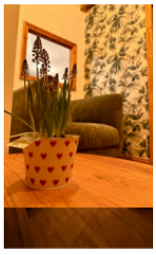
We continue to work closely with the NHS, Emergency Services, Crisis Teams and other local mental health providers, to make sure we are offering high-quality, joined up care to the people who use our service.

Thank you to everyone who has supported Safe Haven this year: staff, volunteers, partners, fundraisers, and the community we serve.

We look forward to the year ahead at 34 Market Street!







Safe Haven Report

AGM Report 2024-2025

Client Feedback

Here are a few of our “Daily Gratitude’s” that our participants anonymously write during their attendance at the service.

“Thank you all so much. I feel like for the first time in years, things are starting to make sense again.”

“Safe Haven is the only place I feel I can breathe. You lot have kept me going.”

“You make me feel safe and not dumb, thank you for listening to me.”

“If I didn’t have this place to come to when my head goes funny, I’d probably still be sat in bed avoiding the world.”

“You’ve supported me more in the past two months than services have in the past five years. I genuinely mean that.”

“Coming here gives me a break from all the stress. Without this place I’d have gone backwards, I know I would.”

“I didn’t think it was possible to feel proud of myself again. But when I come here you show me I am actually getting somewhere.”

“Thanks for being patient with me. My brain gets muddled but you always explain things in a way I can understand.”

“Even just talking to you guys for half an hour clears my mind more than anything else.”

Claire Griffiths
Safe Haven Team Leader

Oliver Blakemen
Safe Haven Recovery Worker

Burton & District Mind CRM System

AGM Report 2024-2025

The Development and Sustainability Team wanted to improve the way data was stored, and to make it easier to access when creating reports. After considering the options available, the Charity Log system was selected.

What is a CRM System and why do we need it?

In short a CRM system benefits a charity by centralising volunteer, staff and client data to improve relationships, streamline operations, and facilitate enhanced cross-departmental collaboration.

Some key benefits include personalised outreach, automated tasks like thank-you or reminder emails, and better tracking of attendance and payments for counselling or activity groups.

Ultimately a CRM allows charities to make more data-driven decisions and increase their overall impact, while storing data efficiently and securely.

Initial Development..

Development began in January 2025 after an introduction and basic training session in December 2024. Ongoing support has been provided regularly by the implementation team at Charity Log throughout the process.

Bearing in mind the small amount of time available, two days a week over 3 months, we have gone from starting to build the system, to having the ability to store staff and client data, including referrals and detailed session data. This was noted by the support team as one of the fastest implementations they had seen, visibly shocked when looking through the system during one of the regular training sessions.

Continued Progress...

At the end of March 2025 the system had started to be filled and records show 39 low-cost counselling clients and 133 private counselling clients entered into the system. We had also begun building systems for activity and peer support groups to collect attendance and feedback data, along with a detailed volunteer journey system that tracks from induction, through training and courses, to exiting the programme.

We plan to expand the systems capabilities to encompass our current and future needs, including integration with the Burton & District Mind website to streamline referrals directly into the CRM system.

Nathan King

CRM Data Administrator

mind Burton & District

BURTON & DISTRICT MIND

England & Wales - Charity number 1140492

Accounts

mind Burton and District

Annual Report 2023 - 2024

mind Burton and District

Contents

Chair of the Board of Trustees.....3

Treasurer's Report.....4

Chief Officer.....5

Operations Manager.....7

Development and Sustainability.....9

Feedback on Activities.....17

Trent and Dove Floating Mental Health Support.....19

Future Focus.....20

Safe Hands.....22

Safe Haven.....23

Chair of the Board of Trustees Report

2023-24 has been a year of successfully sustaining a period of growth with our varied contracts and projects, which our chief officer has covered in in her report.

I would like to highlight a couple of areas in my report.

We again successfully achieved our National Mind MQM. This quality mark is proof that we meet a high standard in our governance of Burton and District Mind. This process means a great deal of time and hard work for our staff as well as carrying out our daily activities.

Secondly, and probably the most important achievement of the year was a purchase of 67 Branston Road from our landlords. Chris and John have supported us for the last 10 years. We cannot thank you enough for their kindness, help and generosity in achieving our ambition to own our own premises.

I would like to thank the trustees for their support and contributions over the last 12 months. A special thank you to our vice chair Kay whose experience, knowledge and support has been invaluable.

All of these achievements would not have been possible without the hard work and diligence of our amazing team.

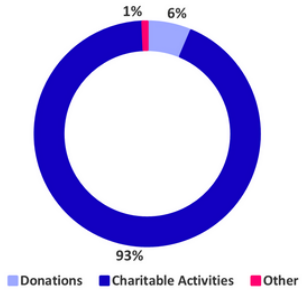
A huge thank you to everyone in the Burton and District Mind family.

Ken Builth,
Chairman

Treasurer's Report

Burton and District Mind continued to successfully increase its year-on-year income to £1.4m of which 78.8% is restricted funding. Incremental income has come in the main from a number of Midlands Partnership Foundation Trust contracts including £494.5k Safe Hands & Safe Haven, £348.1k Future Focus, £323.5k Talking Therapies Counselling. In addition to this £45.5k has come from the Alzheimer's Outreach contract, £37.1k from Trent & Dove, £24.4k from National Mind Mentor Mental Health Productivity pilot & £2.6k from Staffordshire County Council Thinkwell contract.

Income 23-24



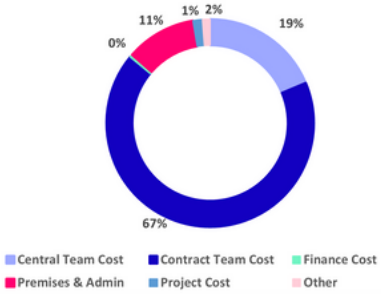
Income Year on Year

FY	£k	£k YoY
23 - 24	£1,423,378	+£413,689
22 - 23	£1,009,689	+£593,312
21 - 22	£416,376	+£91,252
20 - 21	£325,124	+£91,598
19 - 20	£233,526	

New contracts also required us to increase our headcount by 75% (Recovery Workers) representing the main increase in our cost base. We now also own our registered office "Birkett House" which is part funded by a small mortgage. We continue to ensure that all other costs are managed to ensure value for money.

We have maintained our Reserves Fund of £68k, which covers our winding up costs should they be required. This is reviewed every 6 months to ensure it reflects the current structure/risk.

Income 23-24



Income Year on Year

FY	£k	£k YoY
23 - 24	£1,129,265	(£429,143)
22 - 23	£700,122	(£260,293)
21 -22	£439,828	(£167,774)
20 - 21	£272,054	(£56,046)
19 - 20	£216,008	

Summary

Bourne & Co, Statutory Auditors, 6 Lichfield Street, Burton-on-Trent complete our annual audit in line with the Charity Commission's Audit Requirements and to ensure completed within the CHARITIES SORP (FRS 102) accounting standards.

The Board of Trustees have and will continue to ensure that projects are in line with our Strategic Plan.

Thank you to all the Burton & District Mind team members & Board of Trustees for all their work and dedication to the charity.

Diane Worley, Treasurer

Chief Officer's Report

We were delighted to be the chosen charity 2023 for our Burton Mayor Syed Hussain. We'd like to thank Syed for raising our profile within the local community and inviting us to several events he organised as fundraisers throughout the year.

We successfully completed our Mind Quality Management review through National Mind. We were required to submit a considerable number of documents for scrutiny and host a site visit for a Lead reviewer, Peer reviewer and a Service user rep last year, it was a lot of work for the team. We are very proud of the positive outcome.

Anger Management counselling was added to our NHS funded talking therapy contract this year as a further option for the wider services provided by the Staffordshire Wellbeing Talking Treatments Service. We continued to provide a bank of NHS funded services in the community through other services such as Future Focus, Safe Hands and Safe Haven and we hope to secure a permanent home in Tamworth for Safe Haven Café next year.

After several years our Building Better Opportunities project ended on 30th March. BBO was a fixed term project funded by the Lottery and European Union funding. BBO helped support lots of clients overcome barriers with CV writing, interview techniques, retraining, returning to education and supported some clients back into the job market. We were fortunate to retain Amina our amazing BBO worker as she has taken up the role as main Office Administrator.

Following the growth of our services and volunteer team we increased our levels of face to face training this year. The team have benefited from Mental Health awareness, Autism awareness, Bid writing, Active listening, Personality Disorder and Mental Health First Aid training.

We completed the legal process on our property at Branston Road in May 2023. Purchasing 67 Branston Road was a huge achievement and a long-term dream for Burton and District Mind.

Chief Officer's Report

During our history we have rented 3 properties in 32 years of operation. Each move has been a great upheaval for our team, clients and service, and finding appropriate property for our operations has been a difficult task. Furthermore, renting property was an identified risk for our service and its operations. Through securing 67 Branston Road we have gained greater stability for our charity and an asset for the future.

Since our move to 67 Branston Road in December 2013 we have been supported by our wonderful landlords Chris and John Birkett. Chris and John have been a constant source of support for our charity and with the addition of their project 'the Muddy Boots' gardening project at the rear of 67 we have shared a joint ethos for the promotion of emotional wellbeing and community support. Chris and John gave us first refusal on the property when they made the decision to sell, and we were lucky enough to secure a mortgage to purchase 67.

Much to the surprise of Chris and John we renamed 67 'Birkett House' in July as part of a grand unveiling and as a way of thanking them for their incredible support and generosity over the years.

We have since completed some improvements to the building and with the removal of the old family bathroom we were able to redevelop some of the rooms to create additional and much needed office space and hot office space for our team of community Recovery workers.

It's been a full year with many on-going achievements, this this would not have been possible without our dedicated team of trustees, volunteers, staff team and associates. Thank you all so very much for your time and passion for the work we achieve together.

Lynne Barrell,
Chief Officer

Operations Manager's Report

A year has gone by, and we are continuing our face to face counselling sessions. We have experienced an increase of clients requesting face to face sessions rather than remote sessions. Much of our NHS talking therapy sessions continue a remote basis as this helps clients access the service more easily if they work, have caring commitments or simply would struggle to access the service.

Over the year while working with the Midlands Partnership Foundation Trust (MPFT) has rebrand the service and is now called Staffordshire Talking Therapies and rebrand our service within the service and we are now called the Counselling for Wellbeing Pathway. These changes has helped define our service with the Staffordshire Talking Therapies which has expanded beyond Cognitive Behavioural Therapies and has enhanced its work with the Counselling Pathways.

Our relationship with the Midland Partnership Foundation Trust has progressed and we are now also providing the Anger Management Pathway alongside the Counselling for Wellbeing Pathway. To support this additional work, we have employed a new counsellor Edward Degg for the Anger Management Pathway. This pathway has been building on the referrals and the clients that we are seeing within the service, albeit remotely at present but at some point, possibly moving this to a face to face. Our counsellors across the 2 pathways have continued to provide face to face, remote and out of hours work counselling across Burton and Tamworth with clients who have been struggling with their mental health. I would like to thank all the counsellors on these pathways in their continued hard work and support that they have provided for our clients on the MPFT contract.

Alongside our Counselling for Wellbeing team, we have also seen an increase of referrals in our Low Cost and Private counselling, this has allowed clients who after being given the choice of the NHS pathway have chosen to pay for their treatment.

Additionally, to this we have also had an addition to our team Rob Hallott who provides the new Coaching Pathway. This new service is running alongside the Low cost and Private counselling, clients are assessed for this pathway and then depending on appropriateness for the pathway are then allocated to Rob who has specialist training in Coaching.

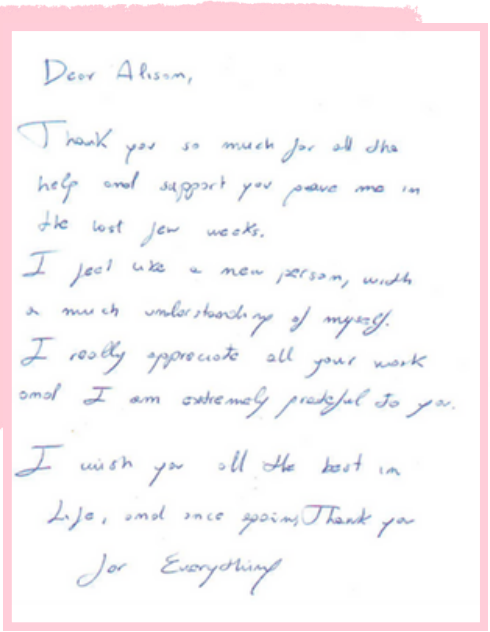
Operations Manager's Report

Funding has meant that we are still reviewing the Young People's counselling that Liz Matthews is currently providing 1 day a week at Deferrers School sixth form for another year, but we have not been able to secure any additional funding for this at present. We are currently reviewing other funding streams to support this work in the future.

A big thank you to all our Therapists Associates and Salaried who have continued to provide our counselling services to NHS, counselling and coaching to Low cost, Private, Thinkwell counselling for another year and have maintained the quality of work to allow clients to continue accessing the services that Burton & District Mind have to offer.

It has been another year of success for our Therapy team, and we are hopeful that the relationships that we have gained and maintained will continue to prosper, a big hank you to all who have had a hand in this, we couldn't have done it without you.

"I would like to thank Ed for his caring empathy. I found him to be a very good listener , I would wish it to be known that I found his whole approach very professional and friendly. Thank you and best wishes to the team. AB"



Dear Alison,

Thank you so much for all the help and support you gave me in the last few weeks.
I feel like a new person, with a much understanding of myself.
I really appreciate all your work and I am extremely grateful to you.
I wish you all the best in Life, and once again Thank you for Everything

"the counselling has been really helpful, the space to talk and be listened and I have already started putting some of the techniques into place, thank you so much,"

Zainera Liaqat,
Operations Manager/Counselling for Wellbeing Lead and Counsellor

Development and Sustainability Report

Keri Lawrence, Development and Sustainability Officer

Overarching Goal

Burton and District Mind to increase sustainable capacity through geographical and community growth, income diversification and increased service user and volunteer involvement, in preparation for future Mental Health contracts.

Foreword

If 2022-2023 has been about Development, this next year needs to be about Sustainability.

The Development and Sustainability Team has continued to grow and support new audiences. We made use of new systems to monitor and measure progress towards sustainability to ensure that the team is self-funding into the future. Two key developments this year include the development of an Older Adults Outreach service, led by Alzheimer's Society (and funded through Midlands Partnership NHS Foundation Trust), and the successful completion of our Catalyst Community Fundraising Project (funded by Mind) which has achieved its funding targets and will continue to ensure we have resources to support community fundraisers in the future.

In addition, Emma Godfrey, Project Support Coordinator, has successfully applied for project funding for the first time, increasing the number of funding skills we have in the team. This provides a new model of working to expand the team in the future.

As before, our key objectives are:

1. **Community Help: East Staffordshire, Lichfield District and Tamworth Borough**
2. **Volunteer Programme**
3. **Commercial Modelling**
4. **Increased Capacity and Infrastructure**

Community Help: East Staffordshire, Lichfield District and Tamworth Borough

Activity Projects

Over the year, Burton and District Mind provided 14 projects, and not including Older Adults Outreach, has supporting 115 people with wellbeing, self-esteem, and social connectivity

Project	Key Dates	Funder		# of Participants Supported
Spring 2023 Eco Therapy – Muddy Boots	Apr 2023 – Jul 2023	Mercers Family Foundation		12
Eco Therapy Autumn 2023	Sep 2023- Dec 2023	Local Dentist Network		14
Spring 2024 Eco Therapy	Jan 2024- Mar 2024	Mercers Family Foundation		15
Music Minds Pilot	Jan 2024 – Mar 2024	Cycling for Charities		8
Music Minds	Mar 2024- Ongoing	Toyota Community Trust		TBC
Wellbeing Techniques Older Adults	Nov 2023- Dec 2023	Strachan and Buxton		15
Employability Pilot	May 2023-	Legacy funding		5
Mind Makeover	Mar 2023 – Ongoing	SES Healthy Communities		TBC
Burton Arts Peer Support Group	Apr 2023 – Ongoing	Community Fundraising and Catalyst		12
Mind Matters Burntwood Peer Support Group	Apr 2023 – Ongoing	Waitrose Community Fund		12
Virtual Peer Support Group	Apr 2023 – Ongoing	Community Fundraising		5

Coproduction and Participation Opportunities

Inter-charity Sports Day

On the 3 September 2023, under Amina Miah's careful arrangements, we hosted our first ever Annual Retro Sports Day and what a day it turned out to be!

We saw lots of exciting activities, healthy fun competition and most importantly a lot of charity togetherness not only within our team here at Burton and District Mind but other charities from across Burton who came and took part. Throughout the day we had a total of around 130 people at the event.

Seven charities were represented on the day, with four of the charities providing a team.

Throughout the day we had 10 events such as Cups & Saucers, an obstacle course, a 3-legged race, Tug of War and even a Basketball shootout! Each event had the chance to win a medal. In addition. seven businesses supported the event with food and other activities. Although the day was not arranged as a fundraising event, it raised over £700 in funds.

Mental Health Ambassador Forum

This participant-led online forum, over 8 sessions, continued to provide a platform for people using our services and people representing the community to discuss a number of topics relevant to mental health provision and community development:

- **Cost of Living Crisis**
- **Equality and Equity**
- **Neurodiversity**
- **Employability**
- **Refugees and Asylum Seekers**
- **Menopause**

Sideways: Neurodivergence Steering Group

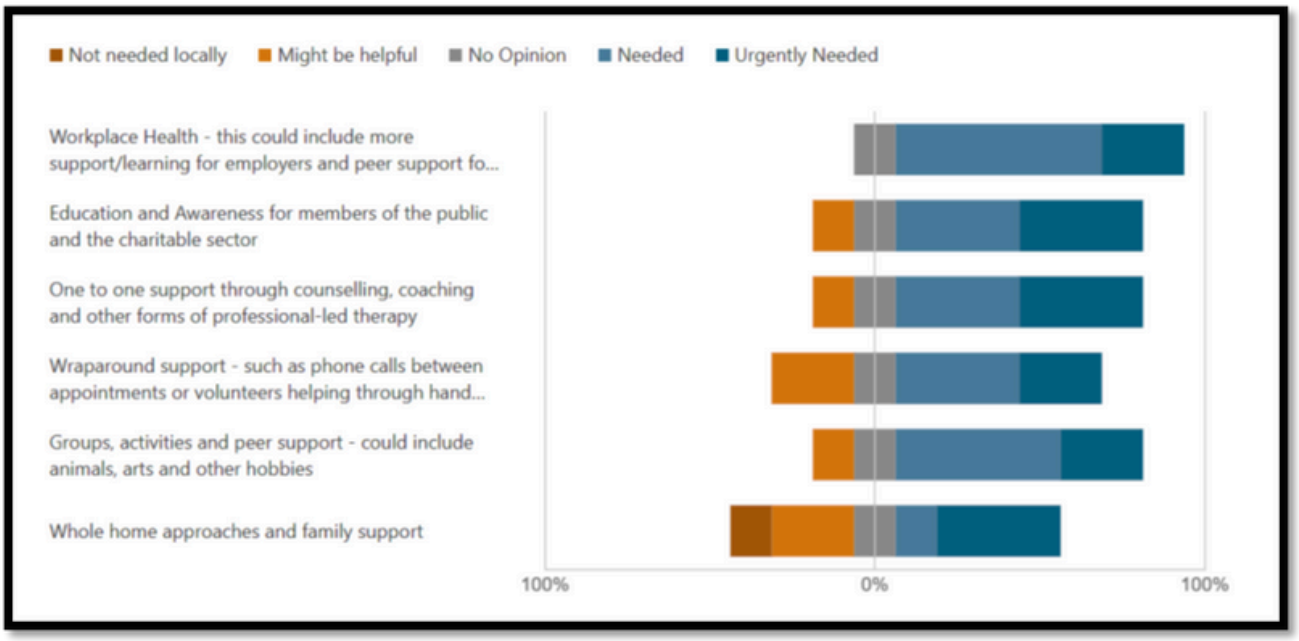
Between April 2023 and to conclude in April 2024, the Development and Sustainability Team arranged 7 online sessions as a steering group to explore:

- **Connections between neurodivergence and mental health problems.**
- **Burton and District Mind's approach to the matter.**
- **Evidence of need regarding new services and developments.**

"Involve lived experience to create the project as much as possible. Ask them what they would like and not assume what they need. Individualized care, covering the social aspect as well as emotional support while adjusting to a new/late diagnosis."

- Sideways participant

The meeting group was well attended with 22 individuals representing themselves, their communities and/or their organisations throughout the period. A survey was conducted towards the end of the project with the following results:



As outcomes of this project, the Development and Sustainability Team commit to:

1. **Developing a new neurodiversity workshop with a view to delivering this to workplace health and the community.**
2. **Exploring the role of the Clinical Team through counselling and/or coaching with ND-informed or specialized support.**
3. **Fundraising and developing a project to support people affected by both ND and mental health problems.**

Commercial Modelling

Fundraising and Corporate Social Responsibility

Burton and District Mind were chosen of charity of the year by the following organisations:

- **JB Kind**
- **Finch Consulting**
- **First Fence**
- **DHL**
- **Russell Roof Tiles**
- **Staffordshire Local Dental Network**
- **John Lewis Partnership/Waitrose**

We are grateful for their commitment and support through fundraising and donations in kind.

In addition, we had substantial community fundraising through a range of partners including:

- **Elaine Pritchard**
- **David Child Events**
- **PCSO Sarah Leadley**
- **Burton MBA**
- **Burton Soroptimists**
- **Burton Flower Club**
- **ASDA supporting bag packing**
- **The Plough**
- **Devonshire Arms**
- **Oak and Ivy**
- **Three Peaks Academy**
- **And many more...**

Catalyst Community Fundraising Project

Burton and District Mind were funded by Mind to redevelop their community fundraising offer – this included the funding to employ a Funding Project Coordinator for the first time. This project achieved the following outcomes:

1.Stronger collaboration across the charity with regards the impact and importance of fundraising, through training and a wider presence.

2.Strengthened and improved our offer to community fundraisers (including private individuals, community groups and corporate organisations) who approach us.

3.Provided a range of proactive and engaging fundraising activities arranged by Burton and District Mind.

"Burton and District Mind are your local mental health charity. We will demonstrate genuine appreciation of your generosity and your commitment. Together, as part of the Fundraising Family, your fundraising will power our expert approach to helping people with mental health problems to recover."

The project overachieved on its target of £15,750 by bringing in £16,238. This was achieved by supporting over 250 people to raise funds above and beyond that which would have been achieved without the additional resource. The additional funding was allocated to the Eco Therapy project, Burton Arts Peer Support Group and to a pilot of Music Minds.

This project came second place the Fundraising Category in Support Staffordshire Awards 2024.

Training and Workplace Health

The Development and Sustainability Team also provided a workplace health offer.

- **Mentor 2.0 Grant for 10-month project, funded by Midland Engine and Mind, benefitted 27 participants, across 3 employers.**
- **Away Day for Football Coach Association.**
- **Training delivered to DHL, Finch Engineering, JB Kind and Ceva Logistics,**
- **Provided a stand at Central Coop – Men's Voices Event in November 2023.**

Increased Capacity and Infrastructure

Staff and volunteer Training

As well as the Induction and NHS eLearning required by all team members, the Development and Sustainability Team facilitated arrangements of the following training for staff and volunteers:

- **Mental Health Awareness**
- **Neurodiversity – provided by Shropshire Autism Hub, Midlands Partnership NHS Foundation Trust**
- **Bid Writing**
- **Active Listening**
- **Mental Health First Aid**

Community Representation

The Development and Sustainability Team represented Burton and District Mind at the Mind Federation Conference and led a session called “Engaging Minds in communities”. We also had presence at the following Mind Communities of Practice:

- **Federation First**
- **Physical Activity**
- **Communications**
- **Lived Experience**
- **Fundraising**

We also represented Burton and District Mind at the following events and activities:

- **Support Staffordshire VCSE Forums: East Staffs, Lichfield and Tamworth**
- **South East Staffs Healthy Communities Forum**
- **Staffordshire Mental Health Forum**
- **Future Focus Development Forum**
- **Representation to East Staffs Health and Wellbeing Scrutiny Committee**
- **Staffordshire County Council Public Health: Community Champions**
- **Staffordshire County Council Public Health: Suicide Prevention**
- **Meeting of the Minds – coproduced marketplace event**
- **BBC West Midlands Today news**
- **Stoke and Staffordshire Radio**

Internal Development

The Development and Sustainability Team provided substantial support and mobilisation on the following internal projects:

- **Mind Quality Mark**
- **Roll out of Microsoft 365**
- **Cyber Essentials Accreditation**
- **Redevelopment of Human Resource Procedures**
- **Employment Value Proposition**

Newsletter, Social Media and Website

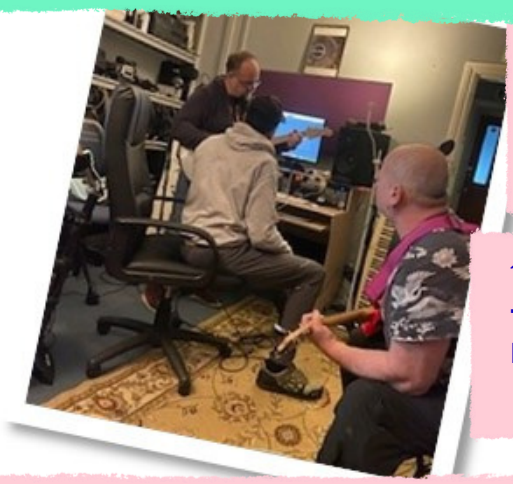
Tom Lawson, Development Associate, has successfully published 12 editions of the internal newsletter received by trustees, staff, volunteers and associates. This has showcased successes, highlighted campaigns (such as Longest Night and Time to Talk Day), and ensured the whole team has up to date information on developments, training opportunities, new team members, and projects & services that they can signpost and refer to.

The Burton and District Mind website underwent significant review and rebranding in line with the new Mind brand and to highlight fundraising and workplace health opportunities as well as to reduce the number of 'clicks' for people to register for support or donate to the charity.

Feedback on Activities

"Forest bathing was brilliant, I just loved losing myself from the real world for a while and being by the water."
"It felt so nice to be around friendly people every week who treat me with respect."

– Eco Therapy



"Even the bus journeys to and from the sessions were beneficial, we had a sing-along then too!"
- Music Minds

"I loved the meditation we did, I continued at home with this, put some calming music on and sat on the end of my bed and it helped clear my mind."
- Music Minds

"I really got a lot out of today's session. Felt good. Channelling controlled aggression focused all anger into the bat and sent that flying down the range. Excellent therapy."
- Bat n Chat Cricket

"The course highlight for me was about making the time to sit down and do some self-care. The visualisations were great too."
– Wellbeing Techniques for Over 60s

"It was great for having reasons for getting out of the home environment which was very stressful at the time of starting the course. It was like a haven to de-stress/Relax and unwind. The course has supported me with my self-confidence and self-esteem as well as my communication skills and relaxation. It has helped me to be punctual and on time for groups and be more organised. I loved Forest bathing and meeting new people. I would say to other people thinking of coming along, feel the fear and do it anyway, you might be pleasantly surprised. People are always made to feel welcome"
-Eco Therapy

Volunteer Programme

The Development and Sustainability Team extensively redeveloped the Volunteer Programme at the start of the year, including a revision of the roles provided, new training for Volunteer Coordinating staff and a new online form to capture the outstanding successes our volunteers have with the community and within the charity.

Over the year we had 25 team members using the online Volunteer Activity Log to record their donation of time and skills to Burton and District Mind.

Our volunteers rate the value of their involvement as 4.5 out of 5

We have logged a total of 168 instances of volunteering, 550 hours donated and contacts with 677 people for their mental health and related topics! The generous donation of time has been worth £5,731 to our community. This has been reported through the Newsletter thanking the volunteers with a summary of the feedback and activity.

Emma Godfrey,
Project Support Coordinator

Trent and Dove
Floating Mental Health Support Report

John our Floating Mental Health support service has continued to work out of the Burton and District Mind office, as although the Trent and Dove office has reopened after covid, Trent and Dove have made changes to their offices the reception assesses to the building. John has benefited from being based at 67 and is able to gain support from our team of community Recovery Workers and other peers within our team.

This year John has accessed the Trent and Dove volunteers' team to help support and maintain some client's gardens and support with decorating where the client was unable to take care of these jobs themselves. The volunteer team have also removed unwanted items that can affect property condition to support clients with their tenancy agreements

During the last 12 months John has successfully supported clients within their properties and enabled them to improve their home environments, reduce social isolation and increase their household incomes to better support their day-to-day needs.

John has helped improve client's mental wellbeing and prevented loss of income, supported health related issues that can prevent clients caring for their homes. This post has supported over 150 Trent and Dove clients improve their health and wellbeing in the last 12 months.

Within his role John has supported tenants to claim backdated housing benefit, Discretionary Housing Payments and charity grants, to enable clients to buy essential furniture items for their homes such as, flooring their properties and white goods to improve their home environments and quality of life.

John has supported clients with benefit claims and tribunals, to challenge DWP decisions, without this support clients who might otherwise have struggled to attend these meetings alone. Throughout the year John has also supported clients to link-in other appropriate local agencies such as Health and Social care, Burton Albion Community Trust, Places of welcome and Ecotherapy to name a few.

John has continued to be a vital source of support to Trent and Dove tenants providing his clients with the useful information, and assistance they need to improve their home environments and personal budgets and make improvements to their health and overall wellbeing.

Future Focus Report

1 April 2023 – 31 March 2024

In its second year of operation, Future Focus has experienced significant growth. The team has expanded, including the addition of a language specialist Recovery Worker, Shakila Shaheen, who will assist the South Asian ladies referred by the Community Mental Health Team.

Additionally, Sarge Cockayne has joined as a Recovery Worker to support individuals whose mental health presents additional challenges. Prior to becoming a paid employee with the Burton and District Mind team, Sarge volunteered with us, highlighting the development of our volunteers.

The team continues to implement creative strategies to help participants achieve their goals and enhance their quality of life, with personalized care at the core of our approach. We have celebrated numerous successes, including participants leaving their homes for the first time in seven years and starting new jobs.

Collaborating with the Future Focus partners has provided us with the opportunity to create new offerings tailored to our participants.

The Recovery Workers are continuously identifying local needs, and the partner organisations have begun developing activities to address these unmet needs, such as cooking groups for individuals and craft groups.

We frequently receive positive feedback from our participants as well as other healthcare professional, as highlighted below:

"Thank you for all the support for this gentleman, your compassionate and caring approach is much appreciated"

"I just wanted to thank you for the amazing work that you have been doing with some of my clients. I don't get to spend the time or see them as often as I would like but I know they are in safe hands!"

"You did a heck of a lot more than most others that have tried. I really appreciate your time and effort"

"I couldn't have gotten to this point in my life without the support from Future Focus, the talks have helped me massively, I can begin to see life differently, and the chats have given me a different perspective on life. That I am not a bad person that I can't change the past that I can move on and build a good foundation and future for myself."

"I have often had thoughts about things but I did not had anyone I trusted to talk too, no-one who would really listen to me, not really listen, no-one to talk to especially at times when I have been completely overwhelmed. I have found myself saying very often I'd never thought of it like that and yes I can see why that would have happen or why others would react to me that way, that my history isn't who I am anymore, that's has helped so much, so thank you"

"I don't think I would still be here if it wasn't for my Recovery Worker. I have had really good support and feel I can go it alone more now from being a broken person".

"I'm just glad you are all nice people to be honest with you. It's been a while since I came across some genuine people and it's changing the way I feel more and more as time goes on, I feel like a brand new person. I'm just so happy atm, my mind feels great and my body is following behind"

"I just wanted to also say it was noted how much future focus and you personally do and what an invaluable resource the team is, well done and thank you for all of the support and effort that you put into each person, it is greatly appreciated and does not go unnoticed, particularly by our service users, but also by the wider teams".

"Just to let you know that you were discussed in the East Social care pathway Team meeting on Friday. It seems you are somewhat of a hero to a number of professionals in our team, including me. I cannot say how grateful we are for your ongoing tenacity and patience with a certain person. You go above and beyond and it shows. In doing what you do, you are preventing social isolation and heavy handed actions for individuals that would not be in their best interests. Thank you"

"It's been my absolute pleasure working with yourself and your team, you and your team do a truly brilliant job and I feel we are all equally important in the recovery of our service users. This partnership working is essential to recovery and you and your team are amazing"

Number of referrals for Burntwood, Lichfield and Tamworth areas:

	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Total
Referral Received	7	9	13	8	12	9	15	5	6	16	12	6	**118**
Patient Referred	6	9	13	8	12	9	15	5	6	16	12	6	**113**
Active Referrals ERP	54	59	67	72	82	86	96	98	100	109	110	113	**113**
Rejected Referrals													
Referrals Closed	4	4	3	4	3	5	4	3	5	7	11	3	**56**
Discharged Patients	4	4	3	4	3	5	4	3	5	7	11	3	**54**

Number of referrals for East Staffordshire (Including Burton on Trent and Uttoxeter):

	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Total
Referral Received	14	11	14	7	6	14	5	11	8	10	6	10	**116**
Patient Referred	14	11	14	7	6	14	5	11	8	10	6	10	**109**
Active Referrals ERP	104	96	103	95	99	99	101	108	115	116	114	115	**115**
Rejected Referrals													
Referrals Closed	1	19	5	17		16	3	3	2	9	7	10	**92**
Discharged Patients	1	18	5	17		16	3	3	2	9	7	10	**82**

Safe Hands Report

Safe Hands has gone from strength to strength with the addition of a Deputy Team Leader to better support the out of hours service and team. Two additional part-time workers have provided additional hours to cover holidays and emergency cover and provide extra support the Safe Haven café team.

The team have developed strong working alliances with the Crisis team in the East and West localities. Training and development opportunities have been shared as a whole team which has allowed our team to build their knowledge and practice. Out team contribute to care planning and have been trained this year to complete basic observations on their visits.

A Safe Hands booklet has been developed for participants who are allocated to the Safe Hands service. The booklet continues simple techniques to support our participants recovery and useful pages of support contacts, organisations to build their own wellness plans for the future. This booklet will continue to be added to as the service grows, informed by our team's knowledge and the needs of the participants the team support within the service.

We are look forward to new opportunities for the team and future developments with the addition of the new Mental Health Crisis Assessment Centre opening on the St Georges site in Stafford in Oct 2024. We are exploring new ways to further develop and deploy the Hands team through new opportunities within local mental health services.

Safe Hands are making a difference to the Crisis team and the patients using the service by providing a listening ear and giving time to talk, allowing the Crisis team extra resources to support more patients in initial stages of crisis. Our team are sometimes called upon to accompany a Crisis team worker on care planning visits, allowing to wider Crisis team to cover more calls. We have received good feedback from patients who have received the Safe Hands service and experienced positive outcomes from the service.

As we are a relatively new service, we will continue to adapt and develop the service to the needs of the community we support. We will continue to encourage good working practices and promote the work ethic and ethos of Burton and District Mind.

Feedback from the Crisis team

"K was particularly grateful to B from Safe Hands, and said he found them to be empathetic and very supportive regarding supporting him and giving information for Andys Man Club. They were singled out for praise from both K and his sister"

"On today's visit she praised Safe Hands for their ongoing support given to her.
In particular named T, as so caring and compassionate and how their presence alone, was relaxing and enabled her to ground herself and begin to rationalise her own thoughts"

Just thought you should know of their amazing work with patients.

Safe Haven Report

As we come to the end of the year, I wanted to take a moment to reflect on what we've achieved together at Safe Haven. It's been a busy year, and we've got plenty to be proud of.

A Year in Numbers

Individuals Supported:

Over the past 12 months, we've had approximately 1,680 individual service contacts. Each person we've supported has brought their own story and challenges, and we're grateful to have been there to offer support.

Highlights and Successes

More Than One-to-One Support:

We recognised that people were looking for more than just individual support. In response, we started weekly workshops, weekly yoga sessions and regular drop-in sessions. These have become valuable spaces where participants can learn new skills and connect with others.

Wellbeing Wednesday:

We launched Wellbeing Wednesday, a 12-week healthy eating course. Participants learned how to prepare nutritious meals on a budget. Many have told us that they're now cooking more at home and feeling better for it.

Arts and Crafts Workshops:

We held several arts and crafts sessions, including resin workshops where participants made keychains, coasters, and stress-relief items. These sessions provided a relaxed environment for people to express themselves creatively. We also welcomed the team over at New Era, who joined our participants in creating a mural for a local bus stop. The bus stop was adorned by key quotes from our participants that serves as a message of hope to the local community.

Community Engagement and Support

Support from Sam Broderick:

Sam organised a family fun day that raised £440 and a grand ball that brought in an impressive £5,000. Her efforts have directly supported our programmes, including funding for workshops like mindfulness yoga.

Donation from Crafty Sew'N'Sews:

Linda and her team donated £18.50 from the sale of their handmade crafts. This contribution helped us provide extra resources and craft supplies for existing participants.

Collaborations:

Working with groups like Tamworth Auxiliary and Every MindMatters, we raised over £221 through cake sales and handcrafted items.

Looking Ahead

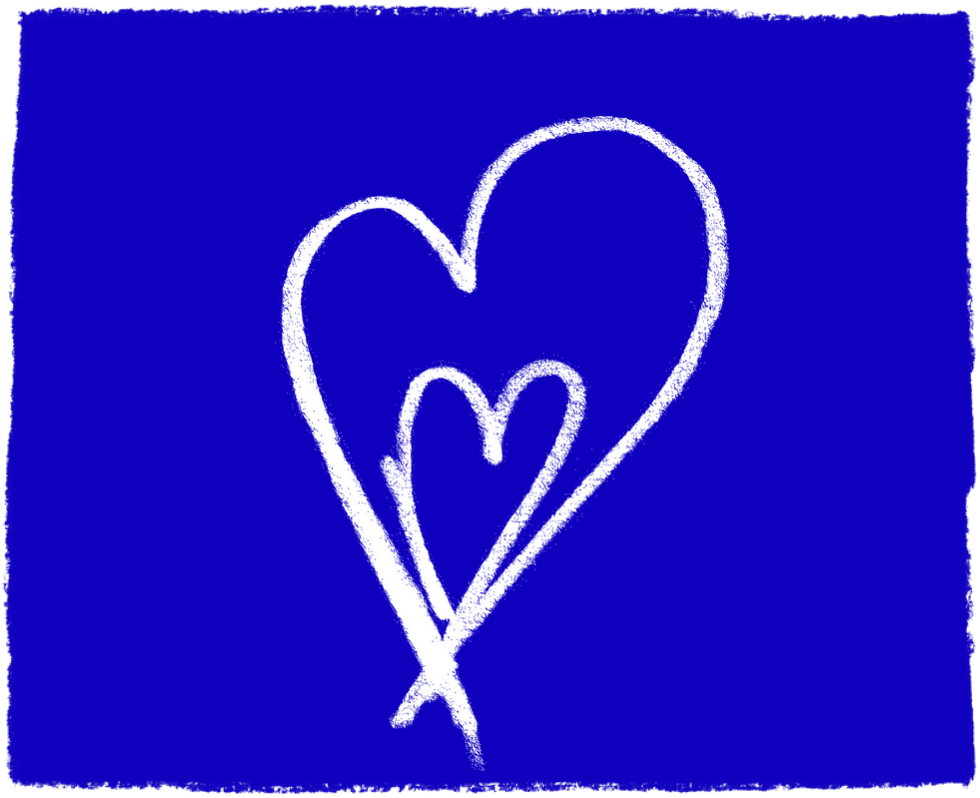
As we head into the new year, we're grateful to everyone who has been part of Safe Haven. We're actively looking forward to securing a new permanent base in Tamworth. We're hoping that next year, this will allow us to expand our services and continue helping the local community!

- The Safe Haven Team

Claire Griffiths,
Safe Haven Team Leader

Safe Haven
A place for hope when there's distress

mind Burton and District



REGISTERED COMPANY NUMBER: 07438326 (England and Wales)
REGISTERED CHARITY NUMBER: 1140492

Report of the Trustees and

Financial Statements

for the Year Ended 31 March 2024

for

Burton & District Mind

Bourne & Co
Statutory Auditors
6 Lichfield Street
Burton-on-Trent
Staffordshire
DE14 3RD

Contents of the Financial Statements
for the Year Ended 31 March 2024

	Page
Report of the Trustees	1 to 8
Report of the Independent Auditors	9 to 11
Statement of Financial Activities	12
Balance Sheet	13
Cash Flow Statement	14
Notes to the Cash Flow Statement	15
Notes to the Financial Statements	16 to 27

Report of the Trustees
for the Year Ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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) (effective 1 January 2019).

Burton & District Mind have a positive local reputation, we are known for providing high quality services and projects, we have highly trained and dedicated staff who underpin our service delivery and an experienced board of trustees with wide ranging skills and knowledge.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our strategy 2020/24 and the trustee board has remained true to the vision of the association, and this is further reflected in the current strategy document. Through board awareness and planning social investment was identified as high on our agenda. There has been increased investment to expand upon contracts of work, planned to widen the geographical reach of our charity, recruiting and team training. Development around the recruitment and deployment volunteers to further support and expand our community activities. Increased activity has been developed to support influence and participation of services through the development of links to Burton Pride LGBTQ+ Expressions group and Sideways; Neurodiversity steering group forums.and service user involvement on our Strategy steering group.

OBJECTIVES AND ACTIVITIES

Significant activities

Burton and District Mind have successfully secured the purchase of our Head office property in Burton on Trent this year. Renting property has been a long-term identified risk to our charity following 3 moves in the organisation's lifetime. Securing a mortgaged property will provide a financial asset and security for our organisation's future. On-going tenders have provided growth of our team. All bid and tenders are subject to full-cost recovery protocols to ensure they are fully funded.

Contracts of work provided within this reporting period have allowed Burton & District Mind to increase geographical reach and choice for our community. Achievements set within the Strategy have been met with the securing of contracts and subcontracts of work providing stability and planned development for our organisation.

The addition of Deputy Team Leaders within the NHS services has allowed additional development of services and risk mitigation to the operational team.

We have several ongoing NHS contracts through Midland Partnership Foundation Trust (MPFT) including:

- Staffordshire Wellbeing Talking	- Providing counselling for mental health and anger treatment service management counselling sessions.
- Mental Health Transformation	- Working with 5 third sector partners to provide Future Focus Recovery Workers,Team Leader and Deputy Team Leader. Future Focus covers Burton, Uttoxeter, Lichfield, Burntwood and Tamworth and provides additional community support to clients within secondary care mental health services, to help reduce barriers that can cause prolonged mental ill health and social isolation.
- Safe Haven Crisis Café	- A safe space in Tamworth providing support for those in mental health crisis or emotional distress. Supported by a team of Recovery Workers, Team Leader, Deputy Team Leader, volunteers and peer helpers.
- Safe Hands	- Working within the Crisis team at St Michaels Hospital Lichfield and St Georges Hospital in Stafford. Providing lower-level support to those overcoming mental health crisis, supporting with relapse prevention, networking advice and de-escalation techniques. Support provided by 2 teams of recovery Workers, Team Leader and Deputy Team Leader.
- Out-reach service	- Subcontracting to the Alzheimer's association - Working to address those that are not engaged in vital support for serious mental illness and memory loss. Both organisations provide community engagement to support identified individuals to access routes into appropriate support.

We also have other contracts as follows:

OBJECTIVES AND ACTIVITIES

- Trent and Dove - Floating Mental Health Support	- Supporting Trent and Dove tenants with mental health problems as part of the wider tenancy sustainment team, supporting access to statutory and community assets, enabling sustainment of their tenancy through securing benefits they are eligible for and applying for missing basic items for their homes such as carpeting and white goods.
- Thinkwell - Staffordshire County Council	- Providing one to one counselling sessions both through CountyCouncil Employment employee self-referral and manager referral. The tender successfully secured for a further 3 years.

Our Grants and fundraising projects include low-cost counselling sessions, Music Minds, Mind-makeover sessions, Ecotherapy, Forest bathing, walk and talk football, Mindfulness, library listening space and peer support groups in the local communities and online.

We also provide self-funded private counselling sessions funded by the client.

Public benefit

Improved fundraising activities have benefited by a Mind investment fund which has enabled Burton and District Mind to employ a fundraiser part time for 18 months. Wider-reaching services identified and achieved through Future Focus, partnering with organisations allowed for delivery of services across south Staffordshire in 5 additional locations. Safe Hands service working within the community supporting Crisis Teams in the East and West of Staffordshire. Further, subcontracted Outreach work in partnership with the Alzheimer's Association supporting vulnerable people over 65. Increased reach has been achieved through our improved social media activities supported by volunteers.

Being part of this sector enables us to deliver services that are influenced by the needs of our beneficiaries in the most innovative and cost-effective way. Burton & District Mind aim to work closely with statutory services and other third sector organisations to bridge gaps in provision and best addresses the needs of our beneficiaries.

Volunteers

Increased activity to recruit, train and deploy volunteers has created additional resource for induction and training of new volunteers and new and developing community activities. Developments such as Library Listening Spaces, Peer Support facilitators, volunteer Future Focus buddies for joint appointments, Safe Haven volunteer opportunities, fundraising support, and service-related communications. Increased support within funded projects has provided extra resource for participants. Co-production, participation and involvement has been increased through volunteer MH Ambassadors, Expressions LGBTQ+ group and Sideways groups.

STRATEGIC REPORT

Achievement and performance

During the period Burton & District Mind improved our website making the experience simpler to site visitors and increased our communications on social media to promote services and raise the profile of our charity. Communications were also involved within our growing team with senior management meetings and team meetings being implemented.

Treasurer's Report (as prepared by Diane Worley, Treasurer)

Burton & District Mind continued to successfully increase its year-on-year income to £1.4m of which 78.8% is restricted funding. Incremental income has come in the main from a number of Midlands Partnership Foundation Trust contracts including £494.5k Safe Hands & Safe Haven, £348.1k Future Focus, £323.5k Talking Therapies Counselling. In addition to this £45.5k has come from the Alzheimer's Outreach contract, £37.1k from Trent & Dove, £24.4k from National Mind Mentor Mental Health Productivity pilot & £2.6k from Staffordshire County Council Thinkwell contract.

There has been the following changes in total income in recent years.

Total income for 2023-24 was £1,423,376, an increase of £413,687.
Total income for 2022-23 was £1,009,689, an increase of £593,312.
Total income for 2021-22 was £416,376, an increase of £91,252.
Total income for 2020-21 was £325,124, an increase of £91,598.
Total income for 2019-20 was £233,526.

For 2023-24, 93% of the income related to our Charitable Activities, 6% of the income related to Donations and Legacies with 1% of the activities relating to Other Activities.

New contracts required us to increase our headcount by 75% (Recovery Workers) representing the main increase in our cost base. We now also own our registered office "Birkett House" which is part funded by a small mortgage. We continue to ensure that all other costs are managed to ensure value for money.

We have maintained our Reserves Fund of 68k, which covers our winding up costs should they be required. This is reviewed every 6 months to ensure it reflects the current structure/risk.

There has been the following changes in total expenditure in recent years.

Total expenditure for 2023-24 was £1,127,263, an increase of £427,141.
Total expenditure for 2022-23 was £700,122, an increase of £260,293.
Total expenditure for 2021 -22 was £439,828, an increase of £167,774.
Total expenditure for 2020-21 was £272,054, an increase of £56,046.
Total expenditure for 2019-20 was £216,008.

For 2023-24, 67% of the expenditure related to our Contract Team costs, 19% related to Central Team costs, 11% related to Premises and Administration costs, 2% related to Project costs and 1% related to Finance costs and Other costs.

Summary

Bourne & Co, Statutory Auditors, 6 Lichfield Street, Burton-on-Trent complete our annual audit in line with the Charity Commission's Audit Requirements and to ensure the accounts are completed in line with the requirements of the Charities Statement of Recommended Practice and (FRS 102 accounting standards).

The Board of Trustees have and will continue to ensure that projects are in line with our Strategic Plan. a challenging year for all involved which was driven by the passion and commitment of the whole team to deliver the best support for the people of Burton and the wider district. Thank you to all who have made this year a massive success.

Financial and risk management objectives and policies
Burton & District Mind has achieved the Mind Quality Mark (MQM) award - MQM is a rigorous assessment and auditing process undertaken every three years which covers all aspects of charity governance and operations. Burton & District Mind also annually completes Cyber Essentials accreditation and Data Protection and Security toolkit and is ICO (Information Commissioners Office) registered.

The new Mind Quality Mark was successful with a much broader deeper dive than on previous rounds and this exercise will help us to continue to improve our board and organisational processes beyond its completion. We will review and further improve our organisations attitude to risk management and its monitoring, and our policies and procedures scheduled reviews to ensure we are operating with the most up to date knowledge of law and legislation to achieve optimum quality and governance.

Future plans
During the period our contracts of work have continued to develop to meet increasing community demands and to further support VCSE work with the NHS. We anticipate that the new government will inevitably make changes to tendering and procurement processes and law. Further changes are likely to be around employment and we anticipate how this will affect Burton & District Mind as employers, and this could add to destabilise the cost-of-living crisis further. Recruitment difficulties and the potential risk of loss of key staff continues to be identifed risk to our organisation. Work has been completed by the board along with the senior management team in 2024 to strengthen our infrastructure by developing deputy positions to mitigate some identified risks. Further development will form a vital part of our onward work for 2025/27 strategy.

STRUCTURE, GOVERNANCE AND MANAGEMENT
Governing document
The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Report of the Trustees
for the Year Ended 31 March 2024

As summarised in our governing documents the purposes of Burton & District Mind are.

- To promote the preservation of mental health.
- To assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.
- To work in association with Mind in accordance with their aims and their objectives

Burton & District Mind are the regions primary mental health charity. In line with our Strategy 2025/27 the trustees have remained true to our purposes and vision.

The trustees of Burton and District Mind take ultimate responsibility for compliance. The trustee board delegates operational management to the CO and Senior Management Team.

Recruitment and appointment of new trustees
Trustees are recruited based on the annual Trustee Skills audit report and Risk Assessment report which are completed by the trustee board. These activities inform the board on emerging needs of the charity and skills gap within the trustee board. Board recruitment is addressed in several ways from advertising on our website, attending open days at universities and colleges, advertising with Support Staffordshire our local VCSE support service, promoting trustee opportunities at health events the charity attends and within our networks and partnerships. The charity has a trustee recruitment process and application process which must be completed successfully prior to an applicant becoming a charity trustee.

The board complete a full volunteer induction including training to better understand the role and responsibilities and complete a timetable of training annually. Additional annual training may be added on an ad hoc basis if law and legislation requires further advice and guidance.

The trustee board follow an annual timetable of governance processes to ensure that structure, governance and legal status of the charity remains focused and strategic.

Annually the trustee board oversee annual staff remuneration through a formal trustee steering group. The steering group review the charities activities and contracts of work and compare equivalent charitable posts and salaries.The Trustee Steering group will propose staff annual increases to the full trustee board for the purposes of voting.

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Company number
07438326 (England and Wales)

Registered Charity number
1140492

Registered office
67 Branston Road
Burton on Trent
Staffordshire
DE14 3BY

Report of the Trustees
for the Year Ended 31 March 2024

Trustees
Ms S Adey-Rankin Retired
D J Bassett Retired
K J Builth Retired
Ms C S Gethin Chief Executive
C Rimmer Retired (resigned 1.11.23)
Ms C D Robinson Retired
Ms K St Clair Retired
Ms D Worley Chartered Management Accountant
Ms S Jay (appointed 1.11.23) (resigned 21.7.24)

Auditors
Bourne & Co
Statutory Auditors
6 Lichfield Street
Burton-on-Trent
Staffordshire
DE14 3RD

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of Burton & District Mind for the purposes of company law) are responsible for preparing the Report of the Trustees 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 those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards 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 charitable company will continue in business.

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 to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

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

AUDITORS

The auditors, Bourne & Co, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 6 November 2024 and signed on the board's behalf by:

K J Builth - Trustee

Opinion

We have audited the financial statements of Burton & District Mind (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of the audit:
- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:
- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

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

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

Our responsibilities for the audit of the financial statements

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

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- Discussions and correspondence with management, including known or suspected instances of non-compliance with laws and regulations and fraud
- Reviewing nominal ledger transactions with particular emphasis on journal entries posted by management
- Being alert throughout our work for anything considered unusual by virtue of size or nature.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

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

Use of our report

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

David Meadows F.C.A. (Senior Statutory Auditor)
for and on behalf of Bourne & Co
Statutory Auditors
6 Lichfield Street
Burton-on-Trent
Staffordshire
DE14 3RD

6 November 2024

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2024

	Notes	Unrestricted funds £	Restricted fund £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	81,236	9,850	91,086	61,883
Charitable activities	5				
Charitable activities		210,460	1,112,444	1,322,904	937,644
Other trading activities	3	5,265	-	5,265	8,910
Investment income	4	4,122	-	4,122	1,252
Total		301,083	1,122,294	1,423,377	1,009,689
EXPENDITURE ON					
Charitable activities	6				
Charitable activities		306,131	821,133	1,127,264	700,122
NET INCOME/(EXPENDITURE)		(5,048)	301,161	296,113	309,567
Transfers between funds	20	114,544	(114,544)	-	-
Net movement in funds		109,496	186,617	296,113	309,567
RECONCILIATION OF FUNDS					
Total funds brought forward		245,934	234,171	480,105	170,538
TOTAL FUNDS CARRIED FORWARD		355,430	420,788	776,218	480,105

The notes form part of these financial statements

Balance Sheet
31 March 2024

	Notes	Unrestricted funds £	Restricted fund £	31.3.24 Total funds £	31.3.23 Total funds £
FIXED ASSETS					
Tangible assets	13	45,006	80,306	125,312	-
CURRENT ASSETS					
Debtors	14	13,922	54,545	68,467	69,101
Cash at bank and in hand		302,529	408,189	710,718	531,367
		316,451	462,734	779,185	600,468
CREDITORS					
Amounts falling due within one year	15	(6,027)	(48,565)	(54,592)	(120,363)
NET CURRENT ASSETS		310,424	414,169	724,593	480,105
TOTAL ASSETS LESS CURRENT LIABILITIES		355,430	494,475	849,905	480,105
CREDITORS					
Amounts falling due after more than one year	16	-	(73,687)	(73,687)	-
NET ASSETS		355,430	420,788	776,218	480,105
FUNDS	20				
Unrestricted funds				355,430	245,934
Restricted funds				420,788	234,171
TOTAL FUNDS				776,218	480,105

The financial statements were approved by the Board of Trustees and authorised for issue on 6 November 2024 and were signed on its behalf by:

K J Builth - Trustee

The notes form part of these financial statements

Cash Flow Statement
for the Year Ended 31 March 2024

	Notes	31.3.24 £	31.3.23 £
Cash flows from operating activities			
Cash generated from operations	1	229,169	336,036
Finance costs paid		(5,064)	-
Net cash provided by operating activities		224,105	336,036
Cash flows from investing activities			
Purchase of tangible fixed assets		(125,418)	-
Interest received		4,122	1,252
Net cash (used in)/provided by investing activities		(121,296)	1,252
Cash flows from financing activities			
New loans in year		79,000	-
Loan repayments in year		(7,522)	-
Loan interest in year		5,064	-
Net cash provided by financing activities		76,542	-
Change in cash and cash equivalents in the reporting period		179,351	337,288
Cash and cash equivalents at the beginning of the reporting period		531,367	194,079
Cash and cash equivalents at the end of the reporting period		710,718	531,367

The notes form part of these financial statements

Notes to the Cash Flow Statement
for the Year Ended 31 March 2024

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.3.24 £	31.3.23 £
Net income for the reporting period (as per the Statement of Financial Activities)	296,113	309,567
Adjustments for:		
Depreciation charges	106	-
Interest received	(4,122)	(1,252)
Finance costs	5,064	-
Decrease/(increase) in debtors	634	(37,727)
(Decrease)/increase in creditors	(68,626)	65,448
Net cash provided by operations	229,169	336,036

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.23 £	Cash flow £	At 31.3.24 £
Net cash			
Cash at bank and in hand	531,367	179,351	710,718
	531,367	179,351	710,718
Debt			
Debts falling due within 1 year	-	(2,855)	(2,855)
Debts falling due after 1 year	-	(73,687)	(73,687)
	-	(76,542)	(76,542)
Total	531,367	102,809	634,176

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Burton & District Mind is a Charitable Company incorporated in England & Wales and limited by Guarantee. In the event of being wound up, the liability in respect of guarantees is limited to £1 per member of the charity. The registered office is given in the Trustees Report on pages 1 and 2 of these financial statements. The nature of the charity's operations and principal activities are also included within the Trustees Report.

The financial statements are presented in sterling which is the functional currency of the charity.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Where income is paid in advance by the customer and that income covers a period of time straddling the year end, the income is apportioned so that it is allocated to the financial year in which the services are delivered.

Income is accrued for where the activities have been performed but not invoiced at the year end.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

The company acquires some assets that are the purpose of a specific project (charitable activity) for which funding is obtained. These assets are not capitalised but are instead treated as expenditure such that they are offset against the income to which they relate.

Any assets not acquired for the purpose of a specific project are capitalised.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the depreciated replacement cost of each asset to its expected residual value evenly over its expected useful life as follows:

- Freehold buildings	- over 50 years
- Fixtures and fittings	- 15% reducing balance

continued...

1. ACCOUNTING POLICIES - continued

Tangible fixed assets

No depreciation charge has been charged on the building as the residual value is considered to be at least equal to cost.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Hire purchase and leasing commitments
Rentals payable under operating leases are charged to profit or loss on a straight line basis over the lease term, unless the rental payments are structured to increase in line with expected general inflation, in which case the company recognises annual rent expense equal to amounts owed to the lessor.

Hire of equipment is charged directly to profit or loss, as incurred.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

The liability and expense is allocated to specific projects and activities and between restricted and unrestricted funds on a time spent basis.

Debtors and creditors
Debtors and Creditors are measured at transaction price, less any impairment.

continued...

2. DONATIONS AND LEGACIES

	31.3.24	31.3.23
	£	£
Donations	91,086	51,133
Gift aid	-	750
Legacies	-	10,000
	91,086	61,883

3. OTHER TRADING ACTIVITIES

	31.3.24	31.3.23
	£	£
Other	5,265	8,910

4. INVESTMENT INCOME

	31.3.24	31.3.23
	£	£
Deposit account interest	4,122	1,252

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	31.3.24	31.3.23
		£	£
Grants	Charitable activities	71,720	45,929
Contract income	Charitable activities	1,251,184	891,715
		1,322,904	937,644

Grants of £71,720 (2023: £45,929) comprise £1,000 from National Mind EFL Grant for the Walk & Talk Football programme (2023: £9,000), £10,097 (2023:£4,903) in respect of a National Mind Organisational & Development Grant to employ a part time fundraiser, £24,390 from National Mind for the Mentor Mental Health Productivity Pilot (2023: £30,150), £375 (2023: £1,125) in respect of a Tesco Community Grant for the Mindfulness sessions. £15,000 from Mercer Farming to fund Ecotherapy programmes (2023:£nil), £7,860 from the English Sports Council to run the Bat & Chat Cricket project (2023:£nil), £5,999 from National Mind as part of the Equity & Lived Experience Development Fund to run the LQBTQI+ Expression Forum (2023: £nil), £5,000 from the Screwfix Foundation towards the refurbishment of the driveway to the office on Branston Road (2023: £nil) and £1,999 from South East Staffs as part of the Healthy Communities programme, running a series of Mind Makeover pyschoeducation sessions (2023: £nil).

In the previous year there £750 was received for Healthwatch young persons for which no corresponding grant has been received in the year ending 31 March 2024.

continued...

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Charitable activities	1,041,266	85,998	1,127,264

7. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Charitable activities	73,733	5,065	7,200	85,998

Support costs, included in the above, are as follows:

	31.3.24 Charitable activities	31.3.23 Total activities
	£	£
Wages	57,422	50,623
Social security	5,916	5,012
Pensions	5,440	1,262
Other operating leases	513	1,800
Rates and water	134	142
Insurance	1,481	772
Light and heat	390	345
Telephone	864	473
Postage and stationery	638	402
Sundries	73	54
Professional fees	662	129
Subscriptions	94	39
Depreciation of tangible and heritage assets	106	-
Bank charges	1	-
Interest payable and similar charges	5,064	-
Auditors' remuneration	7,200	7,200
	85,998	68,253

continued...

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	106	-
Other operating leases	15,997	14,231

9. AUDITORS' REMUNERATION

Audit and accountancy fees charged to the profit and loss account during the year comprise £3,600 for audit fees and £3,600 for accountancy fees. (2023: £3,600 and £3,600 respectively).

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 (2023: nil).

11. STAFF COSTS

	31.3.24	31.3.23
	£	£
Wages and salaries	785,080	334,547
Social security costs	56,156	21,762
Other pension costs	21,618	16,518
	862,854	372,827

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Senior Management	4	4
Counsellors	8	8
Project Workers/Support Roles	5	5
Recovery Workers	18	3
	35	20

No employees received emoluments in excess of £60,000.

continued...

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	60,754	1,129	61,883
Charitable activities			
Charitable activities	178,898	758,746	937,644
Other trading activities	7,910	1,000	8,910
Investment income	1,252	-	1,252
Total	248,814	760,875	1,009,689
EXPENDITURE ON			
Charitable activities			
Charitable activities	247,931	452,191	700,122
NET INCOME	883	308,684	309,567
Transfers between funds	112,120	(112,120)	-
Net movement in funds	113,003	196,564	309,567
RECONCILIATION OF FUNDS			
Total funds brought forward	132,931	37,607	170,538
TOTAL FUNDS CARRIED FORWARD	245,934	234,171	480,105

continued...

13. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
Additions	123,444	1,974	125,418
DEPRECIATION			
Charge for year	-	106	106
NET BOOK VALUE			
At 31 March 2024	123,444	1,868	125,312
At 31 March 2023	-	-	-

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Prepayments and accrued income	68,467	69,101

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Bank loans and overdrafts (see note 17)	2,855	-
Trade creditors	51,737	46,881
Accruals and deferred income	-	73,482
	54,592	120,363

continued...

16. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.3.24	31.3.23
	£	£
Bank loans (see note 17)	73,687	-

17. LOANS

An analysis of the maturity of loans is given below:

	31.3.24	31.3.23
	£	£
Amounts falling due within one year on demand:		
Bank loans	2,855	-
Amounts falling between one and two years:		
Bank loans - 1-2 years	2,855	-
Amounts falling due between two and five years:		
Bank loans - 2-5 years	8,565	-
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	62,267	-

18. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.24	31.3.23
	£	£
Within one year	1,814	750
Between one and five years	5,442	-
	7,256	750

continued...

19. SECURED DEBTS

The following secured debts are included within creditors:

	31.3.24	31.3.23
	£	£
Bank loans	76,542	-

The loan taken out to fund the acquisition of the freehold property is secured on the property itself.

20. MOVEMENT IN FUNDS

	At 1.4.23	Net movement in funds	Transfers between funds	At 31.3.24
	£	£	£	£
Unrestricted funds				
General fund	116,106	(24,784)	108,665	199,987
Designated	129,828	19,736	5,879	155,443
	245,934	(5,048)	114,544	355,430
Restricted funds				
Restricted	234,171	301,161	(114,544)	420,788
TOTAL FUNDS	480,105	296,113	-	776,218

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	148,920	(173,704)	(24,784)
Designated	152,163	(132,427)	19,736
	301,083	(306,131)	(5,048)
Restricted funds			
Restricted	1,122,294	(821,133)	301,161
TOTAL FUNDS	1,423,377	(1,127,264)	296,113

continued...

20. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	68,567	(23,229)	70,768	116,106
Designated	64,364	24,112	41,352	129,828
	132,931	883	112,120	245,934
Restricted funds				
Restricted	37,607	308,684	(112,120)	234,171
TOTAL FUNDS	170,538	309,567	-	480,105

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	82,651	(105,880)	(23,229)
Designated	166,163	(142,051)	24,112
	248,814	(247,931)	883
Restricted funds			
Restricted	760,875	(452,191)	308,684
TOTAL FUNDS	1,009,689	(700,122)	309,567

continued...

20. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	68,567	(48,013)	179,433	199,987
Designated	64,364	43,848	47,231	155,443
	132,931	(4,165)	226,664	355,430
Restricted funds				
Restricted	37,607	609,845	(226,664)	420,788
TOTAL FUNDS	170,538	605,680	-	776,218

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	231,571	(279,584)	(48,013)
Designated	318,326	(274,478)	43,848
	549,897	(554,062)	(4,165)
Restricted funds			
Restricted	1,883,169	(1,273,324)	609,845
TOTAL FUNDS	2,433,066	(1,827,386)	605,680

continued...

21. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

REGISTERED COMPANY NUMBER: 07438326 (England and Wales)
REGISTERED CHARITY NUMBER: 1140492

Report of the Trustees and

Financial Statements

for the Year Ended 31 March 2024

for

Burton & District Mind

Bourne & Co
Statutory Auditors
6 Lichfield Street
Burton-on-Trent
Staffordshire
DE14 3RD

Contents of the Financial Statements
for the Year Ended 31 March 2024

	Page
Report of the Trustees	1 to 8
Report of the Independent Auditors	9 to 11
Statement of Financial Activities	12
Balance Sheet	13
Cash Flow Statement	14
Notes to the Cash Flow Statement	15
Notes to the Financial Statements	16 to 27

Report of the Trustees
for the Year Ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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) (effective 1 January 2019).

Burton & District Mind have a positive local reputation, we are known for providing high quality services and projects, we have highly trained and dedicated staff who underpin our service delivery and an experienced board of trustees with wide ranging skills and knowledge.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our strategy 2020/24 and the trustee board has remained true to the vision of the association, and this is further reflected in the current strategy document. Through board awareness and planning social investment was identified as high on our agenda. There has been increased investment to expand upon contracts of work, planned to widen the geographical reach of our charity, recruiting and team training. Development around the recruitment and deployment volunteers to further support and expand our community activities. Increased activity has been developed to support influence and participation of services through the development of links to Burton Pride LGBTQ+ Expressions group and Sideways; Neurodiversity steering group forums.and service user involvement on our Strategy steering group.

OBJECTIVES AND ACTIVITIES

Significant activities

Burton and District Mind have successfully secured the purchase of our Head office property in Burton on Trent this year. Renting property has been a long-term identified risk to our charity following 3 moves in the organisation's lifetime. Securing a mortgaged property will provide a financial asset and security for our organisation's future. On-going tenders have provided growth of our team. All bid and tenders are subject to full-cost recovery protocols to ensure they are fully funded.

Contracts of work provided within this reporting period have allowed Burton & District Mind to increase geographical reach and choice for our community. Achievements set within the Strategy have been met with the securing of contracts and subcontracts of work providing stability and planned development for our organisation.

The addition of Deputy Team Leaders within the NHS services has allowed additional development of services and risk mitigation to the operational team.

We have several ongoing NHS contracts through Midland Partnership Foundation Trust (MPFT) including:

- Staffordshire Wellbeing Talking	- Providing counselling for mental health and anger treatment service management counselling sessions.
- Mental Health Transformation	- Working with 5 third sector partners to provide Future Focus Recovery Workers,Team Leader and Deputy Team Leader. Future Focus covers Burton, Uttoxeter, Lichfield, Burntwood and Tamworth and provides additional community support to clients within secondary care mental health services, to help reduce barriers that can cause prolonged mental ill health and social isolation.
- Safe Haven Crisis Café	- A safe space in Tamworth providing support for those in mental health crisis or emotional distress. Supported by a team of Recovery Workers, Team Leader, Deputy Team Leader, volunteers and peer helpers.
- Safe Hands	- Working within the Crisis team at St Michaels Hospital Lichfield and St Georges Hospital in Stafford. Providing lower-level support to those overcoming mental health crisis, supporting with relapse prevention, networking advice and de-escalation techniques. Support provided by 2 teams of recovery Workers, Team Leader and Deputy Team Leader.
- Out-reach service	- Subcontracting to the Alzheimer's association - Working to address those that are not engaged in vital support for serious mental illness and memory loss. Both organisations provide community engagement to support identified individuals to access routes into appropriate support.

We also have other contracts as follows:

OBJECTIVES AND ACTIVITIES

- Trent and Dove - Floating Mental Health Support	- Supporting Trent and Dove tenants with mental health problems as part of the wider tenancy sustainment team, supporting access to statutory and community assets, enabling sustainment of their tenancy through securing benefits they are eligible for and applying for missing basic items for their homes such as carpeting and white goods.
- Thinkwell - Staffordshire County Council	- Providing one to one counselling sessions both through CountyCouncil Employment employee self-referral and manager referral. The tender successfully secured for a further 3 years.

Our Grants and fundraising projects include low-cost counselling sessions, Music Minds, Mind-makeover sessions, Ecotherapy, Forest bathing, walk and talk football, Mindfulness, library listening space and peer support groups in the local communities and online.

We also provide self-funded private counselling sessions funded by the client.

Public benefit

Improved fundraising activities have benefited by a Mind investment fund which has enabled Burton and District Mind to employ a fundraiser part time for 18 months. Wider-reaching services identified and achieved through Future Focus, partnering with organisations allowed for delivery of services across south Staffordshire in 5 additional locations. Safe Hands service working within the community supporting Crisis Teams in the East and West of Staffordshire. Further, subcontracted Outreach work in partnership with the Alzheimer's Association supporting vulnerable people over 65. Increased reach has been achieved through our improved social media activities supported by volunteers.

Being part of this sector enables us to deliver services that are influenced by the needs of our beneficiaries in the most innovative and cost-effective way. Burton & District Mind aim to work closely with statutory services and other third sector organisations to bridge gaps in provision and best addresses the needs of our beneficiaries.

Volunteers

Increased activity to recruit, train and deploy volunteers has created additional resource for induction and training of new volunteers and new and developing community activities. Developments such as Library Listening Spaces, Peer Support facilitators, volunteer Future Focus buddies for joint appointments, Safe Haven volunteer opportunities, fundraising support, and service-related communications. Increased support within funded projects has provided extra resource for participants. Co-production, participation and involvement has been increased through volunteer MH Ambassadors, Expressions LGBTQ+ group and Sideways groups.

STRATEGIC REPORT

Achievement and performance

During the period Burton & District Mind improved our website making the experience simpler to site visitors and increased our communications on social media to promote services and raise the profile of our charity. Communications were also involved within our growing team with senior management meetings and team meetings being implemented.

Treasurer's Report (as prepared by Diane Worley, Treasurer)

Burton & District Mind continued to successfully increase its year-on-year income to £1.4m of which 78.8% is restricted funding. Incremental income has come in the main from a number of Midlands Partnership Foundation Trust contracts including £494.5k Safe Hands & Safe Haven, £348.1k Future Focus, £323.5k Talking Therapies Counselling. In addition to this £45.5k has come from the Alzheimer's Outreach contract, £37.1k from Trent & Dove, £24.4k from National Mind Mentor Mental Health Productivity pilot & £2.6k from Staffordshire County Council Thinkwell contract.

There has been the following changes in total income in recent years.

Total income for 2023-24 was £1,423,376, an increase of £413,687.
Total income for 2022-23 was £1,009,689, an increase of £593,312.
Total income for 2021-22 was £416,376, an increase of £91,252.
Total income for 2020-21 was £325,124, an increase of £91,598.
Total income for 2019-20 was £233,526.

For 2023-24, 93% of the income related to our Charitable Activities, 6% of the income related to Donations and Legacies with 1% of the activities relating to Other Activities.

New contracts required us to increase our headcount by 75% (Recovery Workers) representing the main increase in our cost base. We now also own our registered office "Birkett House" which is part funded by a small mortgage. We continue to ensure that all other costs are managed to ensure value for money.

We have maintained our Reserves Fund of 68k, which covers our winding up costs should they be required. This is reviewed every 6 months to ensure it reflects the current structure/risk.

There has been the following changes in total expenditure in recent years.

Total expenditure for 2023-24 was £1,127,263, an increase of £427,141.
Total expenditure for 2022-23 was £700,122, an increase of £260,293.
Total expenditure for 2021 -22 was £439,828, an increase of £167,774.
Total expenditure for 2020-21 was £272,054, an increase of £56,046.
Total expenditure for 2019-20 was £216,008.

For 2023-24, 67% of the expenditure related to our Contract Team costs, 19% related to Central Team costs, 11% related to Premises and Administration costs, 2% related to Project costs and 1% related to Finance costs and Other costs.

Summary

Bourne & Co, Statutory Auditors, 6 Lichfield Street, Burton-on-Trent complete our annual audit in line with the Charity Commission's Audit Requirements and to ensure the accounts are completed in line with the requirements of the Charities Statement of Recommended Practice and (FRS 102 accounting standards).

The Board of Trustees have and will continue to ensure that projects are in line with our Strategic Plan. a challenging year for all involved which was driven by the passion and commitment of the whole team to deliver the best support for the people of Burton and the wider district. Thank you to all who have made this year a massive success.

Financial and risk management objectives and policies
Burton & District Mind has achieved the Mind Quality Mark (MQM) award - MQM is a rigorous assessment and auditing process undertaken every three years which covers all aspects of charity governance and operations. Burton & District Mind also annually completes Cyber Essentials accreditation and Data Protection and Security toolkit and is ICO (Information Commissioners Office) registered.

The new Mind Quality Mark was successful with a much broader deeper dive than on previous rounds and this exercise will help us to continue to improve our board and organisational processes beyond its completion. We will review and further improve our organisations attitude to risk management and its monitoring, and our policies and procedures scheduled reviews to ensure we are operating with the most up to date knowledge of law and legislation to achieve optimum quality and governance.

Future plans
During the period our contracts of work have continued to develop to meet increasing community demands and to further support VCSE work with the NHS. We anticipate that the new government will inevitably make changes to tendering and procurement processes and law. Further changes are likely to be around employment and we anticipate how this will affect Burton & District Mind as employers, and this could add to destabilise the cost-of-living crisis further. Recruitment difficulties and the potential risk of loss of key staff continues to be identifed risk to our organisation. Work has been completed by the board along with the senior management team in 2024 to strengthen our infrastructure by developing deputy positions to mitigate some identified risks. Further development will form a vital part of our onward work for 2025/27 strategy.

STRUCTURE, GOVERNANCE AND MANAGEMENT
Governing document
The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Report of the Trustees
for the Year Ended 31 March 2024

As summarised in our governing documents the purposes of Burton & District Mind are.

- To promote the preservation of mental health.
- To assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.
- To work in association with Mind in accordance with their aims and their objectives

Burton & District Mind are the regions primary mental health charity. In line with our Strategy 2025/27 the trustees have remained true to our purposes and vision.

The trustees of Burton and District Mind take ultimate responsibility for compliance. The trustee board delegates operational management to the CO and Senior Management Team.

Recruitment and appointment of new trustees
Trustees are recruited based on the annual Trustee Skills audit report and Risk Assessment report which are completed by the trustee board. These activities inform the board on emerging needs of the charity and skills gap within the trustee board. Board recruitment is addressed in several ways from advertising on our website, attending open days at universities and colleges, advertising with Support Staffordshire our local VCSE support service, promoting trustee opportunities at health events the charity attends and within our networks and partnerships. The charity has a trustee recruitment process and application process which must be completed successfully prior to an applicant becoming a charity trustee.

The board complete a full volunteer induction including training to better understand the role and responsibilities and complete a timetable of training annually. Additional annual training may be added on an ad hoc basis if law and legislation requires further advice and guidance.

The trustee board follow an annual timetable of governance processes to ensure that structure, governance and legal status of the charity remains focused and strategic.

Annually the trustee board oversee annual staff remuneration through a formal trustee steering group. The steering group review the charities activities and contracts of work and compare equivalent charitable posts and salaries.The Trustee Steering group will propose staff annual increases to the full trustee board for the purposes of voting.

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Company number
07438326 (England and Wales)

Registered Charity number
1140492

Registered office
67 Branston Road
Burton on Trent
Staffordshire
DE14 3BY

Report of the Trustees
for the Year Ended 31 March 2024

Trustees
Ms S Adey-Rankin Retired
D J Bassett Retired
K J Builth Retired
Ms C S Gethin Chief Executive
C Rimmer Retired (resigned 1.11.23)
Ms C D Robinson Retired
Ms K St Clair Retired
Ms D Worley Chartered Management Accountant
Ms S Jay (appointed 1.11.23) (resigned 21.7.24)

Auditors
Bourne & Co
Statutory Auditors
6 Lichfield Street
Burton-on-Trent
Staffordshire
DE14 3RD

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of Burton & District Mind for the purposes of company law) are responsible for preparing the Report of the Trustees 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 those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards 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 charitable company will continue in business.

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 to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

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

AUDITORS

The auditors, Bourne & Co, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 6 November 2024 and signed on the board's behalf by:

K J Builth - Trustee

Opinion

We have audited the financial statements of Burton & District Mind (the 'charitable company') for the year ended 31 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of the audit:
- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:
- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

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

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

Our responsibilities for the audit of the financial statements

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

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- Discussions and correspondence with management, including known or suspected instances of non-compliance with laws and regulations and fraud
- Reviewing nominal ledger transactions with particular emphasis on journal entries posted by management
- Being alert throughout our work for anything considered unusual by virtue of size or nature.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

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

Use of our report

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

David Meadows F.C.A. (Senior Statutory Auditor)
for and on behalf of Bourne & Co
Statutory Auditors
6 Lichfield Street
Burton-on-Trent
Staffordshire
DE14 3RD

6 November 2024

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2024

	Notes	Unrestricted funds £	Restricted fund £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	81,236	9,850	91,086	61,883
Charitable activities	5				
Charitable activities		210,460	1,112,444	1,322,904	937,644
Other trading activities	3	5,265	-	5,265	8,910
Investment income	4	4,122	-	4,122	1,252
Total		301,083	1,122,294	1,423,377	1,009,689
EXPENDITURE ON					
Charitable activities	6				
Charitable activities		306,131	821,133	1,127,264	700,122
NET INCOME/(EXPENDITURE)		(5,048)	301,161	296,113	309,567
Transfers between funds	20	114,544	(114,544)	-	-
Net movement in funds		109,496	186,617	296,113	309,567
RECONCILIATION OF FUNDS					
Total funds brought forward		245,934	234,171	480,105	170,538
TOTAL FUNDS CARRIED FORWARD		355,430	420,788	776,218	480,105

The notes form part of these financial statements

Balance Sheet
31 March 2024

	Notes	Unrestricted funds £	Restricted fund £	31.3.24 Total funds £	31.3.23 Total funds £
FIXED ASSETS					
Tangible assets	13	45,006	80,306	125,312	-
CURRENT ASSETS					
Debtors	14	13,922	54,545	68,467	69,101
Cash at bank and in hand		302,529	408,189	710,718	531,367
		316,451	462,734	779,185	600,468
CREDITORS					
Amounts falling due within one year	15	(6,027)	(48,565)	(54,592)	(120,363)
NET CURRENT ASSETS		310,424	414,169	724,593	480,105
TOTAL ASSETS LESS CURRENT LIABILITIES		355,430	494,475	849,905	480,105
CREDITORS					
Amounts falling due after more than one year	16	-	(73,687)	(73,687)	-
NET ASSETS		355,430	420,788	776,218	480,105
FUNDS	20				
Unrestricted funds				355,430	245,934
Restricted funds				420,788	234,171
TOTAL FUNDS				776,218	480,105

The financial statements were approved by the Board of Trustees and authorised for issue on 6 November 2024 and were signed on its behalf by:

K J Builth - Trustee

The notes form part of these financial statements

Cash Flow Statement
for the Year Ended 31 March 2024

	Notes	31.3.24 £	31.3.23 £
Cash flows from operating activities			
Cash generated from operations	1	229,169	336,036
Finance costs paid		(5,064)	-
Net cash provided by operating activities		224,105	336,036
Cash flows from investing activities			
Purchase of tangible fixed assets		(125,418)	-
Interest received		4,122	1,252
Net cash (used in)/provided by investing activities		(121,296)	1,252
Cash flows from financing activities			
New loans in year		79,000	-
Loan repayments in year		(7,522)	-
Loan interest in year		5,064	-
Net cash provided by financing activities		76,542	-
Change in cash and cash equivalents in the reporting period		179,351	337,288
Cash and cash equivalents at the beginning of the reporting period		531,367	194,079
Cash and cash equivalents at the end of the reporting period		710,718	531,367

The notes form part of these financial statements

Notes to the Cash Flow Statement
for the Year Ended 31 March 2024

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.3.24 £	31.3.23 £
Net income for the reporting period (as per the Statement of Financial Activities)	296,113	309,567
Adjustments for:		
Depreciation charges	106	-
Interest received	(4,122)	(1,252)
Finance costs	5,064	-
Decrease/(increase) in debtors	634	(37,727)
(Decrease)/increase in creditors	(68,626)	65,448
Net cash provided by operations	229,169	336,036

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.23 £	Cash flow £	At 31.3.24 £
Net cash			
Cash at bank and in hand	531,367	179,351	710,718
	531,367	179,351	710,718
Debt			
Debts falling due within 1 year	-	(2,855)	(2,855)
Debts falling due after 1 year	-	(73,687)	(73,687)
	-	(76,542)	(76,542)
Total	531,367	102,809	634,176

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Burton & District Mind is a Charitable Company incorporated in England & Wales and limited by Guarantee. In the event of being wound up, the liability in respect of guarantees is limited to £1 per member of the charity. The registered office is given in the Trustees Report on pages 1 and 2 of these financial statements. The nature of the charity's operations and principal activities are also included within the Trustees Report.

The financial statements are presented in sterling which is the functional currency of the charity.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Where income is paid in advance by the customer and that income covers a period of time straddling the year end, the income is apportioned so that it is allocated to the financial year in which the services are delivered.

Income is accrued for where the activities have been performed but not invoiced at the year end.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

The company acquires some assets that are the purpose of a specific project (charitable activity) for which funding is obtained. These assets are not capitalised but are instead treated as expenditure such that they are offset against the income to which they relate.

Any assets not acquired for the purpose of a specific project are capitalised.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the depreciated replacement cost of each asset to its expected residual value evenly over its expected useful life as follows:

- Freehold buildings	- over 50 years
- Fixtures and fittings	- 15% reducing balance

continued...

1. ACCOUNTING POLICIES - continued

Tangible fixed assets

No depreciation charge has been charged on the building as the residual value is considered to be at least equal to cost.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Hire purchase and leasing commitments
Rentals payable under operating leases are charged to profit or loss on a straight line basis over the lease term, unless the rental payments are structured to increase in line with expected general inflation, in which case the company recognises annual rent expense equal to amounts owed to the lessor.

Hire of equipment is charged directly to profit or loss, as incurred.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

The liability and expense is allocated to specific projects and activities and between restricted and unrestricted funds on a time spent basis.

Debtors and creditors
Debtors and Creditors are measured at transaction price, less any impairment.

continued...

2. DONATIONS AND LEGACIES

	31.3.24	31.3.23
	£	£
Donations	91,086	51,133
Gift aid	-	750
Legacies	-	10,000
	91,086	61,883

3. OTHER TRADING ACTIVITIES

	31.3.24	31.3.23
	£	£
Other	5,265	8,910

4. INVESTMENT INCOME

	31.3.24	31.3.23
	£	£
Deposit account interest	4,122	1,252

5. INCOME FROM CHARITABLE ACTIVITIES

	Activity	31.3.24	31.3.23
		£	£
Grants	Charitable activities	71,720	45,929
Contract income	Charitable activities	1,251,184	891,715
		1,322,904	937,644

Grants of £71,720 (2023: £45,929) comprise £1,000 from National Mind EFL Grant for the Walk & Talk Football programme (2023: £9,000), £10,097 (2023:£4,903) in respect of a National Mind Organisational & Development Grant to employ a part time fundraiser, £24,390 from National Mind for the Mentor Mental Health Productivity Pilot (2023: £30,150), £375 (2023: £1,125) in respect of a Tesco Community Grant for the Mindfulness sessions. £15,000 from Mercer Farming to fund Ecotherapy programmes (2023:£nil), £7,860 from the English Sports Council to run the Bat & Chat Cricket project (2023:£nil), £5,999 from National Mind as part of the Equity & Lived Experience Development Fund to run the LQBTQI+ Expression Forum (2023: £nil), £5,000 from the Screwfix Foundation towards the refurbishment of the driveway to the office on Branston Road (2023: £nil) and £1,999 from South East Staffs as part of the Healthy Communities programme, running a series of Mind Makeover pyschoeducation sessions (2023: £nil).

In the previous year there £750 was received for Healthwatch young persons for which no corresponding grant has been received in the year ending 31 March 2024.

continued...

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Charitable activities	1,041,266	85,998	1,127,264

7. SUPPORT COSTS

	Management	Finance	Governance costs	Totals
	£	£	£	£
Charitable activities	73,733	5,065	7,200	85,998

Support costs, included in the above, are as follows:

	31.3.24 Charitable activities	31.3.23 Total activities
	£	£
Wages	57,422	50,623
Social security	5,916	5,012
Pensions	5,440	1,262
Other operating leases	513	1,800
Rates and water	134	142
Insurance	1,481	772
Light and heat	390	345
Telephone	864	473
Postage and stationery	638	402
Sundries	73	54
Professional fees	662	129
Subscriptions	94	39
Depreciation of tangible and heritage assets	106	-
Bank charges	1	-
Interest payable and similar charges	5,064	-
Auditors' remuneration	7,200	7,200
	85,998	68,253

continued...

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	106	-
Other operating leases	15,997	14,231

9. AUDITORS' REMUNERATION

Audit and accountancy fees charged to the profit and loss account during the year comprise £3,600 for audit fees and £3,600 for accountancy fees. (2023: £3,600 and £3,600 respectively).

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 (2023: nil).

11. STAFF COSTS

	31.3.24	31.3.23
	£	£
Wages and salaries	785,080	334,547
Social security costs	56,156	21,762
Other pension costs	21,618	16,518
	862,854	372,827

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Senior Management	4	4
Counsellors	8	8
Project Workers/Support Roles	5	5
Recovery Workers	18	3
	35	20

No employees received emoluments in excess of £60,000.

continued...

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	60,754	1,129	61,883
Charitable activities			
Charitable activities	178,898	758,746	937,644
Other trading activities	7,910	1,000	8,910
Investment income	1,252	-	1,252
Total	248,814	760,875	1,009,689
EXPENDITURE ON			
Charitable activities			
Charitable activities	247,931	452,191	700,122
NET INCOME	883	308,684	309,567
Transfers between funds	112,120	(112,120)	-
Net movement in funds	113,003	196,564	309,567
RECONCILIATION OF FUNDS			
Total funds brought forward	132,931	37,607	170,538
TOTAL FUNDS CARRIED FORWARD	245,934	234,171	480,105

continued...

13. TANGIBLE FIXED ASSETS

	Freehold property £	Fixtures and fittings £	Totals £
COST			
Additions	123,444	1,974	125,418
DEPRECIATION			
Charge for year	-	106	106
NET BOOK VALUE			
At 31 March 2024	123,444	1,868	125,312
At 31 March 2023	-	-	-

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Prepayments and accrued income	68,467	69,101

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Bank loans and overdrafts (see note 17)	2,855	-
Trade creditors	51,737	46,881
Accruals and deferred income	-	73,482
	54,592	120,363

continued...

16. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.3.24	31.3.23
	£	£
Bank loans (see note 17)	73,687	-

17. LOANS

An analysis of the maturity of loans is given below:

	31.3.24	31.3.23
	£	£
Amounts falling due within one year on demand:		
Bank loans	2,855	-
Amounts falling between one and two years:		
Bank loans - 1-2 years	2,855	-
Amounts falling due between two and five years:		
Bank loans - 2-5 years	8,565	-
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	62,267	-

18. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.24	31.3.23
	£	£
Within one year	1,814	750
Between one and five years	5,442	-
	7,256	750

continued...

19. SECURED DEBTS

The following secured debts are included within creditors:

	31.3.24	31.3.23
	£	£
Bank loans	76,542	-

The loan taken out to fund the acquisition of the freehold property is secured on the property itself.

20. MOVEMENT IN FUNDS

	At 1.4.23	Net movement in funds	Transfers between funds	At 31.3.24
	£	£	£	£
Unrestricted funds				
General fund	116,106	(24,784)	108,665	199,987
Designated	129,828	19,736	5,879	155,443
	245,934	(5,048)	114,544	355,430
Restricted funds				
Restricted	234,171	301,161	(114,544)	420,788
TOTAL FUNDS	480,105	296,113	-	776,218

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	148,920	(173,704)	(24,784)
Designated	152,163	(132,427)	19,736
	301,083	(306,131)	(5,048)
Restricted funds			
Restricted	1,122,294	(821,133)	301,161
TOTAL FUNDS	1,423,377	(1,127,264)	296,113

continued...

20. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	68,567	(23,229)	70,768	116,106
Designated	64,364	24,112	41,352	129,828
	132,931	883	112,120	245,934
Restricted funds				
Restricted	37,607	308,684	(112,120)	234,171
TOTAL FUNDS	170,538	309,567	-	480,105

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	82,651	(105,880)	(23,229)
Designated	166,163	(142,051)	24,112
	248,814	(247,931)	883
Restricted funds			
Restricted	760,875	(452,191)	308,684
TOTAL FUNDS	1,009,689	(700,122)	309,567

continued...

20. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	68,567	(48,013)	179,433	199,987
Designated	64,364	43,848	47,231	155,443
	132,931	(4,165)	226,664	355,430
Restricted funds				
Restricted	37,607	609,845	(226,664)	420,788
TOTAL FUNDS	170,538	605,680	-	776,218

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	231,571	(279,584)	(48,013)
Designated	318,326	(274,478)	43,848
	549,897	(554,062)	(4,165)
Restricted funds			
Restricted	1,883,169	(1,273,324)	609,845
TOTAL FUNDS	2,433,066	(1,827,386)	605,680

continued...

21. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

BURTON & DISTRICT MIND

England & Wales - Charity number 1140492

Accounts

REGISTERED COMPANY NUMBER: 07438326 (England and Wales)
REGISTERED CHARITY NUMBER: 1140492

Report of the Trustees and

Financial Statements

for the Year Ended 31 March 2023

for

Burton & District Mind

Bourne & Co
Statutory Auditors
6 Lichfield Street
Burton-on-Trent
Staffordshire
DE14 3RD

Contents of the Financial Statements
for the Year Ended 31 March 2023

	Page
Report of the Trustees	1 to 7
Report of the Independent Auditors	8 to 10
Statement of Financial Activities	11
Balance Sheet	12
Cash Flow Statement	13
Notes to the Cash Flow Statement	14
Notes to the Financial Statements	15 to 23
Detailed Statement of Financial Activities	24 to 25

Report of the Trustees
for the Year Ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of 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) (effective 1 January 2019).

Burton & District Mind have a positive local reputation, we are committed to providing high quality services and projects, we have highly trained and dedicated staff who underpin our service delivery and an experienced board of trustees with wide ranging skills and knowledge.

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our strategy 2020/24 and the trustee board has remained true to the vision of the association and this is further reflected in the current strategy document. Through board awareness and planning social investment was identified as high on our agenda. There has been increased investment to expand upon contracts of work, widening the geographical reach of our charity, recruiting, training, and deploying volunteers to further support and expand our community activities. Further increased activity has been deployed to support influence and participation coproduction of services through the development of mental health Ambassador and Sideways group forums.

OBJECTIVES AND ACTIVITIES

Significant activities

An Investment was made by the trustees in 2020 to underwrite a Development and Sustainability Officer role to support growth and to increase the charity objectives identified in the business strategy. Successful tenders allowed growth of our team and we covered this growth by full-cost recovery protocols adopted for tenders and grants.

Contracts of work provided within this reporting period have allowed Burton & District Mind to increase reach and choice for our community. Achievements set within the Strategy have been met with the securing of contracts providing a platform of stability and widening of geographical area. Increased board training was identified and through the Mind quality management review this has helped identify other development opportunities and training recommendations for the board.

We have a number of ongoing NHS contracts through Midland Partnership Foundation Trust (MPFT) including:

- Staffordshire Wellbeing talking treatment service	- Providing counselling for mental health and anger management counselling sessions.
- Mental Health Transformation Future Focus	- Working with other 5 third party sector partners to provide Recovery Workers and a Team Leader. Future Focus covers Burton, Uttoxeter, Lichfield, Burntwood and Tamworth and provides additional community support to clients within secondary care mental health services, to help reduce barriers that can cause prolonged mental ill health and social isolation.
- Safe Haven Crisis Café	- A safe space in central Tamworth providing support for those in mental health crisis or emotional distress. Supported by a team of Recovery Workers and a Team Leader.
- Safe Hands	- Working within the Crisis team at St Michaels Hospital Lichfield and St Georges in Stafford. Providing lower-level support to those overcoming mental health crisis, supporting with relapse prevention, networking advice and de-escalation techniques. Support provided by 2 teams of recovery Workers and a Team Leader.

We also have other contracts as follows:

- Trent and Dove	- Providing Floating Mental Health Support, supporting Trent and Dove tenants with mental health problems as part of the wider tenancy sustainment team, supporting access to statutory and community assets, enabling sustainment of their tenancy through securing benefits they are eligible for and applying for missing basic items for their homes such as carpeting and white goods.

OBJECTIVES AND ACTIVITIES

- Thinkwell - Staffordshire County Council Employment Assistance Programme	- Providing one to one counselling sessions both through employee self-referral and manager referral.
- Mind Funded (national) - Mentor project,	- Providing mental health employment support to both employee and manager within the workplace to reduce sickness leave and raise awareness of onsite support and understanding.

Our Grants and fundraising projects include low-cost counselling sessions, Ecotherapy, Forest bathing, walk and talk football, Mindfulness, carers listening service, library listening space and peer support groups in the community and online.

We also provide self-funded private counselling sessions funded by the client.

Public benefit

Improved fundraising activities have benefited by a Mind investment fund which has enabled Burton and District Mind to employ a fundraiser part time for 18 months. Wider-reaching services identified and achieved through Future Focus, partnering with organisations allowed for delivery of services across south Staffordshire in 5 additional locations. Further reach has been achieved through our improved social media activities supported by volunteers.

Being part of this sector enables us to deliver services that are influenced by the needs of our beneficiaries in the most innovative and cost-effective way. Burton & District Mind aim to work closely with statutory services and other third sector organisations to bridge gaps in provision and best suit the needs of our beneficiaries.

Volunteers

Increased activity to recruit and deploy volunteers has created additional resource for induction and training of new volunteers and new community activities. Developments such as Library Listening Spaces, Peer Support facilitators, volunteer Future Focus buddies for joint appointments, fundraising support, and service-related communications. Increased support within funded projects has provided extra resource for participants. Co-production, participation and involvement has been increased through volunteer MH Ambassadors and Sideways groups.

STRATEGIC REPORT

Achievement and performance

During the period Burton & District Mind improved our website making the experience simpler to site visitors and increased our communications on social media to promote services and raise the profile of our charity. Communications were also involved within our growing team with senior management meetings and team meetings being implemented.

Treasurer's Report (as prepared by Diane Worley, Treasurer)

This year Burton & District Mind recorded the highest increase in income year on year driven by the successful award of contracts with the NHS via Midland Partnership Foundation Trust (MPFT). Costs have also incrementally increased to fulfil the new contracts.

There has been the following changes in total income in recent years.

Total income for 2022-23 was £1,009,688, an increase of £593,312.
Total income for 2021-22 was £416,376, an increase of £91,252.
Total income for 2020-21 was £325,124, an increase of £91,598.
Total income for 2019-20 was £233,526.

For 2022-23, 93% of the income related to our Charitable Activities, 6% of the income related to Donations and Legacies with 1% of the activities relating to Other Activities.

Substantial ongoing and new contracts awarded in the year ending 31 March 2023 were Staffordshire Wellbeing Talking Therapies worth £301k, Future Focus worth £306k and Safe Haven Crisis Café & Safe Hands worth £193k.

There has been the following changes in total expenditure in recent years.

Total expenditure for 2022-23 was £700,121, an increase of £260,293.
Total expenditure for 2021 -22 was £439,828, an increase of £167,774.
Total expenditure for 2020-21 was £272,054, an increase of £56,046.
Total expenditure for 2019-20 was £216,008.

For 2022-23, 72% of the expenditure related to our Contract Team costs, 18% related to Central Team costs and 10% related to Premises and Administration costs.

The Main area of increased spend was on team members in order to fulfil the new contracts and ensure that we have the correct effective and efficient headcount in order to meet Burton & District Minds strategic priorities. The current cost of living crises had an impact on our cost base, however, we always look to mitigate where possible.

We have increased our Reserves Fund, which covers our winding up costs should they be required, from £36k to £68k. This is reviewed every 6 months in order to ensure it reflects the current structure/risk.

In summary we have appointed Bourne & Co, Statutory Auditors, 6 Lichfield Street, Burton-on-Trent to complete the annual audit in line with the Charity Commission's Audit Requirements and to ensure the accounts are completed in line with the requirements of the Charities Statement of Recommended Practice and (FRS 102 accounting standards).

The Board of Trustees have and will continue to ensure that projects are in line with our Strategic Plan.

A challenging year for all involved which was driven by the passion and commitment of the whole team to deliver the best support for the people of Burton and the wider district. Thank you to all who have made this year a massive success.

Financial and risk management objectives and policies
Burton & District Mind has achieved the Mind Quality Mark (MQM) award - MQM is a rigorous assessment and auditing process undertaken every three years which covers all aspects of charity governance and operations. Burton & District Mind also annually completes Cyber Essentials accreditation and Data Protection, Security toolkit and is ICO (Information Commissioners Office) registered.

The new Mind Quality Mark was successful with a much broader deeper dive than on previous rounds and this exercise will help us to continue to improve our board and organisational processes beyond its completion. We will review and further improve our organisations attitude to risk management and its monitoring, and our policies and procedures scheduled reviews to ensure we are operating with the most up to date knowledge of law and legislation to achieve optimum quality and governance.

Future plans
During the period a greater number of referrals was taken up, while this was largely around increasing service, great demand for service was inevitable following the Covid-19 pandemic having increased the demand for existing services. We acknowledge that there could soon be a general election, and this could add to destabilise the cost-of-living crisis further. Also, recent identification of recruitment difficulties and the potential risk of loss of key staff is a further identified risk to our organisation. Work will be completed by the board along with the senior management team in 2024 to strengthen our infrastructure to mitigate identified risks. Further development will form a vital part of our onward work for 2023/24 and be a key feature of our strategic planning for the 2024/27 strategy.

STRUCTURE, GOVERNANCE AND MANAGEMENT
Governing document
The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

As summarised in our governing documents the purposes of Burton & District Mind are.

- To promote the preservation of mental health.
- To assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.
- To work in association with Mind in accordance with their aims and their objectives

Burton & District Mind are the regions primary mental health charity. In line with our Strategy 2020/24 the trustees have remained true to our purposes and vision.

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Company number
07438326 (England and Wales)

Registered Charity number
1140492

Registered office
67 Branston Road
Burton on Trent
Staffordshire
DE14 3BY

Trustees
Ms S Adey-Rankin Retired
D J Bassett Retired
K J Builth Retired
Ms C S Gethin Chief Executive (appointed 19.10.22)
T G Mansell Solicitor (appointed 19.10.22) (resigned 6.3.23)
C Rimmer Retired
Ms C D Robinson Retired
Ms K St Clair Retired
Ms D Worley Chartered Management Accountant

Auditors
Bourne & Co
Statutory Auditors
6 Lichfield Street
Burton-on-Trent
Staffordshire
DE14 3RD

STATEMENT OF TRUSTEES' RESPONSIBILITIES
The trustees (who are also the directors of Burton & District Mind for the purposes of company law) are responsible for preparing the Report of the Trustees 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 those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards 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 charitable company will continue in business.

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 to 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.

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued
In so far as the trustees are aware:

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

AUDITORS
The auditors, Bourne & Co, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 1 November 2023 and signed on the board's behalf by:

K J Builth - Trustee

Opinion

We have audited the financial statements of Burton & District Mind (the 'charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of the audit:
- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:
- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

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

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

Our responsibilities for the audit of the financial statements

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

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- Discussions and correspondence with management, including known or suspected instances of non-compliance with laws and regulations and fraud
- Reviewing nominal ledger transactions with particular emphasis on journal entries posted by management
- Being alert throughout our work for anything considered unusual by virtue of size or nature.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

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

Use of our report

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

David Meadows F.C.A. (Senior Statutory Auditor)
for and on behalf of Bourne & Co
Statutory Auditors
6 Lichfield Street
Burton-on-Trent
Staffordshire
DE14 3RD

Date: .....

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the Year Ended 31 March 2023

	Notes	Unrestricted funds £	Restricted fund £	31.3.23 Total funds £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	60,753	1,129	61,882	16,316
Charitable activities	5				
Charitable activities		178,898	758,746	937,644	387,932
Other trading activities	3	7,910	1,000	8,910	12,116
Investment income	4	1,252	-	1,252	12
Total		248,813	760,875	1,009,688	416,376
EXPENDITURE ON					
Charitable activities	6				
Charitable activities		247,930	452,191	700,121	439,830
NET INCOME/(EXPENDITURE)		883	308,684	309,567	(23,454)
Transfers between funds	14	112,120	(112,120)	-	-
Net movement in funds		113,003	196,564	309,567	(23,454)
RECONCILIATION OF FUNDS					
Total funds brought forward		132,931	37,607	170,538	193,992
TOTAL FUNDS CARRIED FORWARD		245,934	234,171	480,105	170,538

The notes form part of these financial statements

Balance Sheet
31 March 2023

	Notes	Unrestricted funds £	Restricted fund £	31.3.23 Total funds £	31.3.22 Total funds £
CURRENT ASSETS					
Debtors	11	7,896	61,205	69,101	31,374
Cash at bank and in hand		255,469	275,898	531,367	194,079
		263,365	337,103	600,468	225,453
CREDITORS					
Amounts falling due within one year	12	(17,431)	(102,932)	(120,363)	(54,915)
NET CURRENT ASSETS		245,934	234,171	480,105	170,538
TOTAL ASSETS LESS CURRENT LIABILITIES		245,934	234,171	480,105	170,538
NET ASSETS		245,934	234,171	480,105	170,538
FUNDS	14				
Unrestricted funds				245,934	132,931
Restricted funds				234,171	37,607
TOTAL FUNDS				480,105	170,538

The financial statements were approved by the Board of Trustees and authorised for issue on 1 November 2023 and were signed on its behalf by:

K J Builth - Trustee

The notes form part of these financial statements

Cash Flow Statement
for the Year Ended 31 March 2023

	Notes	31.3.23 £	31.3.22 £
Cash flows from operating activities			
Cash generated from operations	1	336,036	11,507
Net cash provided by operating activities		336,036	11,507
Cash flows from investing activities			
Interest received		1,252	12
Net cash provided by investing activities		1,252	12
Change in cash and cash equivalents in the reporting period		337,288	11,519
Cash and cash equivalents at the beginning of the reporting period		194,079	182,560
Cash and cash equivalents at the end of the reporting period		531,367	194,079

The notes form part of these financial statements

Notes to the Cash Flow Statement
for the Year Ended 31 March 2023

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.3.23 £	31.3.22 £
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	309,567	(23,454)
Adjustments for:		
Interest received	(1,252)	(12)
Increase in debtors	(37,727)	(16,689)
Increase in creditors	65,448	51,662
Net cash provided by operations	336,036	11,507

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.22 £	Cash flow £	At 31.3.23 £
Net cash			
Cash at bank and in hand	194,079	337,288	531,367
	194,079	337,288	531,367
Total	194,079	337,288	531,367

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Burton & District Mind is a Charitable Company incorporated in England & Wales and limited by Guarantee. In the event of being wound up, the liability in respect of guarantees is limited to £1 per member of the charity. The registered office is given in the Trustees Report on pages 1 and 2 of these financial statements. The nature of the charity's operations and principal activities are also included within the Trustees Report.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Where income is paid in advance by the customer and that income covers a period of time straddling the year end, the income is apportioned so that it is allocated to the financial year in which the services are delivered.

Income is accrued for where the activities have been performed but not invoiced at the year end.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

continued...

1. ACCOUNTING POLICIES - continued

Hire purchase and leasing commitments
Rentals payable under operating leases are charged to profit or loss on a straight line basis over the lease term, unless the rental payments are structured to increase in line with expected general inflation, in which case the company recognises annual rent expense equal to amounts owed to the lessor.

Hire of equipment is charged directly to profit or loss, as incurred.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

The liability and expense is allocated to specific projects and activities and between restricted and unrestricted funds on a time spent basis.

Debtors and creditors
Debtors and Creditors are measured at transaction price, less any impairment.

2. DONATIONS AND LEGACIES

	31.3.23	31.3.22
	£	£
Donations	51,132	15,069
Gift aid	750	(140)
Legacies	10,000	1,387
	61,882	16,316

3. OTHER TRADING ACTIVITIES

	31.3.23	31.3.22
	£	£
Other	8,910	12,116

continued...

4. INVESTMENT INCOME

	31.3.23	31.3.22
	£	£
Deposit account interest	1,252	12

5. INCOME FROM CHARITABLE ACTIVITIES

		31.3.23	31.3.22
	Activity	£	£
Grants	Charitable activities	45,929	112,103
Contract income	Charitable activities	891,715	275,829
		937,644	387,932

Grants of £45,929 (2022: £112,103) comprise £9,000 from National Mind EFL Grant for the Walk & Talk Football programme (2022: nil), £1,125 in respect of a Tesco Community Grant for the Mindfulness sessions (2022: nil), £750 for Healthwatch young persons (2022: £750), £4,903 (2022:nil) in respect of a National Mind Organisational & Development Grant to employ a part time fundraiser and £30,150 from National Mind for the mentor project (2022: £99,793).

In the previous year there were also the following grants, none of which were received in the year ending 31 March 2023. £6,360 for complimentary therapy, £2,000 from the Duchy of Lancaster fund, £3,000 from National Mind CRM fund and a sundry grant of £200 from National Mind.

6. CHARITABLE ACTIVITIES COSTS

The costs relating to the charitable activities of the company were £700,121 (2022: £439,830).

7. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.23	31.3.22
	£	£
Other operating leases	14,231	9,511

continued...

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

9. STAFF COSTS

	31.3.23	31.3.22
	£	£
Wages and salaries	334,548	291,758
Social security costs	21,761	19,666
Other pension costs	16,517	9,642
	372,826	321,066

The average monthly number of employees during the year was as follows:

	31.3.23	31.3.22
Senior Management	4	4
Counsellors	8	5
Project Workers/Support Roles	5	4
Recovery Workers	3	-
	20	13

No employees received emoluments in excess of £60,000.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted fund	Total funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
Donations and legacies	15,816	500	16,316
Charitable activities			
Charitable activities	97,429	290,503	387,932
Other trading activities	12,116	-	12,116
Investment income	12	-	12
Total	125,373	291,003	416,376

EXPENDITURE ON

continued...

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted fund £	Total funds £
Charitable activities			
Charitable activities	204,821	235,009	439,830
NET INCOME/(EXPENDITURE)	(79,448)	55,994	(23,454)
Transfers between funds	53,137	(53,137)	-
Net movement in funds	(26,311)	2,857	(23,454)
RECONCILIATION OF FUNDS			
Total funds brought forward	159,242	34,750	193,992
TOTAL FUNDS CARRIED FORWARD	132,931	37,607	170,538

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Prepayments and accrued income	69,101	31,374

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23 £	31.3.22 £
Trade creditors	46,881	4,512
Accruals and deferred income	73,482	50,403
	120,363	54,915

13. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.23 £	31.3.22 £
Within one year	750	750

continued...

14. MOVEMENT IN FUNDS

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	68,567	(23,229)	70,768	116,106
Designated	64,364	24,112	41,352	129,828
	132,931	883	112,120	245,934
Restricted funds				
Restricted	37,607	308,684	(112,120)	234,171
TOTAL FUNDS	170,538	309,567	-	480,105

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	82,651	(105,880)	(23,229)
Designated	166,162	(142,050)	24,112
	248,813	(247,930)	883
Restricted funds			
Restricted	760,875	(452,191)	308,684
TOTAL FUNDS	1,009,688	(700,121)	309,567

continued...

14. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	70,009	(51,945)	50,504	68,568
Designated	89,233	(27,503)	2,633	64,363
	159,242	(79,448)	53,137	132,931
Restricted funds				
Restricted	34,750	55,994	(53,137)	37,607
TOTAL FUNDS	193,992	(23,454)	-	170,538

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	36,809	(88,754)	(51,945)
Designated	88,564	(116,067)	(27,503)
	125,373	(204,821)	(79,448)
Restricted funds			
Restricted	291,003	(235,009)	55,994
TOTAL FUNDS	416,376	(439,830)	(23,454)

continued...

14. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	70,009	(75,174)	121,272	116,107
Designated	89,233	(3,391)	43,985	129,827
	159,242	(78,565)	165,257	245,934
Restricted funds				
Restricted	34,750	364,678	(165,257)	234,171
TOTAL FUNDS	193,992	286,113	-	480,105

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	119,460	(194,634)	(75,174)
Designated	254,726	(258,117)	(3,391)
	374,186	(452,751)	(78,565)
Restricted funds			
Restricted	1,051,878	(687,200)	364,678
TOTAL FUNDS	1,426,064	(1,139,951)	286,113

continued...

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

Detailed Statement of Financial Activities
for the Year Ended 31 March 2023

	31.3.23 £	31.3.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	51,132	15,069
Gift aid	750	(140)
Legacies	10,000	1,387
	61,882	16,316
Other trading activities		
Other	8,910	12,116
Investment income		
Deposit account interest	1,252	12
Charitable activities		
Grants	45,929	112,103
Contract income	891,715	275,829
	937,644	387,932
Total incoming resources	1,009,688	416,376
EXPENDITURE		
Charitable activities		
Wages	334,548	291,758
Social security	21,761	19,666
Pensions	16,517	9,642
Other operating leases	14,231	9,511
Rates and water	710	586
Insurance	3,360	1,559
Light and heat	1,727	1,637
Telephone	4,865	2,330
Postage and stationery	3,584	2,054
Advertising	693	436
Sundries	2,509	928
Professional fees	12,590	4,875
Computer expenses	11,498	11,300
Counselling	15,645	21,972
Carried forward	444,238	378,254

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	31.3.23 £	31.3.22 £
Charitable activities		
Brought forward	444,238	378,254
Consultants/supplies/ expenditure	239,117	56,813
Staff expenses	5,176	1,934
Volunteer expenses	436	1,215
Training	3,722	579
Subscriptions	232	1,035
Audit & Accountancy fees	7,200	-
	700,121	439,830
Total resources expended	700,121	439,830
Net income/(expenditure)	309,567	(23,454)

BURTON & DISTRICT MIND

England & Wales - Charity number 1140492

Accounts

mind Burton and District

Annual Report 2021-22

Mind Burton and District

Contents

Chair of Trustees Report 2021-22 3

About Burton and District Mind 4

Treasurer's Report 2021-22 5

Chief Officers Report 2021-22 7

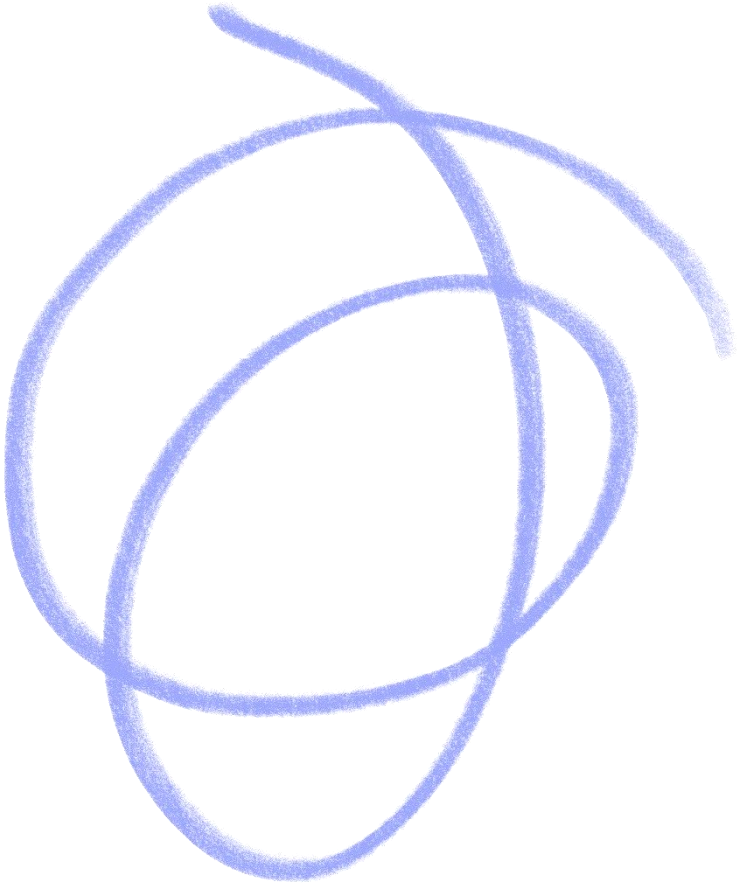
Operation Managers Report 2021-22 9

Development and Sustainability Report 2021-22 12

Trent and Dove Floating Mental Health Support Worker Report 16

Building Better Opportunities Employability Project 17

Holistic Therapy Report 21



Chair of Trustees Report 2021-22

During the first part of 2021/22 we operated under government Covid-19 restrictions. However, as the year progressed and as the country began to reopen, we were able to resume face to face board meetings. With our original meeting place unavailable we were able to find a new meeting space locally at Branston Pavilion which we found fit for our purposes. During restrictions Zoom meetings had enabled us to fulfil our board procedures, discussion and decision making however meeting in person is without doubt much better.

The board has also changed our meetings schedules to bimonthly meetings this year as this allows more time to prepare agendas and papers. Any necessary consultations and information between meetings are emailed out for feedback between meetings.

Staff and practitioners are working back at our base in Branston Road, however during restrictions we have learned and adopted remote ways of working which allows our clients greater flexibility and choice for the services they receive.

During this period, we started to prepare for Mind Quality Management (MQM). This process allows us to review our governance, policies and procedures and ensure we are operating well and safely. The MQM increases the workload for Lynne and the wider team however we do appreciate that this is a useful and informative process that ensures our service maintains good standards and best practice.

The board have co-opted three new people onto the board, Tom a solicitor who also brings a younger perspective to the panel, Charlene who comes from an educational background and has CEO experience, and Paula who has over 20 years HR experience. They will enhance our board and address some of the skills gaps shown within our recent skills audit.

We had some very sad news this year BJ (Brian Johnson) who retired last year has sadly died. BJ was a Burton and District Mind trustee from the very beginning and will be fondly remembered for his support, dedication, commitment, and repertoire of jokes for every occasion.

As always, a big thank you to my fellow board members for their help support and guidance throughout the year and in especially challenging times. Thanks also to Lynne and the team for their commitment, dedication, and patience over the last year.

Ken Builth

Chair of Board of Trustees

Mind Burton and District

About Burton and District Mind

Established since 1991, Burton and District Mind pride ourselves on delivering compassionate and high quality mental health services. We have consistently provided our community with opportunities for people with mental health problems, delivered emotional support and practical, helpful solutions.

Burton and District Mind is a charity registered in England and Wales (1003397) and a company limited by guarantee: 07438326.

Our Vision

We won't give up until everyone who experiences a mental health problem gets both support and respect.

Our Mission

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Our Values

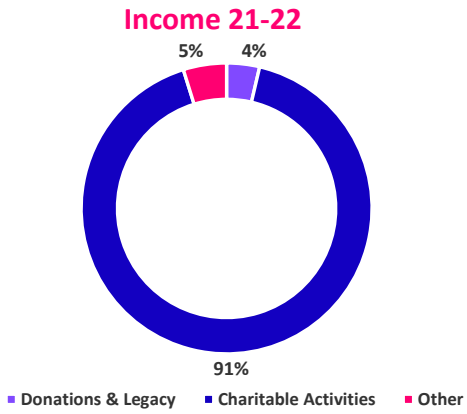
- Service Quality
- Client Focus
- Inclusivity
- Integrity
- Respect

Our Area of Service

- -East Staffordshire
  - Burton on Trent
  - Uttoxeter
- -Lichfield District
  - Lichfield
  - Burntwood
- -Tamworth

Treasurer's Report 2021-22

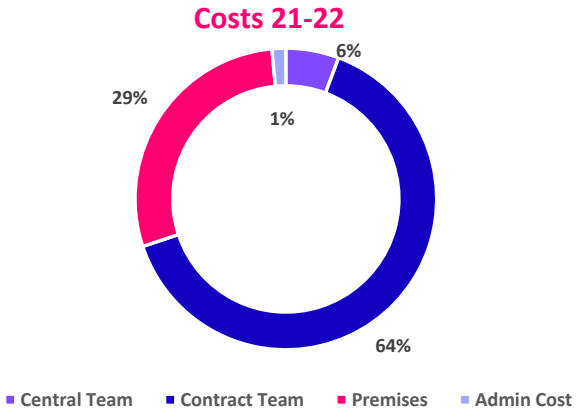
The last year has seen Burton and District Mind grow substantially due to our focus on tendering and successfully winning contracts. This is in line with our strategic goal of ensuring we have financial stability in order to provide long term support to the people of Burton, Lichfield, Uttoxeter, Tamworth and Burntwood.



- **Income Year on Year**

FY	£k
21 - 22	£416,374
20 - 21	£325,124
19 - 20	£233,526

For the financial year ending 31st March 2022 there has been a 28% increase in income with the main uplifts being Mentor £99.8k, MPFT £30.3k, Trent & Dove £13.1k, Donations £6.9k & Holistic Therapy £6.4k



- **Costs Year on Year**

FY	£k
21 -22	£439,828
20 - 21	£272,054
19 - 20	£216,008

Expenditure has increased due to the incremental requirements to recruit new team members to support the new awarded contracts. Costs have also remained a challenge due to the impact of coming out of the covid pandemic with current global economic factors in play, however, we continue to look to ensure that that we control our overheads in order to ensure that money is spent on the people we support.

We have increased our Reserves Fund, which covers our winding up costs should they be required, from £30k to £36k. This is reviewed every 6 months in order to ensure it reflects the current structure/risk.

Summary

As ever the whole team at Burton and District Mind have put their heart and souls into ensuring they can give support to the right people at the right time. They go above and beyond to ensure this is achieved.

There are many new opportunities on the horizon which I am sure will just strengthen the services we provide. The Board of Trustees will ensure that these are in line with our Strategic Plan.

Great year everyone, thank you.

Diane Worley, Treasurer

Chief Officer's Report 2021-22

When I wrote my report last year no one would believe I would still be writing about Covid and its impact this year.

As our organisation emerges from the height of Covid-19 the demand for our services and projects have changed, to some degree our community are still adjusting to the experience of Covid and impact of lockdowns. As an organisation we are very proud that our service remained open and accessible throughout the Covid pandemic and the months that followed.

Our community fundraisers had struggled to complete many of their planned fundraising activities during the Covid lockdowns. We thank them for their resourcefulness, creativity and on-going efforts to achieve such fantastic support for our charity.

The non-IAPT counselling service contract that commenced in May 2020 was increased to support additional demand as Covid restrictions were reduced. The non-IAPT service has continued with online one-to-one consultations and telephone sessions. This was followed by the re-introduction of face-to-face sessions, while using Covid safety guidelines as did our private and low-cost counselling sessions. Furthermore, the Building Better Opportunities project was extended to respond to Post Covid employment support needs and the Trent and Dove Floating Mental Health Support Worker contract was renewed.

The Mind funded Mentor project was launched. This pilot project was designed to support working people to remain in the workplace and gain workplace support.

Throughout the last 12 months there has been wide reaching consultation around Mental Health transformation. We look forward to the new opportunities over the coming months and hope that Burton and District Mind, can secure new work to improve and enhance existing mental health services.

Late spring saw Burton and District Mind launch Eco-Therapy at Muddy Boots. This was an incredibly popular project as it gave an opportunity for people to get out in the fresh air and safely access a project in a therapeutic garden environment. We were also fortunate to be loaned a large garden gazebo, which allowed us to provide holistic and mindfulness sessions outside. It was fantastic for people to be back accessing support and it was also great for our team to finally see face to face services beginning again, albeit in a slightly different and creative way.

In the summer of 2021 staff were able to start to return to the building and, due to demand, we expanded our bank counselling team as part of coming back together as soon as restrictions allowed. We held a team tea party in the garden; this was a wonderful morale booster and a good opportunity for our new team

members to meet in person for the first time. I would like to take the opportunity to thank all our team for their fantastic dedication and commitment. This year has certainly been a difficult journey personally and challenging professionally too.

The whole team rose to unforeseen challenges with amazing resilience, dedication and team spirit and continued to provide amazing support and services for those who needed us during such a difficult time, thank you all so very much.

Lynne Barrell - Chief Officer

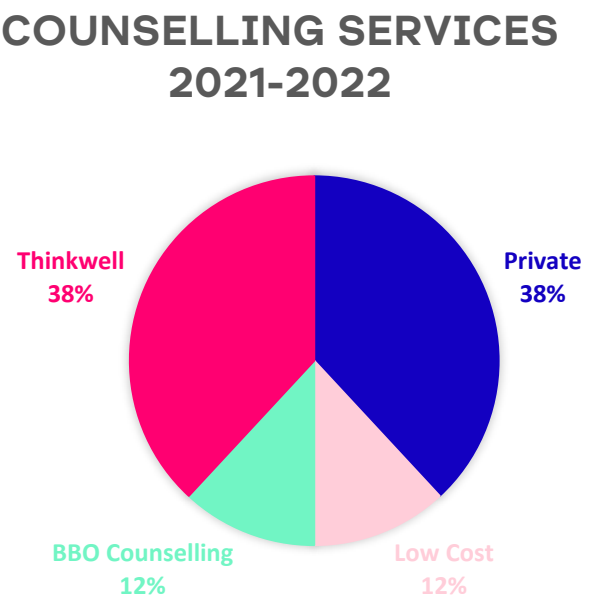
Operations Manager's Report 2021-22

Another year has gone by, and we are still managing to work within the Covid guidelines. Most of our counselling sessions were remote this year and we have started to see clients face to face. We have also seen our team increase with staff and volunteers and it has been great to see the Burton and District Mind team doing so much more. I would like to thank Lynne, Keri, Anthea, Amina and all of our counsellors across the team, who have been alongside me in providing support over the past year and have continued providing the mental health support.

We have been working with the MPFT team during this year, providing our Non-IAPT counselling provision and we have seen progression and increased referrals through the service and the relationship with the Staffordshire Wellbeing Service has grown. We have been invited to their meetings and have communication with the local teams that we work closely with. During this year we have provided 302 completed referrals through Non-IAPT counselling services. These sessions have been provided during working hours and out of hours, which has helped provide more access to our clients. This year has also seen our counsellors provide face to face appointments for clients, as well as remote, and we have been providing these services in Burton and Tamworth. Although there had been some difficulties in adapting to seeing clients face to face from previous remote sessions, the counsellors have done extremely well to fit in with the local wellbeing teams buildings and room availability.

We have seen our Non-IAPT counsellors team increase from 5 to 8 over the past year with Emma Nicholson leaving Burton and District Mind. We had the opportunity to employ more counsellors, including Amy Marlow, Tom Grace, Laura Riley and Alison Fitzsimmons, who join our existing counsellors Dene Lockett, Daniel Harris and David Petch. The new counsellors to join our team consist of a Bank counsellor, as well as previous Placement counsellors who have returned following qualification and gaining more experience from elsewhere. With these extra counsellors we have been able to provide more access to NHS appointments in Burton, Uttoxeter, Tamworth, Lichfield and Burntwood, which has helped bring our average waiting list down for our clients.

Alongside our Non-IAPT counselling team we have also seen an increase of referrals in our Low Cost and Private counselling. This is demonstrated in the pie chart below showing the number of referrals we have received. I have also included the Building Better Opportunities and Thinkwell counselling referrals as these are also completed by our counsellors.



Some of our bank counsellors have moved on this year and new recruits have joined the team; Sue Smalley and Liz Matthews, our current counsellors Yvonne Builth and also some of our Non IAPT counsellors have provided availabilities in seeing our Private and Low-cost clients. Counsellors have also provided sessions for the Staffordshire County Council Thinkwell Project, to support the increase in demand for counselling sessions. The increased demand for our Private and Low-cost work has been due to clients choosing the direct route into sessions, with the benefits of being seen sooner and financially contributing towards sessions either through the low-cost or private options.

Young person's counselling at Deferrers School has been extend for another year. This has allowed us to see young people aged 16-19 within the school environment to reduce and provide support with any mental health issues that they may be suffering with. We will continue to explore further funding options to expand this service. We have also been able to provide Holistic Therapy and Mindfulness

sessions to anyone who needs this support and Mindfulness has remained both face to face and remote which provides greater accessibility for our clients.

It has been an amazing year with difficulties, changes and new opportunities and the whole team has really pulled together to adapt through this difficult period. I am excited to see what the future holds for Burton and District Mind, as the past year has shown how much we have grown and how much we will continue to grow in providing support to those who need it.

Zainera Liaqat - Operations Manager

Mind Burton and District

Annual Development and Sustainability Report 2021-22

Overarching Goal

Burton and District Mind to increase sustainable capacity through geographical and community growth, income diversification and increased service user and volunteer involvement, in preparation for future Mental Health contracts

We can report an incredibly exciting year for the Development and Sustainability Team, moving from strength to strength, having greater insight and reach into our communities, and prepared for new Mental Health Transformation contracts.

Community Help: East Staffordshire, Lichfield District and Tamworth Borough

Our Community Help has continued to thrive and support the community to achieve more for itself by upskilling volunteers to play important roles in delivery. We have delivered more work away from Burton on Trent, with emphasis on Burntwood.

Tom, Facilitator and participants at Stapenhill Grow Ecotherapy projects

Key projects have included:

- Mindfulness Roadshow funded by Coop Dividend Community Trust.
- Virtual Peer Support Group funded by Consociated Charity of Burton on Trent.
- Peer Support Group in Norton Canes sponsored by Arnold Clarke Community Fund.
- Walking Groups and Eco Therapy in Stapenhill and Burntwood funded by Community Foundation for Staffordshire – development of Forest Bathing delivery.
- Mental Health Ambassador Forum – attendance from Community Together CIC, Burntwood Be a Friend, Social Prescribing Link Workers.

Volunteer Programme

We have undertaken a redevelopment of the Volunteer Programme. Our programme now recruits people with high skill levels looking to change or enter careers within mental health, recently retired professionals, and people with lived experience of mental health problems with community development aspirations.

Volunteers taking up key roles in:

- Volunteer recruitment and induction.
- Community training.

Advert for the Listening Space at Burton Library

- Communications – branding, social media, internal newsletter.
  - Community Help visits to:
  - Places of Welcome
  - Cherry Orchard Garden Services
  - Burton Library Listening Space

We have also increased our capacity to mentor industry placements for Health and Social Care students.

Commercial Modelling

To support our income diversification, we have made key reviews to our fundraising offer and our workplace health offer. This was complemented by a new Communications Strategy driven by the Mind Brand refresh and our Mental Health Ambassador Forum.

Burton and District Mind Social Media Asset

We have increased our web-presence, with a growth in website visits and social media followers. This included a promotional video supported by Making Trails.

We have been extremely fortunate and proud to be chosen as charity of benefit by:

- Making Trails
- Mercer Farming
- JB Kind
- Finch Consulting
- Argos Distribution

Promotion picture for Making Trails Big Burton Carousel

Finch Consulting supporting us as Charity of the Year

We have undertaken a strategic review of Workplace Health offer – we have noted that our strengths include counselling, coaching, and holistic therapy. This enables us to support with training and Away Day activity.

In partnership with North Staffs Mind, we provided a workplace health offer, Mentor. This provided 2 full time Mental Health Employment Liaison Officers as part of the Menth Health Productivity Pilot, funded by Mind and Midlands Engine.

We provided training for several partners across sectors:

- Muddy Boots
- Burntwood Be a Friend
- SCYVS
- Cherry Orchard Garden Services

In addition, Healthwatch Staffordshire funded "A Focus on Mental Wellbeing" a key outcome was psychoeducation at De Ferrers Sixth Form Academy, Burton and South Derbyshire College- Health and Social Care students.

This resulted in 250 hard to reach people in our communities having more information about mental health and relevant services.

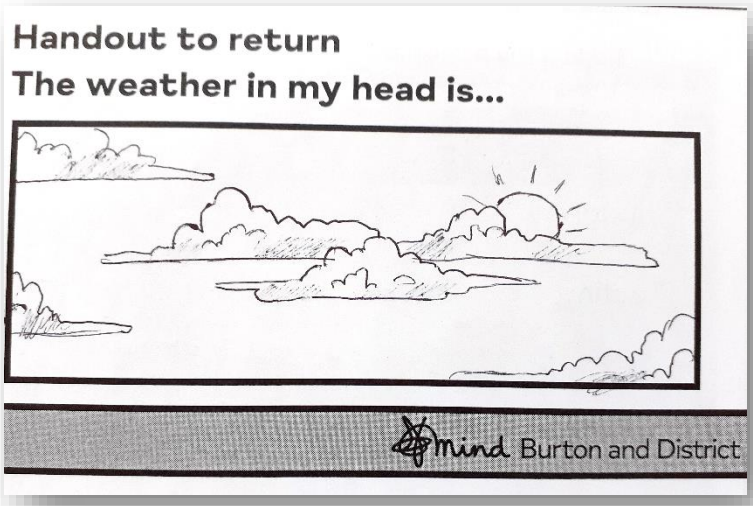
Lesley and David presenting to Health & Social Care students

Increased Capacity and Infrastructure

Following a Development and Sustainability Plan for the year, we updated our Development and Sustainability Strategy to focus on key community objectives for the next few years. This includes:

a) More work targeting key audiences:

- People with severe and enduring mental health problems
- Young people (16-24)
- Black and ethnic minorities
- People affected by poverty
- People with neurodiversity and learning disabilities



Response from Young Persons Involvement project

b) Development of Client Relations Management Software, to be part-funded by Mind. Preparation of tenders for Mental Health Transformation
c) Young Person's Development Report
d) Influence on Staffordshire County Council Public Health – Community Champions and Mental Health Strategy

In addition, we have updated the Involvement and Participation Policy and have presented this to Mind Federation with 60 participants across the network.

We have identified a need to grow the team further with the role of a Project Support Coordinator and a review of management structures should key contracts be awarded.

The Year Ahead…

We will be looking to mobilise on key Transformation and Mental Health services to expand the reach further and deeper into our communities.

We will be looking to build upon the successes of community fundraising by promoting projects that require funding from corporate funders and starting to host our own activities.

We will be developing projects and solutions to the challenges of our communities and support more people from the audiences identified above – with co-production and participation as key values of delivery.

And we will ensure that we are available and able to support on key infrastructure and team requirements such as the review of the Mind Quality Mark.

Keri Lawrence, Development and Sustainability Officer

Trent and Dove Floating Mental Health Support Worker Report

Trent & Dove
Transforming Homes, Lives & Communities

The Floating support service has been working out of the Burton and District Mind office, due to the Trent and Dove office not being fully open to staff or the public after the pandemic and the Trent and Dove office in Uttoxeter has now closed to the public.

During the last 12 months I have successfully supported tenants within their properties and enabled many to improve their home environments, reduce social isolation and increase their household incomes to better support their needs.

The Floating Mental Health Support Service has supported 80 individual clients in the last 12 months.

I have supported tenants to claim £3,295 in backdated housing benefit or Discretionary Housing Payments, plus supported several clients with benefit tribunals, to challenge DWP decision on benefit claims, with positive outcomes for our clients. A further £1,956 in funds had been secured via charity grants, to enable clients to buy essential furniture items, white goods and carpet their properties.

On several occasions this year I have been able to access the Trent & Dove volunteers' team to maintain some client's gardens and remove unwanted items that affect property condition to up keeping them in line with tenancy agreements. The volunteers also assisted one client to have their property decorated.

I have sign-posted and networked clients to seek support from other appropriate agencies and gain support from social services when personal care was required to improve their quality of support and care. This year I have worked with Direct Help & Advice, Derby Law service, Social Services, New Area, Staffordshire Police, the Community Mental Health team, and numerous other groups and agencies.

I also had the opportunity to attend a 10-week evening class, introductory to counselling course in Nottingham, to help and with my professional development.

John Holt AGM 2021-22

Building Better Opportunities – Employability Project

BBO Evolve through Burton & District Mind has been an amazing project to work on since it began in 2017. I joined as a full-time worker on BBO Evolve in the middle of 2019. The project has flourished in supporting the local community and its people suffering from mental health issues, including health and disabilities. Participants were supported, guided, mentored, and received counselling overcoming multiple barriers. Overall, combined support from Burton & District Mind and employability support through BBO Evolve Project enabled participants to help move forward, think positively, and it improved their mental health and wellbeing, and it helped participants move closer to the labor market by gaining tools and resources that will help them at present and in the future.

Participants improved and increased:

- Confidence, self-esteem, motivation
- Reduced social anxiety and social barriers
- Enhancing on low moods
- Counselling for anxiety and depression
- Supporting participants to know what other support is available locally in the community
- Learning about other organisation's, increasing awareness of support network
- Supporting participants with housing issues, debt issues, benefits and with any other barriers they are facing
- Improving IT skills, improving personal and work skills through employability training and careers advisory
- Supporting participants creating CV, job searching, completing mock interviews
- Supporting participants looking for courses, training, work experience and voluntary work to enhance personal and work skills
- Supporting participants into Education, Training and Employment/Self-Employment
- Supporting participants to become independent

Last year and the start of this year were difficult and challenging, the Covid-19 pandemic affected many participants and the workplace. More people were suffering from poor mental health and wellbeing. Participants were too anxious to meet people or come to appointments and support was provided remotely, however, it was more difficult for those who had limited access to IT or telecommunications.

BBO Evolve Burton and District Mind continued to support its participants the way it suited them and at the same time keeping all safe and healthy. Measures were put in place for participants and staff, and we continued to provide help and support. Again, when lockdown restrictions were lifted, not everyone felt comfortable, they were still anxious, but with time and with the right support some participants restarted face to face sessions. The pandemic has successfully enabled us as an organisation to put other measures and methods of contact in place, making it more flexible to communicate in a way that it suits the participants, it has increased flexibility.

More recently BBO Evolve celebrated the challenges and success faced by all and the hard work put in by All Participants at the Pride of Evolve Event which took place at Burton Albion FC, an award ceremony for our BBO Evolve Participants. BBO Evolve at Burton and District Mind had a lot of nominations and had the greatest number of participant award winners. We had 11 nominations and 4 Award Winners out of 11 categories for the categories for Personal Progression, Positive Outlook, Transformed Life through Learning and Inspiring Journey. All these Nominees and Winners had overcome multiple barriers through BBO Evolve, which is a great achievement for the participant and then progressing towards further success independently.

Sadly, this project will be coming to an end in March 2023. This project has helped and supported many participants to improve their lives and wellbeing by overcoming many barriers and successfully supported many into Education, Training and Employment. Currently we have 15 on caseload with 12 being economically inactive. To date we have achieved 88 starts out of a total project target of 94. We require just 6 more new starts and 8 results/progressions to achieve and hit project life target set by Project Partner Steps to Work.

I will continue to support and recruit as many participants as possible who will benefit from the project and exceed in targets making sure we are reaching out to people who need a project like this in the local community to help improve lives and wellbeing and help them get closer to the labour market.

Amina Miah – BBO project coordinator

Building Better Opportunities – Client Feedback

"Counselling through BBO Evolve has increased my confidence and self-esteem and I am now looking forward to starting work in Jan 2022..."

~Anonymous ~

"It has been massively life changing being able to talk to people who are non-judgemental and understand what I need"

~ Natalie ~

"...What brought me to Burton Mind was my loneliness and not wanting to be part of the modern world. So, the help on computer has been magical via BBO Evolve..."

"...Now I have stepped back into life with a job I am good at. I will give it my best shot. The help I have received from Burton Mind has been a life saver.

Thank you doesn't even cover it..."

~ Andrea Brown ~

mind Burton and District

“[taking part in the Evolve project] gives you a purpose in life and allows you to put something back into society...”

~ Jason ~

Evolve is funded by the European Social Fund and the National Lottery Community Fund

Holistic Therapy Report - Oct 2021 to Aug 2022

Keri Lawrence, Development and Sustainability Officer

Number of respondents: 27 (22 for Holistic and 5 for Mindfulness)

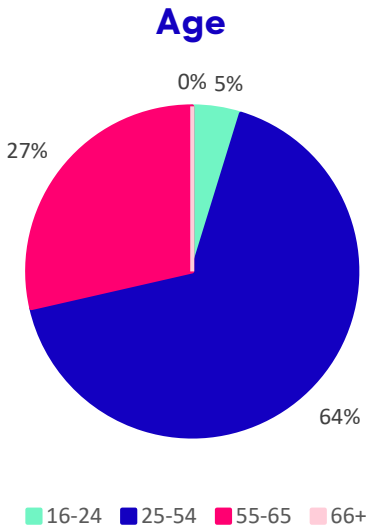
Holistic Therapy (Massage)

	Improvement on Wellbeing	Improvement on Self Esteem	Improvement on Social Connection
Ave Score out of 10	8.27	7.73	7.45
% of participants noting improvement	95%	86%	82%

Net promotor score of 86 (based on Friends and Family Question)

Demographics:

Average Age of participant: 47 years.



Comments made:

- “Room for improvement” i.e., give away affirmations, goals for next time.
- “It’s perfect, that's lovely”
- “I think it’s great”
- “Appointment availability”
- “It is close to perfect”
- “Longer sessions”
- “The service is amazing!”

Mindfulness

	Improvement on Wellbeing	Improvement on Self Esteem	Improvement on Social Connection
Ave Score out of 10	8.20	8.40	8.60
% of participants noting improvement	100%	100%	100%

Net promotor score of 100 (based on Friends and Family Question)

Demographics:

Average Age of participant: 57 years.

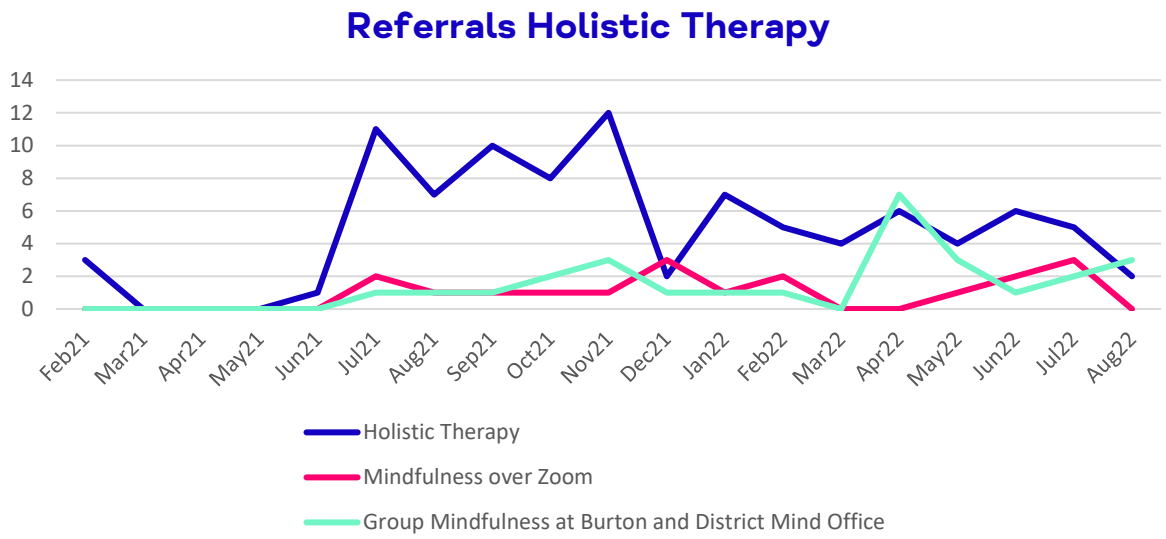
Comments:

“You have it just right”

Other Feedback

"I want to thank you for your sessions, they have helped me greatly. I will miss them, but I have a good foundation to build on my mental health and well-being. You do an amazing job and thanks for helping me through some difficult times."

Trends on Referrals



Conclusions

- Positively received service with strong evidence of increase of wellbeing on scales.
- Dip in referrals to holistic therapy (massage) since 2022.
- General increase in take up of group mindfulness since April 2022 – but numbers still generally low.
- Average age is higher compared to county average (42 years).
- Use of service by males is low – but perhaps not marketed towards male users.
- Users of service by ethnic minorities is low – but perhaps not marketed towards these communities.

mind for better mental health | Burton and District

Burton and District Mind

End of Year Financial Statements

Year ending 31st March 2022

Burton and District Mind
67 Branston Road, Burton on Trent, Staffordshire, DE14 3BY
w: www.burtonmind.co.uk e: info@burtonmind.co.uk
Burton and District Mind is a Company Limited by guarantee – Registered in England and Wales

Charity Number - 1140492
Company Number - 07438326

Independent Examiner's Report to Burton and District Mind

I report on the accounts for the year ended 31st March 2022 which are set out on the following pages.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or 2. the accounts do not accord with those records; or 3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Signed:

Date: 31/07/22

Name: Victoria Watts

Address: 4 Old Reservoir Lane, Sandown, Isle of Wight, PO36 9RM

Statement of Financial Activities

	Unrestricted funds	Designated funds	Restricted funds	Endowment funds	Total funds	Prior year total funds
Income and endowments from:						
Donations and legacies	1,110	13,612	500	0	15,222	19,096
Income from charitable activities	23,901	66,721	290,503	0	381,125	289,617
Other trading activities	11,786	8,230	0	0	20,016	16,229
Investments	12	0	0	0	12	182
Other income	0	0	0	0	0	0
Total income	**36,809**	**88,563**	**291,003**	**0**	**416,374**	**325,124**
Expenditure on:						
Raising funds	427	0	0	0	427	2,268
Expenditure on charitable activities	88,327	116,066	235,009	0	439,401	269,786
Other expenditure	0	0	0	0	0	0
Total expenditure	**88,754**	**116,066**	**235,009**	**0**	**439,828**	**272,054**
Gains / losses on investment assets	0	0	0	0	0	0
Net income / (expenditure) resources before transfer	**(51,945)**	**(27,503)**	**55,994**	**0**	**(23,454)**	**53,070**
Transfers						
Gross transfers between funds - in	55,967	27,235	9,513	0	92,715	112,887
Gross transfers between funds - out	(5,463)	(24,602)	(62,649)	0	(92,715)	(112,887)
Other recognised gains / losses						
Gains on revaluation, fixed assets, charity's own use	0	0	0	0	0	0
Net movement in funds	**(1,442)**	**(24,870)**	**2,858**	**0**	**(23,454)**	**53,070**
Total funds brought forward	**70,009**	**89,234**	**34,750**	**0**	**193,992**	**140,922**
Total funds carried forward	**68,567**	**64,363**	**37,608**	**0**	**170,538**	**193,992**

Balance sheet

Class and code	Description	This year	Last year
Current assets			
BBOCASH	BBO Petty Cash	15	11
CASH	Petty Cash	39	76
COIF	CBF CofE Deposit	63,220	63,214
COOPBANK	Coop Current Account	67,680	66,140
DEPOSIT	Coop Deposit Account	63,125	53,119
Z05	Accounts Receivable	31,375	14,685
	Total Current assets	**225,454**	**197,245**
Liabilities			
6699	Agency collections	0	0
UNCLEAR	Uncleared Cheques, Payments & Banking	50,404	0
Z04	Accounts Payable	4,512	3,253
	Total Liabilities	**54,915**	**3,253**
	Net Asset surplus(deficit)	**170,538**	**193,992**
Reserves			
	Excess / (deficit) to date	(23,454)	53,070
Z01	Starting balances	193,992	140,922
	Total Reserves	**170,538**	**193,992**

Represented by funds		
Unrestricted	68,567	70,009
Designated	64,363	89,234
Restricted	37,608	34,750
Endowment	0	0
Total	**170,538**	**193,992**

Notes

Uncleared Cheques, Payments & Banking of £50,404, relates to deferred income from funder MPFT in relation to contracted counselling costs for the period April 2022 – Nov 2022. This income has been deferred & will be recognised in the accounting periods to which it relates.

Victoria Watts

Dated 31/07/22

For the year ending 31/03/2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.
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 have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Kenneth Builth
Chair

Dated 31/07/22

Statement of assets and liabilities

	General	Designated	Restricted	Endowment	This year	Last year
Current assets - Cash at bank and in hand						
BBO Petty Cash -	(4)	18	0	0	15	11
Petty Cash -	(2,951)	4288	(1297)	0	40	77
CBF CofE Deposit -	176,597	(118,286)	4908	0	63,219	63,214
Coop Current Account -	(228,115)	178,927	116,867	0	67,679	66,139
Coop Deposit Account -	63,125	0	0	0	63,125	53,119
Totals	**72,251**	**63,963**	**57,865**	**0**	**194,079**	**182,560**
Current assets - Debtors						
Accounts Receivable -	2,184	705	28,486	0	31,375	14,685
Totals	**2,184**	**705**	**28,486**	**0**	**31,375**	**14,685**
Liabilities - Creditors: Amounts falling due in one year						
Accounts Payable -	1,434	305	2,773	0	4,512	3,253
Totals	**1,434**	**305**	**2,773**	**0**	**4,512**	**3,253**
Liabilities - Provision for liabilities and charges due within one year						
Uncleared Cheques, Payments & Banking -	4,433	0	45,970	0	50,404	0
Totals	**4,433**	**0**	**45,970**	**0**	**50,404**	**0**
Grand total	**68,567**	**64,363**	**37,608**	**0**	**170,538**	**193,992**

Fund movement by type

	Opening	Incoming	Outgoing	Transfers	Closing
BMYP - Burton Mind Young Persons Counselling					
Designated	0	0	0	10,140	10,140
Sub-total for BMYP	**0**	**0**	**0**	**10,140**	**10,140**
BuildRes - Building Purchase Re					
Restricted	0	0	0	9,513	9,513
Sub-total for BuildReserves	**0**	**0**	**0**	**9,513**	**9,513**
CoOpHolist - CoOp Holistic Roadshow					
Designated	0	3,000	127	0	2,873
Sub-total for CoOpHolistic	**0**	**3,000**	**127**	**0**	**2,873**
ComServ - Community Services					
Designated	8,000	0	0	0	8,000
Sub-total for ComServices	**8,000**	**0**	**0**	**0**	**8,000**
ConsolPeer - Consolidate Charities					
Restricted	3,700	0	1,731	(1,969)	0
Sub-total for ConsolPeer	**3,700**	**0**	**1,731**	**(1,969)**	**0**
DevSustai - Devolopment & Sustainability Team					
Designated	0	0	14,324	0	(14,324)
Sub-total for DevSustainability	**0**	**0**	**14,324**	**0**	**(14,324)**
DuchyLan - Duchy Lancaster / Com. Foundation					
Restricted	0	2,000	1,385	(615)	0
Sub-total for DuchyLancater	**0**	**2,000**	**1,385**	**(615)**	**0**
EcoTh - EcoTherapy					
Designated	1,398	0	1,902	4,730	4,226
Sub-total for EcoTherapy	**1,398**	**0**	**1,902**	**4,730**	**4,226**
GROW - Grow Eco Therapy – Doing Our Bit					
Designated	2,173	0	1,684	(489)	0
Sub-total for GROW	**2,173**	**0**	**1,684**	**(489)**	**0**
HandinHand - HandInHand					
Restricted	0	500	500	0	0
Sub-total for HandinHand	**0**	**500**	**500**	**0**	**0**
HealthWatc - Healthwatch - Young					
Restricted	0	750	168	0	582
Sub-total for HealthWatch	**0**	**750**	**168**	**0**	**582**
Holistic60 - Strachan & Buxton Trust					
Restricted	0	3,000	0	0	3,000
Sub-total for Holistic60+	**0**	**3,000**	**0**	**0**	**3,000**
MPFT - Midlands Partnership					
Restricted	0	161,975	130,929	(31,046)	0
Sub-total for MPFT	**0**	**161,975**	**130,929**	**(31,046)**	**0**
MPFTExtra - Midlands Partnership					
Restricted	0	22,985	14,344	(8,642)	0
Sub-total for MPFTExtra	**0**	**22,985**	**14,344**	**(8,642)**	**0**
Mentor - Mentor Project					
Restricted	0	99,793	75,806	0	23,987
Sub-total for Mentor	**0**	**99,793**	**75,806**	**0**	**23,987**
Mercer - Mercer Funding					
Designated	6,000	0	0	0	6,000
Sub-total for Mercer	**6,000**	**0**	**0**	**0**	**6,000**

NatMind - Mind - National					
Restricted	500	0	423	0	77
Sub-total for NatMind	**500**	**0**	**423**	**0**	**77**
NatMindCRM - Mind - National – CRM Fund					
Designated	0	6,300	8,044	0	(1,744)
Sub-total for NatMindCRM	**0**	**6,300**	**8,044**	**0**	**(1,744)**
NatMindPar - Mind - National – Particiation Grant					
Restricted	1,800	0	420	(1,380)	0
Sub-total for NatMindPar	**1,800**	**0**	**420**	**(1,380)**	**0**
Toyota - Toyota - Kingfisher					
Restricted	1,928	0	1,260	(667)	0
Sub-total for Toyota	**1,928**	**0**	**1,260**	**(667)**	**0**
WillsPeer - Wills & Trusts – Peer Support					
Designated	0	500	9	0	491
Sub-total for WillsPeer	**0**	**500**	**9**	**0**	**491**
General - General fund					
Unrestricted	70,009	36,809	88,754	50,503	68,567
Sub-total for General	**70,009**	**36,809**	**88,754**	**50,503**	**68,567**
BBO - Building Better Opportunities					
Designated	0	27,179	31,365	4,186	0
Sub-total for BBO	**0**	**27,179**	**31,365**	**4,186**	**0**
GSTGo - Get Set to Go					
Designated	1,528	0	0	(1,528)	0
Sub-total for GSTGo	**1,528**	**0**	**0**	**(1,528)**	**0**
TTAX - Tampon Tax					
Designated	3,716	0	0	(3,716)	0
Sub-total for TTAX	**3,716**	**0**	**0**	**(3,716)**	**0**
Thinkwell - Thinkwell counselling					
Designated	0	8,230	3,690	(4,540)	0
Sub-total for Thinkwell	**0**	**8,230**	**3,690**	**(4,540)**	**0**
TrentDMHW - Trent and Dove MH support worker					
Designated	0	31,819	27,687	(4,132)	0
Sub-total for TrentDMHW	**0**	**31,819**	**27,687**	**(4,132)**	**0**
BMindCouns - Burton Mind Counselling					
Designated	13,061	1,343	3,506	1,344	12,242
Sub-total for BMindCouns	**13,061**	**1,343**	**3,506**	**1,344**	**12,242**
CompTher - Complimentary Therapy					
Designated	4,391	430	4,512	150	459
Restricted	3,961	0	1,619	(1,893)	449
Sub-total for CompThery	**8,352**	**430**	**6,131**	**(1,743)**	**908**
CiN - Children in Need					
Restricted	21,517	0	6,424	(15,093)	0
Sub-total for CiN	**21,517**	**0**	**6,424**	**(15,093)**	**0**
YPCOUNS - Young persons counselling					
Restricted	1,344	0	0	(1,344)	0
Sub-total for YPCOUNS	**1,344**	**0**	**0**	**(1,344)**	**0**
Reserves - Reserves					
Designated	30,000	0	0	6,000	36,000
Sub-total for Reserves	**30,000**	**0**	**0**	**6,000**	**36,000**
AvailRes - Available Reserves					
Designated	18,967	9,762	19,216	(9,513)	0
Sub-total for AvailReserves	**18,967**	**9,762**	**19,216**	**(9,513)**	**0**
Grand total	**193,992**	**416,374**	**439,828**	**0**	**170,538**

Analysis of income and expenditure

	Unrestricted	Designated	Restricted	Endowment	Total This year	Last year
INCOME AND ENDOWMENTS						
Donations and legacies						
1010 - Income training courses for other Org.	330	0	0	0	330	1,226
1015 - Donations (BACT)	0	0	0	0	0	8,000
1035 - Fund raising activities	0	243	0	0	243	910
1040 - Counselling Donations	0	0	0	0	0	25
1050 - Donations General	920	11,149	500	0	12,569	7,659
1080 - Mission Fish, Everyclick, MyDonate etc.	0	0	0	0	0	167
1090 - Charity Payments from Amazon Pay Pal etc	0	834	0	0	834	259
1099 - HMRC Gift Aid Income	(140)	0	0	0	(140)	850
1155 - Legacies - Designated	0	1,387	0	0	1,387	0
Total	1,110	13,612	500	0	15,222	19,096
Income from charitable activities						
2040 - 16-18 yrs counselling	0	0	0	0	0	6,678
2040R - 16-18 yrs - CiN	0	0	0	0	0	17,612
2150 - Complimentary Therapy	60	20	0	0	80	0
2150D - Complimentary Therapy	0	3,360	0	0	3,360	0
2150R - Complimentary Therapy	0	0	3,000	0	3,000	0
2170 - Trent & Dove	3,883	0	0	0	3,883	1,650
2170R - Trent & Dove	0	31,819	0	0	31,819	20,908
2190 - Other Grants	0	0	0	0	0	6,800
2190CRM - National Mind CRM Fund	0	3,000	0	0	3,000	0
2190DUCHY - Duchy Lancaster / Com. Fund	0	0	2,000	0	2,000	0
2190GROW - Income - Grow Eco Therapy	0	0	0	0	0	2,500
2190HEALTH - Healthwatch - Young Person	0	0	750	0	750	0
2190M - Mercer Funding	0	0	0	0	0	6,000
2190MENTOR - Mentor Project Income	0	0	99,793	0	99,793	0
2190MID - Income - Midlands Engine	0	0	0	0	0	1,997
2190MIND - National Mind Funding	0	0	0	0	0	500
2190NMP - National Mind - Participation	200	0	0	0	200	1,800
2190PEER – Consol. Charities Peer Support	0	0	0	0	0	3,700
2190TOY - Toyota - Kingfisher Ecotherapy	0	0	0	0	0	2,000
2201D - Burton Mind Counselling	0	1,343	0	0	1,343	10,657
2BBOD - BBO income	0	27,179	0	0	27,179	32,423
2MPFT - MPFT General	19,758	0	0	0	19,758	14,654
2MPFTR - MPFT Restricted	0	0	184,960	0	184,960	159,738
Total	23,901	66,721	290,503	0	381,125	289,617
Other trading activities						
3010 - Private Counselling	11,770	0	0	0	11,770	8,310
3020D - Thinkwell	0	8,230	0	0	8,230	7,915
3070 - Postage Stamp sales etc	16	0	0	0	16	4
Total	11,786	8,230	0	0	20,016	16,229
Investments						
4010 - Interest Received - Bank	12	0	0	0	12	182
Total	12	0	0	0	12	182
Other income						
Total	0	0	0	0	0	0
INCOME TOTAL	36,809	88,563	291,003	0	416,374	325,124

EXPENDITURE

Raising funds

6010 - Training for outside organisations	0	0	0	0	0	2,268
6020 - Fundraising expenses	427	0	0	0	427	0
Total	427	0	0	0	427	2,268

Expenditure on charitable activities

7501 - Insurance	1,559	0	0	0	1,559	2,454
7502 - Heat & Light	1,637	0	0	0	1,637	2,555
7503 - Rent/Lease	9,095	200	215	0	9,510	9,000
7504 - Council Tax / Business rates	0	0	0	0	0	(1,267)
7505 - Water Rates	146	0	0	0	146	169
7511 - Security / Mace fire alarm	195	0	0	0	195	447
7522 - Computers and software	295	8,044	2,841	0	11,179	7,101
7522MID - Computer Equip - Midlands Engine	0	0	0	0	0	1,593
7531 - General Repairs & Renewals	33	0	0	0	33	284
7541 - Cleaning Materials	145	0	48	0	193	55
7542 - Waste Services	440	0	0	0	440	437
7551 - Sundry Expenditure	116	44	38	0	198	176
7561 - Gifts	75	0	0	0	75	52
7600 - BME Project Worker	0	50	0	0	50	0
7600GROW - Project Worker GROW	0	688	250	0	938	0
7600MENTOR - Mentor Project Costs	0	0	45,276	0	45,276	0
7610 - Salaries Pensions NI - General	61,706	19,142	28,079	0	108,927	81,352
7610D - Salaries Pensions NI – Trent Dove	0	26,083	0	0	26,083	23,453
7610DEV - Development & Sustainability	0	14,282	0	0	14,282	0
7630 - Staff Expenses	169	220	352	0	742	248
7630CINR - Staff Expenses - CiN	0	0	0	0	0	60
7630DEV - Development & Sustainability Exp	0	43	95	0	137	0
7630TDMHWD - Staff Expenses - Trent Dove	0	965	0	0	965	329
7650 - Volunteer Expenses	228	9	978	0	1,215	0
7670 - Staff & Trustee Training	138	370	71	0	579	72
7680D - Well-being Courses	0	0	0	0	0	299
7690 - Complimentary Therapy - Gen	86	2,056	1,725	0	3,867	2,292
7690D - Complimentary Therapy - Des	0	4,632	0	0	4,632	0
7690R - Complimentary Therapy - Res	0	0	1,619	0	1,619	0
7695D - Burton Mind Counselling	(546)	3,506	0	0	2,960	1,616
7710 - Telephone	154	202	277	0	633	1,385
7710MID - Telephone Costs - Midlands Engine	0	0	0	0	0	405
7720 - Stationery	186	16	44	0	245	83
7730 - Postage & Stamps	94	11	33	0	139	30
7740 - Internet	616	0	0	0	616	0
7750D - N3 connection	0	0	0	0	0	71
7760 - Photocopier Expenses	1,169	0	33	0	1,202	1,046
7770 - Office Equipment	199	0	137	0	336	66
7771DUCHY - Gardening Supplies	0	0	161	0	161	0
7771GROW - Gardening Equipment - GROW	0	93	0	0	93	0
7771KING - Gardening Equipment - Kingfisher	0	0	143	0	143	0
7820 - CRB / DBS Fees	372	48	144	0	565	495
7820GROW - DBS Fees - Grow	0	0	0	0	0	48
7830 - Subscriptions	299	9	727	0	1,035	45
7840 - Professional Fees	783	0	0	0	783	2,183
7850 - Advertising	340	0	96	0	436	83
7910R - Counselling	0	0	0	0	0	390
7920 - Counsellors Supervision	560	0	0	0	560	330
7950R - Under 25 - Counselling	0	0	0	0	0	234
7950TTD - Uner 25 - TTax	0	0	0	0	0	130
7960 - Private Counselling	8,036	300	100	0	8,436	5,577
7970D - Thinkwell counselling	0	3,690	0	0	3,690	4,262
7990CINR - DNA - CiN	0	0	20	0	20	96

7999CINR - Counselling 16-18 yr - CiN		0	0	6,306	0	6,306	4,775
7999TTD - Counselling 16-18 yr - TTax		0	0	0	0	0	26
7B01 - BBO staff costs		0	30,988	0	0	30,988	26,723
7B02 - BBO Consumables		4	130	0	0	134	272
7B03 - BBO Equipment		0	120	0	0	120	0
7B06 - BBO Participants Exp inc childcare		0	34	0	0	34	655
7B07 - BBO Staff Expenses		0	90	0	0	90	72
7M01 - MPFT Adult Counsellors		0	0	140,787	0	140,787	85,947
7M02 - MPFT Supervision		0	0	3,335	0	3,335	1,268
7M04 - MPFT Mobile Phone		0	0	886	0	886	312
7M05 - MPFT DBS checks		0	0	193	0	193	0
	Total	88,327	116,066	235,009	0	439,401	269,786

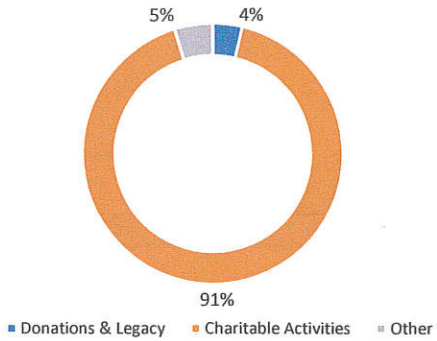
Other expenditure

Total	0	0	0	0	0	0
EXPENDITURE TOTAL	88,754	116,066	235,009	0	439,828	272,054
GRAND TOTAL	(51,945)	(27,503)	55,994	0	(23,454)	53,070

Burton and District Mind Treasurers Report
01.04.21 to 31.03.22

The last year has seen Burton and District Mind grow substantially due to our focus on tendering and successfully winning contracts. This is in line with our strategic goal of ensuring we have financial stability in order to provide long term support to the people of Burton, Lichfield, Uttoxeter, Tamworth and Burntwood.

Income 21-22



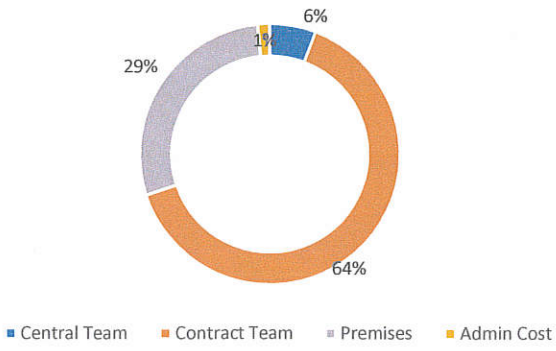
Year on Year

FY	£k
21 - 22	£416,374
20 - 21	£325,124
19 - 20	£233,526

For the financial year ending 31st March 2022 there has been a 28% increase in income with the main uplifts being:

- Mentor £99.8k
- MPFT £30.3k
- Trent & Dove £13.1k
- Donations £6.9k
- Holistic Therapy £6.4k

Costs 21-22



Year on Year

FY	£k
21 -22	£439,828
20 - 21	£272,054
19 - 20	£216,008

Expenditure has increased due to the incremental requirements to recruit new team members to support the new awarded contracts. The main increases have been across the MPFT and Mentor contracts, £57.k and £45.3k respectively, along with an increase of £41.9k in central team salaries which includes the addition of the Development and Sustainability team.

Costs have also remained a challenge due to the impact of coming out of the covid pandemic with current global economic factors in play, however, we continue to look to ensure that that we control our overheads in order to ensure that money is spent on the people we support.

In Year Surplus/(Deficit)

FY	£k
21 -22	(£23,454)
20 - 21	£53,070
19 - 20	£17,517

The 21/22 deficit is primarily due to using our available reserves to fund the addition of a Development & Sustainability Officer. This enabled additional funds to be sourced and brought into the charity, which were subsequently spent on supporting more service users.

Balance Sheet

	21-22	20-21	19-20
Current Assets			
- Cash	£194,078	£182,559	£128,452
- Debtors	£31,374	£14,685	£13,808
Current Liabilities			
- Creditors	£4,511	£,3252	£1,338
- Provisions	£50,403	£0	£0
Total	£170,538	£193,992	£140,922

Debtors include March invoices for 3 contracts and 1 confirmed donation.
Provisions relate to deferred income, funding additional counsellors from April 2022 to Nov 2022 and which will be recognised in the accounting periods to which it relates.

We have increased our Reserves Fund, which covers our winding up costs should they be required, from £30k to £36k. This is reviewed every 6 months in order to ensure it reflects the current structure/risk.

Summary

As ever the whole team at Burton and District Mind have put their heart and souls into ensuring they can give support to the right people at the right time. They go above and beyond to ensure this is achieved.

There are many new opportunities on the horizon which I am sure will just strengthen the services we provide. The Board of Trustees will ensure that these are in line with our Strategic Plan.

Great year everyone, thank you.

Diane Worley

Treasurer Diane Worley

Dated 18/07/2022

Independent Examiner's Report to Burton and District Mind

I report on the accounts for the year ended 31st March 2022 which are set out on the following pages.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or 2. the accounts do not accord with those records; or 3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Signed:

Date: 31/07/22

Name: Victoria Watts

Address: 4 Old Reservoir Lane, Sandown, Isle of Wight, PO36 9RM

BURTON & DISTRICT MIND

England & Wales - Charity number 1140492

Accounts

mind Burton and District

Annual Report 2020-21

Contents

Chairperson's Annual Report 2020-21 3
Key services we delivered over 2020-21 3
About Burton and District Mind 4
Treasurer's Report 5
Chief Officer's Report 2020-21 6
Operations Manager's Report and Report on Staffordshire & Stoke Wellbeing Service 8
Development & Sustainability Report 9
Mindfulness Sessions 11
Building Better Opportunities Evolve Report 12
Key Stats for BBO Evolve Project 12
Trent and Dove Floating Mental Health Support Worker Report 13
Young Person's Counselling Service Report 14
Thinkwell, Low-Cost and Private Counselling Report 15

Chairperson's Annual Report 2020-21

Another ever changing year at Burton and District Mind. Coronavirus has certainly thrown a curve ball at the world. We have met this challenge by adapting the ways we operate, successfully fulfilling our contracts, whilst ensuring mental health services can be accessed by those in need. Throughout this time, we have maintained our existing high standards and by expanding our service provision geographically.

None of this could be achieved if it were not for Lynne and the amazing team at Burton and District Mind. The Burton and District Mind services have been ready and available throughout the pandemic, offered support all year and signposted to additional services.

As trustees we have all needed to embrace the changes necessary. The meetings now via zoom whilst not ideal, have enabled us to fulfil our roles of decision making, monitoring our strategic and operational plans.

As always, I would like to offer my very sincere thanks to all trustees for their support, help and continued commitment over this past year.

It is to be noted that two of our trustees have decided to step down. I would like to thank on behalf of Burton and District Mind, firstly Ron Dougan for his very valuable contributions and experience of being a CEO at Trent & Dove Housing. This has been invaluable on many levels, assisting our growth.

Secondly Mr Brian Johnson, a founder member of Burton and District Mind and involved for over thirty years. He has brought, humour and character to our organisation with a commitment that never wavered. Certainly 'Mr Burton Mind', we wish him a relaxing, peaceful retirement.

We now look forward to a year of stability and growth, hopefully 'normality' will be with us.

Ken Builth, Burton and District Mind Chair to the Trustee Board of Directors

Key services we delivered over 2020-21

- Staffordshire Wellbeing Service Non IAPT Counselling for East Staffordshire, Lichfield District and Tamworth Borough
- Staffordshire County Council Thinkwell Counselling
- Children in Need Young Persons Counselling
- Evolve Building Better Opportunities Employment Service
- Trent & Dove Housing Floating Mental Health Support
- Low Cost Counselling
- Mindfulness and Holistic Therapy
- Toyota Charitable Trust funded Ecotherapy
- Community Help across East Staffordshire, Lichfield District and Tamworth Borough

Mind Burton and District

About Burton and District Mind

Established since 1991, Burton and District Mind pride ourselves on delivering compassionate and high quality mental health services. We have consistently provided our community with opportunities for people with mental health problems, delivered emotional support and practical, helpful solutions.

Burton and District Mind is a charity registered in England and Wales (1003397) and a company limited by guarantee: 07438326.

Our Vision

We won't give up until everyone who experiences a mental health problem gets both support and respect.

Our Mission

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Our Values

- Service Quality
- Client Focus
- Inclusivity
- Integrity
- Respect

Our Area of Service

- -East Staffordshire
  - Burton on Trent
  - Uttoxeter
- -Lichfield District
  - Lichfield
  - Burntwood
- -Tamworth

Treasurer's Report

My last report looked forward more optimistically thanks to the hard work and determination by everyone during the year.

Burton and District Mind continues to face and respond to challenges with a large degree of success. We continue to seek opportunities to develop our range of services and work continues in this area. Our respect, standing and reputation in the surrounding areas continues to grow as a result.

As an addendum to my last report, I commented on impending staff changes. These changes resulted in a review of our staff structure with Lynne in a new role as Chief Officer, Anthea as our new Finance Officer, and Keri joined us as Development and Sustainability Officer. With this strengthened team we are now in a strong position to develop our work into a much wider geographical area of influence.

I am pleased to report that due to extensive effort by our stronger team in securing new funding streams and associated work, we continue to establish our financial viability. I regularly reassess the level of our emergency reserves fund, currently £30,000.

Despite the challenges of Covid-19 and largely due to the extensive work by our team our Unrestricted (General) Fund has improved to £69,958 compared to £32,924 in 2020, £44,971 in 2019, £46,571 in 2018, £51,946 in 2017, £38,791 in 2016, £30,563 in 2015.

The end of last year reserves in the Legacies and Fundraising Designated Funds were amalgamated into a Development Fund to finance the newly created Development and Sustainability Officer role.

As in previous years, the good work of our Board Members continues, keeping a close eye on our cash flow and seeking to identify new funding streams outside of our core counselling funding. We continue to broaden our base to help secure our future in these changing and challenging times. We are continuing to develop our private counselling and holistic therapy model with increasing and promising use so far.

New funding streams are important to our future and I trust that success in our applications will continue to stabilise our finances and strengthen our Core Values even further. As Burton and District Mind is preparing to celebrate our 30 years' anniversary this report brings even more confidence for the future.

I would like to pass on my personal thanks to the many people that have been part of the Burton and District Mind journey over the last year. A special mention here for Lynne, Keri, Zainera who continue to develop our services to help those whom they have a passion to support and including Anthea who does the day-to-day hands-on financial work making my role very much easier.

Well done everyone.

Chris Rimmer, Treasurer to the Trustee Board of Directors

Chief Officer's Report 2020-21

It has been a year of challenges and changes for Burton and District Mind.

This time last year none of us could have envisaged the havoc that Covid-19 would reap upon the world and the impact we would all experience in one way or another. We have experienced spikes and lulls in service demand based largely upon government restrictions throughout the pandemic, as we now begin to gradually see a reduction to government restrictions the demand for our services and projects is beginning to raise very noticeably.

Burton and District Mind took the brave decision to invest in development last year with the addition of a new Development and Sustainability role. We successfully recruited Keri Lawrence into this new role in Oct 2020, Keri has substantial third sector experience within a previous role at South Staffordshire Network for Mental Health and more recently within a community based recycling charity. Keri has been a great addition to the team and has already made a positive impact on our services and projects. Part of our aim was to develop services on the footprint of the new Improving Access to Psychological Therapies (IAPT) sub-contract areas of Lichfield, Burntwood and Tamworth, Keri has made good in-roads to these areas even during lockdown. Further developments have been around the addition of Community Champions, associates and volunteers and this has really helped us manage the extra demand for mental health support that the impact of Covid-19 has created.

Also, last year Linda Bateman, our Finance Officer, took the decision to retire to spend more time with her grandchildren after more than nine years as Finance Officer.

I'd like to take this opportunity to thank Linda for all her commitment and dedication and wish her a long and happy retirement.

In June 2020 we were joined by Anthea Howard, our new Finance Officer. Anthea has been a great addition and has settled into our team beautifully, Anthea brings

with her a huge knowledge of accountancy which will further support our future development.

Burton and District Mind commenced the Midlands Partnership NHS Foundation Trust IAPT sub-contract in April 2020, providing Non IAPT counselling to East Staffordshire, Lichfield, Burntwood and Tamworth. We redesigned our counselling team for this contract. Zainera, Emma and Dene, three of our original team of counsellors secured employed roles within the MPFT contract and we completed our team in December 2020 by two new counselling colleagues Daniel and David. This contract has given us greater security as it will run for 3 years with a possible further extension of 24 months.

As Burton and District Mind had been known for many years as a provider of high quality counselling services we also developed a private counselling option and secured funding to provide a low-cost counselling option for our clients. By developing these additional options, we have been able to secure on-going work for our self-employed associate counsellors who have provided counselling services to our clients for many years and continue to provide service choice for our community.

Our main office remained staffed during the pandemic; the Building Better Opportunities project and Trent & Dove support continued remotely as did our Mindfulness and counselling services. I'm incredibly proud that our services didn't close for a single operational day for our participants throughout the Pandemic. And as we approached the end of summer 2020 we were able to safely launch Ecotherapy which we provided on the Muddy Boots garden at the rear of our building; this was an amazing success and a really important support for those participants that accessed the project.

We have experienced a challenging and unexpected year and changes to our services and our team at Burton and District Mind. I would like to express my gratitude and thanks to every one of our team for their amazing personal and professional resilience, commitment and support for one another during this astonishing and challenging year.

Thank you all so very much.

Lynne Barrell, Chief Officer

Operations Manager's Report and Report on Staffordshire & Stoke Wellbeing Service

Going over the last year we have had many changes and new additions to the team of Burton and District Mind. It has been wonderful to work with the new staff, volunteers and counsellors over this last year and see our team grow.

From May 2020, we began our new contract as a sub-contractor to Midlands Partnership NHS Foundation Trust on the new Staffordshire Wellbeing Service providing the Non IAPT counselling alongside the IAPT service. The Non IAPT service provides counselling which is similar to what we previously provided within the East Staffs CCG counselling contract. The purpose of the commissioning changes was to provide an equitable talking treatment service across Staffordshire.

Additionally, as part of this contract Burton and District Mind cover East Staffordshire as before and Burntwood, Lichfield and Tamworth.

The Team have completed 571 treatments over the annual period.

There is now a single point of access for the Staffordshire community to self-refer to the Staffordshire Wellbeing Team who complete the assessments and allocate clients to the appropriate talking treatment provider within the wider team. We recruited three counsellors from our existing Burton and District Mind team and have employed two new counsellors; Daniel Harris and David Petch completed our team in December 2020.

Alongside the Non IAPT counselling, we have seen our new Low Cost and Private counselling projects increase, this has been due to client choice and clients preferring the direct route into our services. These additional services are staffed by our remaining counsellors who have continued providing our services to clients that have chosen to pay for their treatment. Our remaining counsellors have also supported clients through the Staffordshire County Council Thinkwell project and the Children in Need funded Young Person Counselling.

The team have really pulled together and have adapted brilliantly with the changes and have continued providing the highest quality to our clients. It has also been amazing to see new services such as Peer Groups and Ecotherapy starting which has enhanced what we provide to our clients.

It truly has been an eventful year with many changes and new opportunities on the horizon, which will hopefully see us expand our mental health support into other avenues. I am excited to see what the future holds and pleased to be a part of it.

Zainera Liaqat, Operations Manager

Development & Sustainability Report

In October 2020, I commenced a Development and Sustainability Programme, based on an extensive community mapping exercise, with the following successes as of 31 March 2021:

Overarching Goal
Burton and District Mind to increase sustainable capacity through geographical and community growth, income diversification and increased participant and volunteer involvement, in preparation for future Mental Health contracts

1 Burntwood, Lichfield & Tamworth Communities

The goal here is to provide a Community Help provision; we can respond quickly and accurately to requests for advice and guidance by introducing Peer Support Groups and Community Help visits to existing groups in the areas.

We would build on this community development to identify further mental health need for project provision, opportunity for fundraising and increasing our bank of associates to deliver projects.

I have established links with 'Burntwood Be A Friend', Lichfield Waterworks Trust, Forest Harvest and others in view to secure funding for Ecotherapy projects across Lichfield District.

I have created networks with Tamworth Community Together, Lichfield Open Door of Hope, South Staffordshire Network for Mental Health, Spark Burntwood, and with Social Prescribing Link Workers in the area.

We have provided a Community Help service for Burntwood foodbanks and provided Mindfulness sessions with Spark.

2 Volunteering Programme

We have modernised and energised the Volunteer Programme to appeal to people with lived experience of mental health problems, professionals looking for career changes or productive retirement activity, or people on work experience programmes:

- Development Associates support with the office function, strategy and operational planning. They might support with funding bids, recruitment and with communications.
- Community Help Associates support with the Community Help project as above, they deliver Peer Support Groups, visit local services and help with facilitated groups.

Both of the above roles are flexible enough to wrap around the needs and aspirations of the volunteers. All volunteers benefit from a full induction and training programme.

As of 31 March 2021, we have seven active volunteers.

3 Commercial Modelling

We have modernised our online presence and branding in preparing for the new Mind brand, this new branding and campaigns are supporting our Low Cost

Counselling offer, our volunteer recruitment and workplace health offer.

We have been successful in our joint application for the Midlands Engine Mental Health Productivity Pilot and will be taking on two new staff in order to support this exciting initiative to support people with mental health problems in the workplace.

4. Increased Capacity and Infrastructure

We have increased the number of associates that we work with and the range of skills available. A key success is our partnership with Nick Burton at Forest Harvest, who has been able to support and broaden our Ecotherapy offer to a high level of skill and participant satisfaction.

We have started an internal newsletter to support internal communication, particularly helpful whilst we have been homeworking.

We have reviewed our internal participant processes and identified need around Customer Relations Management and more effective and meaningful Participant Involvement and Influence. We are seeking funding and resources to support these activities.

Keri Lawrence, Development and Sustainability Officer

Toyota Manufacturing Charitable Trust funded our Ecotherapy project which concluded in November 2020, in partnership with Muddy Boots and the Broadway Social Enterprise CIC.

TOYOTA TMUK CHARITABLE TRUST
Reg no. 1124678

Key Statistics

Number of individuals participants supported: 11
Number of sessions ran: 9
Key skills learnt: Mindfulness, Sowing Seeds, Potting Herbs, Building Planters, Making Friends and Value of Peer Support

Feedback Survey Results	Percentage of participants
Do you believe that attending this group has helped your mental wellbeing?	100%
Do you believe that attending this group has helped your physical wellbeing?	100%
Do you believe that you have learned things about ecology and growing things?	100%
Do you believe that this group has helped you practice Mindfulness?	100%
Do you believe that the group has met your assessed need?	100%
How likely is it that you would repeat the group or do something similar in the future?	100%

Happy to come to spend time in this place

I find I am able to chat with other members with ease. I feel I too mean something as a person

I am motivated to leave my house more

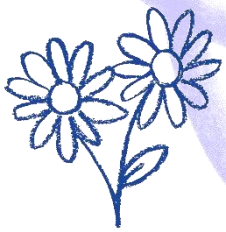
I am able to ask questions about my own garden plants, it means I can spend time in my own garden

I found myself really relaxing. It makes such a difference to my anxiety

Mindfulness Sessions

Face to face Mindfulness sessions, funded by the L & O Lloyd grant, through The Community Foundation of Staffordshire, commenced on 22nd September 2020. There were 14 sessions with the 'Muddy Boots' groups until 3rd November 2020.

Due to another lockdown, the Mindfulness sessions resumed via Zoom. These took place on Wednesday and Thursday mornings. Two participants were unable to access Zoom sessions so I called them instead (keeping sessions as inclusive as possible). The sessions provided a space for participants to feel less isolated, comforted and a reminder that during this pandemic self-care has never been needed more. 51 Mindfulness sessions took place from 7th October until 31st March 2021. I was asked to facilitate 10 sessions of Mindfulness for Burntwood Spark parents, volunteers and staff which was very well received.



One participant even logged onto his Zoom session in hospital, having been admitted because of a kidney stone.

Many clients have expressed gratitude for the Mindfulness sessions; some have been sceptical initially, particularly those that find themselves constantly ruminating about the past and the future. I have a couple of clients who still prefer not to show their faces and prefer not to talk so these sessions have been invaluable.

Lalita Heier, Holistic Therapist and Mindfulness Coach

Feedback on Mindfulness

"I was very sceptical at first as to whether the Mindful Sessions would help me with my stress situation, but I soon became aware that my concerns were unfounded as I started to feel much better."

"I find these sessions extremely valuable. The positive affirmations combined with deep breathing exercises really help me to calm my mind. Lalita's voice is relaxing in itself."

"The sessions really helped me refocus on the present and help with stress and anxiety I've been going through due to the pandemic. They help me relax and to be more equipped to cope with life's adversity. I also feel happier and calmer after the sessions. Thank you."

"I have never done anything like this before and I can honestly say I have really enjoyed it. The last two weeks have been difficult for me personally and these sessions have been extremely helpful in aiding me to 'switch off', so thank you. Hopefully you will run more of these sessions as they have been really beneficial."

Building Better Opportunities Evolve Report

Evolve is funded by the European Social Fund and the National Lottery Community Fund.

Burton and District Mind continue to be a partner on the Steps to Work Building Better Opportunities Evolve Project.

Currently, I have 29 clients on my caseload for the BBO Evolve project, supporting clients with employability, including CV writing skills, helping clients build IT skills, learning how to job search, filing in job applications, interview techniques along with building client confidence, self-esteem and motivation and helping them become independent.

Clients who are on BBO Evolve project also have access to Burton and District Mind's other projects and services to get support with anxiety and depression, to reduce social isolation, confidence building and careers counselling.

BBO Evolve Client Feedback

"I would like to say a great big thank you for doing my CV. I have had more interest from employers with the CV that you did for me, compared to the CV that the Jobcentre done for me. Thank you for all the support that you have given me ... Fast-forward six months later, I have now set up my own business, which is doing really well. I now know my worth, which is something I thought I'd never say. Yes, I still have days when I'm down, but they're nothing like before. I now like myself, I'm proud of myself and how far I've come and I couldn't have gotten to this point without this amazing service Thank you so much for all that you do. I really wouldn't be where I am today without your help...."

Key Stats for BBO Evolve Project

2017 – Apr 2019

- 20 starts made on the project
- 5 results into education / employment / job searching

May 2019 – 2021 to present

- 50 starts made on the project
- 26 results in to education / employment / job searching

Apr 2020 to Mar 2021

- 15 starts during (Covid19 lockdown period)
- 9 exits into education / employment / job searching (via Covid19 lockdown period)

The project helps clients move forward, overcome barriers to good mental health and move towards education, training or even into employment.

Covid-19 has affected the running of the project, but I have found ways to adapt and continue, hitting projects targets and KPIs set by 'Steps To Work'.

I have continued to provide remote support for clients who are vulnerable and unable to attend the office whether it is because of health issues or childcare issues, along with ongoing face-to-face appointments available for those who feel confident to come to office.

Amina Miah, Building Better Opportunities Coordinator

Trent and Dove Floating Mental Health Support Worker Report

Trent & Dove
Transforming Homes, Lives & Communities

A big impact on the support and working conditions has been due to the Covid-19 pandemic.

Having a number of lock downs over the past twelve months, meant working from home, with clients & new referrals having been contacted via phone. The pandemic has presented a number of new challenges and new uncertainties, which has led to high levels of anxiety and stress for Trent & Dove tenants with regards to ongoing support.

Setting up office space at the Burton and District Mind office has enabled me to have a base to work from, while the Trent & Dove offices still remain closed. This has enabled me to have more contact with clients than I would have working from home.

During the year I have successfully supported tenants within their properties and enabled many to improve their home environments, reduce social isolation and increase their household incomes to better support their needs.

The Floating Mental Health Support Service has supported 61 individual clients in the last 12 months.

I have supported tenants to claim £3,544.18 in housing benefit back date or Discretionary Housing Payments, plus supported a number of clients with benefit tribunals, to challenge DWP decision on benefit claims, with positive outcomes for clients. A total of £2,164.63 in funds had been secured via charity grants, to enable clients to buy essential furniture items, white goods and carpet their properties.

I have managed to get one tenant support via Trent & Dove volunteers team to decorate one clients flat, due to her physical health needs she is unable to do this herself, which has had impacted on her living environment.

On a number of occasions, I have been able to also engage the Trent & Dove volunteers team to maintain some client's gardens, up keeping them in line with tenancy agreements.

I have sign-posted clients to seek support from other appropriate agencies and gain support from social services when personal care was required to improve their quality of support and care. This year I have worked with the Eaton Foundation, Staffordshire Police, the Community Mental Health Team, Burton Albion Community Trust and numerous other groups.

John Holt, Floating Mental Health Support Worker

Young Person's Counselling Service Report

The past 12 months have been particularly challenging yet rewarding within the Children in Need funded Young Persons counselling service for 16 to 18 year olds. Moving from face to face to remote working during the pandemic has meant that young people have been able to continue to access the support which would otherwise have been unavailable.

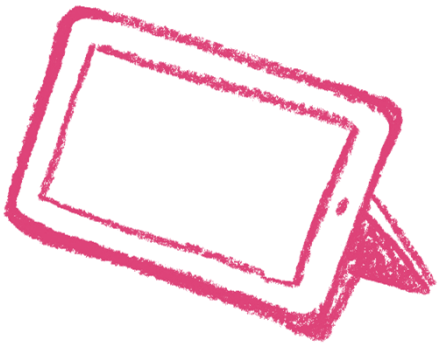
It has been a positive experience for me working within a particular secondary school as it is a supportive environment where both staff and students recognise and value the importance of being able to access counselling. I have been with this particular school for 3 academic years now and hope to be able to continue to offer the counselling service to them for as long as possible, funding permitting.

I recently received the following feedback from a member of staff from the secondary school in which I have been working:

"Thank you so much for your help this academic year. Your work and support has been absolutely invaluable to us and our students so, again, thank you. "

Children and young people are facing a wide spectrum of difficulties and with an ever-evolving presence of social media, they face extra pressures they aren't able to easily escape after leaving the school environment. As a counsellor, it's important to provide them with an outlet for the stress and upset these pressures create.

Due to this year's changes for GCSE's and 'A' Levels and the lack of face-to-face teaching input, the pandemic has been a cause of anxiety for students and has featured in many of the counselling sessions. Working with ways to manage and reduce stress and anxiety within the restrictions of the pandemic for the young people has been a regular occurrence. I have found that we have had to work together creatively to adapt activities or techniques that the clients would use in order for them to be accessible within the lockdown rules.



Counselling with children and young people is such a valuable resource that as a counsellor, I'm extremely appreciative to provide this service. The changes that I witness throughout this process prove that the value of counselling should not be underestimated and funding for these services is essential for it to continue.

Emma, Associate Counsellor

Thinkwell, Low-Cost and Private Counselling Report

At the start of the first lockdown in 2020 I saw client numbers reduce by half almost overnight, however once clients had been isolated for several weeks' numbers improved as people began to be affected by bereavement, stress and anxiety.

Clients seemed reluctant to have online counselling, however this form of contact later proved effective and clients actually preferred not having to travel for their appointments and found they were more relaxed in their home environments. As the year went by and social distancing continued, clients began to look forward to a time when they could meet with myself in person and have a change of scenery.

During the year the team at Burton and District Mind made the decision to offer private and low-cost counselling. This meant that we were able to offer medium to long term counselling to those who required our support. This has enabled clients to go deeper into their unconscious processes in order to bring about lasting change.

More Thinkwell referrals came through as the year went on and I have seen a few Thinkwell clients returning. A few low-cost clients have also chosen to continue into private counselling.

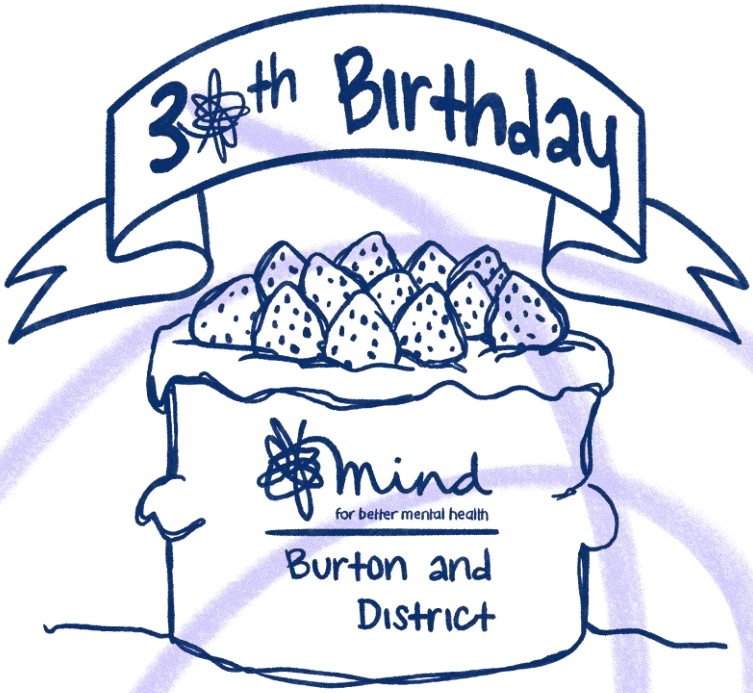
Low-cost clients have generally been more solution focused, clients wanting strategies to manage their stress, anger and anxieties and those who have just needed space to process.

Last year seemed to re-focus a lot of people, many clients wanting change and prioritising what was important to them. Having a better work / life balance was high on the list with many clients changing jobs in order to achieve this.

Most low-cost clients have seemed happy to pay for their appointments however, there have been some teething problems tracking payments and unfortunately there have been some clients who have not paid for their appointments. This has been a learning curve for the team however, payments are now being tracked more closely with finance and counsellors communicating to ensure all sessions are paid for. A new system of pre-payment is also being looked at.

The new website has enabled clients to see the different counselling options available to them and make an enquiry to ask any questions they might have.

Alison, Associate Counsellor



Burton and District Mind is a registered charity (no.1140492) and a registered company (no.7438326) in England and Wales.

We're a part of Mind, the mental health charity.

Mind Quality Mark

info@burtonmind.co.uk

01283 566696

www.burtonmind.co.uk

mind Burton and District

Burton & District Mind

End of Year Financial Statements

Year ending 31st March 2021

Burton and District **Mind**
67 Branston Road, Burton on Trent, Staffordshire, DE14 3BY
w: www.burtonmind.co.uk e: info@burtonmind.co.uk
Burton and District Mind is a Company Limited by guarantee – Registered in England and Wales

Charity Number - 1140492
Company Number - 07438326

Independent Examiner's Report to Burton & District Mind

I report on the accounts for the year ended 31st March 2021 which are set out on the following pages.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or 2. the accounts do not accord with those records; or 3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Signed:

Date: 29/06/21

Name: Victoria Watts

Address: 4 Old Reservoir Lane, Sandown, Isle of Wight, PO36 9RM

Statement of Financial Activities

	Unrestricted funds	Designated funds	Restricted funds	Endowment funds	Total funds	Prior year total funds
Income and endowments from:						
Donations and legacies	1,415	17,679	—	—	19,095	18,133
Income from charitable activities	29,781	74,485	185,349	—	289,616	195,800
Other trading activities	8,313	7,915	—	—	16,228	18,015
Investments	182	—	—	—	182	520
Other income	—	—	—	—	—	1,057
Total income	**39,694**	**100,079**	**185,349**	**—**	**325,123**	**233,526**
Expenditure on:						
Raising funds	268	2,000	—	—	2,268	683
Expenditure on charitable activities	97,763	78,750	93,272	—	269,785	214,623
Other expenditure	—	—	—	—	—	701
Total expenditure	**98,031**	**80,750**	**93,272**	**—**	**272,053**	**216,008**
Net income / (expenditure) resources before transfer	**(58,337)**	**19,329**	**92,077**	**—**	**53,069**	**17,517**
Transfers						
Gross transfers between funds - in	96,102	16,160	624	—	112,887	52,336
Gross transfers between funds - out	(680)	(38,509)	(73,696)	—	(112,887)	(52,336)
Other recognised gains / losses						
Gains / losses on investment assets	—	—	—	—	—	—
Gains on revaluation, fixed assets, charity's own use	—	—	—	—	—	—
Net movement in funds	**37,084**	**(3,019)**	**19,004**	**—**	**53,069**	**17,517**
Total funds brought forward	**32,924**	**92,252**	**15,745**	**—**	**140,922**	**123,404**
Total funds carried forward	**70,008**	**89,233**	**34,749**	**—**	**193,992**	**140,922**

Balance sheet

		31/03/2021	30/03/2020
Current assets			
	BBOCASH: BBO Petty Cash	10.75	6.55
	CASH: Petty Cash	76.22	14.85
	COIF: CBF CofE Deposit	63,213.99	63,136.47
	COOPBANK: Coop Current Account	66,139.61	32,279.50
	DEPOSIT: Coop Deposit Account	53,119.15	33,014.25
	Z05: Accounts Receivable	14,685.26	13,808.62
	Total Current assets	**197,244.98**	**142,260.24**
Liabilities			
	UNCLEAR: Uncleared Cheques, Payments & Banking	—	(354.00)
	Z04: Accounts Payable	3,252.85	1,692.00
	Total Liabilities	**3,252.85**	**1,338.00**
	Net Asset surplus (deficit)	**193,992.13**	**140,922.24**
Reserves			
	Excess / (deficit) to date	53,069.89	87,015.22
	Z01: Starting balances	140,922.24	53,907.02
	Total Reserves	**193,992.13**	**140,922.24**

Represented by Funds

Unrestricted	70,008.56	32,924.45
Designated	89,233.72	92,252.72
Restricted	34,749.85	15,745.07
Endowment	—	—
Total	**193,992.13**	**140,922.24**

Victoria Watts
Dated 29/06/21

For the year ending 31/03/2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.
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 have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

K J Builth
Chair
Dated 29/06/21

Statement of assets and liabilities

	General	Designated	Restricted	Endowment	This year	Last year
Current assets - Cash at bank and in hand						
BBO Petty Cash -	—	10	—	—	10	6
Petty Cash -	(2,230)	3,548	(1,243)	—	75	15
CBF CofE Deposit -	176,590	(118,284)	4,909	—	63,215	63,136
Coop Current Account -	(219,862)	204,861	81,139	—	66,138	32,279
Coop Deposit Account -	53,119	—	—	—	53,119	33,014
Totals	7,617	90,135	84,805	—	182,559	128,451
Current assets - Debtors						
Accounts Receivable -	403	970	13,311	—	14,685	13,808
Totals	403	970	13,311	—	14,685	13,808
Liabilities - Creditors: Amounts falling due in one year						
Accounts Payable -	1,611	889	752	—	3,252	1,692
Totals	1,611	889	752	—	3,252	1,692
Liabilities - Provision for liabilities and charges due within one year						
Uncleared Cheques, Payments & Banking -	—	—	—	—	—	(354)
Totals	—	—	—	—	—	(354)
Grand total	70,008	89,233	34,749	—	193,992	140,922

Fund movement by type

	Opening	Incoming	Outgoing	Transfers	Closing
ComServ - Community Services					
Designated	—	8,000	—	—	8,000
Sub-total for ComServ	—	8,000	—	—	8,000
ConsolPeer - Consolidate Charitie					
Restricted	—	3,700	—	—	3,700
Sub-total for ConsolPeer	—	3,700	—	—	3,700
EcoTh - EcoTherapy					
Designated	4,496	—	2,945	(152)	1,398
Sub-total for EcoTh	4,496	—	2,945	(152)	1,398
GROW - Grow Eco Therapy - D					
Designated	—	2,500	327	—	2,172
Sub-total for GROW	—	2,500	327	—	2,172
MPFT - Midlands Partnership					
Restricted	—	159,738	87,623	(72,114)	—
Sub-total for MPFT	—	159,738	87,623	(72,114)	—
Mercer - Mercer Funding					
Designated	—	6,000	—	—	6,000
Sub-total for Mercer	—	6,000	—	—	6,000
MidEngine - Midlands Engine Fund					
Designated	—	1,997	1,997	0	—
Sub-total for MidEngine	—	1,997	1,997	0	—
NatMind - Mind - National					
Restricted	—	500	—	—	500
Sub-total for NatMind	—	500	—	—	500
NatMindPar - Mind - National - Pa					
Restricted	—	1,800	—	—	1,800
Sub-total for NatMindPar	—	1,800	—	—	1,800
Toyota - Toyota - Kingfisher					
Restricted	—	2,000	72	—	1,927
Sub-total for Toyota	—	2,000	72	—	1,927
General - General fund					
Unrestricted	32,924	39,694	98,031	95,421	70,008
Sub-total for General	32,924	39,694	98,031	95,421	70,008
BBO - Building Better Oppo					
Designated	9,075	32,423	27,722	(13,776)	—
Sub-total for BBO	9,075	32,423	27,722	(13,776)	—
GSTGo - Get Set to Go					
Designated	1,527	—	—	—	1,527
Sub-total for GSTGo	1,527	—	—	—	1,527
GlassP - Glasspool					
Designated	31	—	—	(31)	—
Sub-total for GlassP	31	—	—	(31)	—
TTAX - Tampon Tax					
Designated	3,956	—	156	(84)	3,716

Sub-total for TTAX	3,956	—	156	(84)	3,716
Thinkwell - Thinkwell counselling					
Designated	179	7,915	4,262	(3,832)	—
Sub-total for Thinkwell	179	7,915	4,262	(3,832)	—
TrentDMHW - Trent and Dove MH su					
Designated	6,988	20,907	23,781	(4,113)	—
Sub-total for TrentDMHW	6,988	20,907	23,781	(4,113)	—
BMindCouns - Burton Mind Counsell					
Designated	3,000	11,157	1,096	—	13,061
Sub-total for BMindCouns	3,000	11,157	1,096	—	13,061
CompTher - Complimentary Therap					
Designated	5,426	283	1,319	—	4,391
Restricted	3,961	—	—	—	3,961
Sub-total for CompTher	9,387	283	1,319	—	8,352
CiN - Children in Need					
Restricted	10,440	17,611	4,952	(1,582)	21,517
Sub-total for CiN	10,440	17,611	4,952	(1,582)	21,517
Counsell - Counselling Funding					
Restricted	—	—	624	624	—
Sub-total for Counsell	—	—	624	624	—
YPCOUNS - Young persons counse					
Restricted	1,344	—	—	—	1,344
Sub-total for YPCOUNS	1,344	—	—	—	1,344
N3costs - N3 connection costs					
Designated	429	—	71	(357)	—
Sub-total for N3costs	429	—	71	(357)	—
Reserves - Reserves					
Designated	30,000	—	—	—	30,000
Sub-total for Reserves	30,000	—	—	—	30,000
xFundraise - xFundraising fund					
Designated	14,142	1,962	—	(16,104)	—
Sub-total for xFundraise	14,142	1,962	—	(16,104)	—
AvailRes - Available Reserves					
Designated	13,000	6,933	17,071	16,104	18,966
Sub-total for AvailRes	13,000	6,933	17,071	16,104	18,966
Grand total	140,922	325,123	272,053	—	193,992

Analysis of income and expenditure

	Unrestricted	Designated	Restricted	Endowment	Total This year	Total Last year
INCOME AND ENDOWMENTS						
Donations and legacies						
1010 - Income training courses for other Org.	1,225	—	—	—	1,225	40
1015 - Donations (BACT)	—	8,000	—	—	8,000	—
1035 - Fund raising activities	—	910	—	—	910	10,455
1040 - Counselling Donations	—	25	—	—	25	969
1050 - Donations General	50	7,608	—	—	7,658	4,695
1060 - Donations from Complimentary Therapy	—	—	—	—	—	554
1080 - Mission Fish, Everyclick, MyDonate etc.	—	166	—	—	166	58
1090 - Charity Payments - Amazon Pay Pal etc	—	259	—	—	259	488
1099 - HMRC Gift Aid Income	140	709	—	—	849	870
Total	1,415	17,679	—	—	19,095	18,133
Income from charitable activities						
2040 - 16-18 yrs counselling - General	6,678	—	—	—	6,678	5,183
2040R - 16-18 yrs counselling - CiN Restricted	—	—	17,611	—	17,611	13,651
2090 - Use of Premises Income	—	—	—	—	—	4,677
2150 - Complimentary Therapy - General	—	—	—	—	—	765
2150D - Complimentary Therapy - Designated	—	—	—	—	—	2
2150R - Complimentary Therapy - Restricted	—	—	—	—	—	8,229
2170 - Trent & Dove - General	1,650	—	—	—	1,650	1,650
2170R - Trent & Dove - Restricted	—	20,907	—	—	20,907	35,946
2190 - Other Grants	6,800	—	—	—	6,800	2,597
2190GROW - Grow EcoTherapy - Doing Our Bit	—	2,500	—	—	2,500	—
2190M - Mercer Funding	—	6,000	—	—	6,000	—
2190MID - Income - Midlands Engine	—	1,997	—	—	1,997	—
2190MIND - National Mind Funding	—	—	500	—	500	—
2190NMP - National Mind - Participation Grant	—	—	1,800	—	1,800	—
2190PEER - Consolidated Charities Peer Support	—	—	3,700	—	3,700	—
2190TOY - Toyota - Kingfisher EcoTherapy	—	—	2,000	—	2,000	—
2201D - Burton Mind Counselling	—	10,657	—	—	10,657	—
2BBOD - BBO income - Designated	—	32,423	—	—	32,423	42,858
2MPFT - MPFT General	14,653	—	—	—	14,653	—
2MPFTR - MPFT Restricted	—	—	159,738	—	159,738	—
I2010 – iCounselling – CCG General	—	—	—	—	—	14,051
I2010R – iCounselling – CCG Restricted	—	—	—	—	—	66,190
Total	29,781	74,485	185,349	—	289,616	195,800
Other trading activities						
3010 - Private Counselling	8,310	—	—	—	8,310	2,040
3020D - Thinkwell - Designated	—	7,915	—	—	7,915	15,970
3070 - Postage Stamp etc sales	3	—	—	—	3	5
Total	8,313	7,915	—	—	16,228	18,015
Investments						
4010 - Interest Received - Bank	182	—	—	—	182	520
Total	182	—	—	—	182	520

Other income						
5010 - N3 connection costs	—	—	—	—	—	657
5050 - Glasspool Grants	—	—	—	—	—	400
Total	—	—	—	—	—	1,057
INCOME TOTAL	39,694	100,079	185,349	—	325,123	233,526

	Unrestricted	Designated	Restricted	Endowment	Total This year	Total Last year
EXPENDITURE						
Raising funds						
6010 - Training for outside organisations	268	2,000	—	—	2,268	78
6020 - Fundraising expenses	—	—	—	—	—	605
Total	268	2,000	—	—	2,268	683
Expenditure on charitable activities						
7501 - Insurance	2,454	—	—	—	2,454	1,684
7502 - Heat & Light	2,554	—	—	—	2,554	2,314
7503 - Rent/Lease	9,000	—	—	—	9,000	9,000
7504 - Council Tax / Business rates	(1,266)	—	—	—	(1,266)	(194)
7505 - Water Rates	169	—	—	—	169	128
7511 - Security / Mace fire alarm	447	—	—	—	447	351
7522 - Computers and software	7,101	—	—	—	7,101	310
7522MID - Computer Equipment - Midlands Engine	—	1,592	—	—	1,592	—
7531 - General Repairs & Renewals	283	—	—	—	283	880
7541 - Cleaning Materials	55	—	—	—	55	294
7542 - Waste Services	436	—	—	—	436	429
7551 - Sundry Expenditure	48	54	72	—	175	171
7561 - Gifts	52	—	—	—	52	71
7571 - Refurbishment - General	—	—	—	—	—	2,650
7571D - Refurbishment - Fundraising	—	—	—	—	—	498
7610 - Salaries Pensions NI - General	64,487	16,864	—	—	81,351	71,024
7610D - Salaries Pensions NI - Trent & Dove	—	23,453	—	—	23,453	14,757
7630 - Staff Expenses - General	38	209	—	—	248	688
7630CINR - Staff Expenses - CiN	—	—	60	—	60	—
7630TDMHWD - Staff Expenses - Trent Dove	—	328	—	—	328	1,575
7650 - Volunteer Expenses	—	—	—	—	—	2
7670 - Staff & Trustee Training	72	—	—	—	72	—
7680D - Well-being Courses - Designated	—	299	—	—	299	330
7680R - Well-being Courses - Restricted	—	—	—	—	—	235
7690 - Complimentary Therapy - General	325	1,967	—	—	2,292	—
7690D - Complimentary Therapy - Designated	—	—	—	—	—	1,209
7690R - Complimentary Therapy - Restricted	—	—	—	—	—	5,340
7695D - Burton Mind Counselling	546	1,070	—	—	1,616	—
7710 - Telephone	1,363	—	21	—	1,385	1,451
7710MID - Telephone Costs - Midlands Engine	—	404	—	—	404	—
7720 - Stationery	83	—	—	—	83	231
7730 - Postage & Stamps	22	7	—	—	30	95
7740 - Internet	—	—	—	—	—	159
7750D - N3 connection - Designated	—	71	—	—	71	366
7760 - Photocopier Expenses	1,045	—	—	—	1,045	1,529

7770 - Office Equipment	65	—	—	—	65	12
7820 - CRB / DBS Fees - General	398	—	96	—	495	352
7820GROW - DBS Fees - Grow	—	48	—	—	48	—
7830 - Subscriptions	44	—	—	—	44	—
7840 - Professional Fees	2,182	—	—	—	2,182	1,440
7850 - Advertising	82	—	—	—	82	—
7910R - Counselling - Restricted	—	—	390	—	390	42,734
7920 - Counsellors Supervision - General	330	—	—	—	330	580
7940R - BME - Counselling Restricted	—	—	—	—	—	338
7950R - Under 25 - Counselling Restricted	—	—	234	—	234	3,198
7950TTD - Under 25 - TTax Designated	—	130	—	—	130	624
7960 - Private Counselling	5,338	238	—	—	5,576	1,378
7970D - Thinkwell counselling - Designated	—	4,262	—	—	4,262	8,948
7990CINR - DNA - CiN Restricted	—	—	96	—	96	40
7990CR - DNA - Counselling Restricted	—	—	—	—	—	2,310
7999CINR - Counselling 16-18 yr - CiN Restricted	—	—	4,775	—	4,775	9,749
7999TTD - Counselling 16-18 yr - TTax Designated	—	26	—	—	26	—
7B01 - BBO staff costs	—	26,723	—	—	26,723	20,201
7B02 - BBO Consumables	—	271	—	—	271	855
7BO3 - BBO Equipment	—	—	—	—	—	938
7BO6 - BBO Participants Expenses inc childcare	—	655	—	—	655	2,871
7BO7 - BBO Staff Expenses	—	72	—	—	72	466
7M01 - MPFT Adult Counsellors	—	—	85,947	—	85,947	—
7M02 - MPFT Supervision	—	—	1,267	—	1,267	—
7M04 - MPFT Mobile Phone	—	—	312	—	312	—
Total	97,763	78,750	93,272	—	269,785	214,623

Other expenditure

79GLPD - Glasspool - Designated	—	—	—	—	—	701
8010 - Loss of Assets	—	—	—	—	—	—
Total	—	—	—	—	—	701
EXPENDITURE TOTAL	98,031	80,750	93,272	—	272,053	216,008
GRAND TOTAL	(58,337)	19,329	92,077	—	53,069	17,517

Burton and District Mind
Treasurers Report
1 April 2020 to 31 March 2021

My last report looked forward more optimistically thanks to much hard work and determination by everyone during the year.

Burton and District Mind continues to face and respond to challenges with a large degree of success. We continue to seek opportunities to develop our range of services and work continues in this area. Our respect, standing and reputation in the surrounding areas continues to grow as a result.

As an addendum to my last report, I commented on impending staff changes. These changes resulted in a revue of our staff structure with Lynne staying with us in a new role as Chief Officer and the new Finance Officer is Anthea. Keri also joined us as Development Officer.

With this strengthened team we are now in a strong position to develop our work into a much wider geographical area of influence.

I am pleased to report that due to extensive effort by our stronger team in finding and securing new funding streams and associated work, that we continue to establish our financial viability. I regularly reassess the level of our emergency reserves fund, currently £30,000.

Despite the challenges of Covid 19 and largely due to the extensive work by our team our Unrestricted (General) Fund has improved to £69,958 compared to £32,924 in 2020, £44,971 in 2019, £46,571 in 2018, £51,946 in 2017, £38,791 in 2016, £30,563 in 2015.

The end of last year reserves in the Legacies and Fundraising Designated Funds were amalgamated into a Development Fund to finance the newly created Development Officer role.

As in previous years our Board Members good work continues, keeping a close eye on our cash flow and seeking to identify new funding streams outside of our core counselling funding. We continue to broaden our base to help secure our future in these changing and challenging times. We are continuing to develop our private counselling and holistic therapy model with increasing and promising use so far.

New funding streams are important to our future and I trust that success in our applications will continue to stabilise our finances and strengthen our Core Values even further. As Burton and District Mind is preparing to celebrate our 30 years anniversary this report brings even more confidence for the future.

I would like to pass on my personal thanks to the many people that have been part of the Burton and District Mind journey over the last year. A special mention here for Lynne, Keri, Zainera who continue to develop our services to help those whom they have a passion to support and including Anthea who does the day-to-day hands-on financial work making my role very much easier.

Well done everyone.

Chris Rimmer
Treasurer
4th May 2021

Independent Examiner's Report to Burton & District Mind

I report on the accounts for the year ended 31st March 2021 which are set out on the following pages.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or 2. the accounts do not accord with those records; or 3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

Signed:

Date: 29/06/21

Name: Victoria Watts

Address: 4 Old Reservoir Lane, Sandown, Isle of Wight, PO36 9RM

Statement of Financial Activities

	Unrestricted funds	Designated funds	Restricted funds	Endowment funds	Total funds	Prior year total funds
Income and endowments from:						
Donations and legacies	1,415	17,679	—	—	19,095	18,133
Income from charitable activities	29,781	74,485	185,349	—	289,616	195,800
Other trading activities	8,313	7,915	—	—	16,228	18,015
Investments	182	—	—	—	182	520
Other income	—	—	—	—	—	1,057
Total income	**39,694**	**100,079**	**185,349**	**—**	**325,123**	**233,526**
Expenditure on:						
Raising funds	268	2,000	—	—	2,268	683
Expenditure on charitable activities	97,763	78,750	93,272	—	269,785	214,623
Other expenditure	—	—	—	—	—	701
Total expenditure	**98,031**	**80,750**	**93,272**	**—**	**272,053**	**216,008**
Net income / (expenditure) resources before transfer	**(58,337)**	**19,329**	**92,077**	**—**	**53,069**	**17,517**
Transfers						
Gross transfers between funds - in	96,102	16,160	624	—	112,887	52,336
Gross transfers between funds - out	(680)	(38,509)	(73,696)	—	(112,887)	(52,336)
Other recognised gains / losses						
Gains / losses on investment assets	—	—	—	—	—	—
Gains on revaluation, fixed assets, charity's own use	—	—	—	—	—	—
Net movement in funds	**37,084**	**(3,019)**	**19,004**	**—**	**53,069**	**17,517**
Total funds brought forward	**32,924**	**92,252**	**15,745**	**—**	**140,922**	**123,404**
Total funds carried forward	**70,008**	**89,233**	**34,749**	**—**	**193,992**	**140,922**

Balance sheet

		31/03/2021	30/03/2020
Current assets			
	BBOCASH: BBO Petty Cash	10.75	6.55
	CASH: Petty Cash	76.22	14.85
	COIF: CBF CofE Deposit	63,213.99	63,136.47
	COOPBANK: Coop Current Account	66,139.61	32,279.50
	DEPOSIT: Coop Deposit Account	53,119.15	33,014.25
	Z05: Accounts Receivable	14,685.26	13,808.62
	Total Current assets	**197,244.98**	**142,260.24**
Liabilities			
	UNCLEAR: Uncleared Cheques, Payments & Banking	—	(354.00)
	Z04: Accounts Payable	3,252.85	1,692.00
	Total Liabilities	**3,252.85**	**1,338.00**
	Net Asset surplus (deficit)	**193,992.13**	**140,922.24**
Reserves			
	Excess / (deficit) to date	53,069.89	87,015.22
	Z01: Starting balances	140,922.24	53,907.02
	Total Reserves	**193,992.13**	**140,922.24**

Represented by Funds

Unrestricted	70,008.56	32,924.45
Designated	89,233.72	92,252.72
Restricted	34,749.85	15,745.07
Endowment	—	—
Total	**193,992.13**	**140,922.24**

Victoria Watts
Dated 29/06/21

For the year ending 31/03/2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.
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 have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

K J Builth
Chair
Dated 29/06/21