TYNESIDE AND NORTHUMBERLAND MIND

England & Wales · Charity number 1140856

Details

Other names	TYNESIDE MIND
Status	Registered
Legal form	Charitable company
Company number	07552434
Registered	2011-03-22
Register	View on the Charity Commission register

Contact

Address	3rd Floor Tru-Knit House Carliol Square Newcastle Upon Tyne
Phone	01914774545
Email	admin@tynesidemind.org.uk
Website	www.tynesidemind.org.uk

Activities

Objects: THE CHARITY'S OBJECTS (OBJECTS) ARE, FOR THE BENEFIT OF THE PUBLIC GENERALLY, BOTH IN THE UNITED KINGDOM AND OVERSEAS AND, IN PARTICULAR, THE INHABITANTS OF TYNE AND WEAR AND NORTHUMBERLAND AND ITS SURROUNDING AREAS: 3.1.1 TO PROMOTE THE PRESERVATION OF GOOD MENTAL HEALTH IN PARTICULAR BY ENABLING AND EMPOWERING EVERYONE EXPERIENCING MENTAL HEALTH PROBLEMS TO LIVE WITH, MANAGE AND RECOVER FROM THEIR CONDITION; AND 3.1.2 TO RELIEVE THE NEEDS OF PEOPLE WITH MENTAL HEALTH PROBLEMS BY WORKING TO INCREASE THE UNDERSTANDING OF MENTAL HEALTH AND MENTAL HEALTH PROBLEMS BY GATHERING AND DISSEMINATING INFORMATION AND WORKING TO RAISE AWARENESS, PROMOTE UNDERSTANDING AND CHALLENGE STIGMA AND DISCRIMINATION.

Activities: We can provide wellbeing services in Gateshead, North and South Tyneside, Newcastle and Northumberland. We also have a Primary Care Counselling service in Gateshead.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,284,294	£1,154,839	£590,951	41
2024-03-31	£1,184,856	£1,311,911	£461,496	44
2023-03-31	£1,282,307	£1,151,334	£588,551	39
2022-03-31	£1,101,636	£933,647	£329,251	37
2021-03-31	£926,283	£782,196	£296,886	33

Trustees

Name	Role	Appointed
Bruce Martin		2023-06-09
Claire Pegg		2020-09-27
David John Sayer		2021-06-28
Frederick Charles O'Farrell		2019-03-02
Kelly Jordan		2022-03-24
Lyn Simpson		2025-07-24
Mitchell David Smith		2024-03-28
NEIL THOMPSON CB		2025-07-24
Nicola Bradshaw		2023-06-09
Tracey Clark		2020-03-26

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TYNESIDE AND NORTHUMBERLAND MIND

England & Wales - Charity number 1140856

Accounts

REGISTERED COMPANY NUMBER: 07552434 (England and Wales)
REGISTERED CHARITY NUMBER: 1140856

REPORT OF THE TRUSTEES AND

AUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

FOR

TYNESIDE AND NORTHUMBERLAND MIND

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TYNESIDE AND NORTHUMBERLAND MIND

CHIEF EXECUTIVE OFFICER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2025

In the last year (to 31st March 2025) Tyneside and Northumberland Mind provided in-depth mental health support to 2,386 people, took 2,777 calls to our Support Line and delivered 1,443 training attendances. Our website; - www.tynesidemind.org.uk and social media pages had 34,656 unique visitors and followers.

We are in the second year of our strategy and have invested in our infrastructure to help us grow in the areas of Governance, Data and Risk and HR. Despite healthy financial reserves, developing strong collaborations and growing our partnerships we are pleased to have achieved all our key outputs. However financial and revenue sustainability remains a huge mountain for us to climb. We are still in a mental health crisis with too many people finding it slow and difficult to get the help they need, we are working collaboratively with our grant funders, NHS partners, Local Authorities and the voluntary sector to drive positive and tangible change.

For many years Tyneside and Northumberland Mind has led the way with many positive changes we have seen in our area of benefit, people can talk more openly about their mental health in ways they could not have before, and we have made getting help and support simpler and easier. However, over the last year we have seen a decline in attitudes and recognise the progress made is vulnerable to social and political tensions and pressures.

Our “heart and soul” will continue to be the delivery of specialist and targeted accessible non stigmatising mental health support for local people. These services reflect our experience in all its diversity, building upon the major strides we have taken forward eg. supporting neurodiverse people and with innovative Diversity, Equity and Inclusion approaches. These will be supported by new partnerships and market ventures, further investment in technical and data capabilities and the development and growth of our passionate and committed teams of staff and volunteers.

Our vision is that everyone with a mental health issue is in control of their lives and can get the support they need from people they trust. Our mission is for people and our communities to have stronger and healthier mental health and wellbeing through services, support, education and training. Our values: to be collaborative, accessible, respectful, empowering and supportive.

We focus on a whole community and prevention approach working collaboratively across Tyneside and Northumberland with people and communities. In all we do, we challenge the stigma of mental health and the discrimination and inequality that underpins it. By using everyday language and making our services as person centred, welcoming and accessible as possible, we break down barriers to people getting the help they need, when they need it, and reduce the stigma associated with seeking help.

The mental health of young people in England is getting worse. In 2023, 1 in 5 aged 8-25 reported living with a probable mental health problem, therefore the development of services to support them is one of our strategic aims. Developing services for Children and Young People, in particular trauma informed approaches, is taking centre stage. We want to sustain, grow and develop our work at a time of significant need and community challenge. This will help us to continue to create and innovate services and pathways and to diversify our approaches and develop sustainable income streams.

We are a team of hardworking and passionate people who have built our reputation by being agile and responsive to need and the rising demand for mental health services. These attributes, alongside our values, are things the whole organisation is committed to and continue to be at the heart of all we do.

I’d like to take this opportunity to wholeheartedly thank everyone that has engaged with our charity over the last year, those who work for us, those who fund us and support us, those who have volunteered their time and energy and those who have fundraised or donated to us. This is hugely valued, and our work would not be possible without your help. We are so incredibly grateful for your commitment to our work which enables us to continue to give brilliant, bespoke person-centred support for our clients.

Over the next year you will see even more from us, more impact, more visibility and more services to support people. As we move forward, we know we are as committed as ever, to lead on mental health support, that truly makes a difference to those who need us.

Again, I want to sincerely thank everyone who has helped us achieve our goals-we couldn't do what we did without you. Thank you.

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).

OBJECTIVES AND ACTIVITIES

Our Mission
Working together to make people and our communities stronger and healthier through education, training and support for mental health and wellbeing.

Our Vision
To be the most trusted mental health and wellbeing charity.

Our Values
Collaborative - we collaborate and work together
Accessible - we are accessible and approachable for all
Respectful - we are respectful and inclusive of everyone
Empowering - we empower you to be the best you want to be
Supportive - we support our clients through high quality services and partnerships

The Board said goodbye to some members this year, and new members joined us. All Board members share a passion for improving mental health and wellbeing and bring a diverse range of skills and experiences to our work. We thank them for the support they have given freely to our clients and service users, our organisation, our staff team, and to the Chair.

As well as our strategic role in setting the direction and framework for Tyneside & Northumberland Mind, we have monitored the key risks (using our strategic risk register) and our financial situation closely during the year, as well as overseeing the performance and development of our work.

Public benefit
The Charity's objects are, for the benefit of the public generally, both in the United Kingdom and overseas and, in particular, the inhabitants of Tyne and Wear and Northumberland and its surrounding areas:
- to promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition; and
- to relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

ACHIEVEMENT AND PERFORMANCE

During this year we designed and moved to our new offices in Newcastle upon Tyne, helping our mission to support the local community. The office space was designed to be multi-functional, with one-to-one counselling rooms, a large training facility and a fantastic space for wellbeing groups and fundraising activities, all of which help us better deliver our services.

We completed further work with our South Asian communities, to contribute to developing strategy and services for improving mental health care and empower local South Asian women to share their voice and contribute to change in mental health service provision. We continued this work to understand issues that affect women from these least advantaged communities, who have experienced health inequalities.

We partnered with Newcastle Hospitals NHS Trust on the use of Social Prescribing Link worker programme Tyneside and Northumberland Mind, providing support for frequent RVI Emergency department visitors with mental health needs and longer term, proactive support to find more appropriate healthcare pathways, reducing the visits to emergency department.

We developed an intranet to support the organisation in its work, helping us to be more effective and efficient in our support for those with mental health needs. And we carried out data and governance reviews, to become more efficient and effective in our work.

We won many grants to support our Wellbeing work in the community and were awarded funding for our Triple A programme, supporting people with ADHD and Autism.

The Hope Project was a joint initiative between Tyneside and Northumberland Mind and the Thirty Before Thirty Team. This was a local project focused on mental health and suicide prevention, bringing inspiration, knowledge and support to our community, in memory of a local father and son who both died by suicide. The team completed an extraordinary number of events over the year. The substantial funds raised were used by Tyneside and Northumberland Mind to provide services supporting individuals impacted by suicide in the community and in schools, mental health training for workforces and the improvement and redesign of some of our Wellbeing programmes.

During this year we were awarded the Mind Quality Mark from National Mind. This involved a comprehensive assessment of our organisation and services and reported that we are a “highly ambitious and creative organisation, delivering a wide range of effective services that make a real difference to people with mental health problems including wellbeing, therapeutic and counselling services.”

The reviewers highlighted Tyneside and Northumberland Mind’s three key areas of strength:

- Equality, Diversity, Inclusion – This was commended for its quality, was embedded throughout the organisation, and demonstrated transformation in our ways of working. Our partnership working with other organisations and with marginalised communities was judged to be fantastic.
- Effective Services - We have a wide range of services, which allow people to make positive choices. There are also opportunities for people to progress to other services within our or partner organisations. Our services for marginalised groups are excellent and we were recommended to take those forward for an Excellence Award.
- Influence, Profile and Promotion - We have a high profile and collaborate well. We have a very effective approach to media and communications. This not only promotes the organisation, but also raises awareness of mental ill-health and tackles stigma.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

FINANCIAL REVIEW

Income of £1,284,294 (2024 £1,184,856) was generated in the year. £353,454 (2024 £235,356) of this income related to restricted funds. An operating surplus of £129,455 (2024 deficit of £127,055) was reported in this financial year, increasing total funds carried forward to £590,951 (2024 - £461,496). This surplus was an increase of £256,510 on the previous financial year. The free reserves of the charity amounted to £412,941 (2024 £429,363). Full details of the results for the year can be found on page 12.

Policy on reserves
At the year end, free reserves were £412,941 (2024 £429,363) a decrease of £16,422 in the year. The Trustees' focus is to continue to work with funders to budget future surpluses in order to provide improved organisational sustainability, support our future strategic plan and to maintain a free reserves policy of 6 months operating costs as agreed by the Board, the charity is on track to achieve this target. Designated funds are maintained for future project delivery and to support organisational development. The reserves position will be reviewed annually by the Board to maintain free reserves in line with the agreed reserves policy.

Going concern
The financial statements have been prepared on a going concern basis as the Trustees believe that no material uncertainties exist. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. Annual budgets are monitored on a monthly basis. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

PLANS FOR THE FUTURE

We hope to further develop our Wellbeing Programme to provide more easy to access weekly support groups for adults experiencing mental health problems. Facilitated by wellbeing coaches, we provide a safe, nurturing space for people to talk about and explore their mental health problems and provide a platform for peer learning and professional guidance to help develop the resilience of our clients. We teach techniques that help clients remain in control when coping with difficult situations or when facing personal challenges. Our staff also liaise with other professionals and agencies on behalf of our clients and refer and signpost them in other specialist services to ensure their individual needs are met.

We also plan further support for the prevention of suicide and support for those affected by suicide. This is building on our past work, particularly in rural communities, and working in partnership with other agencies.

We plan to extend our All Family Support programme, where we work closely with the family team using a multi-agency framework taking referrals from community mental health, social and educational services, in the most rurally-isolated part of England, North Northumberland.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

STRUCTURE, GOVERNANCE AND MANAGEMENT

Nature of governing document

Tyneside and Northumberland Mind is a company limited by guarantee (registered number 07552434) and a registered charity (registered number 1140856), affiliated to the national charity Mind. Tyneside and Northumberland Mind is directed by a Board of Trustees, which is responsible for ensuring that the organisation meets all its statutory, contractual, and social obligations.

Tyneside and Northumberland Mind is governed by a constitution that is common to all affiliated associations of the national charity Mind. It is a condition of affiliation to national Mind that Tyneside and Northumberland Mind adopts this constitution as its basic governing document. The document includes details governing the conduct of trustee meetings and the selection and appointment of Trustees and officers of the charity.

Recruitment and appointment of Trustees

The Trustees are drawn from a wide range of backgrounds and ideally have an interest in mental health issues and/or lived experience. All Trustee posts are advertised. Where there is more than one applicant for each vacancy, interviews will be held, including with service users and or/members of the Lived Experience Group. Potential new Trustees must provide a C.V. and set out why they wish to become a Trustee of Tyneside and Northumberland Mind. Applicants are interviewed by the Chair and attend a Board meeting as an Observer to ensure they agree with the Vision, Mission and Values of the charity. If they are deemed to be a good fit then they are appointed by the Board, subject to checks on ability to serve as Directors and Trustees.

Trustees must retire on the third anniversary of appointment but may be reappointed for a consecutive period. A Trustee who has served for nine years or more consecutively may not be reappointed until the anniversary of their retirement except in exceptional circumstances.

Induction and training of Trustees

Our process is intended to ensure inclusion, provide the right skills mix and also provide a balanced and functional Board. The recruitment process forms part of induction to our organisation.

1. Chief Executive and Chair provide regular support and learning opportunities to new Trustees.
2. Trustee training is incorporated into the Board meetings.
3. Trustees undertake a self-appraisal process with the Chair on an annual basis.
4. All Trustees are afforded the opportunity to visit the bases and projects of the organisation.

Key Management Personnel

The Board give their time freely and no Trustees received remuneration in the year. They have considered who the Key Management Personnel (KMP) of the charity are, as noted in the Reference and Administration section. Together with the Board, these KMP are those in charge of directing and controlling, running, and operating the activities of the charity on a day-to-day basis. The pay of the KMP is reviewed as judged appropriate and normally increased with reference to annual earnings. The Trustees benchmark against pay levels of other charities and similar organisations within the sector and the region. Pay levels are set using this information together with the budget and forecast information, ensuring that the charity can afford any proposed increases. The Board then agree any uplift to remuneration.

Organisational structure

The Board of Trustees meets formally at least six times per year to conduct its business, but many additional, informal meetings take place between the Trustees, Chief Executive, staff, and volunteers to provide mutually beneficial support. Sub-groups are established as required to take forward specific pieces of work. Broadly, under the agreed scheme of delegation the Board of Trustees determines and approves all policies, and the Chief Executive and staff implement the policy.

STRUCTURE, GOVERNANCE AND MANAGEMENT - continued

The day-to-day management of the charity is delegated to the Chief Executive under a scheme of delegation. She reports to the Board of Trustees. Performance management of the Chief Executive is the responsibility of the Chair. During informal interaction the Trustees take care to ensure that line management responsibilities are respected and used appropriately and that the Chief Executive receives management support only from the Chair (or a designated deputy), acting on behalf of the Board of Trustees.

Risk management

Trustees are responsible for the overseeing of the risks faced by the charity, and review the risk register periodically. The risk register is completed by the CEO and Board of Trustees and addresses strategic and organisation wide risk. The CEO manages day to day risk, delegating to managers where appropriate and informing the Board of anything likely to become a strategic or fundamental risk.

Risks are identified, assessed and controls established throughout the year. Risk is managed under the headings of Financial, Governance, Compliance, Operational and Reputational Risks.

Fundraising disclosures

The charity is required to report how it deals with fundraising from the public. The charity does not use a professional fundraiser or commercial participator to raise funds. Any monies raised direct from the public follows all guidelines set out by the Charity Commission and UK law in every respect. We respect the privacy and contact preferences of all public donors.

Thank you to those who have supported us financially and have raised funds for us, including:

Allianz
Big Give Trust
Birtley Fire Station
Bistro
Bloom Project
Breathe
Brewin Dolphin
Busyhead Project
Celtic FC Foundation
Community Foundation Tyne & Wear and Northumberland
Corp Fitness Unravelled
Cross Fit Tyneside and Method Training
David Lloyd Newcastle
Equans
Garfield Weston
Hadrian Trust
Hearth Group
In Accord Choir
Jacksons Law Firm
John Lewis PLC
Lawson Fuses Ltd
Mid Tyne Lions Club
Musical Medics Society at Newcastle University
Morpeth Town FC
Muckle LLP
National Mind
National Lottery Community Fund
Newcastle Food Festival
Newcastle University Student Union
NHS North East and North Cumbria
Norton Rose Fulbright
North East Roofing Contractors
North Tyne and Westholme FC
North Tyneside Mental Health Allliance
Northern Harmonix Choir
One Step Care
Pat Ripley Trust
Pharmaron
Police and Crime Commissioner for Northumberland
Ponteland Lions
Royal Society for Public Health UK
School of Dance, Ellington Welfare Social Centre
Sir James Knott Trust
St Peters Pentomime Society
The Joicey Trust
The Meadows
The Rothley Trust
The Trusthouse Foundation
Tyneside No1 Celtic Supporters Club
Voicentric
Washington Metalworks Ltd

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
07552434 (England and Wales)

Registered Charity number
1140856

Registered Office
3rd Floor, Tru-Knit House, Carliol Square, Newcastle upon Tyne, NE1 6UF

Current Trustees
L Cox - Chair
F C O'Farrell
T Clark
C E Pegg
D J Sayer
K Jordan
N Bradshaw
B Martin
M D Smith
N Thompson (appointed 24 July 2025)
L Simpson (appointed 24 July 2025)

Retiring Trustees
C Thornton (retired 15 March 2024)
K P Mukasa (retired 25 July 2024)
Z S Sattar (retired 14 November 2024)

Key Management Personnel
A Wilson - Chief Executive Officer
F O'Brien - Head of Business Development
I Peel - Head of Finance
E Charlton - Head of Training
C Bramley-Cooke - Head of Services

Bankers
The Co-Operative Bank Plc, 86-86 Grey Street, Newcastle upon Tyne, NE1 6BZ
Virgin Money Plc, Jubilee House, Gosforth, Newcastle upon Tyne, NE3 4PL

Auditor
BK Plus Audit Limited, Azzurri House, Walsall Business Park, Aldridge, Walsall, WS9 0RB

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Tyneside And Northumberland Mind for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing 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;
- 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

In accordance with section 485 of the Companies Act 2006, a resolution for the re-appointment of Read, Milburn & Co. as auditors of the charity is to be proposed at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 15 December 2025 and signed on its behalf by:

Lyn Simpson - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF TYNESIDE AND NORTHUMBERLAND MIND

Opinion

We have audited the financial statements of Tyneside And Northumberland 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; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

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.

Irregularities, including fraud, are instances of non compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. In this regard, our procedures include the following:

- enquiry of management around actual and potential litigation and claims;
- reviewing minutes of meetings of those charged with governance;
- reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business;
- challenging assumptions and judgements made by management in their significant accounting estimates.

Because of the field in which the charity operates, we have identified the following areas as those most likely to have a material impact on the financial statements: Health and Safety; Employment Law; and compliance with the Companies and Charities Acts.

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.

Colin Chater FCA (Senior Statutory Auditor)
for and on behalf BK Plus Audit Limited
Chartered Certified Accountants and Statutory Auditors
Azzurri House
Walsall Business Park
Aldridge
Walsall
WS9 0RB

15 December 2025

TYNESIDE AND NORTHUMBERLAND MIND

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	149,286	353,454	502,740	370,387
Charitable activities	5	781,496	-	781,496	720,291
Other trading activities	4	58	-	58	1,541
Total		930,840	353,454	1,284,294	1,184,856
EXPENDITURE ON					
Raising funds	6	2,114	-	2,114	5,155
Charitable activities	7	925,652	227,073	1,152,725	1,306,756
Total		927,766	227,073	1,154,839	1,311,911
NET INCOME/(EXPENDITURE)		3,074	126,381	129,455	(127,055)
Transfers between funds	18	(11,271)	11,271	-	-
Net movement in funds		(8,197)	137,652	129,455	(127,055)
RECONCILIATION OF FUNDS					
Total funds brought forward		438,248	23,248	461,496	588,551
TOTAL FUNDS CARRIED FORWARD		430,051	160,900	590,951	461,496

CONTINUING OPERATIONS
All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Tangible assets	13	17,110	8,885
CURRENT ASSETS			
Debtors	14	153,469	117,567
Cash at bank and in hand		506,899	501,668
		660,368	619,235
CREDITORS			
Amounts falling due within one year	15	(68,499)	(148,596)
NET CURRENT ASSETS		591,869	470,639
TOTAL ASSETS LESS CURRENT LIABILITIES		608,979	479,524
PROVISIONS FOR LIABILITIES	16	(18,028)	(18,028)
NET ASSETS		590,951	461,496
FUNDS	18		
Unrestricted funds:			
General fund		430,051	438,248
Restricted funds		160,900	23,248
TOTAL FUNDS		590,951	461,496

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 15 December 2025 and were signed on its behalf by:

Lyn Simpson - Trustee

The notes form part of these financial statements

TYNESIDE AND NORTHUMBERLAND MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 £	2024 £
Cash flows from operating activities			
Cash generated from operations	21	21,740	(7,858)
Net cash used in operating activities		21,740	(7,858)
Cash flows from investing activities			
Purchase of tangible fixed assets		(16,509)	(2,445)
Net cash used in investing activities		(16,509)	(2,445)
Change in cash and cash equivalents in the reporting period		5,231	(10,303)
Cash and cash equivalents at the beginning of the reporting period		501,668	511,971
Cash and cash equivalents at the end of the reporting period		506,899	501,668

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1. LEGAL STATUS

Tyneside and Northumberland Mind is a company limited by guarantee (no. 07552434) and not having share capital. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

The company's registered number and registered office address can be found within the Reference and Administrative Details section of the Trustees' Annual Report.

2. 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, with the exception of investments which are included at market value.

The presentation currency of the financial statements is the Pound Sterling (£).

Going concern
The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Funds
Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charitable company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the company for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Incoming resources
All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies
Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until after either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

continued...

2. ACCOUNTING POLICIES - continued

Legacy gifts are recognised on a case by case basis following the grant of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

Grants receivable
Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to the expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregates similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds
These are costs incurred in attracting voluntary income and those incurred in trading activities that raise funds.

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

Support costs
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor area, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs
These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation
The charity is considered to pass the tests set out in Schedule 6, Paragraph 1 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK Corporation Tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or gains received or realised within categories covered by Part 11, Chapter 3 of the Corporation Taxes Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

continued...

2. ACCOUNTING POLICIES - continued

Tangible fixed assets
Individual fixed assets costing £250 or more are initially recorded at cost, and subsequently measured at cost less accumulated depreciation and impairment losses.

Depreciation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Leasehold improvements	Over life of lease
Furniture and equipment	25% on cost

Investments
Investments in subsidiaries are measured at cost less impairment.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Leases
Leases in which substantially all of the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged in the Statement of Financial Activities on a straight-line basis over the term of the lease.

Financial instruments
The charity has only financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Estimation uncertainty and judgements
The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

continued...

2. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits
Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

3. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	130,239	131,784
Grants	372,501	238,603
	502,740	370,387

Grants received, included in the above, are as follows:

	2025	2024
	£	£
Police and Crime Commissioner for Northumberland	140,003	144,718
Sir James Knott Trust	5,000	5,000
Trusthouse Foundation	28,964	29,026
National Mind Diversity, Equality and Inclusion	-	21,283
National Mind Refugees and Asylum Seekers	2,397	21,576
Community Foundation Tyne & Wear and Northumberland	-	500
The Barbour Foundation	-	15,000
R.W. Mann Trust	-	1,500
Community Wellbeing Builder	20,000	-
North Tyneside Peer Support	8,817	-
Triple A grants	125,170	-
Training grants	1,000	
Other grants	41,150	-
	372,501	238,603

4. OTHER TRADING ACTIVITIES

	2025	2024
	£	£
Sales of goods and services	58	1,541

5. INCOME FROM CHARITABLE ACTIVITIES

	Wellbeing	Counselling	Training	2025 Total activities	2024 Total activities
	£	£	£	£	£
Contract	33,865	683,804	792	718,461	754,157
Other training income	-	-	63,035	63,035	58,771
	33,865	683,804	63,827	781,496	812,928

Income from contracts, included in the above, is as follows:

	2025	2024
	£	£
Newcastle City Council	67,457	47,192
NHS Newcastle Gateshead CCG	457,737	509,268
Gateshead Council	33,865	33,866
NHS Northumberland CCG	65,425	65,040
Talking Matters	-	36,378
Everyturn SMI	49,956	49,956
Social Prescribing Link Worker	40,693	10,281
Other	3,328	2,176
	718,461	754,157

6. RAISING FUNDS

Raising donations and legacies

	2025	2024
	£	£
Fund raising expenses	2,114	5,155

continued...

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 8)	Totals
	£	£	£
Wellbeing	280,601	4,282	284,883
Counselling	709,130	58,212	767,342
Training	93,548	6,952	100,500
	1,083,279	69,446	1,152,725

8. SUPPORT COSTS

	Other	Governance costs	Totals
	£	£	£
Wellbeing	3,973	309	4,282
Counselling	54,014	4,198	58,212
Training	6,452	500	6,952
	64,439	5,007	69,446

9. NET INCOME/(EXPENDITURE)

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

	2025	2024
	£	£
Auditors' remuneration	4,440	4,320
Depreciation - owned assets	8,284	4,769

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

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

continued...

11. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	764,980	869,655
Social security costs	41,252	70,153
Other pension costs	34,332	44,933
	840,564	984,741

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

	2025	2024
Counselling	23	23
Wellbeing	7	10
Administration	6	5
Management	5	6
	41	44

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025	2024
£60,001 - £70,000	-	1

The key management personnel of the charity comprise the Chief Executive Officer and the Senior Management Team. The total employee benefits of the key management personnel of the charity were £189,063 (2024 - £247,600)

continued...

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	135,031	235,356	370,387
Charitable activities			
Wellbeing	33,866	-	33,866
Counselling	720,291	-	720,291
Training	58,771	-	58,771
Other trading activities	1,541	-	1,541
Total	949,500	235,356	1,184,856
EXPENDITURE ON			
Raising funds	5,155	-	5,155
Charitable activities			
Wellbeing	61,748	305,327	367,075
Counselling	839,421	-	839,421
Training	100,260	-	100,260
Total	1,006,584	305,327	1,311,911
NET INCOME/(EXPENDITURE)	(57,084)	(69,791)	(127,055)
Transfers between funds	(23,646)	23,646	-
Net movement in funds	(80,730)	(46,325)	(127,055)
RECONCILIATION OF FUNDS			
Total funds brought forward	518,978	69,573	588,551
TOTAL FUNDS CARRIED FORWARD	438,248	23,248	461,496

continued...

13. TANGIBLE FIXED ASSETS

	Improvements to property £	Furniture and equipment £	Totals £
COST			
At 1 April 2024	13,564	65,554	79,118
Additions	-	16,509	16,509
At 31 March 2025	13,564	82,063	95,627
DEPRECIATION			
At 1 April 2024	13,564	56,669	70,233
Charge for year	-	8,284	8,284
At 31 March 2025	13,564	64,953	78,517
NET BOOK VALUE			
At 31 March 2025	-	17,110	17,110
At 31 March 2024	-	8,885	8,885

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade debtors	137,360	45,880
Prepayments and accrued income	16,109	71,687
	117,567	172,335

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Trade creditors	10,475	18,117
Social security and other taxes	8,320	13,255
Other creditors	3,578	5,269
Accruals and deferred income	46,126	111,955
	68,499	148,596

Included within Accruals and Deferred Income are the following amounts comprising income received in advance of delivery of the related services or expenditure incurred.

	£
Balance at 1 April 2024	74,084
Released to income from charitable activities	(74,084)
Amount deferred in year	10,083
Balance at 31 March 2025	10,083

continued...

16. PROVISIONS FOR LIABILITIES

	2025	2024
	£	£
Provisions	18,028	18,028

A provision is recognised for the tax and national insurance relating to previously undeclared private medical insurance paid for on behalf of employees, comprising the employer's and employees' contributions and related interest and penalties.

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds	Restricted funds	2025 Total funds	2024 Total funds
	£	£	£	£
Fixed assets	17,110	-	17,110	8,885
Current assets	499,468	160,900	660,368	619,235
Current liabilities	(68,499)	-	(68,499)	(148,596)
Provision for liabilities	(18,028)	-	(18,028)	(18,028)
	430,051	160,900	590,951	461,496

18. MOVEMENT IN FUNDS

	At 1/4/24	Net movement in funds	Transfers between funds	At 31/3/25
	£	£	£	£
Unrestricted funds				
General fund	438,248	3,074	(11,271)	430,051
Restricted funds				
Safe Spaces and Wellbeing	10,728	(20,703)	11,271	1,296
REVOC	8,836	-	-	8,836
Family Support North Northumberland Programme	3,684	9,310	-	12,994
Triple A Programme	-	119,674	-	119,674
Community Wellbeing Builder	-	14,114	-	14,114
North Tyneside Peer Support	-	3,986	-	3,986
	23,248	126,381	11,271	160,900
TOTAL FUNDS	461,496	129,455	-	590,951

continued...

18. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	930,840	(927,766)	3,074
Restricted funds			
Safe Spaces and Wellbeing	10,679	(31,382)	(20,703)
REVOC	140,003	(140,003)	-
Family Support North Northumberland Programme	46,338	(37,078)	9,310
Diversity, Equity, Inclusion	2,397	(2,397)	-
Triple A Programme	125,170	(5,496)	119,674
Community Wellbeing Builder	20,000	(5,886)	14,114
North Tyneside Peer Support	8,817	(4,831)	3,986
	354,454	(227,073)	126,381
TOTAL FUNDS	1,284,294	(1,154,839)	129,455

continued...

18. 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	393,978	67,916	(23,646)	438,248
Designated fund - Future Project Delivery	125,000	(125,000)	-	-
	518,978	(57,084)	(23,646)	438,248
Restricted funds				
Safe Spaces and Wellbeing	6,116	4,612	-	10,728
North Tyneside Health Inequalities Fund	16,389	(16,467)	78	-
REVOC	3,679	5,157	-	8,836
Family Support North Northumberland Programme	17,068	(33,649)	20,265	3,684
Diversity, Equity and Inclusion Programme	20,321	(20,321)	-	-
National Mind Equity and Lived Experience	6,000	(6,117)	117	-
National Mind Refugees and Asylum Seekers Mental Health Support Fund	-	(3,186)	3,186	-
	69,573	(69,971)	23,646	23,248
TOTAL FUNDS	588,551	(127,055)	-	461,496

continued...

18. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	949,500	(881,584)	67,916
Designated fund - Future Project Delivery	-	(125,000)	(125,000)
	949,500	(1,006,584)	(57,084)
Restricted funds			
Safe Spaces and Wellbeing	23,470	(18,858)	4,612
North Tyneside Health Inequalities Fund	-	(16,467)	(16,467)
REVOC	140,001	(134,844)	5,157
Family Support North Northumberland Programme	29,026	(62,675)	(33,649)
Diversity, Equity and Inclusion Programme	21,283	(41,604)	(20,321)
National Mind Equity and Lived Experience	-	(6,117)	(6,117)
National Mind Refugees and Asylum Seekers Mental Health Support Fund	21,576	(24,762)	(3,186)
	235,356	(305,327)	(69,971)
TOTAL FUNDS	1,184,856	(1,311,911)	(127,055)

Designated Funds
Future Project Delivery - The Trustees have determined to designate funds in order to help protect and enhance future project delivery.

Restricted Funds
The specific purposes for which the funds are to be applied are as follows:

Safe Spaces and Wellbeing Services
Funds and donations, including funds provided by Gateshead Council, to run a range of wellbeing groups including both facilitated and peer-led groups. Facilitated groups in North Tyneside, Hexham, South Tyneside, Newcastle, Alnwick and Berwick provide a safe space to access specialist wellbeing and mental health support, benefiting from group support and learning from the shared experiences of others. Groups explore a range of therapeutic interventions and wellbeing themes to empower clients to take care of their mental health in an environment where they feel safe and secure. In order to respond to the needs of the group access further specialisms, professionals from a range of disciplines may be brought in to enhance the client experience including a yoga teacher, sport coach and writers.

Peer-led groups are focused on one area of wellbeing; creativity, physical activity and social connection, the group receives support from specialist knowledge and support along with peer-support and learning through shared lived experiences..

continued...

18. MOVEMENT IN FUNDS - continued

REVOC
Resilience for Victims of Crime , funded by the Police and Crime Commissioner of Northumbria. Providing one to one support to adults whose mental health is affected due to them being a victim or witness of crime. Support is available in person and remotely.

Diversity, Equity and Inclusion Programme - Charter for Change
To put Diversity, Equity and Inclusion at the centre of the organisation's work acting on contributions from people with lived experience, particularly those from racialised and marginalised communities and working in partnership. We received funding from National Mind for our Charter for Change programme

Triple A Programme Gateshead and Northumberland
A programme built by and for people with lived experience of Neurodivergence, supporting individuals on various stages of their journey. The programme empowers individuals to live in a neurotypical world, finding techniques and support networks through 5 weeks of education, 1-2-1s and onward social and support groups.

Community Wellbeing Builder
A project engaging with local community organisations to exchange knowledge and grow wellbeing and sustainability.

North Tyneside Peer Support
To support the local community with light touch wellbeing support, empowering individuals to have open conversation about mental health and supporting each other. The support is led within a busy community centre which opens up ample opportunity for various support networks, groups and activities. The programme is based in an outdoor allotment, working with our partners to grow and create using items from the garden, to remain as resourceful and environmentally friendly as possible.

Transfers between funds

The transfers relate to the reallocation of amounts between projects with the same purpose. Transfers from unrestricted funds are to cover any expected shortfall in funding on the project.

continued...

19. EMPLOYEE BENEFIT OBLIGATIONS

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £34,332 (2024 - £44,933).

Contributions totalling £3,612 (2024 - £4,763) were payable to the scheme at the balance sheet date and are included in other creditors.

20. RELATED PARTY DISCLOSURES

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

21. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2025 £	2024 £
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	129,455	(127,055)
Adjustments for:		
Depreciation charges	8,284	4,769
Increase in provisions	-	18,028
(Increase)/decrease in debtors	(35,902)	54,768
(Decrease)/increase in creditors	(80,097)	41,632
Net cash used in operations	21,740	(7,858)

22. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/24 £	Cash flow £	At 31/3/25 £
Net cash			
Cash at bank and in hand	501,668	5,231	506,899
	501,668	5,231	506,899
Total	501,668	5,231	506,899

TYNESIDE AND NORTHUMBERLAND MIND

England & Wales - Charity number 1140856

Accounts

REGISTERED COMPANY NUMBER: 07552434 (England and Wales)
REGISTERED CHARITY NUMBER: 1140856

REPORT OF THE TRUSTEES AND

AUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

FOR

TYNESIDE AND NORTHUMBERLAND MIND

Read, Milburn & Co
Chartered Accountants and Statutory Auditors
71 Howard Street
North Shields
Tyne and Wear
NE30 1AF

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TYNESIDE AND NORTHUMBERLAND MIND

CHIEF EXECUTIVE OFFICER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2024

This year has proved to be a challenging year not just for Tyneside and Northumberland Mind but also for the charity sector as a whole. The fallout from the pandemic and the cost-of-living crisis have continued to impact us and have left so many people struggling with mental health, which has meant a rise in demand for our services.

We launched our three-year strategy and invested in our Theory of Change, which recognises the core of the impact of our work to demonstrate the diverse and improved mental health experience of people we support. We have been focusing on investing in new processes, fixing and growing, to give us the foundations so we can achieve our new ambitious strategic objectives.

In 2023/2024 we provided in-depth local support to 2,363 people, took 3,819 calls to our Support Line, and delivered 1,443 hours of training. Our social media platforms reached a staggering 134,252 people, helping and supporting even more people than last year.

With financial reserves, and strong collaborative relationships and partners growing our confidence, we are pleased to be investing in a three-year business model. At its heart and soul is specialist and targeted mental health support for local people reflecting their experience in all its diversity, new partnerships and market ventures, investment in technical and data capabilities to learn and grow and supporting and developing our 45 strong workforce who deliver with expertise and passion.

We have continued with our work to become a fully anti-racist, equitable and inclusive organisation and invested in this substantial programme of work. Funded by National Mind and an initial NHS grant, a full-time manager is ensuring that equity and inclusion sits at the heart of all we do; from our strategic plans to our grass roots services: ensuring that we drive long-term culture change in our organisation, create meaningful reach and connection into communities who are underrepresented and don't have the privilege or access to mental health services. This has had a powerful impact on our organisation increasing our confidence, understanding and awareness and ensuring the voice of lived experience across the organisation informs our priorities. We are proud to reflect our inclusive and learning approach across all we do.

In an uncertain climate our statutory contracts remained stable, and we continued to develop our paid-for services offering training and education as workplaces and businesses prioritised staff wellbeing and mental health.

Our dedicated team of volunteer fundraisers and fundraising manager facilitated a huge calendar of events throughout the year raising £131,783 of unrestricted income for the charity, a fantastic achievement.

As we look forward to next year, we will be moving offices from our registered office at Mea House to another City Centre location, this will be another exciting chapter for Tyneside and Northumberland Mind. We will continue our work to achieve our strategic objectives and our vision that everyone with a mental health issue to be in control of their own lives and get the support they need from people they trust.

All this would not be possible without the help of everyone who supports us from our team, volunteers, trustees, stakeholders, supporters, donors and grant funders.

I want to sincerely thank everyone who has helped and supported us, we couldn't do what we do without you. Thank you.

Alex Wilson

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).

OBJECTIVES AND ACTIVITIES

Our Mission
Working together to make people and our communities stronger and healthier through education, training and support for mental health and wellbeing.

Our Vision
To be the most trusted mental health and wellbeing charity.

Our Values
Collaborative - we collaborate and work together
Accessible - we are accessible and approachable for all
Respectful - we are respectful and inclusive of everyone
Empowering - we empower you to be the best you want to be
Supportive - we support our clients through high quality services and partnerships

The Board said goodbye to some members this year, and new members joined us. All Board members share a passion for improving mental health and wellbeing and bring a diverse range of skills and experiences to our work. We thank them for the support they have given freely to our clients and service users, our organisation, our staff team, and to the Chair.

As well as our strategic role in setting the direction and framework for Tyneside & Northumberland Mind, we have monitored the key risks (using our strategic risk register) and our financial situation closely during the year, as well as overseeing the performance and development of our work.

Public benefit
The Charity's objects are, for the benefit of the public generally, both in the United Kingdom and overseas and, in particular, the inhabitants of Tyne and Wear and Northumberland and its surrounding areas:

- to promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition; and
- to relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

ACHIEVEMENT AND PERFORMANCE

We took part in The Baton of Hope UK Tour in June, which was designed to be the biggest suicide awareness and prevention initiative the UK has ever seen. It opened up conversations and prompt appropriate actions and support. The Baton was carried along a route by family and friends bereaved by suicide and also organisations that support the campaign and dedicate their work to helping people, families and communities with their mental health.

As usual, we took part in Northern Pride, demonstrating our commitment to improving the mental health of LGBTQIA+ people. We also showed our support by incorporating the Rainbow logo into our DE&I communications all year round.

As an inclusive employer we became a disability confident committed employer and included the Disability Confident Committed badge across all key communications. This clearly demonstrated our commitment to actions that support disabled people to work for us and access our services.

Our ACT service continued in Gateshead and Northumberland, exceeding all targets and consistently and continually demonstrating the need to offer immediate support over the phone. We also help those who do not meet the threshold for crisis services and are extremely vulnerable with our High Intensity Service in Gateshead and Northumberland. The Support Line is our 'front door' to the communities we support and the High Intensity Service supporting those who previously fell through the cracks of other statutory services.

Our Autism and ADHD project in Gateshead - named Triple A (AAA) by group members - opened in June and was a priority area. This was initially funded by National Mind.

We also completed a significant amount of planning internally with the development and launch of our strategic plan and Theory of Change, an organisational-wide HR review, and work to make the organisation more diverse and inclusive, celebrating the progress we have made in Diversity, Equity and Inclusion (DE&I).

Our ReVOC project (operational since 2015), expanded its geographical area to encompass the whole Northumbria region. This has allowed us to continue our work with victims of crime, where it has impacted on their mental health. The project works with all levels of crime ranging from criminal damage to attempted murder, with a flexible service, over the telephone and face-to-face, providing emotional and practical support around crime and mental health. This early access to counselling is invaluable as waiting lists for clinical services can be lengthy, often increasing the impact of the crime on the client's mental health.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

FINANCIAL REVIEW

Income of £1,184,856 (2023 £1,282,307) was generated in the year. £235,356 (2023 242,042) of this income related to restricted funds. An operating deficit of £127,055 (2023 surplus of £130,973) was reported in this financial year, decreasing total funds carried forward to £461,496 (2023 - £588,551). This deficit was a decrease of £258,028 on the previous financial year. The free reserves of the charity amounted to £447,391 (2023 £382,769). Full details of the results for the year can be found on page 12.

Policy on reserves
At the year end, free reserves were £447,391 (2023 £382,769) an increase of £64,622 in the year. The Trustees' focus is to continue to work with funders to budget future surpluses in order to provide improved organisational sustainability, support our future strategic plan and to maintain a free reserves policy of 6 months operating costs as agreed by the Board, the charity is on track to achieve this target. Designated funds are maintained for future project delivery and to support organisational development. The reserves position will be reviewed annually by the Board to maintain free reserves in line with the agreed reserves policy.

Going concern
The financial statements have been prepared on a going concern basis as the Trustees believe that no material uncertainties exist. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. Annual budgets are monitored on a monthly basis. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

PLANS FOR THE FUTURE

In the coming year we will take part in a comprehensive quality review of our services, governance and organisational development by National Mind. We are current proud holders of the Mind Quality Mark (MQM), which was awarded to us in 2020 and we look forward to discussing our many changes and improvements with the assessors, hopefully leading to the awarding of the MQM again next year.

We will continue to work with our South Asian communities to contribute to developing strategy and services for improving mental health care for local South Asian women and empower participants to share their voice and contribute to change in our local mental health service provision. We will continue to support this work to understand issues that affect women from these least advantaged communities, who have experienced health inequalities.

We will design and move to our new offices at Tru-Knit House, Carliol Square, helping our mission to support the local community. We will design the new office space to be multi-functional, with one-to-one counselling rooms, a large training facility and a fantastic space for wellbeing groups and fundraising activities, all of which will help us deliver our services in the city centre.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

STRUCTURE, GOVERNANCE AND MANAGEMENT

Nature of governing document

Tyneside and Northumberland Mind is a company limited by guarantee (registered number 07552434) and a registered charity (registered number 1140856), affiliated to the national charity Mind. Tyneside and Northumberland Mind is directed by a Board of Trustees, which is responsible for ensuring that the organisation meets all its statutory, contractual, and social obligations.

Tyneside and Northumberland Mind is governed by a constitution that is common to all affiliated associations of the national charity Mind. It is a condition of affiliation to national Mind that Tyneside and Northumberland Mind adopts this constitution as its basic governing document. The document includes details governing the conduct of trustee meetings and the selection and appointment of Trustees and officers of the charity.

Recruitment and appointment of Trustees

The Trustees are drawn from a wide range of backgrounds and ideally have an interest in mental health issues and/or lived experience. All Trustee posts are advertised. Where there is more than one applicant for each vacancy, interviews will be held, including with service users and or/members of the Lived Experience Group. Potential new Trustees must provide a C.V. and set out why they wish to become a Trustee of Tyneside and Northumberland Mind. Applicants are interviewed by the Chair and attend a Board meeting as an Observer to ensure they agree with the Vision, Mission and Values of the charity. If they are deemed to be a good fit then they are appointed by the Board, subject to checks on ability to serve as Directors and Trustees.

Trustees must retire on the third anniversary of appointment but may be reappointed for a consecutive period. A Trustee who has served for nine years or more consecutively may not be reappointed until the anniversary of their retirement except in exceptional circumstances.

Induction and training of Trustees

Our process is intended to ensure inclusion, provide the right skills mix and also provide a balanced and functional Board. The recruitment process forms part of induction to our organisation.

1. Chief Executive and Chair provide regular support and learning opportunities to new Trustees.
2. Trustee training is incorporated into the Board meetings.
3. Trustees undertake a self-appraisal process with the Chair on an annual basis.
4. All Trustees are afforded the opportunity to visit the bases and projects of the organisation.

Key Management Personnel

The Board give their time freely and no Trustees received remuneration in the year. They have considered who the Key Management Personnel (KMP) of the charity are, as noted in the Reference and Administration section. Together with the Board, these KMP are those in charge of directing and controlling, running, and operating the activities of the charity on a day-to-day basis. The pay of the KMP is reviewed as judged appropriate and normally increased with reference to annual earnings. The Trustees benchmark against pay levels of other charities and similar organisations within the sector and the region. Pay levels are set using this information together with the budget and forecast information, ensuring that the charity can afford any proposed increases. The Board then agree any uplift to remuneration.

Organisational structure

The Board of Trustees meets formally at least six times per year to conduct its business, but many additional, informal meetings take place between the Trustees, Chief Executive, staff, and volunteers to provide mutually beneficial support. Sub-groups are established as required to take forward specific pieces of work. Broadly, under the agreed scheme of delegation the Board of Trustees determines and approves all policies, and the Chief Executive and staff implement the policy.

STRUCTURE, GOVERNANCE AND MANAGEMENT - continued

The day-to-day management of the charity is delegated to the Chief Executive under a scheme of delegation. She reports to the Board of Trustees. Performance management of the Chief Executive is the responsibility of the Chair. During informal interaction the Trustees take care to ensure that line management responsibilities are respected and used appropriately and that the Chief Executive receives management support only from the Chair (or a designated deputy), acting on behalf of the Board of Trustees.

Risk management

Trustees are responsible for the overseeing of the risks faced by the charity, and review the risk register periodically. The risk register is completed by the CEO and Board of Trustees and addresses strategic and organisation wide risk. The CEO manages day to day risk, delegating to managers where appropriate and informing the Board of anything likely to become a strategic or fundamental risk.

Risks are identified, assessed and controls established throughout the year. Risk is managed under the headings of Financial, Governance, Compliance, Operational and Reputational Risks.

Fundraising disclosures

The charity is required to report how it deals with fundraising from the public. The charity does not use a professional fundraiser or commercial participator to raise funds. Any monies raised direct from the public follows all guidelines set out by the Charity Commission and UK law in every respect. We respect the privacy and contact preferences of all public donors.

Thank you to those who have supported us financially and have raised funds for us, including:

Alexandra pub, North Shields
Allianz
Alnwick Medical Group
Aydac Limited
Big Give Trust
Breathe
Brewin Dolphin
Charity Escapes
Community Foundation Tyne & Wear and Northumberland
Cramlington United FC
David Lloyd Newcastle
EE
Equans
Eversheds
Fitness Corp
GMB
Hearth Group
National Mind
NCL All Star Events
Newcastle College
Newcastle University Student Union
Newcastle Youn Professionals Forum
Northerly Swell Surfside Emporium
Northern Pride
North Tyne and Westholme FC
Nuffield Health
Northern Spirit
Pat Ripley Trust
Police and Crime Commissioner for Northumberland
Ponteland Golf Club
R.W. Mann Trust
Sir James Knott Trust
Team Build Construction
The Barbour Foundation
The Thirty Before Thirty Group
The Trusthouse Foundation
Tynemouth Longsands Swimming Group
Tyne Grange Care Home
Wigs Place
Wildflower Aesthetics Limited

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
07552434 (England and Wales)

Registered Charity number
1140856

Registered Office
3rd Floor, Tru-Knit House, Carliol Square, Newcastle upon Tyne, NE1 6UF

Current Trustees
L Cox - Chair
F C O'Farrell
T Clark
C E Pegg
D J Sayer
K Jordan
N Bradshaw (appointed 9 June 2023)
B Martin (appointed 9 June 2023)
M D Smith (appointed 28 March 2024)

Retiring Trustees
L Vescio (retired 23 June 2023)
K P Mukasa (appointed 9 June 2023, retired 25 July 2024)
C Thornton (retired 15 March 2024
Z S Sattar (retired 14 November 2024)

Key Management Personnel
A Wilson - Chief Executive Officer
L Macdonald - Head of Wellbeing
S Storey - Head of Operations (until March 2024)
F O'Brien - Head of Business Development
I Peel - Head of Finance
E Charlton - Head of Training
C Bramley-Cooke - Head of Services (from December 2023)

Bankers
The Co-Operative Bank Plc, 86-86 Grey Street, Newcastle upon Tyne, NE1 6BZ
Virgin Money Plc, Jubilee House, Gosforth, Newcastle upon Tyne, NE3 4PL

Auditor
Read, Milburn & Co., 71 Howard Street, North Shields, NE30 1AF

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Tyneside And Northumberland Mind for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing 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;
- 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

In accordance with section 485 of the Companies Act 2006, a resolution for the re-appointment of Read, Milburn & Co. as auditors of the charity is to be proposed at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 28 November 2024 and signed on its behalf by:

Lynda Cox - Trustee

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF TYNESIDE AND NORTHUMBERLAND MIND

Opinion

We have audited the financial statements of Tyneside And Northumberland 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; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

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.

Irregularities, including fraud, are instances of non compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. In this regard, our procedures include the following:

- enquiry of management around actual and potential litigation and claims;
- reviewing minutes of meetings of those charged with governance;
- reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business;
- challenging assumptions and judgements made by management in their significant accounting estimates.

Because of the field in which the charity operates, we have identified the following areas as those most likely to have a material impact on the financial statements: Health and Safety; Employment Law; and compliance with the Companies and Charities Acts.

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.

Nicholas J Liley (Senior Statutory Auditor)
for and on behalf of Read, Milburn & Co
Chartered Accountants and Statutory Auditors
71 Howard Street
North Shields
Tyne and Wear
NE30 1AF

12 December 2024

TYNESIDE AND NORTHUMBERLAND MIND

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	3	135,031	235,356	370,387	424,391
Charitable activities	5	812,928	-	812,928	857,482
Other trading activities	4	1,541	-	1,541	434
Total		949,500	235,356	1,184,856	1,282,307
EXPENDITURE ON					
Raising funds	6	5,155	-	5,155	4,375
Charitable activities	7	1,001,429	305,327	1,306,756	1,146,959
Total		1,006,584	305,327	1,311,911	1,151,334
NET INCOME/(EXPENDITURE)		(57,084)	(69,971)	(127,055)	130,973
Transfers between funds	18	(23,646)	23,646	-	-
Net movement in funds		(80,730)	(46,325)	(127,055)	130,973
RECONCILIATION OF FUNDS					
Total funds brought forward		518,978	69,573	588,551	457,578
TOTAL FUNDS CARRIED FORWARD		438,248	23,248	461,496	588,551

CONTINUING OPERATIONS
All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible assets	13	8,885	11,209
CURRENT ASSETS			
Debtors	14	117,567	172,335
Cash at bank and in hand		501,668	511,971
		619,235	684,306
CREDITORS			
Amounts falling due within one year	15	(148,596)	(106,964)
NET CURRENT ASSETS		470,639	577,342
TOTAL ASSETS LESS CURRENT LIABILITIES		479,524	588,551
PROVISIONS FOR LIABILITIES	16	(18,028)	-
NET ASSETS		461,496	588,551
FUNDS	18		
Unrestricted funds:			
General fund		438,248	393,978
Designated fund - Future Project Delivery		-	125,000
		438,248	518,978
Restricted funds		23,248	69,573
TOTAL FUNDS		461,496	588,551

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 28 November 2024 and were signed on its behalf by:

Lynda Cox - Trustee

The notes form part of these financial statements

TYNESIDE AND NORTHUMBERLAND MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	21	(7,858)	(133,689)
Net cash used in operating activities		(7,858)	(133,689)
Cash flows from investing activities			
Purchase of tangible fixed assets		(2,445)	(5,374)
Net cash used in investing activities		(2,445)	(5,374)
Change in cash and cash equivalents in the reporting period		(10,303)	(139,063)
Cash and cash equivalents at the beginning of the reporting period		511,971	651,034
Cash and cash equivalents at the end of the reporting period		501,668	511,971

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1. LEGAL STATUS

Tyneside and Northumberland Mind is a company limited by guarantee (no. 07552434) and not having share capital. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

The company's registered number and registered office address can be found within the Reference and Administrative Details section of the Trustees' Annual Report.

2. 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, with the exception of investments which are included at market value.

The presentation currency of the financial statements is the Pound Sterling (£).

Going concern
The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Funds
Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charitable company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the company for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Incoming resources
All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies
Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until after either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

continued...

2. ACCOUNTING POLICIES - continued

Legacy gifts are recognised on a case by case basis following the grant of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

Grants receivable
Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to the expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregates similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds
These are costs incurred in attracting voluntary income and those incurred in trading activities that raise funds.

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

Support costs
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor area, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs
These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Taxation
The charity is considered to pass the tests set out in Schedule 6, Paragraph 1 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK Corporation Tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or gains received or realised within categories covered by Part 11, Chapter 3 of the Corporation Taxes Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

continued...

2. ACCOUNTING POLICIES - continued

Tangible fixed assets
Individual fixed assets costing £250 or more are initially recorded at cost, and subsequently measured at cost less accumulated depreciation and impairment losses.

Depreciation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Leasehold improvements	Over life of lease
Furniture and equipment	25% on cost

Investments
Investments in subsidiaries are measured at cost less impairment.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Leases
Leases in which substantially all of the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged in the Statement of Financial Activities on a straight-line basis over the term of the lease.

Financial instruments
The charity has only financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Estimation uncertainty and judgements
The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

continued...

2. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits
Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

3. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	131,784	191,084
Grants	238,603	233,307
	370,387	424,391

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Police and Crime Commissioner for Northumberland	144,718	96,912
Pears Foundation - DCMS Racial Equality Fund	-	4,496
Sir James Knott Trust	5,000	-
National Mind Co-op Resiliance Programme - Listen Out Local	-	4,769
NENC ICS Suicide Prevention Grant - Reaching Out - Blue Stone Collaborative	-	18,104
North Tyneside Health Inequalities Fund	-	29,792
Trusthouse Foundation	29,026	29,033
Kerry Grant	-	2,500
Community Foundation Peabody	-	5,000
St Vincent de Paul	-	9,295
National Mind Diversity, Equality and Inclusion	21,283	17,412
Community Fund Charter for Change	-	9,994
National Mind Equity and Lived Experience	-	6,000
National Mind Refugees and Asylum Seekers	21,576	-
Community Foundation Tyne & Wear and Northumberland	500	-
The Barbour Foundation	15,000	-
R.W. Mann Trust	1,500	-
	238,603	233,307

continued...

4. OTHER TRADING ACTIVITIES

	2024	2023
	£	£
Sales of goods and services	1,541	434

5. INCOME FROM CHARITABLE ACTIVITIES

	Wellbeing	Counselling	Training	2024 Total activities	2023 Total activities
	£	£	£	£	£
Contract	33,866	720,291	-	754,157	820,040
Other training income	-	-	58,771	58,771	37,442
	33,866	720,291	58,771	812,928	857,482

Income from contracts, included in the above, is as follows:

	2024	2023
	£	£
Newcastle City Council	47,192	52,988
NHS Newcastle Gateshead CCG	509,268	569,961
Gateshead Council	33,866	33,866
NHS Northumberland CCG	65,040	63,884
South Tyneside Training Hub	-	22,534
Talking Matters	36,378	25,800
NHS CCG CYP Contract	-	38,004
Mental Health Concern - SMI	-	12,489
Everyturn SMI	49,956	-
Social Prescribing Link Worker	10,281	-
Other	2,176	514
	754,157	820,040

continued...

6. RAISING FUNDS

Raising donations and legacies

	2024	2023
	£	£
Fund raising expenses	5,155	4,375

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 8)	Totals
	£	£	£
Wellbeing	362,226	4,849	367,075
Counselling	773,505	65,916	839,421
Training	92,387	7,873	100,260
	1,228,118	78,638	1,306,756

8. SUPPORT COSTS

	Other	Governance costs	Totals
	£	£	£
Wellbeing	4,463	386	4,849
Counselling	60,675	5,241	65,916
Training	7,247	626	7,873
	72,385	6,253	78,638

9. NET INCOME/(EXPENDITURE)

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

	2024	2023
	£	£
Auditors' remuneration	5,004	5,799
Depreciation - owned assets	4,769	3,838

continued...

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 nor for the year ended 31 March 2023.

11. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	869,655	751,642
Social security costs	70,153	54,645
Other pension costs	44,933	45,100
	984,741	851,387

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

	2024	2023
Counselling	23	20
Wellbeing	10	9
Administration	5	4
Management	6	6
	44	39

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024	2023
£60,001 - £70,000	1	-

The key management personnel of the charity comprise the Chief Executive Officer and the Senior Management Team. The total employee benefits of the key management personnel of the charity were £247,600 (2023 - £208,862)

continued...

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	182,989	241,402	424,391
Charitable activities			
Wellbeing	33,866	-	33,866
Counselling	763,640	-	763,640
Training	58,976	1,000	59,976
Other trading activities	434	-	434
Total	1,039,905	242,402	1,282,307
EXPENDITURE ON			
Raising funds	4,375	-	4,375
Charitable activities			
Wellbeing	48,897	274,759	323,656
Counselling	707,904	-	707,904
Training	114,109	1,290	115,399
Total	875,285	276,049	1,151,334
NET INCOME/(EXPENDITURE)	164,620	(33,647)	130,973
Transfers between funds	(10,324)	10,324	-
Net movement in funds	154,296	(23,323)	130,973
RECONCILIATION OF FUNDS			
Total funds brought forward	364,682	92,896	457,578
TOTAL FUNDS CARRIED FORWARD	518,978	69,573	588,551

continued...

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

13. TANGIBLE FIXED ASSETS

	Improvements to property	Furniture and equipment	Totals
	£	£	£
COST			
At 1 April 2023	13,564	63,109	76,673
Additions	-	2,445	2,445
At 31 March 2024	13,564	65,554	79,118
DEPRECIATION			
At 1 April 2023	13,564	51,900	65,464
Charge for year	-	4,769	4,769
At 31 March 2024	13,564	56,669	70,233
NET BOOK VALUE			
At 31 March 2024	-	8,885	8,885
At 31 March 2023	-	11,209	11,209

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	45,880	147,888
Prepayments and accrued income	71,687	24,447
	117,567	172,335

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	18,117	18,349
Social security and other taxes	13,255	15,586
Other creditors	5,269	5,192
Accruals and deferred income	111,955	67,837
	148,596	106,964

Included within Accruals and Deferred Income are the following amounts comprising income received in advance of delivery of the related services or expenditure incurred.

	£
Balance at 1 April 2023	37,467
Released to income from charitable activities	(37,467)
Amount deferred in year	74,084
Balance at 31 March 2024	74,084

continued...

16. PROVISIONS FOR LIABILITIES

	2024	2023
	£	£
Provisions	18,028	-

A provision is recognised for the tax and national insurance relating to previously undeclared private medical insurance paid for on behalf of employees, comprising the employer's and employees' contributions and related interest and penalties.

17. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds	Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Fixed assets	8,885	-	8,885	11,209
Current assets	595,987	23,248	619,235	684,306
Current liabilities	(148,596)	-	(148,596)	(106,964)
Provision for liabilities	(18,028)	-	(18,028)	-
	438,248	23,248	461,496	588,551

18. MOVEMENT IN FUNDS

	At 1/4/23	Net movement in funds	Transfers between funds	At 31/3/24
	£	£	£	£
Unrestricted funds				
General fund	393,978	67,916	(23,646)	438,248
Designated fund - Future Project Delivery	125,000	(125,000)	-	-
	518,978	(57,084)	(23,646)	438,248
Restricted funds				
Safe Spaces and Wellbeing	6,116	4,612	-	10,728
North Tyneside Health Inequalities Fund	16,389	(16,467)	78	-
REVOC	3,679	5,157	-	8,836
Family Support North Northumberland Programme	17,068	(33,649)	20,265	3,684
Diversity, Equity and Inclusion Programme	20,321	(20,321)	-	-
National Mind Equity and Lived Experience	6,000	(6,117)	117	-
National Mind Refugees and Asylum Seekers Mental Health Support Fund	-	(3,186)	3,186	-
	69,573	(69,971)	23,646	23,248
TOTAL FUNDS	588,551	(127,055)	-	461,496

continued...

18. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	949,500	(881,584)	67,916
Designated fund - Future Project Delivery	-	(125,000)	(125,000)
	949,500	(1,006,584)	(57,084)
Restricted funds			
Safe Spaces and Wellbeing	23,470	(18,858)	4,612
North Tyneside Health Inequalities Fund	-	(16,467)	(16,467)
REVOC	140,001	(134,844)	5,157
Family Support North Northumberland Programme	29,026	(62,675)	(33,649)
Diversity, Equity and Inclusion Programme	21,283	(41,604)	(20,321)
National Mind Equity and Lived Experience	-	(6,117)	(6,117)
National Mind Refugees and Asylum Seekers Mental Health Support Fund	21,576	(24,762)	(3,186)
	235,356	(305,327)	(69,971)
TOTAL FUNDS	1,184,856	(1,311,911)	(127,055)

continued...

18. 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	239,682	164,620	(10,324)	393,978
Designated fund - Future Project Delivery	125,000	-	-	125,000
	364,682	164,620	(10,324)	518,978
Restricted funds				
Safe Spaces and Wellbeing	16,971	(25,905)	15,050	6,116
North East and North Cumbria Suicide Prevention Network	12,465	(12,465)	-	-
North Tyneside Health Inequalities Fund	-	16,389	-	16,389
Sally Allan	5,351	1,334	(6,685)	-
National Mind Emergency IT & Digital Transformation	250	(250)	-	-
REVOC	1,092	2,587	-	3,679
Family Support North Northumberland Programme	28,431	(11,363)	-	17,068
Diversity, Equity and Inclusion Programme	28,336	(9,974)	1,959	20,321
National Mind Equity and Lived Experience	-	6,000	-	6,000
	92,896	(33,647)	10,324	69,573
TOTAL FUNDS	457,578	130,973	-	588,551

continued...

18. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,039,905	(875,285)	164,620
Restricted funds			
Safe Spaces and Wellbeing	2,400	(28,305)	(25,905)
North East and North Cumbria Suicide Prevention Network	18,104	(30,569)	(12,465)
North Tyneside Health Inequalities Fund	29,792	(13,403)	16,389
Sally Allan	1,374	(40)	1,334
National Mind Emergency IT & Digital Transformation	-	(250)	(250)
REVOC	96,912	(94,325)	2,587
St Vincent de Paul	9,295	(9,295)	-
Family Support North Northumberland Programme	45,623	(56,986)	(11,363)
Diversity, Equity and Inclusion Programme	31,902	(41,876)	(9,974)
National Mind Equity and Lived Experience	6,000	-	6,000
National Mind Blue Light Programme	1,000	(1,000)	-
	242,402	(276,049)	(33,647)
TOTAL FUNDS	1,282,307	(1,151,334)	130,973

Designated Funds
Future Project Delivery - The Trustees have determined to designate funds in order to help protect and enhance future project delivery.

Restricted Funds
The specific purposes for which the funds are to be applied are as follows:

Safe Spaces and Wellbeing Services
Funds and donations, including funds provided by Gateshead Council, to run a range of wellbeing groups including both facilitated and peer-led groups. Facilitated groups in North Tyneside, Hexham, South Tyneside, Newcastle, Alnwick and Berwick provide a safe space to access specialist wellbeing and mental health support, benefiting from group support and learning from the shared experiences of others. Groups explore a range of therapeutic interventions and wellbeing themes to empower clients to take care of their mental health in an environment where they feel safe and secure. In order to respond to the needs of the group access further specialisms, professionals from a range of disciplines may be brought in to enhance the client experience including a yoga teacher, sport coach and writers.

continued...

18. MOVEMENT IN FUNDS - continued

Peer-led groups are focused on one area of wellbeing; creativity, physical activity and social connection, the group receives support from specialist knowledge and support along with peer-support and learning through shared lived experiences.

North Tyneside Health Inequalities Fund Programme
A programme reducing health inequalities in order to support good mental health in North Tyneside via access to fitness spaces, equipment and resources. The project works with local gym facilities to support individuals to improve their physical fitness, reduce feelings of isolation, achieve higher levels of self-confidence and improved mental health.

National Mind Emergency IT and Digital Transformation
A grant to support investment in virtual software tools to assist staff working from home during the Covid 19 pandemic.

REVOC
Resilience for Victims of Crime , funded by the Police and Crime Commissioner of Northumbria. Providing one to one support to adults whose mental health is affected due to them being a victim or witness of crime. Support is available in person and remotely.

St Vincent de Paul
A community based mental health support programme designed to strengthen social connections, and inform and empower clients supported at St Vincents Centre, Newcastle upon Tyne.

Family Support and North Northumberland Programme
To sustain and grow support for families living in isolated North Northumberland communities with their mental health and introducing tools and resources to help them manage their own wellbeing.

Diversity, Equity and Inclusion Programme - Charter for Change
To put Diversity, Equity and Inclusion at the centre of the organisation's work acting on contributions from people with lived experience, particularly those from racialised and marginalised communities and working in partnership. We received funding from National Mind for our Charter for Change programme plus additional specific funding as follows:

National Mind (Pears Foundation) Racial Equality Fund
To support people including those living in North Northumberland and to develop new partnerships with other organisations to deliver mental health support targeting those who can't easily access services and support.

National Lottery Awards For All
Breaking down barriers to accessing wellbeing and mental health services by and redesigning them alongside local communities with a particular focus on supporting the experience of South Asian women.

National Mind Equity and Lived Experience Fund - Triple A Programme
To provide support for neurodivergent people based on an empowerment model and supporting the development of coping strategies to improve mental health experience.

National Mind Refugees & Asylum Seekers
To provide mental health support for those living in Gateshead and Newcastle upon Tyne who are seeking sanctuary in the UK.

continued...

18. MOVEMENT IN FUNDS - continued

Transfers between funds

The transfers relate to the reallocation of amounts between projects with the same purpose. Transfers from unrestricted funds are to cover any expected shortfall in funding on the project.

19. EMPLOYEE BENEFIT OBLIGATIONS

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £44,933 (2023 - £45,100).

Contributions totalling £4,763 (2023 - £5,184) were payable to the scheme at the balance sheet date and are included in other creditors.

20. RELATED PARTY DISCLOSURES

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

21. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(127,055)	130,973
Adjustments for:		
Depreciation charges	4,769	3,838
Increase in provisions	18,028	-
Decrease/(increase) in debtors	54,768	(97,199)
Increase/(decrease) in creditors	41,632	(171,301)
Net cash used in operations	(7,858)	(133,689)

22. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/23 £	Cash flow £	At 31/3/24 £
Net cash			
Cash at bank and in hand	511,971	(10,303)	501,668
	511,971	(10,303)	501,668
Total	511,971	(10,303)	501,668

TYNESIDE AND NORTHUMBERLAND MIND

England & Wales - Charity number 1140856

Accounts

REGISTERED COMPANY NUMBER: 07552434 (England and Wales)
REGISTERED CHARITY NUMBER: 1140856

REPORT OF THE TRUSTEES AND

AUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

FOR

TYNESIDE AND NORTHUMBERLAND MIND

Read, Milburn & Co
71 Howard Street
North Shields
Tyne and Wear
NE30 1AF

TYNESIDE AND NORTHUMBERLAND MIND

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FOR THE YEAR ENDED 31 MARCH 2023

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TYNESIDE AND NORTHUMBERLAND MIND

CHIEF EXECUTIVE OFFICER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2023

2022 to 2023 proved to be another successful year for Tyneside and Northumberland Mind. With income reaching £1,282,307, a healthy reserves position of £588,551 and unrestricted funds of £518,978.

With Covid 19 and all its restrictions now starting to ease, we put this period behind us, as we resumed our face-to-face services. We began to see a sense of normality after an extremely tough time where we evidenced our ability to meet the needs of an ever-changing world.

This year we have responded to the growing and urgent requirements of the communities in which we work, particularly within marginalized communities, working with a number of partners to embed our DE&I (Diversity, Equity, and Inclusion) work into everything we do.

It has been necessary to respond to the increase in mental health support, due to financial hardship. As we saw the cost-of-living rise, we created new services and better support for people affected by poverty, responding quickly when new challenges emerge. Tyneside and Northumberland Mind worked extremely hard this year and has achieved a high level of success and performance, supporting over 2,000 people.

We have invested in improving our digital footprint and have enhanced the information, advice and support we offer online. We have increased our digital access by 48%. From social media to our website we have used our platforms to ensure people are supported.

Our telephone support line continued to be an integral part of our front door offer, giving people access to immediate support over the phone across our area of benefit taking over 3,000 calls from people struggling with their mental health.

Our statutory contracts remained stable, and we secured 3 years of funding from Gateshead Council for our Safe space model and a further 3 years funding for our REVOC contract supporting victims of crime.

We continued to develop our paid-for services offering training and education in relation to mental health as we saw a greater demand for these services as more workplaces and businesses prioritised staff wellbeing.

This has been achieved by actively expanding our local network, tirelessly cultivating robust relationships across our community with businesses, institutions and organisations.

Our training department operates across diverse sectors - education, public services, healthcare, construction, technology, engineering, retail, third sector, and hospitality. We have supported teams of all sizes, from SMEs to large PLCs.

Within the period we have been nurturing strategic collaborations, and we have successfully partnered with Tyne and Wear Fire and Rescue and, separately, with a local Mind project to support businesses.

We broadened our reach by introducing the open course format, facilitating greater access to our training resources and enhancing accessibility.

We have provided bespoke solutions for unique challenges. Notably, we supported a national retail client and an international engineering company through online sessions. We also successfully delivered a series of events for Newcastle University Alumni which will hopefully become an annual programme of work.

Our corporate initiatives extend to fundraising and donor support, both on an exclusive and ad hoc basis. We are grateful for the outstanding support and backing received in the period from partners such as Malhotra Group Plc, Brewin Dolphin, and British Engines, among many others.

CHIEF EXECUTIVE OFFICER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2023

We continue to push our Corporate Partnership Package which includes us providing a calendar of events and activities that corporate supporters are getting involved with to strengthen partnerships, encourage fundraising and improve wellbeing throughout their workforce. We are looking forward to establishing and growing relations with more organisations over this coming period.

All this would not be possible without the help of everyone who supports us from our team, volunteers, trustees, stakeholders, supporters, donors and grant funders.

I want to sincerely thank everyone who has helped and supported us to achieve our aims and purpose, making Tyneside and Northumberland Mind the fantastic organisation it is today.

Together we will keep finding ways to respond, demanding better support and helping more people in more ways. Looking to the future in 2023/2024, we will launch our new strategy to guide us and the charity's direction for the next 3 years. Standing together for better mental health shows just how powerful a community of like–minded individuals can be, demonstrating our impact with our 'Theory of Change' and diversifying our income streams to respond to the ever-growing demand for our help and support.

Alex Wilson
CEO

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).

OBJECTIVES AND ACTIVITIES

Our Mission
Working together to make people and our communities stronger and healthier through education, training and support for mental health and wellbeing.

Our Vision
To be the most trusted mental health and wellbeing charity.

Our Values
Collaborative - we collaborate and work together
Accessible - we are accessible and approachable for all
Respectful - we are respectful and inclusive of everyone
Empowering - we empower you to be the best you want to be
Supportive - we support our clients through high quality services and partnerships

The Board said goodbye to some members this year, and new members joined us. All Board members share a passion for improving mental health and wellbeing and bring a diverse range of skills and experiences to our work. We thank them for the support they have given freely to our clients and service users, our organisation, our staff team, and to the Chair.

As well as our strategic role in setting the direction and framework for Tyneside & Northumberland Mind, we have monitored the key risks (using our strategic risk register) and our financial situation closely during the year, as well as overseeing the performance and development of our work.

Public benefit
The Charity's objects are, for the benefit of the public generally, both in the United Kingdom and overseas and, in particular, the inhabitants of Tyne and Wear and Northumberland and its surrounding areas:

- to promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition; and
- to relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

ACHIEVEMENT AND PERFORMANCE

We were successful with a three year grant application bid to sustain and grow the Family Support Programme in North Northumberland. Alongside this, we collaborated locally to create a role of Outreach Worker to support the NHS in engaging people with severe mental illness, to encourage participation with annual physical health checks at the local general practice and to follow up on any resulting actions required.

We continued to deliver our Alternative to Crisis (ACT) service and also completed an in-depth evaluation of its effectiveness. ACT provided a listening service, a high intensity service and a support line, and developed new approaches and reached diverse and marginalised communities. The support line was made available seven days a week, the listening service was delivered to clients over a six week period and the high intensity support service provided in-depth specialist, proactive support to people who did not meet the threshold for crisis services, or as a step down from services.

Our Safe Space Communities provide vital in-depth regular mental health and wellbeing support to local people. As part of our growing commitment to Diversity, Equity and Inclusion, we extended our work by collaborating with two grassroots partner organisations, Rainbow Homes and St Vincent de Paul, to provide tailored and accessible support for people who Sanctuary Seekers and people who are LBGTQ plus.

The Reach Out programme focussed on suicide prevention and enabled us to produce content on an inclusive and accessible Digital Wellbeing platform with resources aimed to combat suicide. The resources on our Self-Care and Wellbeing Hub supported the alleviation of mental health struggles within our community, were easily accessible and created on platforms that allow users to watch in their own space. This helped reach some people who were previously afraid or embarrassed to reach out for support for their fragile mental health. The programme also offered a variety of weekly workshops that focus on gently building confidence and self-care through art and conversation-led sessions.

We were successful in securing our REVOC grant, allowing us to support victims of crime for a further three years. We worked with a partner, housing refugees across the UK, in order to design and roll out a therapeutic rapid response service / pathway in the case of suicide and trauma for service users, support the wellbeing of the staff of the partner organisation and proactively encourage a suicide prevention culture.

This year was a year in which we helped more people than ever, at a lower unit cost. We are very proud of the specialist support we provide, both through our NHS and other contracts and tailored to individual communities of need. We are increasingly recognised for our services to employers, in line with our vision to be the most trusted mental health charity.

All those who worked with us in the year did an amazing job, in very demanding circumstances. We thank them, our volunteers, and our CEO, Alex Wilson, and her senior management team. We also thank our partners, stakeholders, and funders. We have played our part in the wider Mind federation. We want to thank all of our colleagues both nationally and in other local Mind Associations for their advice and support over the year, not least in helping to raise the profile of mental health issues, reducing the stigma associated with them, and helping to make space for a new openness and honesty in debate that can only be positive in helping people to ask for the support they need when they need it.

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

FINANCIAL REVIEW

Income of £1,282,307 (2022 £1,095,045) was generated in the year. £242,042 of this income related to restricted funds. An operating surplus of £130,973 was achieved in this financial year, increasing total funds carried forward to £588,551. This surplus was a decrease of £29,719 on the previous financial year. The free reserves of the charity amounted to £382,769 Full details of the results for the year can be found on page 13.

Policy on reserves
At the year end, free reserves were £382,769 (2022 £230,009) an increase of £152,760 in the year. The Trustees' focus is to continue to work with funders to budget future surpluses in order to provide improved organisational sustainability, support our future strategic plan and to maintain a free reserves policy of 6 months operating costs as agreed by the Board, the charity is on track to achieve this target. Designated funds are maintained for future project delivery and to support organisational development. The reserves position will be reviewed annually by the Board to maintain free reserves in line with the agreed reserves policy.

Going concern
The financial statements have been prepared on a going concern basis as the Trustees believe that no material uncertainties exist. The Trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. Annual budgets are monitored on a monthly basis. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

PLANS FOR THE FUTURE

We plan a Charter for Change Programme (led by Trustees, the CEO, our Lived Experience Group and staff), which will integrate Diversity, Equity and Inclusion (DE&I) into all aspects of the organisation, influencing strategy and priorities. There will be a strong emphasis on creating an open culture which fosters conversations, learning and challenge, backed up by a programme of workforce development training, and policy, process and systems change. The work will place DE&I front and centre of what we do now and in the future. As a result, we will increase access to mental health services (ours and others) for and with marginalised local people, celebrate lived experience, build a strong demonstration model for making integrated DE&I change and significantly enhance organisational integrity and impact.

We plan to work with a local fundraising team to create The Hope Project, focussing on mental health and suicide prevention to bring inspiration, knowledge and support to our community. This is joint-working, bringing our knowledge and expertise together with the fundraising team's enthusiasm and commitment to raise funds to create a legacy in honour of two of their friends and family members, who died as a result of suicide. We will deliver suicide awareness and mental health sessions to staff and students in schools, a university and a college.

We also aim to develop a new strategic plan for the organisation over the next year and develop our Theory of Change, which helps us understand and demonstrate our impact on the communities we serve.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Nature of governing document

Tyneside and Northumberland Mind is a company limited by guarantee (registered number 07552434) and a registered charity (registered number 1140856), affiliated to the national charity Mind. Tyneside and Northumberland Mind is directed by a Board of Trustees, which is responsible for ensuring that the organisation meets all its statutory, contractual, and social obligations.

Tyneside and Northumberland Mind is governed by a constitution that is common to all affiliated associations of the national charity Mind. It is a condition of affiliation to national Mind that Tyneside and Northumberland Mind adopts this constitution as its basic governing document. The document includes details governing the conduct of trustee meetings and the selection and appointment of Trustees and officers of the charity.

Recruitment and appointment of Trustees

The Trustees are drawn from a wide range of backgrounds and ideally have an interest in mental health issues and/or lived experience. All Trustee posts are advertised. Where there is more than one applicant for each vacancy, interviews will be held, including with service users and or/members of the Lived Experience Group. Potential new Trustees must provide a C.V. and set out why they wish to become a Trustee of Tyneside and Northumberland Mind. Applicants are interviewed by the Chair and attend a Board meeting as an Observer to ensure they agree with the Vision, Mission and Values of the charity. If they are deemed to be a good fit then they are appointed by the Board, subject to checks on ability to serve as Directors and Trustees.

Trustees must retire on the third anniversary of appointment but may be reappointed for a consecutive period. A Trustee who has served for nine years or more consecutively may not be reappointed until the anniversary of their retirement except in exceptional circumstances.

Induction and training of Trustees

Our process is intended to ensure inclusion, provide the right skills mix and also provide a balanced and functional Board. The recruitment process forms part of induction to our organisation.

1. Chief Executive and Chair provide regular support and learning opportunities to new Trustees.
2. Trustee training is incorporated into the Board meetings.
3. Trustees undertake a self-appraisal process with the Chair on an annual basis.
4. All Trustees are afforded the opportunity to visit the bases and projects of the organisation.

Key Management Personnel

The Board give their time freely and no Trustees received remuneration in the year. They have considered who the Key Management Personnel (KMP) of the charity are, as noted in the Reference and Administration section. Together with the Board, these KMP are those in charge of directing and controlling, running, and operating the activities of the charity on a day-to-day basis. The pay of the KMP is reviewed as judged appropriate and normally increased with reference to annual earnings. The Trustees benchmark against pay levels of other charities and similar organisations within the sector and the region. Pay levels are set using this information together with the budget and forecast information, ensuring that the charity can afford any proposed increases. The Board then agree any uplift to remuneration.

Organisational structure

The Board of Trustees meets formally at least six times per year to conduct its business, but many additional, informal meetings take place between the Trustees, Chief Executive, staff, and volunteers to provide mutually beneficial support. Sub-groups are established as required to take forward specific pieces of work. Broadly, under the agreed scheme of delegation the Board of Trustees determines and approves all policies, and the Chief Executive and staff implement the policy.

STRUCTURE, GOVERNANCE AND MANAGEMENT - continued

The day-to-day management of the charity is delegated to the Chief Executive under a scheme of delegation. She reports to the Board of Trustees. Performance management of the Chief Executive is the responsibility of the Chair. During informal interaction the Trustees take care to ensure that line management responsibilities are respected and used appropriately and that the Chief Executive receives management support only from the Chair (or a designated deputy), acting on behalf of the Board of Trustees.

Risk management
Trustees are responsible for the overseeing of the risks faced by the charity, and review the risk register periodically. The risk register is completed by the CEO and Board of Trustees and addresses strategic and organisation wide risk. The CEO manages day to day risk, delegating to managers where appropriate and informing the Board of anything likely to become a strategic or fundamental risk.

Risks are identified, assessed and controls established throughout the year. Risk is managed under the headings of Financial, Governance, Compliance, Operational and Reputational Risks.

Fundraising disclosures
The charity is required to report how it deals with fundraising from the public. The charity does not use a professional fundraiser or commercial participator to raise funds. Any monies raised direct from the public follows all guidelines set out by the Charity Commission and UK law in every respect. We respect the privacy and contact preferences of all public donors.

Thank you to those who have supported us financially and have raised funds for us, including:

Air Products
Big Give Trust
Blyth Town Football Club
Box Clever Events
Brewin Dolphin
Bridon-Bekaert
British Airways
British Engines
CBRE
Charity Escapes, the Middleton Foundation
Childrens Choice Nursery
Co-Operative Community Fund
Community Foundation: Peabody Trust
Cyclo Cross North East
EE
Egger
Enterprise Rent a Car
Eversheds
Hexham Abbey
Hozah
Lowes
Malhotra Group Plc
National Lottery Awards for All
National Mind
Nestle
Newcastle Beer Festival
Newcastle College
Northerly Swell Surfside Emporium
Norton Rose Fulbright
Pat Ripley
Pears Foundation
Pearson Engineering
Police and Crime Commissioner for Northumberland
Ponteland Methodist Church
R3/Manolete Partners
Royal Mail Newcastle
St Vincent de Paul
Story Homes
Team Build Construction
The Grace Trust
The Hospital Saturday Fund
The Thirty Before Thirty Group
The Trusthouse Foundation
UNW
Versatility Fitness
Wigs Place
Winns Solicitor

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
07552434 (England and Wales)

Registered Charity number
1140856

Registered Office
1st Floor, Mea House, Ellison Place, Newcastle Upon Tyne, NE1 8XS

Current Trustees
L Cox - Chair
N Bradshaw (appointed 9 June 2023)
T Clark
K Jordan
B Martin (appointed 9 June 2023)
K P Mukasa (appointed 9 June 2023)
F C O'Farrell
C E Pegg
Z Sattar
D J Sayer
C Thornton

Retiring Trustees
B L Stratford (retired 25 August 2022)
D C Slater (retired 24 November 2022)
A Lowe (retired 1 January 2023)
L Vescio (retired 23 June 2023)

Key Management Personnel
A Wilson - Chief Executive Officer
L Macdonald - Head of Wellbeing
S Storey - Head of Operations
F O'Brien - Head of Business Development
I Peel - Head of Finance
E Charlton - Head of Training

Bankers
The Co-Operative Bank Plc, 86-86 Grey Street, Newcastle upon Tyne, NE1 6BZ
Virgin Money Plc, Jubilee House, Gosforth, Newcastle upon Tyne, NE3 4PL

Auditor
Read, Milburn & Co., 71 Howard Street, North Shields, NE30 1AF

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2023

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of Tyneside And Northumberland Mind for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing 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;
- 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

Read, Milburn & Co. were appointed auditor to the company on 28 March 2023 following the resignation of Haines Watts.

In accordance with section 485 of the Companies Act 2006, a resolution for the re-appointment of Read, Milburn & Co. as auditors of the charity is to be proposed at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 23 November 2023 and signed on its behalf by:

Lynda Cox
Chair

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF TYNESIDE AND NORTHUMBERLAND MIND

Opinion

We have audited the financial statements of Tyneside And Northumberland 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.

REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF TYNESIDE AND NORTHUMBERLAND MIND

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; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

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 TYNESIDE AND NORTHUMBERLAND 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.

Irregularities, including fraud, are instances of non compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. In this regard, our procedures include the following:

- enquiry of management around actual and potential litigation and claims;
- reviewing minutes of meetings of those charged with governance;
- reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness, and evaluating the business rationale of significant transactions outside the normal course of business;
- challenging assumptions and judgements made by management in their significant accounting estimates.

Because of the field in which the charity operates, we have identified the following areas as those most likely to have a material impact on the financial statements: Health and Safety; Employment Law; and compliance with the Companies and Charities Acts.

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.

Nicholas J Liley (Senior Statutory Auditor)
for and on behalf of Read, Milburn & Co
Chartered Accountants and Statutory Auditor
71 Howard Street
North Shields
Tyne and Wear
NE30 1AF

11 December 2023

TYNESIDE AND NORTHUMBERLAND MIND

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME FROM					
Donations and legacies	3	182,989	241,402	424,391	404,088
Charitable activities	6	856,482	1,000	857,482	688,030
Other trading activities	4	434	-	434	205
Investment income	5	-	-	-	13
Other income		-	-	-	2,709
Total		1,039,905	242,402	1,282,307	1,095,045
EXPENDITURE ON					
Raising funds	7	4,375	-	4,375	3,905
Charitable activities	8	870,910	276,049	1,146,959	930,448
Total		875,285	276,049	1,151,334	934,353
NET INCOME/(EXPENDITURE)		164,620	(33,647)	130,973	160,692
Transfers between funds	19	(10,324)	10,324	-	-
Net movement in funds		154,296	(23,323)	130,973	160,692
RECONCILIATION OF FUNDS					
Total funds brought forward		364,682	92,896	457,578	296,886
TOTAL FUNDS CARRIED FORWARD		518,978	69,573	588,551	457,578

CONTINUING OPERATIONS
All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

BALANCE SHEET
31 MARCH 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible assets	14	11,209	9,673
CURRENT ASSETS			
Debtors	16	172,335	75,136
Cash at bank and in hand		511,971	651,034
		684,306	726,170
CREDITORS			
Amounts falling due within one year	17	(106,964)	(278,265)
NET CURRENT ASSETS		577,342	447,905
TOTAL ASSETS LESS CURRENT LIABILITIES		588,551	457,578
NET ASSETS		588,551	457,578
FUNDS	19		
Unrestricted funds:			
General fund		393,978	239,682
Designated fund - Future Project Delivery		125,000	125,000
		518,978	364,682
Restricted funds		69,573	92,896
TOTAL FUNDS		588,551	457,578

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 23 November 2023 and were signed on its behalf by:

Lynda Cox
Chair

The notes form part of these financial statements

TYNESIDE AND NORTHUMBERLAND MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	22	(133,689)	340,680
Net cash (used in)/provided by operating activities		(133,689)	340,680
Cash flows from investing activities			
Purchase of tangible fixed assets		(5,374)	(6,440)
Interest received		-	13
Net cash used in investing activities		(5,374)	(6,427)
Change in cash and cash equivalents in the reporting period		(139,063)	334,253
Cash and cash equivalents at the beginning of the reporting period		651,034	316,781
Cash and cash equivalents at the end of the reporting period		511,971	651,034

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1. LEGAL STATUS

Tyneside and Northumberland Mind is a company limited by guarantee (no. 07552434) and not having share capital. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

The company's registered number and registered office address can be found within the Reference and Administrative Details section of the Trustees' Annual Report.

2. 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, with the exception of investments which are included at market value.

The presentation currency of the financial statements is the Pound Sterling, rounded to the nearest Pound (£).

Going concern
The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

Funds
Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charitable company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the company for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Incoming resources
All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

continued...

2. ACCOUNTING POLICIES - continued

Donations and legacies
Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until after either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the grant of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

Grants receivable
Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure
All expenditure is recognised once there is a legal or constructive obligation to the expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregates similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds
These are costs incurred in attracting voluntary income and those incurred in trading activities that raise funds.

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

Support costs
Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor area, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs
These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

continued...

2. ACCOUNTING POLICIES - continued

Taxation
The charity is considered to pass the tests set out in Schedule 6, Paragraph 1 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK Corporation Tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or gains received or realised within categories covered by Part 11, Chapter 3 of the Corporation Taxes Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets
Individual fixed assets costing £250 or more are initially recorded at cost, and subsequently measured at cost less accumulated depreciation and impairment losses.

Depreciation
Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Leasehold improvements	Over life of lease
Furniture and equipment	25% on cost

Investments
Investments in subsidiaries are measured at cost less impairment.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Leases
Leases in which substantially all of the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged in the Statement of Financial Activities on a straight-line basis over the term of the lease.

Financial instruments
The charity has only financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

Estimation uncertainty and judgements
The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported.

2. ACCOUNTING POLICIES - continued

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

3. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	191,084	183,103
Grants	233,307	220,985
	424,391	404,088

Grants received, included in the above, are as follows:

	2023	2022
	£	£
Police and Crime Commissioner for Northumberland	96,912	81,770
Pears Foundation - DCMS Racial Equality Fund	4,496	40,474
The Lloyds Bank Foundation for England and Wales Grant	-	337
Sir James Knott Trust	-	5,000
Acorn Children's Recovery Project	-	9,507
National Mind Co-op Resiliance Programme - Listen Out Local	4,769	42,922
Community Foundation Pea Green Boat Fund	-	7,500
The Joicey Trust	-	3,400
National Mind Legacy & Sustainability Supplement for the Co-Op Resiliance Programme	-	11,572
NENC ICS Suicide Prevention Grant - Reaching Out - Blue Stone Collaborative	18,104	18,103
North Tyneside Health Inequalities Fund	29,792	-
Trusthouse Foundation	29,033	-
Kerry Grant	2,500	-
Community Foundation Peabody	5,000	-
St Vincent de Paul	9,295	-
National Mind Diversity, Equality and Inclusion	17,412	-
Community Fund Charter for Change	9,994	-
National Mind Equity and Lived Experience	6,000	-
Other grants	-	400
	233,307	220,985

continued...

4. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Sales of goods and services	434	205

5. INVESTMENT INCOME

	2023	2022
	£	£
Interest receivable	-	13

6. INCOME FROM CHARITABLE ACTIVITIES

	Wellbeing	Counselling	Training	2023 Total activities	2022 Total activities
	£	£	£	£	£
Contract	33,866	763,640	22,534	820,040	671,530
Other training income	-	-	37,442	37,442	16,500
	33,866	763,640	59,976	857,482	688,030

Income from contracts, included in the above, is as follows:

	2023	2022
	£	£
Newcastle City Council	52,988	54,343
NHS Newcastle Gateshead CCG	569,961	407,775
Gateshead Council	33,865	33,865
NHS Northumberland CCG	63,884	61,190
South Tyneside Training Hub	22,534	87,920
Talking Matters	25,800	23,521
NHS CCG CYP Contract	38,004	-
Mental Health Concern - SMI	12,489	-
Other	514	2,916
	820,039	671,530

continued...

7. RAISING FUNDS

Raising donations and legacies

	2023	2022
	£	£
Fund raising expenses	4,375	3,905

8. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 9)	Totals
	£	£	£
Wellbeing	319,680	3,976	323,656
Counselling	650,349	57,555	707,904
Training	106,123	9,276	115,399
	1,076,152	70,807	1,146,959

9. SUPPORT COSTS

	Support costs	Governance costs	Totals
	£	£	£
Wellbeing	3,582	394	3,976
Counselling	51,855	5,700	57,555
Training	8,358	918	9,276
	63,795	7,012	70,807

10. NET INCOME/(EXPENDITURE)

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

	2023	2022
	£	£
Auditors' remuneration	5,799	4,800
Depreciation - owned assets	3,838	2,557

continued...

11. 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.

12. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	751,642	625,768
Social security costs	54,645	42,251
Other pension costs	45,100	17,816
	851,387	685,835

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

	2023	2022
Counselling	20	16
Wellbeing	9	11
Administration	4	4
Management	6	6
	39	37

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

The key management personnel of the charity comprise the Chief Executive Officer and the Senior Management Team. The total employee benefits of the key management personnel of the charity were £208,862 (2022 - £188,192)

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME FROM			
Donations and legacies	177,106	226,982	404,088
Charitable activities	688,030	-	688,030
Other trading activities	205	-	205
Investment income	13	-	13
Other income	2,709	-	2,709
Total	868,063	226,982	1,095,045
EXPENDITURE ON			
Raising funds	3,905	-	3,905
Charitable activities	687,849	242,599	930,448
Total	691,754	242,599	934,353
NET INCOME/(EXPENDITURE)	176,309	(15,617)	160,692
Transfers between funds	(2,576)	2,576	-
Net movement in funds	173,733	(13,041)	160,692
RECONCILIATION OF FUNDS			
Total funds brought forward	190,949	105,937	296,886
TOTAL FUNDS CARRIED FORWARD	364,682	92,896	457,578

continued...

14. TANGIBLE FIXED ASSETS

	Improvements to property	Furniture and equipment	Totals
	£	£	£
COST			
At 1 April 2022	13,564	57,735	71,299
Additions	-	5,374	5,374
At 31 March 2023	13,564	63,109	76,673
DEPRECIATION			
At 1 April 2022	13,564	48,062	61,626
Charge for year	-	3,838	3,838
At 31 March 2023	13,564	51,900	65,464
NET BOOK VALUE			
At 31 March 2023	-	11,209	11,209
At 31 March 2022	-	9,673	9,673

15. FIXED ASSET INVESTMENTS

Be Wellbeing Limited, a company limited by guarantee and considered to be under the control of Tyneside and Northumberland Mind, was dissolved on 26 January 2023. The results of Be Wellbeing Limited have not been consolidated with those of the Company as their inclusion is not material for the purpose of giving a true and fair view, in accordance with section 405(2) of the Companies Act 2006.

16. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	147,888	51,786
Prepayments and accrued income	24,447	23,350
	172,335	75,136

continued...

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	18,349	9,089
Social security and other taxes	15,586	13,032
Other creditors	5,192	6,195
Accruals and deferred income	67,837	249,949
	106,964	278,265

Included within Accruals and Deferred Income are the following amounts comprising income received in advance of delivery of the related services or expenditure incurred.

	£
Balance at 1 April 2022	223,849
Released to income from charitable activities	(223,849)
Amount deferred in year	37,458
Balance at 31 March 2023	37,458

18. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted funds	Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Fixed assets	11,209	-	11,209	9,673
Current assets	614,733	69,573	684,306	726,170
Current liabilities	(106,964)	-	(106,964)	(278,265)
	518,978	69,573	588,551	457,578

continued...

19. MOVEMENT IN FUNDS

	At 1/4/22 £	Net movement in funds £	Transfers between funds £	At 31/3/23 £
Unrestricted funds				
General fund	239,682	164,620	(10,324)	393,978
Designated fund - Future Project Delivery	125,000	-	-	125,000
	364,682	164,620	(10,324)	518,978
Restricted funds				
Safe Spaces and Wellbeing	16,971	(25,905)	15,050	6,116
North East and North Cumbria Suicide Prevention Network	12,465	(12,465)	-	-
North Tyneside Health Inequalities Fund	-	16,389	-	16,389
Sally Allan	5,351	1,334	(6,685)	-
National Mind Emergency IT & Digital Transformation	250	(250)	-	-
REVOC	1,092	2,587	-	3,679
Family Support North Northumberland Programme	28,431	(11,363)	-	17,068
Diversity, Equity and Inclusion Programme	28,336	(9,974)	1,959	20,321
National Mind Equity and Lived Experience	-	6,000	-	6,000
	92,896	(33,647)	10,324	69,573
TOTAL FUNDS	457,578	130,973	-	588,551

continued...

19. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	1,039,905	(875,285)	164,620
Restricted funds			
Safe Spaces and Wellbeing	2,400	(28,305)	(25,905)
North East and North Cumbria Suicide Prevention Network	18,104	(30,569)	(12,465)
North Tyneside Health Inequalities Fund	29,792	(13,403)	16,389
Sally Allan	1,374	(40)	1,334
National Mind Emergency IT & Digital Transformation	-	(250)	(250)
REVOC	96,912	(94,325)	2,587
St Vincent de Paul	9,295	(9,295)	-
Family Support North Northumberland Programme	45,623	(56,986)	(11,363)
Diversity, Equity and Inclusion Programme	31,902	(41,876)	(9,974)
National Mind Equity and Lived Experience	6,000	-	6,000
National Mind Blue Light Programme	1,000	(1,000)	-
	242,402	(276,049)	(33,647)
TOTAL FUNDS	1,282,307	(1,151,334)	130,973

continued...

19. 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	190,949	176,309	(127,576)	239,682
Designated fund - Future Project Delivery	-	-	125,000	125,000
	190,949	176,309	(2,576)	364,682
Restricted funds				
Safe Spaces and Wellbeing	54,300	(40,242)	2,913	16,971
North East and North Cumbria Suicide Prevention Network	-	12,465	-	12,465
Sally Allan	5,310	41	-	5,351
National Mind Emergency IT & Digital Transformation	1,463	(1,213)	-	250
REVOC	-	1,092	-	1,092
Family Support North Northumberland Programme	7,693	20,715	23	28,431
Diversity, Equity and Inclusion Programme	-	28,336	-	28,336
Domestic Violence Support	3,330	(3,307)	(23)	-
Digital Skills Development	11,600	(11,263)	(337)	-
National Mind Blue Light Programme	9,000	(9,000)	-	-
Winter Pressures	11,675	(11,675)	-	-
Community Foundation Tyne & Wear NET Coronavirus Appeal	1,566	(1,566)	-	-
	105,937	(15,617)	2,576	92,896
TOTAL FUNDS	296,886	160,692	-	457,578

continued...

19. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	868,063	(691,754)	176,309
Restricted funds			
Safe Spaces and Wellbeing	14,085	(54,327)	(40,242)
North East and North Cumbria Suicide Prevention Network	18,103	(5,638)	12,465
Sally Allan	312	(271)	41
National Mind Emergency IT & Digital Transformation	-	(1,213)	(1,213)
REVOC	81,770	(80,678)	1,092
Family Support North Northumberland Programme	50,422	(29,707)	20,715
Diversity, Equity and Inclusion Programme	52,446	(24,110)	28,336
Domestic Violence Support	-	(3,307)	(3,307)
Digital Skills Development	337	(11,600)	(11,263)
National Mind Blue Light Programme	-	(9,000)	(9,000)
Winter Pressures	-	(11,675)	(11,675)
Community Foundation Tyne & Wear NET Coronavirus Appeal	-	(1,566)	(1,566)
Acorn Children's Recovery Fund	9,507	(9,507)	-
	226,982	(242,599)	(15,617)
TOTAL FUNDS	1,095,045	(934,353)	160,692

Designated Funds
Future Project Delivery - The Trustees have determined to designate funds in order to help protect and enhance future project delivery.

Restricted Funds
The specific purposes for which the funds are to be applied are as follows:

continued...

19. MOVEMENT IN FUNDS - continued

Safe Spaces and Wellbeing Services
Funds and donations, including funds provided by Gateshead Council, to run a range of wellbeing groups including both facilitated and peer-led groups. Facilitated groups in North Tyneside, Hexham, South Tyneside, Newcastle, Alnwick and Berwick provide a safe space to access specialist wellbeing and mental health support, benefiting from group support and learning from the shared experiences of others. Groups explore a range of therapeutic interventions and wellbeing themes to empower clients to take care of their mental health in an environment where they feel safe and secure. In order to respond to the needs of the group access further specialisms, professionals from a range of disciplines may be brought in to enhance the client experience including a yoga teacher, sport coach and writers. Peer-led groups are focused on one area of wellbeing; creativity, physical activity and social connection, the group receives support from specialist knowledge and support along with peer-support and learning through shared lived experiences.

NENC and ICS Suicide Prevention Network Grant - Reaching Out
Working with a production company and co-producing video content with people with lived experience including sanctuary seekers to develop media messages which reduce suicide and promote positive mental health messages.

North Tyneside Health Inequalities Fund Programme
A programme reducing health inequalities in order to support good mental health in North Tyneside via access to fitness spaces, equipment and resources. The project works with local gym facilities to support individuals to improve their physical fitness, reduce feelings of isolation, achieve higher levels of self-confidence and improved mental health.

Sally Allan Fund
A fund originally set up by the Allan family, following the death of Sally Allan who sadly took her own life on Boxing Day 2014. The fund was set up following widespread support from the public to raise mental health awareness in the North East. With agreement from the Allan family we have closed this fund and transferred the balance to the Hope Project, an unrestricted fund which includes funds raised by the Thirty Before Thirty Group.

National Mind Emergency IT and Digital Transformation
A grant to support investment in virtual software tools to assist staff working from home during the Covid 19 pandemic.

REVOC
Resilience for Victims of Crime , funded by the Police and Crime Commissioner of Northumbria. Providing one to one support to adults whose mental health is affected due to them being a victim or witness of crime. Support is available in person and remotely.

St Vincent de Paul
A community based mental health support programme designed to strengthen social connections, and inform and empower clients supported at St Vincents Centre, Newcastle upon Tyne.

Family Support and North Northumberland Programme
To sustain and grow support for families living in isolated North Northumberland communities with their mental health and introducing tools and resources to help them manage their own wellbeing. Funding for this service has been received from the Trusthouse Foundation, Community Foundation Peabody, Kerry Foundation, Grace Trust, Co-op resilience programme (listen out local) and the Supporting families project.

continued...

19. MOVEMENT IN FUNDS - continued

Co-op Resilience Programme - Listen Out Local
A fund to deliver a Listen Out Local Wellbeing program in North Northumberland. Listen Out Local works with local people and resources in their communities and micro communities in North Northumberland to provide early intervention and emotional support for people with mental health problems (and those close to them).

Supporting Families
A project provided to North Northumberland families where the parent/carer has an identified mental health problem which is impacting on the health and wellbeing of the whole family within the household.

Diversity, Equity and Inclusion Programme - Charter for Change
To put Diversity, Equity and Inclusion at the centre of the organisation's work acting on contributions from people with lived experience, particularly those from racialised and marginalised communities and working in partnership. We received funding from National Mind for our Charter for Change programme plus additional specific funding as follows:

National Mind (Pears Foundation) Racial Equality Fund
To support people including those living in North Northumberland and to develop new partnerships with other organisations to deliver mental health support targeting those who can't easily access services and support.

National Lottery Awards For All
Breaking down barriers to accessing wellbeing and mental health services by and redesigning them alongside local communities with a particular focus on looking at the needs of South Asian women.

National Mind Equity and Lived Experience Fund - Triple A Programme
To provide support for neurodivergent people based on an empowerment model and helping them develop coping strategies to improve their mental health.

Transfers between funds
The transfers relate to the reallocation of amounts between projects with the same purpose. Transfers from unrestricted funds are to cover any expected shortfall in funding on the project.

20. EMPLOYEE BENEFIT OBLIGATIONS

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £45,101 (2022 - £17,816).

Contributions totalling £5,184 (2022 - £6,153) were payable to the scheme at the balance sheet date and are included in other creditors.

21. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

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

	2023 £	2022 £
Net income for the reporting period (as per the Statement of Financial Activities)	130,973	160,692
Adjustments for:		
Depreciation charges	3,838	2,557
Interest received	-	(13)
Increase in debtors	(97,199)	(26,979)
(Decrease)/increase in creditors	(171,301)	204,423
Net cash (used in)/provided by operations	(133,689)	340,680

23. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/4/22 £	Cash flow £	At 31/3/23 £
Net cash			
Cash at bank and in hand	651,034	(139,063)	511,971
	651,034	(139,063)	511,971
Total	651,034	(139,063)	511,971

TYNESIDE AND NORTHUMBERLAND MIND

England & Wales - Charity number 1140856

Accounts

Company number: 07552434 (England and Wales)
Charity number: 1140856

Tyneside and Northumberland Mind

Annual Report and Consolidated Financial Statements

For the Year Ended 31 March 2022

Tyneside and Northumberland Mind
(A Company Limited by Guarantee)

Chair	D C Slater (resigned 24 November 2022) L Cox (appointed as Chair 24 November 2022)
Trustees	L Cox L C Durham (resigned 2 October 2021) A Lowe R J McGill (resigned 2 October 2021) F C O'Farrell C E Pegg Z Sattar B L Stratford (resigned 25 August 2022) L Vescio T Wilson O G Wood (resigned 25 November 2021) D J Sayer (appointed 28 June 2021) K Jordan (appointed 24 March 2022) C Thornton (appointed 24 March 2022)
Key Management Personnel	
Chief Executive Officer	A Wilson
Head of Wellbeing	L Macdonald
Head of Operations	S Storey
Head of Business Development	F O'Brien
Head of Finance	I Peel
Head of Training	E Charlton
Principal Office	1st Floor, Mea House Ellison Place Newcastle upon Tyne NE1 8XS
Company Registration Number	07552434
Charity Registration Number	1140856
Bankers	The Co-operative Bank Plc 84-86 Grey Street Newcastle upon Tyne NE1 6BZ Allied Irish Banks plc Main Street Celbridge Co Kildare Virgin money Plc Jubilee House Gosforth Newcastle upon Tyne NE3 4PL
Auditor	Haines Watts 17 Queens Lane Newcastle upon Tyne NE1 1RN

Tyneside and Northumberland Mind
(A Company Limited by Guarantee)

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Tyneside and Northumberland Mind
(A Company Limited by Guarantee)

Trustees' Report
For the year ended 31 March 2022

The Trustees, who are directors for the purposes of company law, present the annual report together with the financial statements and auditors' report of the charitable company for the year ended 31 March 2022.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

OBJECTIVES AND ACTIVITIES

Our Mission
Working together to make people and our communities stronger and healthier through education, training and support for mental health and wellbeing.

Our Vision
To be the most trusted mental health and wellbeing charity.

Our Values
Collaborative —we collaborate and work together
Accessible —we are accessible and approachable for all
Respectful —we are respectful and inclusive of everyone
Empowering —we empower you to be the best you want to be
Supportive —we support our clients through high quality services and partnerships

The Board said goodbye to some members this year, and new members joined us. All Board members share a passion for improving mental health and wellbeing and bring a diverse range of skills and experiences to our work. I thank them for the support they have given freely to our clients and service users, our organisation, our staff team, and to me as Chair. In particular I would like to thank David Slater who has supported us as chair for many years. His advice and guidance for the charity have been hugely valuable and we will miss him.

As well as our strategic role in setting the direction and framework for Tyneside and Northumberland Mind, we have monitored the key risks (using our strategic risk register) and our financial situation closely during the year, as well as overseeing performance and development of our work.

Public benefit
The objectives of Tyneside and Northumberland Mind are within the area of Tyne & Wear and Northumberland, and are stated in the National Mind constitution as follows: - '

- To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.

- To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

ACHIEVEMENTS AND PERFORMANCE

The year to March 2022 saw us coming out of Covid lockdown and reopening face to face support for our clients and the opening of our new premises in Gateshead to better support the delivery of the organisation's services.

We instigated a comprehensive programme to improve the organisation's diversity, equity and inclusion. This increased accessibility to people from racialised communities. Our wellbeing projects developed work with Rainbow Homes, facilitated a time limited group to the Roma community and also group support for asylum seekers and refugees at Walking With who are based in North Tyneside. Wellbeing projects also developed a partnership with St Vincent de Paul in Newcastle. This formal partnership funded a wellbeing coach to work at their centre, alongside their activity's coordinator.

Our North-East Training Hub raised awareness and built capacity to promote good mental wellbeing and prevent mental ill health and suicide, by leading a cohesive approach to coordinate mental health-related training and maintenance of the training database. This was offered via a standalone website and an integrated existing platform and offered training courses available across the six local authority areas we cover, to staff and communities.

Our Alternative to Crisis (ACT) Support Service provided an integrated, easy-to-access mental Health and Wellbeing pathway providing information, listening services and more intensive support, which interfaced with the Local NHS Crisis Resolution, Home Treatment (CRHT) teams and GPs. The service included:

- Short term 'High Intensity Support' for those not in crisis, but with higher mental health needs
- A referral pathway with the local Crisis Response and Home Treatment team and key stakeholders
- A direct link to our current Listening Service.

We developed a therapeutic response service for children and young people aged 6 to 18, who had been through a traumatic death or suicide experience with their family or friends. This built a referral pathway of pre- and post-crisis support and signposted links, working alongside other partner agencies. This built on an innovative programme in the local community, to bring a rapid response to people suffering from trauma and bereavement.

In 2022 we launched our new website creating a new look innovative space to share information about the charity and the services we offer.

During July, August and September we developed a role for a Marketing and Business Development Internship through a scheme with Newcastle University. This role has supported the development of the new website, a range of social media campaigns and community events and designed an individual mental health and wellbeing campaign for younger people as well as working with the wellbeing team to run the local grants funding programme. We were motivated to test this way of working to build capacity and bring new skills and ideas as well as to offer a step up to people who are entering the workplace for the first time - at such a time of change and challenge. This is first formal internship of this kind that Tyneside and Northumberland Mind has undertaken, and the programme has gone extremely well.

Our dedicated team of volunteer fundraisers, led by our Fundraising Manager went from strength to strength with a whole range of planned fundraising events over the year. We are in the process of developing our Charity of the Year offer giving this a more robust and commercial offering and will incorporate promoting our Training offer.

Due to the impact of Covid 19 and the need to transfer all of our face-to-face training to a digital model we made the decision to close and wind down our training subsidiary Be Wellbeing. This will allow the charity to focus on building and developing this area moving forward.

FINANCIAL REVIEW

Consolidated group accounts have been prepared this year, with group income of £1,101,636 (2021 - £951,920). Income of £1,095,045 (2021 - £926,283) was generated in the year by the charity, with £226,982 of this income related to restricted funds. A group operating surplus of £167,989 (charity £160,692) was achieved in this financial year, increasing total funds carried forward to £329,251 (charity £457,578). This group surplus was a decrease of £1,719 on the previous financial year (charity increase in surplus was £16,605). Full details of the results for the year can be found on page 11.

Policy on reserves

At the year end, charity free reserves were £226,682 (2021 - £185,159), an increase of £41,523 in the year. The Trustees' focus is to continue to work with funders to budget future surpluses in order to provide improved organizational sustainability, support our future strategic plan and to maintain a free reserves policy of 3 months operating costs as agreed by the Board. This target has been achieved in the year, and the trustees have designated £125,000 of funds to future project delivery. The reserves position will be reviewed annually by the Board to maintain free reserves in line with the agreed reserves policy.

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. Annual budgets are monitored on a monthly basis. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

PLANS FOR THE FUTURE

We are planning a new digital platform called Reaching Out, with a particular focus on suicide prevention and self-harm. This will be supported and informed by our training division and created by our specialist and experienced wellbeing coaching team. The project will also be actively informed by collaborative work underway with two grass roots, partner organisations helping us to build sensitive and appropriate content for people in racialised communities. We will prioritise producing culturally sensitive content working with Refugees and Asylum Seekers who are LGBTQ+ and a mixed community of young homeless people, asylum seekers & refugees and families.

We also plan to further extend our Diversity, Equity and Inclusion work, with plans for a DE&I Manager, to lead whole-organisation programme to improve inclusive services to all Tyneside and Northumberland communities.

We plan to evaluate our ACT service, compiling case studies to evaluate the effectiveness of the approach for the people it has reached and evaluating how it satisfies the currently unmet health needs of people in the local community, freeing up capacity at A&E and GP interfaces.

We are actively looking at grant funding to support and coordinate our volunteer programme in 2022/23.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Nature of governing document

Tyneside and Northumberland Mind is a company limited by guarantee (registered number 07552434) and a registered charity (registered number 1140856), affiliated to the national charity Mind. Tyneside and Northumberland Mind is directed by a Board of Trustees, which is responsible for ensuring that the organisation meets all its statutory, contractual, and social obligations.

Tyneside and Northumberland Mind is governed by a constitution that is common to all affiliated associations of the national charity Mind. It is a condition of affiliation to national Mind that Tyneside and Northumberland Mind adopts this constitution as its basic governing document. The document includes details governing the conduct of trustee meetings and the selection and appointment of Trustees and officers of the charity.

Recruitment and appointment of Trustees
The Trustees are drawn from a wide range of backgrounds and ideally have an interest in mental health issues and/or lived experience. All Trustee posts are advertised. Where there is more than one applicant for each vacancy, interviews will be held, including with service users and or/members of the Lived Experience Group. Potential new Trustees must provide a C.V. and set out why they wish to become a Trustee of Tyneside and Northumberland Mind. Applicants are interviewed by the Chair and attend a Board meeting as an Observer to ensure they agree with the Vision, Mission and Values of the charity. If they are deemed to be a good fit then they are appointed by the Board, subject to checks on ability to serve as Directors and Trustees.

One third of the Trustees, based on seniority of appointment retire at the Annual General Meeting each year. After standing down, members are eligible to stand for re-election, subject to a maximum continuous term of nine years. Our Articles allow this term to be extended in exceptional circumstances by agreement. Officers are elected by the Board from amongst members of the Board.

Induction and training of Trustees
Our process is intended to ensure inclusion, provide the right skills mix and also provide a balanced and functional Board. The recruitment process forms part of induction to our organisation.

1. Chief Executive and Chair provide regular support and learning opportunities to new Trustees.
2. Trustee training is incorporated into the Board meetings
3. Trustees undertake a self-appraisal process with the Chair on an annual basis.
4. All Trustees are afforded the opportunity to visit the bases and projects of the organisation.

Key Management Personnel
The Board give their time freely and no Trustees received remuneration in the year. They have considered who the Key Management Personnel (KMP) of the charity are, as noted in the Reference and Administration section. Together with the Board, these KMP are those in charge of directing and controlling, running, and operating the activities of the charity on a day-to-day basis. The pay of the KMP is reviewed as judged appropriate and normally increased with reference to annual earnings. The Trustees benchmark against pay levels of other charities and similar organisations within the sector and the region. Pay levels are set using this information together with the budget and forecast information, ensuring that the charity can afford any proposed increases. The Board then agree any uplift to remuneration.

Organisational structure
The Board of Trustees meets formally at least six times per year to conduct its business, but many additional, informal meetings take place between the Trustees, Chief Executive, staff, and volunteers to provide mutually beneficial support. Sub-groups are established as required to take forward specific pieces of work. Broadly, under the agreed scheme of delegation the Board of Trustees determines and approves all policies, and the Chief Executive and staff implement the policy.

The day-to-day management of the charity is delegated to the Chief Executive under a scheme of delegation. She reports to the Board of Trustees. Performance management of the Chief Executive is the responsibility of the Chair.

During informal interaction the Trustees take care to ensure that line management responsibilities are respected and used appropriately and that the Chief Executive receives management support only from the Chair (or a designated deputy), acting on behalf of the Board of Trustees.

Risk management
Trustees are responsible for the overseeing of the risks faced by the charity, and review the risk register periodically. The risk register is completed by the CEO and Board of Trustees and addresses strategic and organisation wide risk. The CEO manages day to day risk, delegating to managers where appropriate and informing the Board of anything likely to become a strategic or fundamental risk.

Risks are identified, assessed and controls established throughout the year. Risk is managed under the headings of Financial, Governance, Compliance, Operational and Reputational Risks.

Fundraising disclosures
The charity is required to report how it deals with fundraising from the public. The charity does not use a professional fundraiser or commercial participator to raise funds. Any monies raised direct from the public follows all guidelines set out by the Charity Commission and UK law in every respect. We respect the privacy and contact preferences of all public donors.

Statement of Trustees' Responsibilities

The Trustees (who are also the directors of Tyneside and Northumberland Mind for the purposes of company law) are responsible for preparing Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing 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;

· 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:

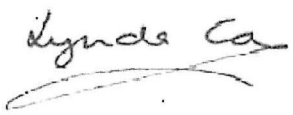
- there is no relevant audit information of which the charitable company's auditors are unaware; and

- 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.

Reappointment of auditor

In accordance with section 485 of the Companies Act 2006, a decision was taken at the AGM to appoint Haines Watts as auditors for the year 2022/23.

The annual report was approved by the Trustees of the charity on 13/12/2022



L Cox
Chairman and Trustee

Thank you to those who have supported us financially and have raised funds for us, including:
National Mind
Police and Crime Commissioner for Northumberland
Sir James Knott Trust
Pears Foundation
Pat Ripley
Co-operative Community Fund
Acorn Children's Recovery Project
Community Foundation
The Joicey Trust
North Swell Ltd
Story Contracting
Eversheds
Newcastle University Students Union
Cramlington United
Rotary Club
Agilico
Northumbria Police
Story Homes
Bloom Procurement
Hearth Wool
Savills
Middleton Foundation
Pearson Engineering
Malhotra Group
Ponteland Rotary Club
Westrock Distribution
Tynerede Accountancy
The Fitness Rooms
St Mary the Virgin Church Monkseaton
Ryton Co-op
Biffa Waste Disposal Services
RAF Boulmer
Evolved Search
Gateshead College
Newcastle University
Hexham Abbey
Out of Your Head Team
Blyth Town Football
The Grace Trust
The Thirty Before Thirty Group
South Shields Velo
Tynedale Hospice
Nestle
Shell UK
D Robson Property
Central Employment

Independent Auditors' Report to the members of Tyneside and Northumberland Mind For the year ended 31 March 2022

Opinion

We have audited the financial statements of Tyneside and Northumberland Mind (the 'charitable company') and its subsidiary (the 'group') for the year ended 31 March 2022 which comprise the Statement of Financial Activities, Group Balance Sheet and Charitable Company 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, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the group's and charitable company's affairs as at 31 March 2022, and of the group's 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 Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity 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 charities 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 trustees' annual report, other than the financial statements and our auditor's report 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 there is a material misstatement in the financial statements or a material misstatement of the other information. 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.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charities and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees report.
We have nothing to report in respect of the following matters in relation to which the Charities Act 2011 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 directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 7, the trustees 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 charities 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.

Auditor's 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 an auditor's report 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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We obtained an understanding of the legal and regulatory framework applicable to both the charity itself and the industry in which it operates. We identified areas of laws and regulations that could reasonably be expected to have a material effect on the financial statements from our sector experience and through discussion with the trustees and other management. The most significant were identified as the Charities Act 2011, UK GAAP (FRS102) and relevant tax legislation. We considered the extent of compliance with those laws and regulations as part of our procedures on the related financial statements. Our audit procedures included:

- making enquires of trustees and management as to where they consider there to be a susceptibility to fraud and whether they have any knowledge or suspicion of fraud;
- obtaining an understanding of the internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations;
- reviewing the minutes of meetings of those charged with governance;
- assessing the risk of management override including identifying and testing journal entries;
- confirmation received directly from the banks to verify the balance at 30 June 2022; and
- challenging the assumptions and judgements made by management in its significant accounting estimates.

Our audit did not identify any key audit matters relating to the detection of irregularities including fraud. However, despite the audit being planned and conducted in accordance with ISAs (UK) there remains an unavoidable risk that material misstatements in the financial statements may not be detected owing to inherent limitations of the audit, and that by their very nature, any such instances of fraud or irregularity likely involve collusion, forgery, intentional misrepresentations, or the override of internal controls.

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 auditor's report.

Use of Our Report
This report is made solely to the charities trustees, as a body, in accordance with Part 4 of the Charities Regulations 2008. 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 auditor's 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 charity and the charities trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Donna Bulmer BA (Hons) ACA (Senior Statutory Auditor)
For and on behalf of Haines Watts

14 December 2022

Chartered Accountants and
Statutory Auditors

17 Queens Lane
Newcastle upon Tyne
NE1 1RN

Tyneside and Northumberland Mind
(A Company Limited by Guarantee)

Consolidated Statement of Financial Activities (Incorporating the consolidated Income and Expenditure Account)
For the year ended 31 March 2022

	Notes	Unrestricted Funds	Designated funds	Restricted funds	Total 2022	Total 2021
		£	£	£	£	£
Income from:						
Donations	4	177,106	-	226,982	404,088	391,297
Charitable activities	5	688,030	-	-	688,030	534,853
Other trading income	6	9,505	-	-	9,505	25,757
Investment income	7	13	-	-	13	13
Total income		874,654	-	226,982	1,101,636	951,920
Expenditure on:						
Costs of raising funds	8	3,905	-	-	3,905	7,110
Charitable activities	9	687,143	-	242,599	929,742	775,102
Total expenditure		691,048	-	242,599	933,647	782,212
Net movement before transfers		183,606	-	(15,617)	167,989	169,708
Transfers between funds	22	(127,576)	125,000	2,576	-	-
Net movement in funds		56,030	125,000	(13,041)	167,989	169,708
Reconciliation of funds						
Total funds brought forward		55,325	-	105,937	161,262	(8,446)
Total funds carried forward		111,355	125,000	92,896	329,251	161,262

The results for the year derive from continuing activities and there are no gains or losses other than those shown above.

Tyneside and Northumberland Mind
(A Company Limited by Guarantee)

Consolidated Balance Sheet
As at 31 March 2022

	Notes	£	2022 £	£	2021 £
Fixed assets					
Intangible assets	15		-		1,244
Tangible assets	14		9,673		6,494
			9,673		7,738
Current assets					
Debtors	17	74,710		34,617	
Cash at bank and in hand		651,213		320,160	
		725,923		354,777	
Liabilities					
Creditors: amounts falling due within one year	18	(319,058)		(117,799)	
Net current assets			406,865		236,978
Total assets less current liabilities			416,538		244,716
Creditors: amounts falling due after one year	19	(87,287)		(83,454)	
Total net assets			329,251		161,262
The funds of the charity					
Unrestricted funds	22		111,355		55,325
Designated funds	22		125,000		-
Restricted funds	22		92,896		105,937
			329,251		161,262

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees on 13/12/2022 and were signed on its behalf by:

L Cox

Tyneside and Northumberland Mind
(A Company Limited by Guarantee)

Charity Balance Sheet
As at 31 March 2022

	Notes	£	2022 £	£	2021 £
Fixed assets					
Tangible assets	14		9,673		5,790
			9,673		5,790
Current assets					
Debtors	17	75,136		48,157	
Cash at bank and in hand		651,034		316,781	
		726,170		364,938	
Liabilities					
Creditors: amounts falling due within one year	18	(278,265)		(73,842)	
Net current assets			447,905		291,096
Total assets less current liabilities			457,578		296,886
Total net assets			457,578		296,886
The funds of the charity					
Unrestricted funds			239,682		190,949
Designated funds			125,000		-
Restricted funds			92,896		105,937
			457,578		296,886

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees on 13/12/ 2022 and were signed on its behalf by:

L Cox

Tyneside and Northumberland Mind
(A Company Limited by Guarantee)

Consolidated Statement of Cash Flows
As at 31 March 2022

		£	£
Cash flows from operating activities:			
Cash generated from operations	26	348,963	180,793
Net cash provided by operating activities		348,963	180,793
Cash flows from investing activities:			
Purchase of tangible fixed assets		(6,440)	(5,953)
Interest received		13	13
Net cash used in investing activities		(6,427)	(5,940)
Cash flows from financing activities:			
Interest paid		(11,483)	(12,091)
Net cash used in investing activities		(11,483)	(12,091)
Change in cash and cash equivalents in the year		331,053	162,762
Cash and cash equivalents at the beginning of the year		320,160	157,398
Cash and cash equivalents at the end of the year		651,213	320,160
Cash and cash equivalents consist of:			
Cash at bank and in hand		651,213	320,160

1. Charity Status

Tyneside and Northumberland Mind is a company limited by guarantee (No 07552434) and not having a share capital. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

2. Accounting policies

2.1 Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

Tyneside and Northumberland Mind meets the definition of a public benefit under FRS 102. The financial statements are prepared under the historical cost convention or transaction value unless otherwise stated in the relevant accounting policy note(s). The financial statements are prepared in Sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2.2 Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2.3 Basis of consolidation

The financial statements consolidate the results of Tyneside and Northumberland Mind and its wholly owned subsidiary Be Wellbeing Limited on a line-by-line basis. A separate Statement of Financial Activities and Income and Expenditure Account for the charity has not been presented because Tyneside and Northumberland Mind has taken advantage of the exemption afforded by section 408 of the Companies Act 2006.

2.4 Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charitable company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the company for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund are set out in the notes to the financial statements.

2.5 Incoming resources

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

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the grant of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

2.6 Expenditure

All expenditure is recognised once there is a legal or constructive obligation to the expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

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

Support costs

Support costs include central functions and have been allocated to activity costs categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance Costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

2.7 Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation and Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.8 Tangible fixed assets

Individual fixed assets costing £250 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Leasehold improvements	Over life of the lease
Furniture and equipment	25% Straight line

2.9 Investments

Investments in subsidiaries are measured at cost less impairment.

2.10 Trade debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.11 Cash and cash equivalents

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.12 Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement after allowing for any trade discounts due.

2.13 Leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged in the Statement of Financial Activities on a straight line basis over the lease term.

2.14 Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

2.15 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.16 Estimation uncertainty and judgements

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported.

3. Statement of Financial Activities for the prior year

	Notes	Unrestricted Funds	Restricted Funds	Total funds 2021
		£	£	£
Income from:				
Donations	4	141,851	249,446	391,297
Charitable activities	5	534,853	-	534,853
Other trading income	6	25,757	-	25,757
Investment income	7	13	-	13
Total income		702,474	249,446	951,920
Expenditure on:				
Raising funds	8	7,110	-	7,110
Charitable activities	9	556,972	218,130	775,102
Total expenditure		564,082	218,130	782,212
Net income/(expenditure)		138,392	31,316	169,708
Transfers between funds		9,486	(9,486)	-
Net movement in funds		147,878	21,830	169,708
Reconciliation of funds				
Total funds brought forward		(92,553)	84,107	(8,446)
Total funds carried forward	22	55,325	105,937	161,262

4. Income from donations and legacies

	2022	2021
	£	£
Donations	183,503	127,453
Grants	220,585	263,844
	404,088	391,297

Analysis of grants and donations;

Unrestricted funds	177,106	141,851
Restricted funds		
Police and Crime Commissioner for Northumbria	81,770	81,772
National Mind Emergency IT & Digital Transformation grant	-	5,500
National Mind Covid 19 Loneliness Fund	-	14,779
National Mind Blue Light Programme	-	9,000
The National Lottery Coronavirus Community Fund	-	12,190
NHS Northumberland CCG Winter Pressures	-	9,555
Pears Foundation – DCMS Racial Equality Fund	40,474	9,937
NHS Newcastle Gateshead Winter Pressures	-	14,415
The Lloyds Bank Foundation for England and Wales Grant	337	14,633
The Lloyds Bank Foundation for England and Wales COVID React Fund	-	7,005
Northumbria Police	-	5,000
Sally Allan Fund	312	1,662
Northern Sub Regional Suicide Prevention Group Small Grants Fund	-	3,333
Community Foundation Tyne and Wear: Northern Angel Fund for Berwick	-	2,500
Community Foundation Tyne and Wear (Northumberland Wellbeing)	-	10,000
Community Foundation Tyne and Wear NET Coronavirus Appeal	-	1,950
Community Foundation Tyne and Wear Ringtons Fund	-	4,331
BUPA UK Foundation	-	22,940
Sir James Knott Trust	5,000	5,000
Pat Ripley Fundraising	1,200	1,200
Co-operative Community Fund	4,085	2,740
The Edward Gostling Foundation	-	5,000
Acorn Children's Recovery Project	9,507	-
National Mind Co-op Resilience Programme – Listen Out Local	42,922	-
Community Foundation Pea Green Boat Fund	7,500	-
The Joicey Trust	3,400	-
National Mind Legacy & Sustainability Supplement for the Co-op Resilience Program	11,572	-
NENC ICS Suicide Prevention Grant – Reaching Out – Blue Stone Collaborative	18,103	-
Other	800	5,004
	226,982	249,446
Total	404,088	391,297

5. Income from charitable activities

	2022	2021
	£	£
Contract	671,530	533,201
Other Training income	16,500	1,652
	688,030	534,853
Analysis of contracts;		
Newcastle City Council	54,343	63,124
NHS Newcastle Gateshead CCG	407,775	289,842
Gateshead Council	33,865	40,540
NHS Northumberland CCG	61,190	30,000
South Tyneside Training Hub	87,920	105,506
Talking Matters	23,521	-
Other	2,916	4,189
	671,530	533,201

6. Income from other trading activities

	2022	2021
	£	£
Sales of good and services	205	120
Income from subsidiary	9,300	25,637
	9,505	25,757

7. Investment income

All of the charitable company's investment income arises from money held in interest bearing deposit accounts.

8. Expenditure on raising funds

	2022	2021
	£	£
Fund raising expenses	3,905	7,110
	3,905	7,110

9. Expenditure on charitable activities

	Direct	Support	2022	2021
	£	£	£	£
Wellbeing	233,892	17,257	251,149	186,511
Counselling	559,678	41,293	600,971	470,472
Helpline	12,431	917	13,348	25,520
Training	59,858	4,416	64,274	67,543
	866,669	63,883	929,742	750,046

10. Analysis of governance and support costs

Tyneside and Northumberland Mind allocates costs direct to activities as far as possible, then identifies the remaining costs of its support functions. It then identifies those costs which relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between the key charitable activities undertaken in the year.

Support costs	2022	2021
	£	£
Staff costs	55,175	56,123
Governance costs	8,708	7,605
	63,883	63,728

Governance costs	2022	2021
	£	£
Staff costs	1,066	1,044
Audit fees		
Audit fees paid to auditors	5,500	5,836
Legal fees	2,142	185
	8,708	7,065

11. Net incoming/(outgoing) resources

Net incoming/(outgoing) resources for the year include:

	2022	2021
	£	£
Depreciation	3,261	3,888
Amortisation	1,244	2,567

12. Auditors' remuneration

	2022	2021
	£	£
Audit of financial statements	5,500	5,836

13. Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2022	2021
	£	£
Wages and salaries	625,769	537,830
Social security costs	42,251	34,926
Other pension costs	17,816	9,734
	685,836	582,490

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

	2022	2021
	Number	Number
Counselling	16	10
Wellbeing	11	12
Administration	4	5
Management	6	6
	37	33

No members of staff received remuneration in excess of £60,000. (2021 – None).

The charity trustees were not paid or received any other benefits from employment (2021 – £nil). Trustees' received £nil (2021 - nil) for travel expenses. No charity trustee received payment for professional or other services supplied to the charity (2021 - £nil).

The key management personnel of the charity comprise the Chief Executive Officer and Senior Management team. The total employee benefits of the key management personnel of the charity were £188,192 (2021 - £175,283).

14. Tangible fixed assets

Group and Charity

	Leasehold improvements £	Furniture & equipment £	Total £
Cost			
At 1 April 2021	38,078	57,367	95,445
Additions	-	6,440	6,440
At 31 March 2022	38,078	63,807	101,885
Depreciation			
At 1 April 2021	38,078	50,873	88,951
Charge for the year	-	3,261	3,261
At 31 March 2022	38,078	54,134	92,212
Net book value			
At 31 March 2022	-	9,673	9,673
At 31 March 2021	-	6,494	6,494

15. Intangible fixed assets

Group

	Website development £	Total £
Cost		
At 1 April 2021	10,266	10,266
At 31 March 2022	10,266	10,266
Amortisation		
At 1 April 2021	9,022	9,022
Charge for the year	1,244	1,244
At 31 March 2022	10,266	10,266
Net book value		
At 31 March 2022	-	-
At 31 March 2021	1,244	1,244

There are no intangible assets in the Charity.

16. Fixed assets investments

Details of undertakings

Be Wellbeing Limited, a company limited by guarantee, is considered to be under the control of Tyneside and Northumberland Mind. The principal activity of Be Wellbeing Limited is the provision of wellbeing services to the community.

A summary of the trading results is shown below:

	2022	2021
	£	£
Turnover	9,300	25,638
Costs	(6,991)	(12,926)
Interest payable	(11,483)	(12,091)
(Loss) / profit for the financial year	(9,174)	621
Net liabilities	(169,798)	(160,624)

17. Debtors

	Group		Charity	
	2022	2021	2022	2021
	£	£	£	£
Trade debtors	51,360	19,271	51,786	18,617
Amounts owed by group undertakings	-	-	-	14,194
Prepayments and accrued income	23,350	15,346	23,350	15,346
	74,710	34,617	75,136	48,157

18. Creditors: amounts falling due within one year

	Group		Charity	
	2022	2021	2022	2021
	£	£	£	£
Trade creditors	9,041	14,259	9,089	14,307
Other taxation and social security	14,724	12,142	13,032	10,450
Other creditors	8,755	7,725	6,195	1,869
Accruals and deferred income	251,623	48,758	249,949	47,216
Loan	34,915	34,915	-	-
	319,058	117,799	278,265	73,842

19. Creditors: amounts falling due after one year

	Group		Charity	
	2022	2021	2022	2021
	£	£	£	£
Loan	87,287	83,454	-	-
	87,287	83,454	-	-

20. Pension and other schemes

Defined contribution pension schemes
The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £17,816 (2021 - £9,734).

Contributions totalling £6,153 (2021 - £1,869) were payable to the scheme at the end of the year and are included in creditors.

21. Commitments

Other financial commitments
The total amount of other financial commitments not provided in the financial statements was £nil (2021 - £nil).

22. Statement of group funds

For the year ended 31 March 2022

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
Unrestricted funds					
General fund	55,325	874,654	(691,048)	(127,576)	111,355
Designated fund – Future Project Delivery	-	-	-	125,000	125,000
Total unrestricted funds	55,325	874,654	(691,048)	(2,576)	236,355
Restricted funds					
North Tyneside Safe Space	1,071	-	(4,929)	4,000	142
Wellbeing Service	22,067	12,485	(14,917)	(9,012)	10,623
Hexham Safe Space	2,899	1,200	(6,719)	2,650	30
Community Foundation Tyne & Wear Northumberland Wellbeing	5,383	-	(1,621)	(3,762)	-
Open Door Safe Space	626	-	(4,775)	4,500	351
Newcastle Safe Space	1,623	-	(7,004)	5,500	119
Supporting Families	7,693	7,500	(4,088)	23	11,128
Alnwick Safe Space	184	400	(1,453)	3,761	2,892
Berwick Safe Space	4,942	-	(2,217)	-	2,725
BUPA Wellbeing Ways	10,494	-	(6,027)	(4,467)	-
Healthy Body Healthy Mind	2,306	-	(2,049)	(257)	-
Berwick Safe Space - Holidays	374	-	(285)	-	89
The Listening Service	2,331	-	(2,331)	-	-
Ringtons DV Support Worker	3,330	-	(3,307)	(23)	-
Lloyds Bank Foundation	11,600	337	(11,600)	(337)	-
Sally Allan	5,310	312	(271)	-	5,351
National Mind Blue Light Programme	9,000	-	(9,000)	-	-
NHS Gateshead Winter Pressures	7,021	-	(7,021)	-	-
NHS Northumberland Winter Pressures	4,654	-	(4,654)	-	-
Community Foundation Tyne & Wear NET Coronavirus Appeal	1,566	-	(1,566)	-	-
National Mind Emergency IT & Digital Transformation	1,463	-	(1,213)	-	250
Acorn Children's Recovery Fund	-	9,507	(9,507)	-	-
Co-op Resilience Programme	-	42,922	(25,619)	-	17,303
National Mind Racial Equality Fund	-	40,874	(24,110)	-	16,764
Pears Foundation	-	11,572	-	-	11,572
North East and North Cumbria Suicide Prevention Network	-	18,103	(5,638)	-	12,465
REVOC	-	81,770	(80,678)	-	1,092
Total restricted funds	105,937	226,982	(242,599)	2,576	92,896
Total funds	161,262	1,101,636	(933,647)	-	329,251

22. Statement of group funds *(continued)*

For the year ended 31 March 2021

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
Unrestricted fund					
General fund	(92,525)	702,474	(564,082)	9,486	55,325
Total unrestricted funds	(92,525)	702,474	(564,082)	9,486	55,325
Restricted funds					
North Tyneside Safe Space	3,876	-	(2,805)	-	1,071
Wellbeing Service	12,935	12,740	(9,233)	5,625	22,067
Hexham Safe Space	5,000	1,200	(3,301)	-	2,899
Community Foundation Tyne & Wear Northumberland Wellbeing	-	10,000	(3,617)	(1,000)	5,383
Open Door Safe Space	1,109	-	(2,983)	2,500	626
REVOC	1,571	81,772	(81,357)	(1,986)	-
Newcastle Safe Space	3,824	-	(2,201)	-	1,623
Supporting Families	18,071	-	(10,378)	-	7,693
Alnwick Safe Space	1,503	-	(2,319)	1,000	184
Berwick Safe Space	4,942	2,500	(2,254)	(246)	4,942
BUPA Wellbeing Ways	-	22,940	(12,446)	-	10,494
Healthy Lunch	3,639	-	-	(3,639)	-
Healthy Body Healthy Mind	1,342	5,000	(4,036)	-	2,306
Berwick Safe Space - Holidays	374	-	-	-	374
The Listening Service	9,861	-	(7,530)	-	2,331
Ringtons DV Support Worker	-	4,331	(1,001)	-	3,330
National Mind Loneliness Grant	-	14,779	(14,796)	17	-
NPCC Domestic Violence Northumberland	-	5,000	(4,992)	(8)	-
National Lottery Coronavirus Community Support Fund	-	12,192	(12,192)	-	-
The Lloyds Bank Foundation for England And Wales Grant	-	14,633	(9,239)	-	5,394
The Lloyds Bank Foundation for England And Wales Covid19 React Fund	-	7,007	(800)	-	6,207
Sally Allan	6,976	1,662	(3,328)	-	5,310
National Mind Blue Light Programme	-	9,000	-	-	9,000
GVOC	7,667	-	(668)	(6,999)	-
NHS Gateshead Winter Pressures	-	14,415	(7,394)	-	7,021
Pears Foundation	-	9,937	(9,937)	-	-
NHS Northumberland Winter Pressures	-	9,555	(4,901)	-	-
North PC Suicide Prevention	1,417	3,333	-	(4,750)	-
National Mind Emergency IT & Digital Transformation	-	5,500	(4,037)	-	1,463
Community Foundation Tyne & Wear NET Coronavirus Appeal	-	1,950	(384)	-	1,566
Total restricted funds	84,107	249,446	(218,130)	(9,486)	105,937
Total funds	(8,446)	951,920	(782,212)	-	161,262

22. Statement of funds *(continued)*

Transfers
The transfers relate to the reallocation of amounts between projects with the same purpose. Transfers from unrestricted funds are to cover any expected shortfall in funding on the project.

Designated Funds – Future Project Delivery. The Trustees have determined to designate funds in order to help protect and enhance future project delivery.

The specific purposes for which the funds are to be applied are as follows:

North Tyneside Safe Space – Funds and donations to support our work in North Tyneside. Providing a Wellbeing Group for adults to come and visit on a weekly basis to support them with their mental health in an environment where they feel safe and secure.

Wellbeing Service – Funding provided by Gateshead Council to run our Peer Groups and Wellbeing & Recovery groups in the borough. Providing sustained professional and peer support in group settings.

Hexham Safe Space – Funds and donations to support our work in Hexham and Tynedale area. Providing a 'safe space' for adults to come and visit on a weekly basis to support them with their mental health in an environment where they feel safe and secure.

Community Foundation Tyne and Wear Northumberland Wellbeing – This project supports the Alnwick community, developing telephone support for people and their family and friends in Northumberland.

Open Door Safe Space – Funds and donations to support our work in Gateshead and South Tyneside. Based in the East of Gateshead, it is easily accessible for those living in Gateshead and South Tyneside. Providing a 'safe space' for adults to come and visit on a weekly basis to support them with their mental health in an environment where they feel safe and secure.

REVOC – Resilience for Victims of Crime, funded by the Police and Crime Commissioner of Northumbria. Providing one to one support to adults whose mental health is affected due to them being a victim of crime.

Newcastle Safe Space – Funds and donations to support our work in Newcastle. Providing a 'safe space' for adults to come and visit on a weekly basis to support them with their mental health in an environment where they feel safe and secure.

Supporting Families – A project provided to North Northumberland families where the parent/carer has an identified mental health problem which is impacting on the health and wellbeing of the whole family within the household.

Alnwick Safe Space – Funds and donations to support our work in Alnwick. Providing a 'safe space' for adults to come and visit on a weekly basis to support them with their mental health in an environment where they feel safe and secure.

22. Statement of funds *(continued)*

Berwick Safe Space – Funds and donations to support our work in Berwick. Providing a 'safe space' for adults to come and visit on a weekly basis to support them with their mental health in an environment where they feel safe and secure.

The Listening Service - A project to establish an additional preventative service to provide compassionate and non-judgmental support and a place for people to discuss issues and problems affecting their mental health and wellbeing with a trained volunteer.

Ringtons DV Support Worker – A fund to provide emotional support to victims of domestic violence in Northumberland.

National Mind COVID19 Loneliness Fund – A project to sustain wellbeing Covid-19 support for existing clients and the wider community during lockdown

NPCC Domestic Violence Northumberland - This project provided emotional support to those impacted by Domestic Violence

National Lottery Coronavirus Community Support Fund - To support the wellbeing online programme and the work of the Lived Experience group during the Covid 19 pandemic

The Lloyds Bank Foundation for England and Wales Grant and the Lloyds Bank for England and Wales Covid 19 React Fund - This grant provided funds for digital skills development in the charity and for marketing expertise. We received additional funding to provide specific support for services during the Covid 19 pandemic.

Sally Allan Fund – A fund set up by the Allan family , following the death of Sally Allan who sadly took her own life on Boxing Day 2014. Delivering an hour long presentation to over 3,000 people as an introduction to the issues around mental health. The fund was set up following widespread support from the public to raise mental Health Awareness in the North East.

Blue Light Programme – A Blue Light Mental Health training and support to emergency service (ambulance, fire, police) personnel across Northumberland and Tyneside.

GVOC - Fund set up to pay future insurance in relation to the wound-up charity.

NHS Newcastle Gateshead Winter Pressures, NHS Northumberland Winter Pressure & The Pears Foundations - The Helpline Pilot Service was launched at the beginning of January 2021 to provide a confidential, friendly supported conversation for anyone looking for help with their mental health or that of someone close to them. The funding from the Winter Resilience Fund, Pears Foundation and NHS Northumberland CCG enabled us to immediately increase capacity to deal with the urgent increase in demand during the pandemic.

North PC Suicide Prevention- To deliver one-off free Suicide Awareness Presentations to businesses, the public and charitable organisations and community groups

22. Statement of funds *(continued)*

National Mind Emergency IT & Digital Transformation Grants – A grant to support investment in virtual software tools to assist staff working from home during the Covid 19 pandemic

Community Foundation NET Coronavirus Appeal - A project involving the charity moving to new premises in Gateshead. This fund supported some of the costs associated with that.

Acorn Children's Recovery Project - To provide a wellbeing support project in partnership with Acorns. Providing early intervention that combines support for the affected family with structured therapeutic intervention for the affected child.

Berwick Safe Space – Holidays - A donation made for Berwick safe Space group members to use for treats such as days out, meals out. Any expenditure is proposed and agreed on by the group members.

Co-op Resilience Programme - A fund to deliver a Listen Out Local Wellbeing program in North Northumberland. Listen Out Local works with local people and resources in their communities and micro communities in North Northumberland to provide early intervention and emotional support for people with mental health problems (and those close to them).

National Mind Racial Equality Fund - This project involves working with a small locally based charity whose fundamental aim is to reduce the significant difficulties and hardship experienced by LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer or Questioning) asylum seekers in the North East of England. We deliver a wellbeing group and counselling sessions to the clients of this charity.

North East and North Cumbria Suicide Prevention Network - This project delivers the Reaching Out Digital wellbeing program. Working with a production company and co-producing video content with people with lived experience to develop media messages which reduce suicide and promote positive mental health messages.

23. Analysis of net assets by fund on a group basis

For the year ended 31 March 2022

	Unrestricted funds	Restricted funds	Total
	£	£	£
Fixed assets	9,673	-	9,673
Current assets	313,969	92,896	406,865
Non-current liabilities	(87,287)	-	(87,287)
	236,355	92,896	329,251

23. Analysis of net assets by fund on a group basis (continued|)

For the year ended 31 March 2021

	Unrestricted funds	Restricted funds	Total
	£	£	£
Fixed assets	7,738	-	7,738
Current assets	131,041	105,937	236,978
Non-current liabilities	(83,454)	-	(83,454)
	55,325	105,937	161,262

24. Related party transactions

There have been no related party transactions during the year (2021: nil).

25. Analysis of changes in net debt

	At 1 April 2021	Cash flows	At 31 March 2022
	£	£	£
Cash and cash equivalents			
Cash at bank and in hand	320,160	331,053	651,213
Borrowings			
Debt due within one year	(34,915)	-	(34,915)
Debt due after one year	(83,454)	(3,833)	(87,287)
	(118,369)	(3,833)	(122,202)
Total	201,791	327,220	529,011

26. Reconciliation of net income/(expenditure) to net cash flow from operating activities

	2022	2021
	£	£
Net (expenditure)/income for the period	167,989	169,708
Adjustments for:		
Depreciation charges	4,505	7,973
Interest paid	11,483	12,091
Investment income	(13)	(13)
Decrease/(increase) in debtors	(40,093)	652
Increase/(decrease) in creditors within one year	201,259	(672)
(Decrease)/Increase in creditors after one year	3,833	(8,946)
Net cash provided by operating activities	348,963	180,793

27. Post Balance Sheet Event

Subsequent to the year end, the trading subsidiary Be Wellbeing Limited commenced liquidation, with the company due to be dissolved in January 2023.

TYNESIDE AND NORTHUMBERLAND MIND

England & Wales - Charity number 1140856

Accounts

Company number: 07552434 (England and Wales)
Charity number: 1140856

Tyneside and Northumberland Mind
(A company limited by guarantee)

Directors Report and Financial Statements
For the year ended 31 March 2021

Tyneside And Northumberland Mind
(A company limited by guarantee)

Reference and Administration Details
For the year ended 31 March 2021

Chair	D Slater
Trustees	L Cox L C Durham (resigned 2 October 2021) A Lowe R J McGill (appointed 14 January 2021, resigned 2 October 2021) F C O'Farrell C E Pegg (appointed 27 September 2020) Z Sattar (appointed 30 July 2020) B L Stratford L Vescio T Wilson O G Wood (resigned 25 November 2021) S Munkhchulun (resigned 28 May 2020) P R Hemphill (resigned 26 March 2021) D J Sayer (appointed 28 June 2021)
Key Management Personnel	
Chief Executive Officer	A Wilson
Wellbeing & Resilience Projects Manager	L Macdonald
Operations Manager	S Storey
Business Development Manager	F O'Brien
Finance Manager	I Peel
Principal Office	1st Floor, Mea House Ellison Place Newcastle upon Tyne NE1 8XS
Company Registration Number	07552434
Charity Registration Number	1140856
Bankers	The Co-operative Bank Plc 84-86 Grey Street Newcastle upon Tyne NE1 6BZ Allied Irish Banks plc Main Street Celbridge Co Kildare Virgin money Plc Jubilee House Gosforth Newcastle upon Tyne NE3 4PL
Auditor	Haines Watts 17 Queens Lane Newcastle upon Tyne NE1 1RN

Tyneside And Northumberland Mind
(A company limited by guarantee)

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The Trustees, who are directors for the purposes of company law, present the annual report together with the financial statements and auditors' report of the charitable company for the year ended 31 March 2021.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

OBJECTIVES AND ACTIVITIES

Our Mission
Working together to make people and our communities stronger and healthier through education, training and support for mental health and wellbeing

Our Vision
To be the most trusted mental health and wellbeing charity

Our Values

Collaborative – we collaborate and work together

Accessible – we are accessible and approachable for all

Respectful – we are respectful and inclusive of everyone

Empowering – we empower you to be the best you want to be

Supportive –we support our clients through high quality services and partnerships

The Board said goodbye to some members this year, and new members joined us. All Board members share a passion for improving mental health and wellbeing and bring a diverse range of skills and experiences to our work. I thank them for the support they have given freely to our clients and service users, our organisation, our staff team, and to me as Chair.

As well as our strategic role in setting the direction and framework for Tyneside & Northumberland Mind, we have monitored the key risks (using our strategic risk register) and our financial situation closely during the year, as well as overseeing performance and development of our work.

Public benefit

The objectives of Tyneside and Northumberland Mind are within the area of Tyne & Wear and Northumberland, and are stated in the National mind constitution as follows: -

- To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment
- To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health

The Trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

ACHIEVEMENTS AND PERFORMANCE

The year to March 2021 was dominated by the Covid 19 pandemic. Not only did the charity have to adapt almost overnight to remote working, but we had to contend with changes in government policy and guidelines, and subsequent temporary easing and additional lockdowns. That we managed to keep our service users, staff, and volunteers largely safe is a major achievement of the year – although our service users were affected by transmission in the community, and of course by the impact of isolation, uncertainty, and financial and social pressures.

While donations and fundraising income through events was severely affected, and onsite employer training in mental health and wellbeing largely ceased, we were able to secure additional funding from various public and private sources to help meet the needs of those worst affected by the pandemic in mental health terms – which research by National Mind identified as those with pre-existing mental health conditions, young people and people of colour and minority backgrounds. We are able to report an increasing diversity of funding sources, more coverage across our area of benefit, and a substantially improved financial position.

The charity has maintained its subsidiary Be Wellbeing Limited (Be), which undertakes training for employers. Activity has been very limited as a result of the pandemic. Payments remain outstanding from Be, but the Trustees have approved a protocol and a plan to manage repayments and the size of this debt has not increased over the year.

This year was a year in which we helped more people than ever, at a lower unit cost. We are very proud of the specialist support we provide, both through our NHS contract and tailored to individual communities of need. We are increasingly recognised for our services to employers, in line with our vision to be the most trusted mental health charity.

All those who worked with us in the year did an amazing job, in very demanding circumstances. On behalf of the Trustees, I thank them, our volunteers, and our CEO, Alex Wilson, and her senior management team. I also thank our partners, stakeholders, and funders. We have played a growing part in the wider Mind network, and I also want to thank all of our colleagues both nationally and in other local Mind Associations for their advice and support over the year, not least in helping to raise the profile of mental health issues, reducing the stigma associated with them, and helping to make space for a new openness and honesty in debate that can only be positive in helping people to ask for the support they need when they need it.

FINANCIAL REVIEW

Income of £926,283 (2020 - £817,234) was generated in the year. £249,446 of this income related to restricted funds. An operating surplus of £144,087 was achieved in this financial year, increasing total funds carried forward to £296,886. This surplus was an increase of £89,488 on the previous financial year. Full details of the results for the year can be found on page 13.

Policy on reserves

At the year end, free reserves were £185,159 (2020 - £64,967), an increase of £120,192 in the year. The Trustees' focus is to continue to work with funders to budget future surpluses in order to provide improved organisational sustainability and a target of 3-6 months operating costs has been adopted. The lower target has been achieved this year. As the level of reserves has increased this year, the Board intends to review its reserves policy.

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. Annual budgets take into account the impact of Covid-19 and are monitored on a monthly basis. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

PLANS FOR THE FUTURE

Over the forthcoming months we plan to build upon our successful year by working closely with the CCG in Newcastle and Gateshead supporting them with the challenges of backlog and waiting lists. We will be working in partnership with the National Trust where we will be providing new services and training from Gibside Hall in Gateshead. We plan to expand our volunteer model creating new and innovative ways for people to help and support us, incorporating opportunities for our corporate supporters and partnerships. We are also working on how we can support children and young people with their mental health.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Nature of governing document

Tyneside and Northumberland Mind is a company limited by guarantee (registered number 07552434) and a registered charity (registered number 1140856), affiliated to the national charity Mind. Tyneside and Northumberland Mind is directed by a Board of Trustees, which is responsible for ensuring that the organisation meets all its statutory, contractual, and social obligations.

Tyneside and Northumberland Mind is governed by a constitution that is common to all affiliated associations of the national charity Mind. It is a condition of affiliation to national Mind that Tyneside and Northumberland Mind adopts this constitution as its basic governing document. The document includes details governing the conduct of trustee meetings and the selection and appointment of Trustees and officers of the charity.

Recruitment and appointment of Trustees

The Trustees are drawn from a wide range of backgrounds and ideally have an interest in mental health issues and/or lived experience. All Trustee posts are advertised. Where there is more than one applicant for each vacancy, interviews will be held, including with service users and or/members of the Lived Experience Group. Potential new Trustees must provide a C.V. and set out why they wish to become a Trustee of Tyneside and Northumberland Mind. Applicants are interviewed by the Chair and attend a Board meeting as an Observer to ensure they agree with the Vision, Mission and Values of the charity. If they are deemed to be a good fit then they are appointed by the Board, subject to checks on ability to serve as Directors and Trustees.

One third of the Trustees, based on seniority of appointment retire at the Annual General Meeting each year. After standing down, members are eligible to stand for re-election, subject to a maximum continuous term of nine years. Our Articles allow this term to be extended in exceptional circumstances by agreement. One Trustee, Oliver Wood, agreed to extend his term by one year during the pandemic to provide stability and the insight of lived experience. Officers are elected by the Board from amongst members of the Board.

Induction and training of Trustees

Our process is intended to ensure inclusion, provide the right skills mix and also provide a balanced and functional Board. The recruitment process forms part of induction to our organisation.

1. Chief Executive and Chair provide regular support and learning opportunities to new Trustees.
2. Trustee training is incorporated into the Board meetings
3. Trustees undertake a self-appraisal process with the Chair on an annual basis.
4. All Trustees are afforded the opportunity to visit the bases and projects of the organisation

Key Management Personnel

The Board give their time freely and no Trustees received remuneration in the year. They have considered who the Key Management Personnel (KMP) of the charity are, as noted in the Reference and Administration section. Together with the Board, these KMP are those in charge of directing and controlling, running, and operating the activities of the charity on a day-to-day basis. The pay of the KMP is reviewed as judged appropriate and normally increased with reference to annual earnings. The Trustees benchmark against pay levels of other charities and similar organisations within the sector and the region. Pay levels are set using this information together with the

budget and forecast information, ensuring that the charity can afford any proposed increases. The Board then agree any uplift to remuneration.

Organisational structure

The Board of Trustees meets formally at least six times per year to conduct its business, but many additional, informal meetings take place between the Trustees, Chief Executive, staff, and volunteers to provide mutually beneficial support. Sub-groups are established as required to take forward specific pieces of work. Broadly, under the agreed scheme of delegation the Board of Trustees determines and approves all policies, and the Chief Executive and staff implement the policy.

The day-to-day management of the charity is delegated to the Chief Executive under a scheme of delegation. She reports to the Board of Trustees. Performance management of the Chief Executive is the responsibility of the Chair.

During informal interaction the Trustees take care to ensure that line management responsibilities are respected and used appropriately and that the Chief Executive receives management support only from the Chair (or a designated deputy), acting on behalf of the Board of Trustees.

Risk management

Trustees are responsible for the overseeing of the risks faced by the charity, and review the risk register periodically. The risk register is completed by the CEO and Board of Trustees and addresses strategic and organisation wide risk. The CEO manages day to day risk, delegating to managers where appropriate and informing the Board of anything likely to become a strategic or fundamental risk.

Risks are identified, assessed and controls established throughout the year. Risk is managed under the headings of Financial, Governance, Compliance, Operational and Reputational Risks.

Fundraising disclosures

The charity is required to report how it deals with fundraising from the public. The charity does not use a professional fundraiser or commercial participator to raise funds. Any monies raised direct from the public follows all guidelines set out by the Charity Commission and UK law in every respect. We respect the privacy and contact preferences of all public donors.

Statement of Trustees' Responsibilities

The Trustees (who are also the directors of Tyneside and Northumberland Mind for the purposes of company law) are responsible for preparing Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing 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;

· 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:

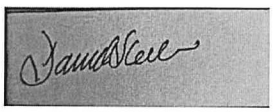
- there is no relevant audit information of which the charitable company's auditors are unaware; and

- 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.

Reappointment of auditor

In accordance with section 485 of the Companies Act 2006, a decision was taken at the AGM held virtually on 25th November 2021 to appoint Haines Watts as auditors for the year 2021/22.

The annual report was approved by the Trustees of the charity on 24th November 2021



David Slater

Chairman and Trustee

Alex Wilson
CEO

Chief Executives Report

The year to March 2021 saw us continue to be impacted by Covid 19, with most of the team working from home and continuing to offer our services digitally and online. The whole team stepped up to the challenges of supporting those who need us and adapted to the new ways of working. This enabled us to continue to grow, evolve and expand our offer, increasing the number of people we help and support. Throughout the year we saw an increase in the need for our services due to the impact of the pandemic on mental health. That said this has been our best year financially for several years enabling us to continue to strive to be the leading mental health charity across our area of benefit.

In a particularly challenging time for the sector, we have grown financially, significantly increasing our income and unrestricted funds. Mitigating the loss of income from our community fundraising events and face to face training by diversifying our income streams and successfully obtaining some additional Covid specific grant funding. We secured our first training contract - The Northeast Training Hub, facilitating Suicide Awareness and Training across our whole area of benefit. Also expanding our work with the Northumberland, Newcastle and Gateshead CCG with a new contract providing a Support Line and an Alternative to Crisis service in Newcastle and Gateshead. Another significant piece of ongoing work this year was our focus on Equality, Diversity and Inclusion ensuring our organisation and services are accessible for everyone, with funding received via National Mind from the Pears Foundation.

After several years we moved from The Wellbeing Centre in Bensham, making our premises in Newcastle our new Head Office. We began a new chapter for the charity by securing a new office in Gateshead which we plan to move into later in the year. In its central location the new space lends itself to social distancing and makes us more accessible for customers and clients.

As we start to resume working together again, we hope in 2021 our fundraising events and face to face training will go ahead. The most recent data (April 2021) shows that the number of people contacting the NHS seeking help for mental health problems is now at a record high. With More than two-thirds of adults in the UK (69%) report feeling somewhat or very worried about the effect COVID-19 is having on their life.

I would like to thank our volunteers, supporters, partners, professionals, and employees for all that you have done to give people the support they need, with their mental health and for the difference we will make together in the coming year.

Also thank you to those who have supported us financially and raised funds for us, including:
National Mind
Police and Crime Commissioner for Northumberland
Lloyds Bank Foundation for England & Wales
The National Lottery
Pears Foundation
Northumbria Police
Community Foundation Tyne and Wear
NHS Northumberland CCG
NHS Newcastle Gateshead CCG
The Edward Gostling Foundation
Co-operative Local Community Fund
Garfield Weston Foundation
BUPA UK Foundation
Sir James Knott Trust
Bloom Procurement Services
Browell Smith & Co
Willington Quay Saints FC
Willow Grove Consultants
PWC
Pinchaninch Body Transformation Centre
Connect Health

Eversheds Sutherland Solicitors
Northerly Swell Surf Emporium
Northumberland Lottery
EDM Zone
Newcastle University History Society
Newcastle University Modern Languages Society
Rose Lodge Heaton
Sage Data Team
North East Ambulance Service
Central employment
WIGS Place
Durham Lane
Story Homes
Siemens
The Lone Wolf Pack
The Reed Foundation
De La Rue Company
Lucy Locketland Craft shop
Pat Ripley
Waitrose community matters
Middleton Foundation
Morrisons Blaydon
St Cuthberts Church Amble
Lynemouth Power Station
Smart IT
Scottish midland
Celtic FC Foundation
Northumbria Police LGBT+ Gala Ball Committee
INTU Metro Centre and Eldon Square
Lakes and Dales Co-operative
North East Marine Frags group

Independent Auditors' Report to the members of Tyneside And Northumberland Mind For the year ended 31 March 2021

Opinion

We have audited the financial statements of Tyneside And Northumberland Mind (the 'charitable company') for the year ended 31 March 2021 which comprise the Statement of Financial Activities, the Balance Sheet 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, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (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 2021, 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 Auditor's 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.

However, not all future events or conditions can be predicted. The COVID-19 viral pandemic is one of the most significant economic events for the UK with unprecedented levels of uncertainty of outcomes. It is therefore difficult to evaluate all of the potential implications on the charitable company's activities, funders, suppliers and wider economy. The trustees' view on the impact of COVID-19 is disclosed on page 4 and the accounting policies note.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report 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 there is a material misstatement in the financial statements or a material misstatement of the other information. 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 trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our 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 directors' report.
We have nothing to report in respect of the following matters in relation to which 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 directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 7, 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.

Auditor's responsibilities for the audit of the financial statements

We have been appointed auditor under the Companies Act 2006 and section 151 of the Charities Act 2011 and report in accordance with those Acts.

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 an auditor's report 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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We obtained an understanding of the legal and regulatory framework applicable to both the company itself and the industry in which it operates. We identified areas of laws and regulations that could reasonably be expected to have a material effect on the financial statements from our sector experience and through discussion with the directors and other management. The most significant were identified as the Companies Act 2006, UK GAAP (FRS102) and relevant tax legislation. We considered the extent of compliance with those laws and regulations as part of our procedures on the related financial statements. Our audit procedures included:

- confirming with the directors and management whether they have any knowledge or suspicion of fraud;
- obtaining an understanding of the internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations;
- assessing the risk of management override including identifying and testing a sample of journal entries;
- challenging the assumptions and judgements made by management in its significant accounting estimates;
- confirmation received from the bank to verify the balance as on the last day of the accounting year; and
- review of minutes of meetings of those charged with governance.

Our audit did not identify any key audit matters relating to the detection of irregularities including fraud. However, despite the audit being planned and conducted in accordance with ISAs (UK) there remains an unavoidable risk that

material misstatements in the financial statements may not be detected owing to inherent limitations of the audit, and that by their very nature, any such instances of fraud or irregularity likely involve collusion, forgery, intentional misrepresentations, or the override of internal controls.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our audit report.

Use of this 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 auditor's 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.

Donna Bulmer BA (Hons) ACA
For and on behalf of Haines Watts North East Audit LLP

15 December 2021

Statutory Auditors

17 Queens Lane
Newcastle upon Tyne
NE1 1RN

Tyneside and Northumberland Mind
(A company limited by guarantee)

Statement of Financial Activities ***(including the income and expenditure account)***
For the year ended 31 March 2021

	Notes	Unrestricted Fund £	Restricted Funds £	Total 2021 £	Total 2020 £
Income from:					
Donations	4	141,851	249,446	391,297	334,560
Charitable activities	5	534,853	-	534,853	481,070
Other trading activities	6	120	-	120	1,500
Investment income	7	13	-	13	104
		676,837	249,446	926,283	817,234
Expenditure on:					
Raising funds	8	7,110	-	7,110	7,110
Charitable activities	9	556,956	218,130	775,086	755,525
		564,066	218,130	782,196	762,635
Net income/(expenditure)		112,771	31,316	144,087	54,599
Transfers between funds	20	9,486	(9,486)	-	-
Net movement in funds		122,257	21,830	144,087	54,599
Reconciliation of funds					
Total funds brought forward		68,692	84,107	152,799	98,200
Total funds carried forward		190,949	105,937	296,886	152,799

The Statement of Financial Activities includes all gains and losses recognised in the year.

All incoming resources and resources expended derive from continuing activities.

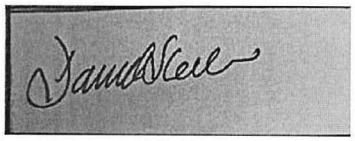
Tyneside and Northumberland Mind
(A company limited by guarantee)

Balance Sheet
As at 31 March 2021

	Notes	2021	2020
		£	£
Fixed assets:			
Tangible assets	14	5,790	3,725
Current assets:			
Debtors	16	48,157	76,775
Cash at bank and in hand		316,781	150,801
		364,938	227,576
Liabilities:			
Creditors: amounts falling due within one year	17	(73,842)	(78,502)
Net current assets		296,096	149,074
Net assets		296,886	152,799
The funds of the charity:	20		
Unrestricted funds		190,949	68,692
Restricted funds		105,937	84,107
		296,886	152,799

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board of Trustees on 24th November. 2021 and signed on their behalf by:



David Slater
Chair

Company Number: 07552434

The notes on pages 16 to 31 form part of these financial statement

Tyneside and Northumberland Mind
(A company limited by guarantee)

Statement of Cash Flows
for the year ended 31 March 2021

	Note	2021 £	2020 £
Cash flow from operating activities			
Net cash flow from operating activities	**22**	171,920	75,941
Cash flow from investing activities			
Payments to acquire tangible fixed assets		(5,953)	(400)
Receipts from sale of tangible fixed assets		-	-
Investment income		13	104
Net cash flow from investing activities		(5,940)	(296)
Net increase/(decrease) in cash and cash equivalents		165,980	75,645
Cash and cash equivalents at the beginning of the year		150,801	75,156
Cash and cash equivalents at the end of the year		316,781	150,801
Cash and cash equivalents consist of:			
Cash at bank and in hand		316,781	150,801

1. Charity Status

Tyneside and Northumberland Mind is a company limited by guarantee (No 07552434) and not having a share capital. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

2. Accounting policies

2.1 Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice.

Tyneside and Northumberland Mind meets the definition of a public benefit under FRS 102. The financial statements are prepared under the historical cost convention or transaction value unless otherwise stated in the relevant accounting policy note(s). The financial statements are prepared in Sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

2.2 Going concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. Annual budgets take into account the impact of Covid-19 and are monitored on a monthly basis. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2.3 Basis of consolidation

The charitable company and its subsidiary, Be Wellbeing Limited, comprise a small group. The charitable company has therefore taken advantage of the exemption provided by section 398 of the Companies Act 2006 not to prepare group accounts.

2.4 Funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charitable company and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the company for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

2.5 Incoming resources

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

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the grant of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Investment income

Dividends are recognised once the dividend has been declared and notification has been received of the dividend due.

2.6 Expenditure

All expenditure is recognised once there is a legal or constructive obligation to the expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Irrecoverable VAT is charged against the cost in which the expenditure was incurred.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

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

Support costs

Support costs include central functions and have been allocated to activity costs categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance Costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

2.7 Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation and Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

2.8 Tangible fixed assets

Individual fixed assets costing £250 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Leasehold improvements	Over life of the lease
Furniture and equipment	25% Straight line

2.9 Investments

Investments in subsidiaries are measured at cost less impairment.

2.10 Trade debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.11 Cash and cash equivalents

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.12 Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement after allowing for any trade discounts due.

2.13 Leases

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Rentals payable under operating leases are charged in the Statement of Financial Activities on a straight line basis over the lease term.

2.14 Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

2.15 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.16 Estimation uncertainty and judgements

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported.

Included in debtors (amounts due within one year) is an intergroup balance due from its subsidiary, Be Wellbeing Limited, totalling £44,374. Whilst this balance is expected to be recoverable, the trustees recognise that in continuing to support the subsidiary they will not demand repayment until cash flows allow.

3. Comparative Statement of Financial Activities

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2020 £
Income from:				
Donations	4	189,703	144,857	334,560
Charitable activities	5	473,211	7,859	481,070
Other trading activities	6	1,500	-	1,500
Investment income	7	104	-	104
		664,518	152,716	817,234
Expenditure:				
Raising funds	8	7,110	-	7,110
Charitable activities	9	594,011	161,514	755,525
		601,121	161,514	762,635
Net (expenditure)/income		63,397	(8,798)	54,599
Transfers between funds		(10,148)	10,148	-
Net movement in funds		53,249	1,350	54,599
Reconciliation of funds				
Total funds brought forward		15,443	82,757	98,200
Total funds carried forward		68,692	84,107	152,799

4. Income from donations and legacies

	2021	2020
	£	£
Donations	127,453	203,485
Grants	263,844	131,075
	391,297	334,560

Analysis of grants and donations;

Unrestricted funds	141,851	189,703
Restricted funds		
Police and Crime Commissioner for Northumbria	81,772	81,988
National Mind Emergency IT & Digital Transformation grant	5,500	7,000
National Mind Covid 19 Loneliness Fund	14,779	-
National Mind Blue Light Programme	9,000	-
The National Lottery - Awards for All Fund	-	9,861
The National Lottery - Awards for All Fund	-	5,628
The National Lottery Coronavirus Community Fund	12,190	-
NHS Northumberland CCG Winter Pressures	9,555	-
Pears Foundation	9,937	-
NHS Newcastle Gateshead Winter Pressures	14,415	-
The Lloyds Bank Foundation for England and Wales Grant	14,633	-
The Lloyds Bank Foundation for England and Wales COVID React Fund	7,005	-
Northumbria Police	5,000	-
Sally Allen Fund	1,662	5,244
Northern Sub Regional Suicide Prevention Group Small Grants Fund	3,333	1,667
Community Foundation Tyne and Wear: John Bell Fund	-	3,000
Community Foundation Tyne and Wear: Kerry Community First Endowment Fund	-	2,500
Community Foundation Tyne and Wear: Northern Angel Fund for Berwick	2,500	2,500
Community Foundation Tyne and Wear (Northumberland Wellbeing)	10,000	-
Community Foundation Tyne and Wear NET Coronavirus Appeal	1,950	-
Community Foundation Tyne and Wear Ringtons Fund	4,331	-
Groundwork UK Tesco	-	931
BUPA UK Foundation	22,940	-
Sir James Knott Trust	5,000	5,000
The Joicey Trust	-	5,000
Pat Ripley Fundraising	1,200	1,200
Co-operative Community Fund	2,740	-
Big Give Donations	-	7,386
The Edward Gostling Foundation	5,000	5,000
Other	5,004	952
	249,446	144,857
Total	391,297	334,560

5. Income from charitable activities

	2021	2020
	£	£
Contract	533,201	438,275
Other Training income	1,652	42,795
	534,853	481,070
Analysis of contracts;		
Newcastle City Council	63,124	62,534
NHS Newcastle Gateshead CCG	289,842	295,702
Gateshead Council	40,540	33,867
NHS Northumberland CCG	30,000	30,000
South Tyneside Training Hub	105,506	-
Other	4,189	16,172
	533,201	438,275

6. Income from other trading activities

	2021	2020
	£	£
Sales of good and services	120	1,500

7. Investment income

All of the charitable company's investment income arises from money held in interest bearing deposit accounts.

8. Expenditure on raising funds

	2021	2020
	£	£
Fund raising expenses	7,110	7,011
	7,110	7,011

9. Expenditure on charitable activities

	Direct	Support	2021	2020
	£	£	£	£
Wellbeing	187,481	24,070	211,551	258,631
Counselling	416,943	53,529	470,472	443,486
Helpline	22,616	2,904	25,520	-
Training	59,858	7,685	67,543	53,408
	686,898	88,188	775,086	755,525

10. Analysis of governance and support costs

Tyneside and Northumberland Mind allocates costs direct to activities as far as possible, then identifies the remaining costs of its support functions. It then identifies those costs which relate to the governance function. Having identified its governance costs, the remaining support costs together with the governance costs are apportioned between the key charitable activities undertaken in the year.

Support costs	2021	2020
	£	£
Staff costs	56,123	42,091
Governance costs	32,065	9,554
	88,188	51,645

Governance costs	2021	2020
	£	£
Staff costs	1,044	2,554
Audit fees		
Audit fees paid to auditors	5,836	4,000
Other fees paid to auditors	-	-
Legal fees	185	3,000
Other – Be Wellbeing provision	25,000	-
	32,065	9,554

11. Net incoming/(outgoing) resources

Net incoming/(outgoing) resources for the year include:

	2021	2020
	£	£
Depreciation	3,888	7,878

12. Auditors' remuneration

	2021	2020
	£	£
Audit of financial statements	5,836	4,000

13. Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2021	2020
	£	£
Wages and salaries	537,830	557,178
Social security costs	34,926	31,380
Other pension costs	9,734	8,967
	582,490	597,525

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

	2021	2020
	Number	Number
Counselling	10	12
Wellbeing	12	12
Administration	5	5
Management	6	5
	33	34

Redundancy payments made in the year total £4,979 (2020: £nil).

No members of staff received remuneration in excess of £60,000 (2020 – None).

The charity trustees were not paid or received any other benefits from employment (2020 – £nil). Trustees' received £nil (2020 - £104) for travel expenses. No charity trustee received payment for professional or other services supplied to the charity (2020 - £nil).

The key management personnel of the charity comprise the Chief Executive Officer and Senior Management team. The total employee benefits of the key management personnel of the charity were £175,283 (2020 - £141,452).

14. Tangible fixed assets

	Leasehold improvements £	Furniture & equipment £	Total £
Cost			
At 1 April 2020	13,564	44,942	58,506
Additions	-	5,953	5,953
At 31 March 2021	13,564	51,295	64,859
Depreciation			
At 1 April 2020	11,806	43,375	55,181
Charge for the year	1,758	2,130	3,888
At 31 March 2021	13,564	45,505	59,069
Net book value			
At 31 March 2021	-	5,790	5,790
At 31 March 2020	1,758	1,967	3,725

15. Fixed assets investments

Details of undertakings

Be Wellbeing Limited, a company limited by guarantee, is considered to be under the control of Tyneside and Northumberland Mind. The principal activity of Be Wellbeing Limited is the provision of wellbeing services to the community.

A summary of the trading results is shown below:

	2021 £	2020 £
Turnover	25,638	53,187
Costs	(12,926)	(39,900)
Interest payable	(12,091)	(13,255)
Profit/(loss) for the financial year	621	32
Net liabilities	(160,624)	(161,245)

16. Debtors

	2021	2020
	£	£
Trade debtors	13,437	17,645
Prepayments and accrued income	15,346	12,861
Amounts due from subsidiary undertaking	19,374	46,269
	48,157	76,775

Amounts due from group undertakings are repayable on demand although the trustees continue to support the subsidiary company.

17. Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	14,307	16,803
Social security and other taxes	10,450	8,753
Other creditors	1,869	1,716
Accruals and deferred income	47,216	51,230
	73,842	78,502

18. Pension and other schemes

Defined contribution pension schemes

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £9,734 (2020 - £8,697).

Contributions totalling £1,869 (2020 - £1,716) were payable to the scheme at the end of the year and are included in creditors.

19. Commitments

Other financial commitments

The total amount of other financial commitments not provided in the financial statements was £nil (2020 - £nil).

20. Statement of funds

For the year ended 31 March 2021

	At 1 April 2020	Income	Expenditure	Transfer	At 31 March 2021
Unrestricted funds	68,692	676,837	(564,066)	9,486	190,949
Total unrestricted funds	68,692	676,837	(564,066)	9,486	190,949
Restricted funds					
North Tyneside Safe Space	3,876	-	(2,805)	-	1,071
Wellbeing Service	12,935	12,740	(9,233)	5,625	22,067
Hexham Safe Space	5,000	1,200	(3,301)	-	2,899
Community Foundation Tyne and Wear Northumberland Wellbeing	-	10,000	(3,617)	(1,000)	5,383
Jarrow Safe Space	1,109	-	(2,983)	2,500	626
REVOC	1,571	81,772	(81,357)	(1,986)	-
Newcastle Safe Space	3,824	-	(2,201)	-	1,623
Supporting Families	18,071	-	(10,378)	-	7,693
Alnwick Safe Space	1,503	-	(2,319)	1,000	184
Berwick Safe Space	4,942	2,500	(2,254)	(246)	4,942
BUPA Wellbeing Ways	-	22,940	(12,446)	-	10,494
Healthy Lunch	3,639	-	-	(3,639)	-
Healthy Body Healthy Mind	1,342	5,000	(4,036)	-	2,306
Berwick Safe Space - holidays	374	-	-	-	374
The Listening Service	9,861	-	(7,530)	-	2,331
Ringtons DV Support Worker	-	4,331	(1,001)	-	3,330
National Mind Loneliness Grant	-	14,779	(14,796)	17	-
NPCC Domestic Violence Northumberland	-	5,000	(4,992)	(8)	-
National Lottery Coronavirus Community Support Fund	-	12,192	(12,192)	-	-
The Lloyds Bank Foundation for England and Wales Grant	-	14,633	(9,239)	-	5,394
The Lloyds Bank Foundation for England and Wales Covid19 React Fund	-	7,007	(800)		6,207
Sally Allan	6,976	1,662	(3,328)	-	5,310
National Mind Blue Light Programme	-	9,000	-	-	9,000
GVOC	7,667	-	(668)	(6,999)	-
NHS Gateshead Winter Pressures	-	14,415	(7,394)	-	7,021
Pears Foundation	-	9,937	(9,937)	-	-
NHS Northumberland Winter Pressures	-	9,555	(4,901)	-	4,654
North PC Suicide Prevention	1,417	3,333	-	(4,750)	-
National Mind Emergency IT & Digital Transformation	-	5,500	(4,037)	-	1,463
Community Foundation Tyne and Wear NET Coronavirus Appeal	-	1,950	(384)	-	1,566
Total restricted funds	84,107	249,446	(218,130)	(9,486)	105,937
Total funds	152,799	926,283	(782,196)	-	296,886

For the year ended 31 March 2020	At 1 April 2019	Income	Expenditure	Transfer	At 31 March 2020
Unrestricted funds	15,443	664,518	(601,121)	(10,148)	68,692
Total unrestricted funds	15,443	664,518	(601,121)	(10,148)	68,692
Restricted funds					
North Tyneside Safe Space	6,336	-	(2,490)	-	3,876
Wellbeing Service	5,000	10,000	187	(2,252)	12,935
Hexham Safe Space	2,000	1,200	(6,470)	8,270	5,000
Social Prescribing	-	2,473	(2,838)	365	-
Jarrow Safe Space	4,389	124	(404)	(3,000)	1,109
REVOC	2,547	82,063	(74,539)	(8,500)	1,571
Newcastle Safe Space	4,704	5,200	(6,080)	-	3,824
Supporting Families	4,304	9,886	(18,619)	22,500	18,071
Alnwick Safe Space	4,061	-	(2,558)	-	1,503
Alnwick Empowerment Worker	10,905	-	(10,905)	-	-
Berwick Safe Space	11,945	2,550	(2,053)	(7,500)	4,942
Pioneer Grant	2,219	5,628	(7,847)	-	-
Healthy Lunch	2,793	931	(85)	-	3,639
Healthy Body Healthy Mind	-	2,085	(743)	-	1,342
Berwick Safe Space - holidays	-	500	(126)	-	374
The Listening Service	-	9,861	-	-	9,861
Sally Allan	10,468	5,244	(7,736)	(1,000)	6,976
Blue Light Training	2,701	10,304	(13,270)	265	-
GVOC	8,355	-	(688)	-	7,667
Governance Grant Community	-	3,000	(3,000)		
North PC Suicide Prevention	-	1,667	(1,250)	1,000	1,417
Total restricted funds	82,757	152,716	(161,514)	10,148	84,107
Total funds	98,200	816,874	(762,635)	-	152,799

Transfers

The transfers relate to the reallocation of amounts between projects with the same purpose. Transfers from unrestricted funds are to cover any expected shortfall in funding on the project.

The specific purposes for which the funds are to be applied are as follows:

North Tyneside – Funds and donations to support our work in North Tyneside. Providing a Wellbeing Group for adults to come and visit on a weekly basis to support them with their mental health in an environment where they feel safe and secure.

Wellbeing Service – Funding provided by Gateshead Council to run our Peer Groups and Wellbeing & Recovery groups in the borough. Providing sustained weekly professional and peer support.

Hexham Safe Space Group – Funds and donations to support our work in Hexham and the Tynedale area. Providing a 'Safe Space' for adults to come and visit on a weekly basis to support them with their mental health in an environment where they feel safe and secure.

Community Foundation Tyne and Wear Northumberland Wellbeing – This project supports the Alnwick Safe Space community, developing telephone support for people and their family and friends in Northumberland

Jarrow Safe Space – Funds and donations to support our work in South Tyneside. Providing a 'Safe Space' for adults to come and visit on a weekly basis to support them with their mental health in an environment where they feel safe and secure.

REVOC – Resilience for Victims of Crime, funded by the Police and Crime Commissioner of Northumbria.

Newcastle Safe Space – Funds and donations to support our work in Newcastle. Providing a 'Safe Space' for adults to come and visit on a weekly basis to support them with their mental health in an environment where they feel safe and secure.

Supporting Families – A project provided to North Northumberland families where the parent/carer has an identified mental health problem impacting on the health and wellbeing of the whole family

Alnwick Safe Space – Funds and donations to support our work in Alnwick. Providing a 'Safe Space' for adults to come and visit on a weekly basis to support them with their mental health in an environment where they feel safe and secure.

Alnwick Empowerment Worker – An empowerment service in Alnwick, Northumberland providing one to one guidance and help for adults living with mental health issues. Helping people to engage with the local community and empower them to achieve their personal goals and objectives.

Berwick Safe Space – Funds and donations to support our work in Berwick. Providing a 'Safe Space' for adults to come and visit on a weekly basis to support them with their mental health in an environment where they feel safe and secure.

The Listening Service - A project to establish an additional preventative service to provide compassionate and non-judgemental support and a place for people to discuss issues and problems affecting their mental health and wellbeing

Ringtons DV Support Worker – A fund to provide emotional support to victims of domestic violence in Northumberland

National Mind COVID19 Loneliness Fund – A project to sustain wellbeing Covid-19 support for existing clients and the wider community during lockdown

NPCC Domestic Violence Northumberland - This project provided emotional support to those impacted by Domestic Violence

Coronavirus Community Support Fund - To support the wellbeing online programme and the work of the Lived Experience group during the Covid 19 pandemic

Lloyds Foundation - This grant provided funds for digital skills development in the charity and for marketing expertise. We received additional funding to provide specific support for services during the Covid 19 pandemic

Healthy Lunch – An opportunity to eat a healthy lunch with others. The Healthy Lunch project offers the chance to socialise with other people over the sharing of food in a relaxed and informal environment. Our aim is to demonstrate how simple and easy it can be to make more healthy food choices even when on a limited budget.

Sally Allan Fund – A fund set up by the Allan family, following the death of Sally Allan who sadly took her own life on Boxing Day 2014. Delivering an hour long presentation to over 3,000 people as an introduction to the issues around mental health. The fund was set up following widespread support from the public to raise Mental Health Awareness in the North East.

Blue Light Training – A Blue Light Mental Health training and support to emergency service (ambulance, fire, police) personnel across Northumberland and Tyneside.

GVOC - Fund set up to pay future insurance in relation to the wound-up charity.

NHS Newcastle Gateshead Winter Pressures, NHS Northumberland Winter Pressure & The Pears Foundations - The Helpline Pilot Service was launched at the beginning of January 2021 to provide a confidential ,friendly supported conversation for anyone looking for help with their mental health or that of someone close to them. The funding from the Winter Resilience Fund, Pears Foundation and NHS Northumberland CCG enabled us to immediately increase capacity to deal with the urgent increase in demand during the pandemic

North PC Suicide Prevention- To deliver one-off free Suicide Awareness Presentations to businesses, the public and charitable organisations and community groups

National Mind Emergency IT & Digital Transformation Grants – A grant to support investment in virtual software tools to assist staff working from home during the Covid 19 pandemic

Community Foundation NET Coronavirus Appeal - A project involving the charity moving to new premises in Gateshead. This fund supported some of the costs associated with that

21. Analysis of net assets between funds

Year ended 31 March 2021

	Unrestricted Funds	Restricted Funds	Total
	£	£	£
Tangible fixed assets	5,790	-	5,790
Net current assets	185,159	105,937	291,096
	190,949	105,937	296,886

Year ended 31 March 2020

	Unrestricted Funds	Restricted Funds	Total
	£	£	£
Tangible fixed assets	3,725	-	3,725
Net current assets	64,967	84,107	149,074
	68,692	84,107	152,799

22. Reconciliation of net income/expenditure to net cash flow from operating activities

	2021	2020
	£	£
Net movement for the year	169,087	54,599
Investment income	(13)	(104)
Depreciation	3,888	7,878
Decrease/(increase) in debtors	3,618	181
(Decrease)/increase in creditors: due within one year	(4,660)	13,387
	171,920	75,941

23. Related party transactions

During the year the charity incurred net expenditure of £7,470 on behalf of Be Wellbeing Limited, the wholly owned subsidiary. At the balance sheet date there was an amount of £19,374 (2020 - £46,269) due from Be Wellbeing Limited. The loan to the company is interest free and repayable on demand.