

Annual Report 2020-21



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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

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

Integrity

Client Focus

Respect

Inclusivity

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

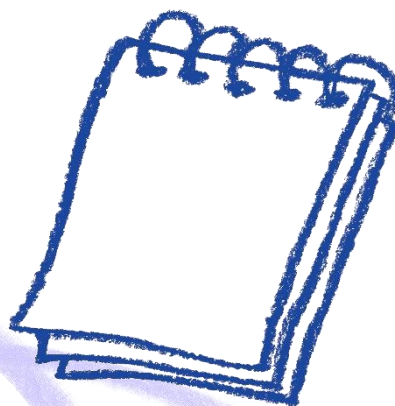
with her a huge knowledge of accountancy which will further support our future development.

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:

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,

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

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

Mind Burton and District

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.



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, filling 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 into 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



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.

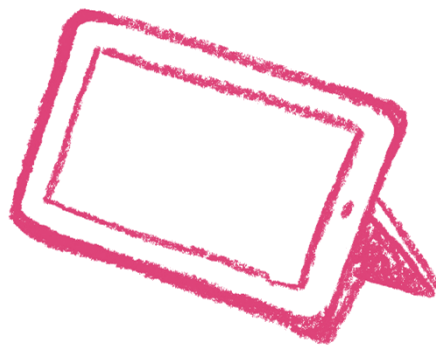
I recently received the following feedback from a member of staff from the secondary school in which I have been working:

“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.

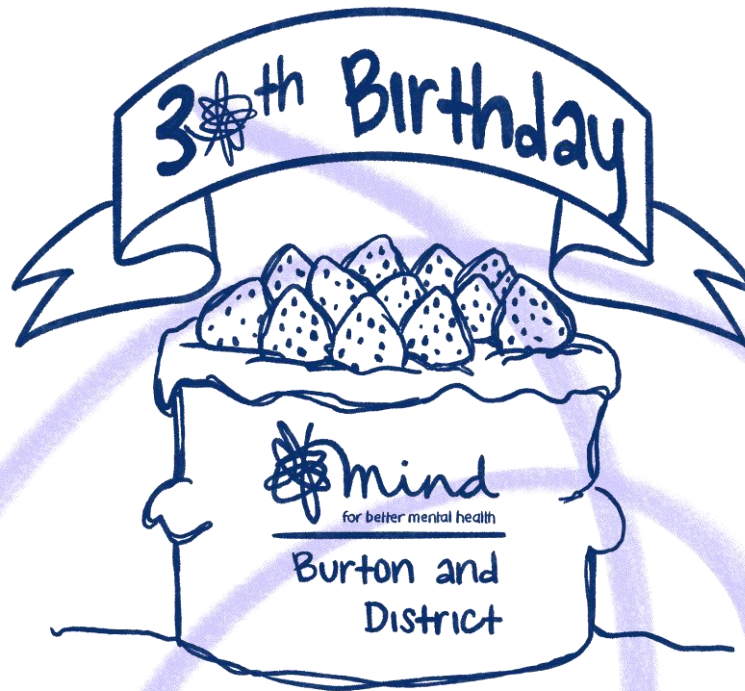
Low-cost clients have generally been more solution focused, clients wanting strategies to manage their stress, anger and anxieties and those who have just needed space to process.

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.



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Burton & District Mind

End of Year Financial Statements

Year ending 31st March 2021

Burton and District Mind
67 Branstons 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

						Total
	Unrestricted	Designated	Restricted	Endowment	This year	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

	<u>Unrestricted</u>	<u>Designated</u>	<u>Restricted</u>	<u>Endowment</u>	<u>Total</u> <u>This year</u>	<u>Last year</u>
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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
7B03 - BBO Equipment	—	—	—	—	—	938
7B06 - BBO Participants Expenses inc childcare	—	655	—	—	655	2,871
7B07 - 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