ST HELENS MIND

England & Wales · Charity number 1143292

Details

Status	Registered
Legal form	Charitable company
Company number	07659498
Registered	2011-08-09
Register	View on the Charity Commission register

Contact

Address	St. Helens Millennium Centre Services Ltd Millennium House 8 Bickerstaffe Street St. Helens Merseyside WA10 1DH
Phone	07912059881
Email	paulob@sthelensmind1.onmicrosoft.com
Website	www.sthelensmind.org.uk

Activities

Objects: A) 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; ANDB) 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.

Activities: All our services are based around the Social Inclusion Model. We encourage people who have become socially isolated due to the effects of mental illness to play a more active part within their local community. Currently we provide a Volunteer Befriending Service, Social Groups in all area of the borough, social activites, and an allotment. We operate in the Borough of St Helens.

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Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Environment/conservation/heritage, Economic/community Development/employment, Recreation
- **Who:** Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups

Geography

- **Area of benefit:** LOCAL
- St Helens

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£94,940	£127,540	-	-
2024-03-31	£77,180	£77,125	-	-
2023-03-31	£130,779	£124,127	-	-
2022-03-31	£162,936	£116,918	-	-
2021-03-31	£162,936	£116,918	-	-

Trustees

Name	Role	Appointed
Fiona Margaret Whistlecroft		2021-09-13
Glen McCarthy		2022-11-15
Joseph John Ronald Roberts		2022-11-15
Julie Charlton		2022-11-15
Paul Barrow		2022-11-15

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ST HELENS MIND

England & Wales - Charity number 1143292

Accounts



St Helens Mind

Charity Registration Number: 1143292

Company Registration No: 7659498

Trustees' Annual Report and Financial Statements

for the year ended

31 March 2025

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Administrative Information

Trustees/Directors:

Fiona Whistlecroft (Chair)
Helen Hynes
John Astley (to 3 December 2024)
Paul Barrow
Glen McCarthy
Joseph Roberts
Julie Charlton
Chantelle Seaborn

Registered Charity and Company Address

Millennium House
Bickerstaffe Street
St Helens
WA10 1DE

Bankers

HSBC
33 Ormskirk Street
St Helens
WA10 2SZ

Independent Examiner

It Doesn't Have to Cost the Earth Ltd
47 St Dunstans Close
Worcester
WR5 2AJ

Chair's Report

It is with pleasure that I am writing the Chairs report for my third year in office. As with previous years I am pleased to report that a lot has happened in the last 12 months and we are starting to see the benefits of the time invested in resettling and resetting solid foundations.

Paul O'Brien was appointed as the CEO in March 2024, this has been his first full year as CEO and he has seen some fairly challenging tasks during it. Alongside seeking funding he has been working with National Mind on ensuring that systems and procedures were in place to enable us to retain the Mind Quality Mark (MQM), which is a requirement of our federation agreement with National Mind. While the MQM audit is still ongoing we are pleased that National Mind have recognised the work of the Board and staff, and are providing support, to ensure the future of St Helens Mind.

The board are in agreement that the organisation is a going concern. They recognise that the loss this year of £32.6k against a small contribution last year appears to contradict this. However, as an organisation, and with the support of National Mind, we have taken some significant steps to secure our future. Commencing in May:

- reserves should additional funding not be forthcoming. With the exception of Helen Hynes and me, the membership of the board has changed completely since autumn 2022. Six new board members have been appointed allowing two long standing board members to step down for personal reasons unrelated to St Helens Mind.

- The CEO resigned in January 2023 with National Mind funding the provision of an interim CEO until January 2024. This allowed the new board to review the business and agree the strategic direction ahead of appointing the new CEO in March 2024.

- The salary of the Interim CEO was met by National Mind and were not shown in the accounts of St Helens Mind, leading to a small contribution in 2023-24.

- The board took a decision to appoint the CEO on a full-time basis, as opposed to the previous part time arrangement of the CEO. Recognising that there was an MQM Audit due, funding applications to be made and work was still required on setting the governance foundations.

- Financial services were outsourced in 2022 to 'Beyond Profit' an organisation which manages finances on behalf of charities, and managed by a qualified accountant. This service is more cost effective than employing staff to perform the task.

- In 2023 we moved into Millennium House. While this increased our costs it has enabled us to centralise our services and provide staff with a safe place to work with on site support should it be required.

- The board recognised and accepted that the forecast for 2024-25 showed a loss, largely due to the additional cost of the CEO and the cost of the premises. It was agreed that additional costs would be borne out of the

During the year 2024-25 we attracted additional funding of £25k, some of which was ringfenced, and we are grateful to those who supported us, this is in addition to the funding for befriending services received from St Helens Council. In relation to 2025-26 we have, to date, secured funding for befriending services of £60k from St Helens Council and additional funding of £58k from six sponsor organisations. This funding has ensured that we are well on our way to breaking even this year with potential to restore the reserves to their previous level.

The success story this year has been the development of the Allotment. We have been fortunate enough to secure funding for this project which helped us to purchase a summer house with a heater for the team will use when the weather is inclement. In addition, we have replaced the polytunnel and brought it back into full use. We have been working with St Helens Council to expand the work of the allotment and provide support to more service users.

It is with sadness that I report that Bernadene McCormack, known as Dene, passed away in June 2024. Dene was a trustee from 2011 to 2020 and was one of our long-standing volunteers. She ran the ladies' group and the art group for many years, and I believe, although not privileged to attend, that she organised days out on a barge which were fabulous. She also brought sandwiches to the allotment each week. I am grateful for her support and can say that Dene has been sorely missed.

This year John Astley stepped down from his role as a trustee. John played a vital role as the board representative working with the volunteers, strengthening communication between the board and volunteer teams and ensuring that volunteer voices were heard in decision-making processes.

I am looking forward to the coming year when we will be able to complete the establishment of the strategic direction, achieving greater impact across our programmes and, moving the organisation forward to greater things.

Fiona Whistlecroft

Chair of Trustees

CEO's Introduction

March 2024 to March 2025 has seen St Helens Mind continue its journey of re-establishing and expanding our presence within St Helens and the surrounding area. This meant building and maintaining links with key partners such as St Helens Borough Council and St Helens VCA. Additionally, we successfully recruited a new CEO in early March 2024, marking a significant milestone in our leadership and strategic direction.

Key changes during this period include the introduction of new monitoring of data, which has allowed us to better understand and respond to the needs of our service users. We also launched a new website to improve accessibility and engagement with our community. Furthermore, we implemented a new two-stage referral process to streamline and enhance the support we provide. A significant restructuring was initiated to focus more on ensuring our support worker is more accessible to service users and volunteers, as well as greater focus on recording and monitoring data effectively.

We also introduced a well-being questionnaire to help manage and monitor the journey of those we support. This tool allows us to track if our participants are struggling with their mental health and make timely interventions if needed. Additionally, it enables us to monitor milestones and outcomes that can be recorded, providing a comprehensive view of each participant's progress.

In June 2024, we began a "Mind Quality Mark" (MQM) audit with a series of self-assessments. This process culminated in an auditor's visit in September 2024. The outcome of the audit was successful and has helped St Helens Mind improve its policies and practices, ensuring we continue to provide high-quality support to our community.

Review of Services

Peer Mentor Groups

We have introduced new data tracking documents to better monitor attendance and engagement, allowing us to tailor our services more effectively to meet the needs of our participants. Additionally, we have implemented "Led Discussions" within our groups, focusing more on mental health topics. These discussions have provided a structured environment for participants to share their experiences and receive support, further enhancing the impact of our services.

We have continued our Peer Mentor Groups and maintained delivery throughout 2024-25 as follows:

Group	Location	Delivery Partner	Volunteer hours	Total number of attendances
Men's Group	St Helens Mind	None	330.8	252
Craft Group	St Helens Mind	None	99.5	105 (Sept 24 to March 25)
Art Group	St Helens Mind	None	25.0	43 (Sept 24 to Jan 25)
Mixed Social group	O'Connell Close	None	56.8	140 (Nov 24 to March 25)
Choir Group	St Helens Town Hall	St Helens Borough Council	16.5	60 (Sept 24 to Nov 24)
Music Group	Catalyst Studio	Catalyst Studio	87.5	128 (Sept 24 to March 25)
Allotment Groups	Cabbage Hall Allotment	Cabbage Hall allotment	372.7	482

A Place to Grow

We have recognised that our allotment project does need investment and improvements as there has been no additional financial investment into the project (aside from running costs) since it began in 2019. We successfully secured funding through the **Awards for All** application. This funding has enabled us to make significant improvements to our allotment project.

The lottery funding has allowed us to increase the allotment's operation, improve the equipment and facilities, and enhance our visibility within the local area. In the initial phase of the A Place to Grow (APTG) investment we have focused (October 2024 - March 2025) on improving the allotment furniture and equipment. The second phase (April 2025 - September 2025) will focus on increasing participant numbers and community engagement.

We have supported 68 individuals through this project, with an average of 45 visits to our allotment each month.

Group	Volunteer hours	Outcomes achieved	Total number of attendances
APTG Monday	147.5	12	128
APTG Wednesday	135.7	14	217
APTG Friday	89.5	11	137

Befriending

Our Befriending service regularly supported 12 people per week, who received 3 hours of befriending throughout the 12 months of March 2024 to March 2025. In addition to this, we have 4 people being befriended by phone either weekly or monthly who have received 1 hour of befriending throughout the same period. Our befriending service was our most successful project in 2024/25. We achieved or exceeded all our key targets, as shown in the table below.

Metric	Target	Outcome 2024-25	Outcome 2023-24
Number of referrals	22	**30**	**29**
Number of people befriended in the community	29	**54**	**29**
Number of people befriended by telephone/email	4	**15**	**4**
number of befriending hours	174	**276**	**337**

As a result of achieving our targets, St Helens Borough Council recommissioned this service for 2025/26.

St Helens Mind Overview

From March 2024 to March 2025, St Helens Mind has made significant strides in re-establishing and expanding our presence within the community. The year began with the recruitment of a new CEO in March. Key changes included the introduction of new data monitoring systems, a revamped website, and a two-stage referral process, all aimed at improving service delivery and engagement. The implementation of a wellbeing questionnaire has been instrumental in tracking participants' mental health and making timely interventions. The organisation also underwent a successful Mind Quality Mark (MQM) audit, which helped refine policies and practices.

Throughout the year, St Helens Mind focused on enhancing its services, infrastructure, and fundraising efforts. The Peer Mentor Groups saw a slight increase in attendance, supported by new data tracking documents and "Led Discussions" on mental health topics. The allotment project received significant funding, allowing for improvements such as new storage and summer house. The befriending service maintained steady numbers, with efforts to recruit more volunteers and streamline the referral process.

Financially, St Helens Mind secured various grants and donations, including significant contributions from the Skelton Foundation, Co-op, and the lottery. Despite some challenges, such as staff changes and an MQM audit, St Helens Mind managed to reduce its budget deficit and improve its financial stability. The introduction of new policies and access to a new online training resource for staff and volunteers has further strengthened the organisation's operations.

Overall, the year was marked by growth, improved service delivery, and strengthened community ties, setting a solid foundation for future development

Trustees Annual Report including the Directors Report

The trustees present their report and the unaudited financial statements for the year ended 31 March 2025.

Included within the trustees' report is the directors report as required by company law.

The reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice Accounting and Reporting by Charities (SORP) applicable to charities preparing their accounts in accordance with FRS 102.

Structure, governance and management

St Helens Mind is a registered charity and a Company Limited by Guarantee with the Charity Registration Number 1143292. The governing documents of St Helens Mind are the Memorandum and Articles of incorporation dated 6 June 2011.

The Trustees, who are also directors under company law, are appointed by ordinary resolution passed at a general meeting. One third of the members of the Trustees must retire by rotation but may stand for re-election. Trustees agreed that board meetings should be held bi-monthly with dedicated subgroups in alternating months. The subgroups were specifically to discuss Finance, Fundraising and, Risk Management. A summary of their work is presented to the board meetings.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2025 was seven.

The key management personnel are identified as the Chief Executive Officer.

In December 2024 John Astley resigned as trustee.

Objectives and Activities for Public Benefit

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; and

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 referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities and setting the grant making policy for the period.

Income Generation

St Helens Mind, as a small charity, is dependent on the money it raises for itself, along with the generosity of individuals and businesses in St Helens and the support of Trusts and Foundations.

During the year we received unrestricted donations amounting to £9,726 (2023-24: £8,675). The majority of these donations came from personal donations with the following from fundraising activities on our behalf.

Donor	Purpose	Value
Innovus	Unrestricted	£2,550
Prison Service	Unrestricted	£1,571
Rainford Walking Group	Unrestricted	£1,110
St Helens Rotary	Unrestricted	£500

We are extremely grateful for the financial support that we received during the year.

In addition to the donations we received funding for charitable activities of £85,193 (2023-24: £66,505). The majority of this funding was from St Helens Council for the provision of the befriending service, this grant enables us to continue the core work of the organisation. We are also grateful to the following organisations who provided for specific activities:

Donor	Purpose	Value
Community Grant – Lottery Funding	Allotment	£19,338
Rainhill Rotary	Allotment	£4,000
Skelton Foundation	Allotment – Polytunnel	£2,000

Future plans

St Helens Mind is committed to significantly expanding its services over the next three years. One of the key initiatives is the expansion of the befriending project, which aims to increase the number of staff, volunteers, and participants involved. This project is crucial for providing companionship and support to individuals with mental health challenges. Additionally, the organisation plans to enhance attendance and support for peer mentor groups, which play a vital role in fostering community connections and promoting mental well-being. Another important aspect of their service development is the creation of new groups targeting specific demographics, ensuring that the needs of

diverse populations are met. Furthermore, St Helens Mind intends to increase the number of activity days at their allotment site, "A Place to Grow," which offers therapeutic gardening activities to participants.

To ensure the sustainability of these initiatives, St Helens Mind has set ambitious funding targets, aiming to increase its annual income by 20% each year. By 2028, we hope to achieve an income of £207,360. To reach this goal, we plan to actively engage in donor relations, create specific fundraising events, and develop a donor database. We also intend to optimise the website for online giving and leverage social media campaigns to reach a wider audience. Additionally, St Helens Mind will focus on securing grants and contracts by improving impact measurement and building relationships with local councils and funders. These strategies are designed to ensure a steady flow of resources to support their expanding services.

Community engagement and awareness are also central to St Helens Mind's future plans. We aim to boost its online presence by re-engaging with social media and creating regular newsletters. These efforts are intended to increase visibility and reach new audiences, thereby encouraging more residents to seek help. St Helens Mind will highlight key awareness days, create campaigns, and hold events to engage participants and raise public awareness about mental health issues. Improving physical visibility through better signage at our head office, uniforms for staff and volunteers and marketing materials, will further enhance our presence in the community and lead to increased referrals and donations.

Volunteer recruitment and development are another crucial aspect of St Helens Mind's plans. We plan on expanding our volunteer base from 16 to 48 within the next three years. To achieve this, we will broaden the scope of roles available to volunteers, introducing positions such as policy review volunteers, fundraising volunteers, and administration volunteers. Improving the onboarding process for new volunteers by incorporating training and shadowing opportunities will ensure that volunteers are well-prepared and confident in their roles. These improvements are designed to enrich the experience for both volunteers and the individuals they serve, ultimately enhancing the effectiveness of St Helens Mind's services.

Following a positive Mind Quality Mark audit, St Helens Mind has developed an action plan to improve various areas such as leadership, strategy, safeguarding, and volunteer management. This audit highlighted the organisations strengths and areas for development, providing a roadmap for continuous improvement. By addressing these areas, St Helens Mind aims to ensure that the organisation is well-run and delivers effective support to people with mental health problems. The successful completion of the audit signifies our dedication to maintaining high standards of service provision and organisational governance.

Overall, St Helens Mind is focused on expanding its reach, improving current services, securing sustainable funding, and enhancing community engagement to better support individuals with mental health challenges in the St Helens area. Over the next three

years, we are optimistic about the potential impact of our projects on individuals and the broader community. Our new 3 year business plan provides a detailed roadmap for St Helens Mind to expand our impact, secure sustainable funding, and increase our presence in the St Helens community.

Financial review

For the year in question St. Helens Mind had an in-year loss of £32,600 (2023-24 surplus £55). For the year in question total income was £94,940 (2023-24: £77,180), an increase from the previous year of £17,760. Annual expenditure amounted to £127,540 (2023-24: £77,125) an increase of £50,415.

This brings the total charitable funds to £46,062 (2023-24: £78,662) of which £34,117 (2023-24: £72,050) is unrestricted.

Reserves policy

In accordance with the Charity Commissioners' guidance (CC19, March 2008) and SORP (2000) St. Helens Mind is required to hold reserves based on a realistic estimation of reserve requirements.

Reserves represent those resources which can be made available to spend once all other commitments and planned expenditure have been met.

1. St. Helens Mind holds reserves to protect the continuity of the charity's work in the event of a shortfall in income; to replace assets when required; allow for peaks and troughs in cashflow and to provide for any funding needed to deliver our strategic plan.
2. The Board of Trustees is responsible for monitoring the correct management of reserves and will review this monthly as part of the management accounts reporting. It will review the agreed level of reserves required each year at the AGM to ensure this remains appropriate, and during the year should circumstances change significantly.
3. When agreeing the annual budget, the Board of Trustees will consider the reserves required for the year; whether a balanced budget is required or whether reserves need to be built up or drawn down.
4. Should reserves fall below the required level the Trustees will consider further fundraising, diversifying funding streams and mitigating risks by reducing costs.
5. The following measures are deemed by Trustees to be sufficient to enable us to be resilient and able to manage in unforeseen difficult circumstances, and to demonstrate appropriate financial control and active risk management.

Trustees aim to maintain a contingency reserve of £30,000-£35,000 to protect service users against funding cuts; this will be reviewed annually at the AGM to ensure it remains appropriate.

In the event of planned closure, the Trustees feel that this is sufficient for St. Helens Mind to wind down in an orderly manner and ensure that all creditors are paid. The reserves figure will be reported in the year's annual report as required.

This policy has been adopted to protect St. Helens Mind and its service users from adverse impact of funding cuts or other monetary constraints.

Trustees' responsibilities in relation to the financial statements

The trustees (who are also directors of St Helens Mind for the purposes of company law) are responsible for preparing the trustees annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practicehave been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the trustees on 6 Novembe 2025 and signed on their behalf by:

Fiona Whistlecroft

DATE 6 Novembe 2025

Trustee

Independent examiner's report to the trustees of St Helens Mind for the year ended 31 March 2025

I report to the trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in accordance with section 386 of the Companies Act 2006; or

2. the accounts do not accord with those records; or

3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or

4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Teresa Fennell

Date: 24th November 2025

Teresa Fennell, ACMA CGMA
It Doesn't Have to Cost the Earth Ltd
47 St Dunstans Close,
Worcester,
WR5 2AJ

Statement of Financial Activities for the year ended 31 March 2025 including Income and Expenditure Account

		2024-25			2023-24		
	Note	Unrestricted Funds £	Restricted Funds £	Total £	Unrestricted Funds £	Restricted Funds £	Total £
Income and Endowments:							
Donations and legacies	2	9,726	-	9,726	8,675	2,000	10,675
Charitable activities	2 & 3	65,855	19,338	85,193	58,505	8,000	66,505
Investments	2	21	-	21	-		-
Total Income		**75,602**	**19,338**	**94,940**	**67,180**	**10,000**	**77,180**
Expenditure:							
Raising Funds		50	-	50	38	-	38
Charitable Activities	4,5 &12	113,766	13,724	127,490	63,736	13,351	77,087
Total Expenditure		**113,816**	**13,724**	**127,540**	**63,775**	**13,351**	**77,125**
Net income/(expenditure)		**(38,214)**	**5,614**	**(32,600)**	**3,405**	**(3,351)**	**55**
Transfer between funds	12	282	(282)	-	144	(144)	-
Net Movement in funds		**(37,932)**	**5,332**	**(32,600)**	**3,550**	**(3,495)**	**55**
Reconciliation of Funds							
Total funds brought forward	12	72,049	6,612	78,662	68,500	10,107	78,607
Total Funds carried forward		**34,117**	**11,945**	**46,062**	**72,050**	**6,612**	**78,662**

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

All income and expenditure derive from continuing activities.

Balance Sheet as at 31 March 2025

To 31 March

	Note	2025 £	2024 £
Fixed Assets			
Tangible fixed assets		9,919	6,099
Total fixed assets		**9,919**	**6,099**
Current assets			
Cash at bank and in hand	9	39,003	61,379
Debtors	10	844	13,941
Total current assets		**39,847**	**75,320**
Current liabilities			
Creditors			
- Amounts falling due within 1 year	11	3,704	2,757
Net current assets		**36,143**	**72,563**
Total net assets		**46,062**	**78,662**
Funds of the Charity			
- Unrestricted funds		**34,117**	**72,050**
- Restricted funds		**11,945**	**6,612**
Total funds		**46,062**	**78,662**

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to the members of the company.

The notes on pages 18 to 29 form an integral part of the financial statements.

Approved by the trustees on DATE 6 November 2025 and signed on their behalf by:

Fiona Whistlecroft Fiona Whistlecroft **DATE** 6 November 2025

Trustee

Notes to the Accounts

1. Statement of accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows

a. Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2016.

The charity has applied the exemption available to small charities in the Charities SORP (FRS 102) and does not include a Statement of Cash Flows in these Financial Statements.

St Helen's Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting notes.

b. Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c. Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be reliably measured.

Income for government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions have been met, it is probable that the income will be received the account can be measured reliably and is not deferred.

Donations are recognised when the charity receives the funds.

d. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have

decided at their discretion to set aside to use for a specific purpose

Restricted funds are funds which the donor has specified are solely to be used for particular activities.

e. Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

f. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be recognised reliability.

All expenditure is shown inclusive of VAT.

g. Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs. Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

h. Operating Leases

The charity classifies the lease of photocopying and printing equipment as operating leases; the title to the equipment remains with the lessor. Rental charges are charged on a straight-line basis over the term of the lease.

i. Tangible Fixed Assets

Individual assets costing £500 or more are capitalised at cost and are depreciated evenly over their estimated useful economic lives, as follows:

Fixtures, fittings, tools and equipment	over 5 years
Plant and machinery	over 5 years
Computer equipment	over 3 years

j. Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

k. 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 provision re normally recognised at their settle met amount after allowing for any trade discounts due

l. Corporation Tax

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

m. Key estimates and accounting judgements

In applying the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions in determining the carrying amounts of assets and liabilities. The Trustees' judgements, estimates and assumptions are based on the best and most reliable evidence available at the time when the decisions are made and are based on historical experience and other factors that are considered to be applicable. Due to the inherent subjectivity involved in making such judgements, estimates ad assumptions, the actual results and outcomes may differ.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to the accounting estimates are recognised in the period in which the estimate is revised, if the revision affects only that period, or in the period of revision and future periods, if the revision affects both current and future periods.

2. Analysis of income

2024-25

	Unrestricted Funds £	Restricted Funds £	Total £
Donations and gifts	9,696	-	9,696
Legacies	30	-	30
Total	**9,726**	**-**	**9,726**
Charitable activities			
Befriending Service	59,855	-	59,855
Allotment	6,000	19,338	25,338
Total	**65,855**	**19,338**	**85,193**
Investments			
Bank interest	21	-	21
Total	**21**	**-**	**21**
Total Income	**75,602**	**19,338**	**94,940**

2023-24

	Unrestricted Funds £	Restricted Funds £	Total £
Donations and gifts	8,675	2,000	10,675
Total	**8,675**	**2,000**	**10,675**
Charitable activities			
Befriending Service	57,005		57,005
Groups	1,500	-	1,500
Allotment		8,000	8,000
Total	**58,505**	**8,000**	**66,505**
Total Income	**67,180**	**10,000**	**77,180**

3. Analysis of receipts of government grants

	2024-25 £	2023-24 £
St Helens Council (Befriending Service)	59,855	57,005
Total	**59,855**	**57,005**

4. Analysis of expenditure

4.1. Expenditure

	2024-25	2023-24
	£	£
Advertising and promotion	1,019	-
Charitable activities	4,109	987
Bank charges	76	74
Depreciation	2,680	2,024
Freelancers	-	6,660
Insurance	4,649	3,192
Office costs	5,771	229
Other costs	792	-
Professional fees	2,555	3,185
Rent	18,940	18,685
Repairs and equipment maintenance	-	-
Staff costs	67,728	24,337
Room hire	4,326	3,049
Travel costs	2,144	1,249
Volunteer expenses	1,083	1,247
Total	**115,872**	**64,918**
Share of support costs (note 5)	**2,673**	**3,624**
Share of Governance costs (note 5)	**8,945**	**8,545**
Total	**127,490**	**77,087**

4.2. Analysis by fund

	2024-25	2023-24
	£	£
Unrestricted Funds	113,766	63,736
Restricted Funds	13,724	13,351
Total	**127,490**	**77,087**

For the allocation of support and governance costs, see note 5 & 5.2.

5. Allocation of Governance and Other Support Costs

5.1. General office costs

The total support costs and overheads attributable to charitable activity is apportioned as shown below

	2024-25	2023-24
	£	£
Telephone	1,979	1,987
Printing and Stationery	694	1,637
Total	**2,673**	**3,624**

Basis of allocation is percentage of expenditure

5.2. Governance Costs

	2024-25	2023-24
	£	£
Independent examination	700	700
Accountancy fee	8,245	7,597
Trustee recruitment	-	248
Total	**8,945**	**8,545**

The total governance cost attributable to charitable activities is then apportioned in the same ratio as the other support costs.

6. Details of certain items of expenditure

	2024-25	2023-24
	£	£
Independent examination	700	700
Other Accountancy fee	8,245	7,597
Total	**8,945**	**8,297**

7. Employees

7.1. Salary costs

	2024-25	2023-24
	£	£
Salaries and wages	66,592	25,060
Social security costs	77	(1,323)
Pension costs (defined contribution) scheme)	933	355
Freelance Costs	-	6,660
Total	**67,602**	**30,752**

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

7.2. Average head count in year

	2024-25	2023-24
	£	£
Total	4	3

7.3. Key management personnel

	2024-25	2023-24
	£	£
Salaries and wages	43,746	-
Social security costs	4,675	-
Pension costs (defined contribution scheme)	755	-
Total	**49,176**	**-**

There are no comparatives for the prior year as the charity had an interim CEO whose costs were partly funded directly by Mind. After this period was completed, the interim CEO was paid on a freelance basis.

8. Tangible fixed assets

8.1. Office Equipment

	IT Equipment	Fixtures, Fittings and Tools	Office Equipment	Total
	£	£	£	£
Cost				
1 April 2024	3,853	-	4,269	8,122
Additions	-	6,500	-	6,500
31 March 2025	**3,853**	**6,500**	**4,269**	**14,622**
Depreciation				
1 April 2024	1,256	-	767	2,023
Charge in Year	1,284	542	854	2,680
31 March 2025	**2,540**	**542**	**1,621**	**4,703**
Net book value 1 April				
1 April 2024	2,597	0	3,502	6,099
31 March 2025	**1,313**	**5,958**	**2,648**	**9,919**

9. Cash at bank and in hand

	2025	2024
	£	£
Current account	8,784	61,074
Savings account	30,021	-
Paypal	-	5
Petty cash	198	300
Total	**39,003**	**61,379**

10. Debtors

	2025	2024
	£	£
Accrued income	-	13,573
Prepayments	844	368
Total	**844**	**13,941**

11. Creditors and accruals

Analysis of creditors falling due within one year

	2025	2024
	£	£
Accruals	820	700
Trade Creditors	(94)	1,780
Other creditors	2,978	
Total	**3,704**	**2,757**

12. Charity Funds

12.1. 2024-25

	Balance at 1 April 2024	Income	Expenditure	Transfer between funds	Balance at 31 March 2025
	£	£	£	£	£
Restricted Funds					
John Moores Foundation	5,563	-	(5,281)	(282)	-
National Lottery Community Fund	-	19,338	(7,493)	-	11,845
Novum Waste	1,050	-	(950)	-	100
Total	**6,612**	**19,338**	**(13,724)**	**(282)**	**11,945**
Unrestricted	72,050	75,602	(113,816)	282	34,117
Total Funds	**78,662**	**94,940**	**(127,540)**	**-**	**46,062**

12.2. 2023-24

	Balance at 1 April 2023	Income	Expenditure	Transfer between funds	Balance at 31 March 2024
	£	£	£	£	£
Restricted					
John Moores Foundation	4,596	8,000	(7,033)	-	5,563
National Lottery Community Fund	5,511	-	(5,367)	(144)	-
Novum Waste	-	2,000	(950)	-	1,050
Total	**10,107**	**10,000**	**(13,351)**	**(144)**	**6,612**
Unrestricted	68,500	67,180	(63,775)	144	72,050
Total Funds	**68,500**	**67,180**	**(63,775)**	**144**	**72,050**
Funds	**78,607**	**77,180**	**(77,125)**	**-**	**78,662**

12.3. Analysis of net assets between funds

2024-25

	Unrestricted Funds	Restricted Funds	Total 2025
	£		£
Fixed Assets	9,819	100	9,919
Current assets	28,002	11,845	39,847
Current liabilities	(3,704)	-	(3,704)
Total	**34,117**	**11,945**	**46,062**

2023-24

	Unrestricted Funds	Restricted Funds	Total 2024
	£	£	£
Fixed Assets	6,099		6,099
Current assets	68,708	6,612	75,320
Current liabilities	(2,757)	-	(2,757)
Total	**72,050**	**6,612**	**78,662**

13. Trustees' remuneration and expenses

The trustees received no remuneration for the performance of their duties. F Whisltecroft received expenses of £127 for the reimbursement of a mobile phone and a leaving present incurred on behalf of the charity (2024: £61). Of this sum she donated £35 back to the charity.

There was one donation made by trustees totalling £35 (2024: £nil)

14. Related party transactions

There we no related party transactions in the financial year ending 31 March 2025 (31 March 2024: none)

15. Donated facilities and services

a. Volunteers

As of March 2025, the charity had 43 volunteers, typically contributing, on average, 2 hours per week each.

Volunteers undertake a variety of roles as described below.

i. Group Lead:

Lead group sessions
Plan activities and discussion points for groups
Create a supportive and engaging environment for participants
Give support and guidance to participants
Help participants develop coping strategies & personal growth
Record attendance, participant summaries and follow up actions

ii. Allotment volunteer:

Support participants with gardening activities
Teach participants horticultural techniques
Create a supportive and engaging environment for participants
Give support and guidance to participants
Help participants develop coping strategies & personal growth
Record attendance, participant summaries and follow up actions.

iii. Befriending volunteer:

Support participants on a 121 basis
Lead group sessions
Plan activities and discussion points
Create a supportive and engaging environment for participants
Give support and guidance to participants

iv. Volunteer hours

Volunteer Role	Number of Volunteers per week	Average hours per week per volunteer	Approximate volunteer hours per week	Approximate Volunteer hours per year
Group Lead	7	3	21	1,092
Allotment volunteer	6	4	24	1,248
Befriending volunteer	24	1	24	1,248

16. Events after the reporting period

These accounts were authorised for issue by the Chair of Trustees on the date they were certified by the Independent Examiner. There have not been any other significant post year end events that have required disclosure in the accounts.

ST HELENS MIND

England & Wales - Charity number 1143292

Accounts

St Helens Mind

Charity Registration Number: 1143292

Company Registration No: 7659498

Trustees' Annual Report and Financial Statements

for the year ended

31 March 2024

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Administrative Information

Trustees/Directors:

Fiona Whistlecroft (Chair)
Bernard Pilkington (to 19 December 2023)
Jeffrey Hext (to 19 December 2023)
Helen Hynes
John Astley
Paul Barrow
Glen McCarthy
Joseph Roberts
Julie Charlton
Chantelle Seaborne (from 19 December 2023)

Registered Charity and Company Address

Millennium House
Bickerstaffe Street
St Helens
WA10 1DE

Bankers

HSBC
33 Ormskirk Street
St Helens
WA10 2SZ

Independent Examiner

It Doesn't Have to Cost the Earth Ltd
47 St Dunstans Close
Worcester
WR5 2AJ

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Chair's Report

It is with pleasure that I am writing the Chairs report this year. So much has happened that in the past 12 months that it is difficult to know where to start.

In my last report I noted that we moved into new premises at Millennium House, which was a great start to the new financial year. We now have a sufficient space in which to operate the business and host several of the groups which were previously in other premises. The rooms are all accessible for people with disabilities as there is a lift to the first floor.

With the move there was a lot of work to complete to make sure that the premises were fit for purpose. This saw us buying new desks and chairs for the offices and getting new computers and monitors etc. for the team. The old equipment was in a pretty poor condition, and we were fortunate to be given a grant from Novum Waste to cover some of the cost of replacement. This grant was capitalised and will be released against the depreciation.

We invested some of the reserves into buying folding furniture for the rooms which the groups would meet, allowing us the flexibility to use the space as we need it. The Art group have also made a very positive contribution with their work being displayed for all to see. The final change to the meeting room came in the form of a donation through National Mind of new flooring to the main room, having submitted a bid for the flooring we were very happy that it was successful. The room is well used and has a lovely feeling to it.

We were very fortunate and grateful to National Mind who provided not only advice and support but funded the cost of the Interim CEO to 31 December 2023.

Anita Harris stepped in as our Interim CEO with effect from March 2023 to March 2024 when Paul O'Brien was appointed as to the role. Anita took on the challenge of moving the organisation into the new premises, setting up the groups and ensuring that the key performance indicators were collected and accurately reported to the board and the funders.

The board took the decision not to focus on fundraising in the first instance, relying on the reserves where necessary, but to concentrate on laying solid foundations of governance and good management to allow the organisation to grow and develop. The board recognise that Anita was instrumental in ensuring that their wishes were met.

At the end of the financial year, and with the appointment of Paul as the new CEO, I feel that we are in a great position in which we will continue to grow and develop even more services for the people who deserve it.

It is a privilege to be part of this organisation.

Fiona Whistlecroft
Trustee

CEO's Introduction

March 2023 to March 2024 has seen St Helens Mind on a journey to re-establishing ourselves within St Helens and surrounding area. This meant building and maintaining links with key partners such as St Helens Borough Council and St Helens VCA.

Review of Services

Peer Mentor Groups

We have re-established our Peer Mentor Groups and maintained delivery of the following groups throughout 2023/24:

Group	Location	Delivery Partner
Men's Group	St Helens Mind	None
Craft Group	St Helens Mind	None
Art Group	St Helens Mind	None
Mixed Social group	O'Connell Close	
Choir Group	St Helens Town Hall	St Helens Borough Council
Music Group	Catalyst Studio	Catalyst Studio
Allotment Groups	Cabbage Hall Allotment	Cabbage Hall allotment

The monitoring of our Peer Mentor Groups shows that St Helens Mind is supporting a small but committed group of participants at these groups with regular attendance numbers ranging from 4 per week at our art group to 9 per week at our well-established men's group.

A Place to Grow

The first big event of the year was our Place to Grow allotment open day. Attended by 40 people from across the St Helens Mind community as well as local allotment holders and their families. Our Mayor of St Helens also attended. It is in important event in our annual calendar and helps ST Helens Mind build links within the community and with the other allotment holders on the Cabbage Hall site.

We recognise that our allotment project does need investment and improvements as there has been no additional financial investment into the project (aside from running costs) since it began in 2019. In September 2023 our allotment worker, decided to leave their role and St Helens Mind recruited from our pool of volunteers. We were pleased to recruit two people to the post of Allotment support worker as a shared role in November 2023 and January 2024 respectively.

Befriending

Our Befriending service regularly supported 29 people, who received 337 hours of befriending throughout the 12 months of March 2023 and March 2024. In addition to this we have 4 people be befriended by phone either weekly or monthly and they received 45 hours of befriending throughout the same period. Our befriending service was our most successful project in 2023/34. We achieved or exceeded all of our key targets, as shown in the table below.

Metric	Target	Outcome
Number of referrals	22	**29**
Number of people befriended in the community	29	**29**
Number of people befriended by telephone/email	4	**4**
number of befriending hours	174	**337**

As a result of achieving our targets, St Helens Borough Council recommissioned this service for 2024/25.

St Helens Mind Overview

At the beginning of the year St Helens Mind moved into our new premises at Millennium house in the town Centre of St Helens. This was a huge undertaking by our interim CEO who worked tirelessly to carry out the move successfully.

In September, our allotment worker moved on, and we were happy to recruit from our volunteers to replace that role. Aligned to this our Interim CEO along with the board began the recruitment process for a permanent CEO. This process began in January 2024, and we were successful in appointing a new CEO in Early March of 2024.

Trustees Annual Report including the Directors Report

The trustees present their report and the unaudited financial statements for the year ended 31 March 2024.

Included within the trustees' report is the directors report as required by company law.

The reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice Accounting and Reporting by Charities (SORP) applicable to charities preparing their accounts in accordance with FRS 102.

Structure, governance and management

St Helens Mind is a registered charity and a Company Limited by Guarantee with the Charity Registration Number 1143292. The governing documents of St Helens Mind are the Memorandum and Articles of incorporation dated 6 June 2011.

The Trustees, who are also directors under company law, are appointed by ordinary resolution passed at a general meeting. One third of the members of the Trustees must retire by rotation but may stand for re-election. Trustees met monthly during the year.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2024 was nine.

The key management personnel are identified as the Chief Executive Officer and Interim Chief Executive Officer.

In December 2023 Bernard Pilkinton and Jeff Hext resigned as trustees and Chantelle Seaborne was appointed as a trustee.

Objectives and Activities for the Public Benefit

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; and

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 referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities and setting the grant making policy for the period.

Income Generation

St Helens Mind, as a small charity, is dependent on the money it raises for itself, along with the generosity of individuals and businesses in St Helens and the support of Trusts and Foundations.

During the year we received unrestricted donations amounting to £8,675 (2022-23: 15,070). The majority of these donations came from personal donations with the following from fundraising activities on our behalf.

Donor	Purpose	Value
Innovus Medical	Unrestricted	£3839
Novum Waste	Unrestricted	£2000

We are extremely grateful for the financial support that we received during the year.

Future plans

In view of the changes to the organization, which included the appointment of new trustees in November and an interim CEO in February, the Board felt it prudent to review the strategy and operational objectives early in 2023-24. This enabled the board to consolidate its knowledge and bring a fresh perspective in order to diversify and extend our services in the future.

The move to our new premises in April 2023 has meant that the various groups can now meet in-house, and the art group can store their equipment on site, rather than in a lock up. Whilst the full strategy is being developed the Board has agreed that they should focus on developing two elements of the initial strategy being:

1. Supporting the prevention of male suicide, concentrating on those in the age range 18-30, giving them tools to help them to combat the feelings that lead to suicide, and
2. Supporting young mums who are struggling with per-partum depression, again concentrating on young mothers and giving them the tools to cope.

Financial review

For the year in question St. Helens Mind had an in-year surplus of £55 (2022-23 restated loss: (£6,921)). For the year in question total income was £77,180 (2022-23 restated: £117,206) a decrease from the previous year of £40,026. Annual expenditure amounted to £77,125 (2022-23: £124,127) a decrease of £47,002.

This brings the total charitable funds to £78,662 (2022-23 restated: £78,607) of which £72,050 (2022-23 restated: £68,500) is unrestricted.

The accounts for 2022-23 have been restated due to the following:

Reduction in income due to over accrual

In the prior year, an accrual was made for sums believed to be outstanding from St Helen's Council. Further investigations during 2023/24 revealed that this was not the case. Therefore, the income for the prior year has been reduced.

Transfer between unrestricted and restricted funds

Investigations in 2023/24 have found that a fund had been fully spent and reporting sent to the funder. Management concluded that the costs associated with the funds had been spent from unrestricted funds and therefore a transfer was made.

Reserves policy

In accordance with the Charity Commissioners' guidance (CC19, March 2008) and SORP (2000) St. Helens Mind is required to hold reserves based on a realistic estimation of reserve requirements.

Reserves represent those resources which can be made available to spend once all other commitments and planned expenditure have been met.

3. St. Helens Mind holds reserves to protect the continuity of the charity's work in the event of a shortfall in income; to replace assets when required; allow for peaks and troughs in cashflow and to provide for any funding needed to deliver our strategic plan.
4. The Board of Trustees is responsible for monitoring the correct management of reserves and will review this monthly as part of the management accounts reporting. It will review the agreed level of reserves required each year at the AGM to ensure this remains appropriate, and during the year should circumstances change significantly.
5. When agreeing the annual budget, the Board of Trustees will consider the reserves required for the year; whether a balanced budget is required or whether reserves need to be built up or drawn down.
6. Should reserves fall below the required level the Trustees will consider further fundraising, diversifying funding streams and mitigating risks by reducing costs.
7. The following measures are deemed by Trustees to be sufficient to enable us to be resilient and able to manage in unforeseen difficult circumstances, and to demonstrate appropriate financial control and active risk management:

Trustees aim to maintain a contingency reserve of £30,000-£35,000 to protect service users against funding cuts; this will be reviewed annually at the AGM to ensure it remains appropriate.

In the event of planned closure, the Trustees feel that this is sufficient for St. Helens Mind to wind down in an orderly manner and ensure that all creditors are paid. The reserves figure will be reported in the year’s annual report as required.

This policy has been adopted to protect St. Helens Mind and its service users from adverse impact of funding cuts or other monetary constraints.

Trustees' responsibilities in relation to the financial statements

The trustees (who are also directors of St Helens Mind for the purposes of company law) are responsible for preparing the trustees annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards and statements of recommended practicehave been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the trustees on 18 December 2024 and signed on their behalf by:

Fiona Whistlecroft

Fiona Whistlecroft (Dec 30, 2024 10:09 GMT)

Fiona Whistlecroft DATE 30/12/2024

Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF ST HELENS MIND CHARITABLE COMPANY ('THE COMPANY') FOR THE YEAR ENDED 31 MARCH 2024

I report to the trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Teresa Fennell

Teresa Fennell, ACMA CGMA
It Doesn't Have to Cost the Earth Ltd
47 St Dunstans Close,
Worcester,
WR5 2AJ

Date: 30/12/2024

Statement of Financial Activities for the year ended 31 March 2024 including Income and Expenditure Account

		2023-24			2022-23 (Restated)		
	Note	Unrestricted Funds £	Restricted Funds £	Total £	Unrestricted Funds £	Restricted Funds £	Total £
Income and Endowments:							
Donations and legacies	2	8,675	2,000	10,675	15,070	34,135	49,205
Charitable activities	2	58,505	8,000	66,505	68,001	-	68,001
Total Income		**67,180**	**10,000**	**77,180**	**83,071**	**34,135**	**117,206**
Expenditure:							
Raising Funds		38	-	38	-	-	-
Charitable Activities	4	63,736	13,351	77,087	95,194	28,933	124,127
Total Expenditure		**63,775**	**13,351**	**77,125**	**95,194**	**28,933**	**124,127**
Net income/(expenditure)		**3,405**	**(3,351)**	**55**	**(12,123)**	**5,202**	**(6,921)**
Transfer between funds	13	144	(144)	-	8,065	(8,065)	-
Net Movement in funds		**3,550**	**(3,495)**	**55**	**(4,058)**	**(2,863)**	**(6,921)**
Reconciliation of Funds							
Total funds brought forward	13	68,500	10,107	78,607	72,558	12,970	85,528
Total Funds carried forward		**72,050**	**6,612**	**78,662**	**68,500**	**10,107**	**78,607**

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

All income and expenditure derive from continuing activities.

Please see note 17 for details regarding the restated position.

Balance Sheet as at 31 March 2024

	Note	2024 £	2023 (Restated) £
Fixed Assets			
Tangible fixed assets		6,099	2,851
Total fixed assets		**6,099**	**2,851**
Current assets			
Cash at bank and in hand	10	61,379	79,584
Debtors	11	13,941	-
Total current assets		**75,320**	**79,584**
Current liabilities			
Creditors			
- Amounts falling due within 1 year	12	2,757	3,828
Net current assets		**72,563**	**75,756**
Total net assets		**78,662**	**78,607**
Funds of the Charity			
- Unrestricted funds		**72,050**	**68,500**
- Restricted funds		**6,612**	**10,107**
Total funds		**78,662**	**78,607**

please see note 17 for details regarding the restated position.

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to the members of the company.

The notes on pages 13 to 25 form an integral part of the financial statements.

Approved by the trustees on 18 December and signed on their behalf by:

Fiona Whistlecroft
Trustee

Fiona Whistlecroft
Fiona Whistlecroft (Dec 30, 2024 10:09 GMT)

DATE 30/12/2024

Notes to the Accounts

1. Statement of accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows

a. Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2016.

The charity has applied the exemption available to small charities in the Charities SORP (FRS 102) and does not include a Statement of Cash Flows in these Financial Statements.

St Helen's Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting notes.

b. Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c. Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be reliably measured.

Income for government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions have been met, it is probable that the income will be received the account can be measured reliably and is not deferred.

Donations are recognised when the charity receives the funds.

d. Fund accounting

Restricted funds are funds which the donor has specified are solely to be used for particular activities.

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose

e. Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

f. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be recognised reliability.

All expenditure is shown inclusive of VAT.

g. Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll, and governance costs. Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

h. Operating Leases

The charity classifies the lease of photocopying and printing equipment as operating leases; the title to the equipment remains with the lessor. Rental charges are charged on a straight-line basis over the term of the lease.

i. Tangible Fixed Assets

Individual assets costing £500 or more are capitalised at cost and are depreciated evenly over their estimated useful economic lives, as follows:

Fixtures, fittings, tools and equipment	over 5 years
Computer equipment	over 3 years

j. Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

k. 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 provision re normally recognised at their settle met amount after allowing for any trade discounts due

l. Corporation Tax

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

m. Key estimates and accounting judgements

In applying the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions in determining the carrying amounts of assets and liabilities. The Trustees' judgements, estimates and assumptions are based on the best and most reliable evidence available at the time when the decisions are made and are based on historical experience and other factors that are considered to be applicable. Due to the inherent subjectivity involved in making such judgements, estimates ad assumptions, the actual results and outcomes may differ.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to the accounting estimates are recognised in the period in which the estimate is revised, if the revision affects only that period, or in the period of revision and future periods, if the revision affects both current and future periods.

2. Analysis of income

2023-24

	Unrestricted Funds £	Restricted Funds £	Total £
Donations and gifts	8,675	2,000	10,675
Total	**8,675**	**2,000**	**10,675**
Charitable activities			
Befriending Service	57,005		57,005
Groups	1,500	-	1,500
Allotment		8,000	8,000
Total	**58,505**	**8,000**	**66,505**
Total Income	**67,180**	**10,000**	**77,180**

2022-23 (Restated)

	Unrestricted Funds £	Restricted Funds £	Total £
Donations and gifts	15,070	34,135	49,205
Total	**15,070**	**34,135**	**49,205**
Charitable activities			
Befriending Service	65,876	-	65,876
Groups	-		
Allotment	2,125	-	2,125
Total	**68,001**	**-**	**68,001**
Total Income	**83,071**	**34,135**	**117,206**

please see note 17 for details regarding the restated position.

3. Analysis of receipts of government grants

	2023-24	2022-23 (Restated)
	£	£
St Helens Council (Befriending Service)	57,005	65,876
Total	**57,005**	**65,876**

please see note 17 for details regarding the restated position.

4. Analysis of expenditure

4.1. Expenditure

	2023-24	2022-23
	£	£
Advertising and promotion	-	870
Charitable activities	987	5,764
Bank charges	74	87
Depreciation	2,024	-
Freelancers	6,660	2,450
Insurance	3,192	2,059
Office costs	229	2,478
Other costs	-	1,021
Professional fees	3,185	98
Rent	18,685	546
Repairs and equipment maintenance	-	40
Staff costs	24,337	83,000
Room hire	3,049	4,234
Travel costs	1,249	-
Volunteer expenses	1,247	1,986
Total	**64,918**	**104,633**
Share of support costs (note 5)	**3,624**	**2,809**
Share of Governance costs (note 5)	**8,545**	**16,685**
Total	**77,087**	**124,127**

4.2. Analysis by fund

	2023-24	2022-23
	£	£
Unrestricted Funds	63,736	95,194
Restricted Funds	13,351	28,933
Total	**77,087**	**124,127**

For the allocation of support and governance costs, see note 5.1 & 5.2.

5. Allocation of Governance and Other Support Costs

5.1. General office costs

The total support costs and overheads attributable to charitable activity is apportioned as shown below

	2023-24	2022-23
	£	£
Telephone	1,987	1,203
Printing and Stationery	1,637	1,606
Total	**3,624**	**2,809**

Basis of allocation is percentage of expenditure

5.2. Governance Costs

	2023-24	2022-23
	£	£
Independent examination	700	625
Accountancy fee	7,597	720
Trustee recruitment	248	15,340
Total	**8,545**	**16,685**

The total governance cost attributable to charitable activities is then apportioned in the same ratio as the other support costs.

6. Details of certain items of expenditure

	2023-24	2022-23
	£	£
Independent examination	700	625
Other Accountancy fee	7,597	720
Total	**8,297**	**1,345**

7. Employees

7.1. Salary costs

	2023-24	2022-23
	£	£
Salaries and wages	25,060	81,167
Social security costs	(1,323)	316
Pension costs (defined contribution) scheme)	355	1,517
Freelance Costs	6,660	-
Total	**30,752**	**83,000**

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

7.2. Average head count in year

	2023-24	2022-23
	£	£
Total	**3**	**5**

7.3. Key management personnel

	2023-24	2022-23
	£	£
Salaries and wages	-	23,828
Social security costs	-	2,132
Pension costs (defined contribution scheme)	-	528
Total	**-**	**26,488**

The costs of the Key Management Personnel (see 7.3) are included in note 7.1. During 2023-24 an Interim CEO was provided and paid for by National Mind.

8. Operating leases at 31 March

At the reporting end date the charitable company had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2024	2023
	£	£
Within one year	1,320	1,320
Between Two and five years	1,002	2,322
More than five years	-	0
Total	**2,322**	**3,642**

9. Tangible fixed assets

9.1. Office Equipment

	IT Equipment	Office Equipment	Total
	£	£	£
Cost			
1 April 2023	2,851	-	2,851
Additions	1,002	4,269	5,271
31 March 2024	**3,853**	**4,269**	**8,122**
Depreciation			
1 April 2023	-	-	-
Charge in Year	1,256	767	2,023
31 March 2024	**1,256**	**767**	**2,023**
Net book value 1 April 2023	2,851	-	2,851
Net book value 31 March	**2,597**	**3,502**	**6,099**

10. Cash at bank and in hand

	2024	2023
	£	£
Current account	61,074	79,584
PayPal	5	-
Petty cash	300	-
Total	**61,379**	**79,584**

11. Debtors

	2024	2023 (Restated)
	£	£
Accrued income	13,573	-
Prepayments	368	
Total	**13,941**	**-**

please see note 17 for details regarding the restated position.

12. Creditors and accruals

Analysis of creditors falling due within one year

	2024	2023
	£	£
Accruals	700	2,111
Trade Creditors	1,780	126
Other creditors	277	1,591
Total	**2,757**	**3,828**

13. Charity Funds

13.1. 2023-24

	Balance at 1 April 2023	Income	Expenditure	Transfer between funds	Balance at 31 March 2024
	£	£	£		£
Restricted					
John Moores Foundation	4,596	8,000	(7,033)	-	5,563
National Lottery	5,511	-	(5,367)	(144)	-
Novum Waste	-	2,000	(950)	-	1,050
Total	**10,107**	**10,000**	**(13,351)**	**(144)**	**6,612**
Unrestricted	68,500	67,180	(63,775)	144	72,050
Total	**78,607**	**77,180**	**(77,125)**	**-**	**78,662**

13.2. 2022-23 Comparative data (Restated)

	Balance at 1 April 2022	Income	Expenditure	Transfer between Funds	Balance at 31 March 2023
	£	£	£		£
Restricted Funds					
Coalfields	8,536	1,980	(2,450)	(8,066)	-
Windle United Fund	113	-	(113)	-	-
Rainford Trust	1,525	-	(1,525)	-	-
The Edward Gosling Foundation	1,446	-	(1,447)	1	-
Co-op Community Fund	1,350	-	(1,350)	-	-
John Moores Foundation	-	8,000	(3,404)	-	4,596
National Lottery	-	8,915	(3,404)	-	5,511
Mind UK	-	15,240	(15,240)	-	-
Total	**12,970**	**34,135**	**(28,933)**	**(8,065)**	**10,107**
Unrestricted Fun	72,558	83,071	(95,194)	8,065	68,500
	72,558	**83,071**	**(95,194)**	**8,065**	**68,500**
Total Funds	**85,528**	**117,206**	**(124,127)**	**-**	**78,607**

please see note 17 for details regarding the restated position.

13.3. Analysis of net assets between funds

2023-24

	Unrestricted Funds	Restricted Funds	Total 2024
	£		£
Fixed Assets	6,099		6,099
Current assets	68,708	6,612	75,320
Current liabilities	(2,757)	-	(2,757)
Total	**72,050**	**6,612**	**78,662**

2022-23 (Restated)

	Unrestricted Funds	Restricted Funds	Total 2023
	£		£
Fixed Assets	2,851		2,851
Current assets	69,477	10,107	79,584
Current liabilities	(3,828)	-	(3,828)
Total	**68,500**	**10,107**	**78,607**

14. Trustees' remuneration and expenses

The trustees received no remuneration or expenses for the performance of their duties. Fiona Whistlecroft received expenses of £61 for the reimbursement of leaving present for the outgoing Chief Executive incurred on behalf of the charity (2022-23: nil).

There were no donations made by Trustees (2022-23: £33)

Indemnity insurance in respect of trustees is covered by the charity's insurance policy.

15. Related party transactions

There we no related party transactions in the financial year ending 31 March 2024 (31 March 2023: none)

16. Donated facilities and services

a. National Mind Support

Upon the resignation of the Chief Executive Officer, National Mind supported St Helens Mind by providing full funding for an Interim Chief Executive Officer. This support has been very welcome has ensured the continuation of the Charity.

b. Volunteers

As of March 2024, the charity had 43 volunteers, typically contributing, on average, 2 hours per week each.

Volunteers undertake a variety of roles as described below.

i. Group Lead:

Lead group sessions
Plan activities and discussion points for groups
Create a supportive and engaging environment for participants
Give support and guidance to participants
Help participants develop coping strategies & personal growth
Record attendance, participant summaries and follow up actions

ii. Allotment volunteer:

Support participants with gardening activities
Teach participants horticultural techniques
Create a supportive and engaging environment for participants
Give support and guidance to participants
Help participants develop coping strategies & personal growth
Record attendance, participant summaries and follow up actions.

iii. Befriending volunteer:

Support participants on a 121 basis
Lead group sessions
Plan activities and discussion points
Create a supportive and engaging environment for participants
Give support and guidance to participants

iv. Volunteer hours

Volunteer Role	Number of Volunteers per week	Average hours per week per volunteer	Approximate volunteer hours per week	Approximate Volunteer hours per year
Group Lead	7	3	21	1092
Allotment volunteer	6	4	24	1248
Befriending volunteer	24	1	24	1248

17. Prior period Adjustment

During the period ended 31 March 2024 the following adjustments have been identified which require a restatement of the prior period results.

	Unrestricted Funds	Restricted Funds	Total 2023
	£		£
Reserves previously stated at 31 March 2023	74,007	18,172	92,179
Reduction in income due to over accrual	(13,573)	-	(13,573)
Transfer between unrestricted/restricted funds	8,066	(8,066)	-
31 March 2023 reserves restated	**68,500**	**10,106**	**78,606**

Reduction in income due to over accrual

In the prior year an accrual was made for sums believed to be outstanding from St Helen's Council. Further investigations during 2023/24 revealed that this was not the case. Therefore, the income for the prior year has been reduced.

Transfer between unrestricted and restricted funds

Investigations in 2023/24 have found that a fund had been fully spent and reporting sent to the funder. Management concluded that the costs associated with the funds had been spent from unrestricted funds and therefore a transfer was made.

18. Events after the reporting period

These accounts were authorised for issue by the Chair of Trustees on the date they were certified by the Independent Examiner. There have not been any other significant post year end events that have required disclosure in the accounts.

ST HELENS MIND

England & Wales - Charity number 1143292

Accounts

St Helens Mind

Charity Registration Number: 1143292

Company Registration No: 7659498

Trustees' Annual Report and Financial Statements

for the year ended

31 March 2023

CHARITY COMMISSION
FIRST CONTACT

04 JAN 2024

ACCOUNTS
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Administrative Information

Trustees/Directors:

Fiona Whistlecroft (Chair)

Bernard Pilkington

Jeffrey Hext

Helen Hynes

John Astley (from 13 September 2022)

Paul Barrow (from 15 November 2022)

Glen McCarthy (from 15 November 2022)

Joseph Roberts from 15 November 2022)

Julie Charlton (from 15 November 2022)

Registered Charity and Company Address

To 31 March 2023
First Floor,
27 Hardshaw Street,
St Helens
WA10 1RW

From 1 April 2023
Millennium House
Bickerstaffe Street
St Helens
WA10 1DE

Bankers

HSBC
33 Ormskirk Street
St Helens
WA10 2SZ

Independent Examiner

It Doesn't Have to Cost the Earth Ltd
47 St Dunstans Close
Worcester
WR5 2AJ

Chair's Report

I was appointed as the Chair of Trustees at the Annual General Meeting in November 2022, having acted as interim Chair since the death of our longstanding Chair, Jean Aldred.

The past 12 months has been challenging for many different reasons, challenges which the board has risen up to and met head on.

The sudden and sad loss of Jean has had an impact on the whole team. In January 2023 Gill Ellison our longstanding Chief Executive Officer took the difficult decision to move to a new role. We would like to take this opportunity to publicly thank Gill for her contribution to St Helens Mind, its staff, service users and Trustees, for over more than a decade, and wish her well in her new role.

We would also like to thank National Mind for providing the funding for an Interim Chief Executive Officer, Anita Harris. Anita has been working with the Trustees, staff and volunteers to manage a number of changes since March, ensuring the smooth transition to new accommodation and creating the foundation for the expansion of our services. We are grateful for the support from National Mind, both financial and non-financial, who have helped us to stabilise the organisation and sow seeds for growth.

We have recruited 5 new board members, bringing the total of trustees to 9, all of whom bring different strengths to the board and provide oversight and challenge to the Interim CEO and staff. I am delighted that a previous Trustee, Chantelle Seaborne, has agreed to return to the board. Chantelle brought in much needed funding in her previous appointment, and we look forward to working with her again. The changes in the past 12 months have led to the board being very involved in the running of St Helens Mind. The recruitment of board members was also funded by a donation from National Mind.

The Trustees have been reviewing the provision and delivery of the services which we offer and as a result we have made several changes.

On 1 April 2023 we moved into new premises within Millenium House. This is a fantastic location in the town centre with easy access for the bus and rail stations, and good car parking. There is 24 hour security on site which provides the team with comfort knowing that there is somebody there if required. The location is shared with a number of third sector organisations including CAB, and the NHS walk in clinic. There is ample storage and plenty of space for the groups to meet and disabled access is available to all floors. Whilst this has come initially at an extra cost it gives the organisation a chance to grow and develop new strategies and support groups for the people of St Helens and wider. We have also been able to reduce some of the cost burden as we move groups and storage in house.

We were notified at the end of last year that Beyond Profit, out external financial examiner, had changed their business model and would not be able to provide the financial audit of the accounts. We have now availed ourselves of their offer to provide an accountancy and payroll service and provide monthly management accounts and support to the business. The external audit has been relet to an independent examiner

known as 'It does not have to cost the earth', and we look forward to working with them going forward. This move was fortuitous as we had been advised during summer 2022 that the finance officer had completed her degree and would be moving to pastures new. The cost of the new provision was offset by the savings in staff wages.

We are also very excited that we have forged links with organisations in the town to promote good mental health and wellbeing; recently joining forces with Saints Community Development Foundation, part of the St Helens RFC, a partnership we look forward to developing over the coming years.

At the end of the financial year, I feel that we are in a great position in which we will continue to grow and develop even more services for the people who need them.

It is a privilege to be part of this organisation.

Fiona Whistlecroft
Chair of Trustees

Interim CEO's Introduction

The beginning of the new business year saw the country slowly emerging from Covid restrictions. For St Helens Mind that meant the start of re-opening and re-establishing our community groups, while still providing as much remote support as possible via both our one-to-one Befriending Service and the tireless efforts of the team keeping in touch with service users by phone.

The first big event of the year was our Place to Grow allotment open day. Attended by 40 people from across the St Helens Mind community as well as local allotment holders and their families, it was a great opportunity for people to get together and to showcase the allotment, which runs community groups three days a week come rain or shine.

Attendance at our community groups grew steadily and by December all were successfully up and running again, providing essential peer support and a welcome weekly respite from the challenges of living with mental health problems.

December saw the ever-popular Festive Hotpot event which takes place between Christmas and the New Year, which can be a very lonely time for many. More than 50 people attended for an afternoon of food and good company, all looking forward to the start of a new year.

January to March was a time of reflection and change after the challenges and disruption of the previous year, due both to Covid and the sad loss of our Chair of Trustees. Preparation for the move in April to new, larger premises, signalled the beginning of a new chapter for St Helens Mind, re-committing the organisation as a service 'in the community, by the community, for the community' as it strives every day to provide hope and support to the people of St Helens and beyond.

Trustees Annual Report including the Directors Report

The trustees present their report and the unaudited financial statements for the year ended 31 March 2023.

Included within the trustees' report is the directors report as required by company law.

The reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice Accounting and Reporting by Charities (SORP) applicable to charities preparing their accounts in accordance with FRS 102.

Structure, governance and management

St Helens Mind is a registered charity and a Company Limited by Guarantee with the Charity Registration Number 1143292. The governing documents of St Helens Mind are the Memorandum and Articles of incorporation dated 6 June 2011.

The Trustees, who are also directors under company law, are appointed by ordinary resolution passed at a general meeting. One third of the members of the Trustees must retire by rotation but may stand for re-election. Trustees met monthly during the year.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2023 was nine

The key management personnel are identified as the Chief Executive Officer and Interim Chief Executive Officer.

The chair of trustees passed away on 21 May 2022. Fiona Whistlecroft and Helen Hynes were appointed accordingly as Chair and Vice Chair of Trustees at the AGM.

5 new Trustees were appointed in November 2022.

Objectives and Activities for the Public Benefit

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; and

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 referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities and setting the grant making policy for the period.

Income Generation

St Helens Mind, as a small charity, is dependent on the money it raises for itself, along with the generosity of individuals and businesses in St Helens and the support of Trusts and Foundations.

During the year we received unrestricted donations amounting to £15,070. The majority of these donations came from personal donations with the following from fundraising activities on our behalf.

• Donor	• Purpose	• Value
• The Cartenians	• Unrestricted	• £2,000
• Liverpool Charter Lodge	• Unrestricted	• £1,700
• Pennine trail fundraising	• Unrestricted	• £1,500
• Family Fun Day	• Unrestricted	• £1,450

We are extremely grateful for the financial support that we received during the year.

Future plans

In view of the changes to the organisation, including the appointment of new trustees in November and an interim CEO in February, the Board felt it prudent to review of the strategy and operational early in 2023-24. This enabled the board to consolidate its knowledge and bring a fresh perspective in order to diversify and extend our services in the future.

The move to our new premises in April 2023 has meant that the various groups can now meet in-house, and the art group can store their equipment on site, rather than in a lock up. Whilst the full strategy is being developed the Board has agreed that they should focus on developing two elements of the initial strategy being:

- supporting the prevention of male suicide, concentrating on those in the age range 18-30, giving them tools to help them to combat the feelings that lead to suicide, and.
- supporting young mums who are struggling with per-partum depression, again concentrating on young mothers and giving them the tools to cope.

Financial review

For the year in question St. Helens Mind had an in-year surplus of £6,652 (2021-22: £29,951). For the year in question total income was £130,779 (2021-22: £134,251) a decrease from the previous year of £3,472. Annual expenditure amounted to £124,127 (2021-22: £104,300) an increase of £19,827.

This brings the total charitable funds to £92,179 (2021-22: £85,528) of which £74,007 (2021-22: £72,558) is unrestricted.

Reserves policy

In accordance with the Charity Commissioners' guidance (CC19, March 2008) and SORP (2000) St. Helens Mind is required to hold reserves based on a realistic estimation of reserve requirements.

Reserves represent those resources which can be made available to spend once all other commitments and planned expenditure have been met.

1. St. Helens Mind holds reserves to protect the continuity of the charity's work in the event of a shortfall in income; to replace assets when required; allow for peaks and troughs in cashflow and to provide for any funding needed to deliver our strategic plan.
2. The Board of Trustees is responsible for monitoring the correct management of reserves and will review this monthly as part of the management accounts reporting. It will review the agreed level of reserves required each year at the AGM to ensure this remains appropriate, and during the year should circumstances change significantly.
3. When agreeing the annual budget, the Board of Trustees will consider the reserves required for the year; whether a balanced budget is required or whether reserves need to be built up ordrawn down.
4. Should reserves fall below the required level the Trustees will consider further fundraising,diversifying funding streams and mitigating risks by reducing costs.
5. The following measures are deemed by Trustees to be sufficient to enable us to be resilientand able to manage in unforeseen difficult circumstances, and to demonstrate appropriate financial control and active risk management:

    - Trustees aim to maintain a contingency reserve of £30,000-£35,000 to protect service users against funding cuts; this will be reviewed annually at the AGM to ensure it remains appropriate;
    - In the event of planned closure, should the Trustees feel that this is sufficient for St. Helens Mind to wind down in an orderly manner and ensure that all creditors are paid. The reserves figure will be reported in the year's annual report as required, and;
    - This policy has been adopted to protect St. Helens Mind and its service users from adverse impact of funding cuts or other monetary constraints.

Trustees' responsibilities in relation to the financial statements

The trustees (who are also directors of St Helens Mind for the purposes of company law) are responsible for preparing the trustees annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

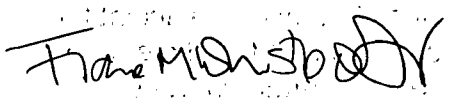
- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable companies website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the trustees on 19 December 2023 and signed on their behalf by:



Fiona Whistlecroft **DATE 19 December 2023**

Chair of Trustees

Independent examiner's report to the trustees of St Helens Mind charitable company ('the company') for the year ended 31 March 2023

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2023 which are set out on pages 10-23.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act: or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination: or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination towhich attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Teresa Fennell

Teresa Fennell, ACMA CGMA
It Doesn't Have to Cost the Earth Ltd
47 St Dunstans Close, Worcester, WR5 2AJ

DATE 20th December 2023

Statement of Financial Activities for the year ended 31 March 2023 including Income and Expenditure Account

	Note	2022-23 Unrestricted Funds £	2022-23 Restricted Funds £	2022-23 Total £	2021-22 Unrestricted Funds £	2021-22 Restricted Funds £	2021-22 Total £
Income and Endowments:							
Donations and legacies	2	15,070	34,135	49,205	65,545		65,545
Charitable activities	2 & 3	81,574	-	81,574	59,831	8,875	68,706
Investments	2				-		-
Total Income		**96,644**	**34,135**	**130,779**	**125,376**	**8,875**	**134,251**
Expenditure:							
Raising Funds		-	-	-	273	-	273
Charitable Activities	4,5 &12	95,194	28,933	124,127	71,322	32,695	104,027
Total Expenditure		**95,194**	**5,202**	**124,127**	**71,605**	**32,695**	**104,300**
Net income/(expenditure)		**1,450**	**5,202**	**6,652**	**53,771**	**(23,820)**	**29,951**
Transfer between funds	12	-			-	-	-
Net Movement in funds		**1,450**	**5,202**	**6,652**	**53,771**	**(23,820)**	**29,951**
Reconciliation of Funds							
Total funds brought forward	12	72,558	12,970	85,528	18,787	36,790	55,577
Total Funds carried forward		**74,007**	**18,172**	**92,179**	**72,558**	**12,970**	**85,528**

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

Balance Sheet as at 31 March 2022

	Note	2023 £	2022 £
Fixed Assets			
Tangible fixed assets		2,851	-
Total fixed assets		**2,851**	**-**
Current assets			
Debtors	10	13,572	-
Cash	9	79,584	91,953
Total current assets		**93,156**	**91,953**
Current liabilities			
Creditors			
- Amounts falling due within 1 year	11	3,828	6,425
Net current assets		**89,328**	**85,528**
Total net assets		**92,179**	**85,528**
Funds of the Charity			
- Unrestricted funds		**74,007**	**72,558**
- Restricted funds		**18,172**	**12,970**
Total funds		**92,179**	**85,528**

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476, and
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to the members of the company.

The notes on pages 12 to 23 form an integral part of the financial statements.

Approved by the trustees on 19 December 2023 and signed on their behalf by:

Fiona Whistlecroft **19 December 2023**
Chair of Trustees

Notes to the Accounts

1. Statement of accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows

a. Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2016.

The charity has applied the exemption available to small charities in the Charities SORP (FRS 102) and does not include a Statement of Cash Flows in these Financial Statements.

St Helen's Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting notes.

b. Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c. Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be reliably measured.

Income for government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions have been met, it is probable that the income will be received the account can be measured reliably and is not deferred.

Donations are recognised when the charity receives the funds.

d. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose

Restricted funds are funds which the donor has specified are solely to be used for particular activities.

e. Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

f. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be recognised reliability.

All expenditure is shown inclusive of VAT.

g. Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs. Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

h. Operating Leases

The charity classifies the lease of photocopying and printing equipment as operating leases; the title to the equipment remains with the lessor. Rental charges are charged on a straight-line basis over the term of the lease.

i. Tangible Fixed Assets

Individual assets costing £500 or more are capitalised at cost and are depreciated evenly over their estimated useful economic lives, as follows:

Fixtures, fittings, tools and equipment	over 5 years
Computer equipment	over 3 years

j. Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

k. 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 provision re normally recognised at their settle met amount after allowing for any trade discounts due

l. Corporation Tax

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

m. Key estimates and accounting judgements

In applying the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions in determining the carrying amounts of assets and liabilities. The Trustees' judgements, estimates and assumptions are based on the best and most reliable evidence available at the time when the decisions are made and are based on historical experience and other factors that are considered to be applicable. Due to the inherent subjectivity involved in making such judgements, estimates ad assumptions, the actual results and outcomes may differ.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to the accounting estimates are recognised in the period in which the estimate is revised, if the revision affects only that period, or in the period of revision and future periods, if the revision affects both current and future periods

2. Analysis of income

2022-23

	Unrestricted Funds £	Restricted Funds £	Total £
Legacies	-	-	-
Donations and gifts	15,070	34,135	49,205
Total	**15,070**	**34,135**	**49,205**
Charitable activities			
Befriending Service	79,449		79,449
Groups	-	-	-
Choir	-	-	-
Check in & Chat		-	-
Allotment	2,125	-	2,125
Counselling	-	-	-
Total	**81,574**	**-**	**81,574**
Total Income	**96,644**	**34,135**	**130,779**

2021-22

	Unrestricted Funds £	Restricted Funds £	Total £
Legacies	31,089	-	31,089
Donations and gifts	34,456	-	34,456
Total	**65,545**	**-**	**65,545**
Charitable activities			
Befriending Service	56,917	-	**56,917**
Groups	-	3,525	**3,525**
Choir	950	4,350	**5,300**
Allotment	-	1,000	**1,000**
Counselling	1,964	-	**1,964**
Total	**59,891**	**8,875**	**68,706**
Total Income	**125,376**	**8,875**	**134,251**

3. Analysis of government receipts

	2022-23 £	2021-22 £
St Helens Council (Befriending Service)	79,449	56,917
Total	**79,449**	**56,917**

4. Analysis of expenditure

4.1. Expenditure

	2022-23	2021-22
	£	£
Advertising and promotion	870	218
Charitable activities	5,764	1,915
Bank charges	87	18
Freelancers	2,450	16,872
Insurance	2,059	936
Office costs	2,478	2,038
Other costs	1,021	1,701
Professional fees	98	375
Rent	546	1,350
Repairs and equipment maintenance	40	-
Staff costs	83,000	71,763
Room hire	4,234	2,172
Volunteer expenses	1,986	2,308
Total	**104,633**	101,666
Share of support costs (note 5)	**2,809**	1,135
Share of Governance costs (note 5)	**16,685**	1,227
Total	**124,127**	104,028

4.2. Analysis by fund

	2022-23	2021-22
	£	£
Unrestricted Funds	95,194	71,333
Restricted Funds	28,933	32,695
Total	**124,127**	**104,028**

The figures in the above tables have been recalculated to better reflect the actual structure of the organisation. The data for 2021-22 has been aligned to 2022-23 for comparison.

For the allocation of support and governance costs, see note 5 & 5.2.

5. Allocation of Governance and Other Support Costs

5.1. General office costs

The total support costs and overheads attributable to charitable activity is apportioned as shown below;

	2022-23	2021-22
	£	£
Telephone	1,203	716
Printing and Stationery	1,606	419
Total	**2,809**	**1,135**

Basis of allocation is percentage of expenditure.

5.2. Governance Costs

	2022-23	2021-22
	£	£
Independent examination	625	594
Accountancy fee	720	600
Trustee recruitment	15,340	-
Trustee expenses	-	33
Total	**16,685**	**1,227**

The total governance cost attributable to charitable activities is then apportioned in the same ratio as the other support costs.

6. Details of certain items of expenditure

	2022-23	2021-22
	£	£
Independent examination	625	594
Accountancy fee	720	600
Total	**1,345**	**1,194**

7. Employees

7.1. Salary costs

	2022-23	2021-22
	£	£
Salaries and wages	81,167	69,971
Social security costs	316	(63)
Pension costs (defined contribution) scheme)	1,517	1,153
Other	-	702
Total	**83,000**	**71,763**

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000. In note 7.1 Social Security Costs include the Employers Allowance.

7.2. Average head count in year

	2022-23	2021-22
	£	£
Total	**5**	**5**

7.3. Key management personnel

	2022-23	2021-22
	£	£
Salaries and wages	23,828	22,698
Social security costs	2,132	1,912
Pension costs (defined contribution scheme)	528	494
Total	**26,488**	**25,105**

The costs of the Key Management Personnel (see 7.3) are included in note 6.

8. Tangible fixed assets

8.1. Office Equipment

	2023 £	2022 £
Cost		
Opening Balance	-	-
Additions	2,851	-
Closing Balance	**2,851**	**-**
Depreciation		
Opening Balance	-	-
Charge in Year	-	-
Closing Balance	**-**	**-**
Net book value	**2,851**	**-**

9. Cash at bank and in hand

	2023 £	2022 £
Current account	79,584	91,601
Petty cash	-	354
Total	**79,584**	**91,954**

10. Debtors

	2023 £	2022 £
Accrued income	13,572	-
Total	**13,572**	**-**

11. Creditors and accruals

Analysis of creditors falling due within one year

	2023	2022
	£	£
Accruals	2,111	1,194
Trade Creditors	126	-
Other creditors	1,591	5,231
Total	**3,828**	**6,425**

12. Charity Funds

12.1. 2022-23 Comparative Data

	Balance at 1 April 2022	Income	Expenditure	Balance at 31 March 2023
	£	£	£	£
Restricted Funds				
Coalfields	8,536	1,980	(2,450)	8,066
National Lottery	-	8,915	(3,404)	5,511
John Moores	-	8,000	(3,404)	4,596
Mind UK (Trustee	-	15,240	(15,240)	-
P H Holt	-	-		-
Windle United Fund	113		(113)	-
Rainford Trust	1,525		(1,525)	-
The Edward Gosling Foundation	1,446		(1,447)	(1)
Co-op Community	1,350		(1,350)	-
Total	**12,970**	**34,135**	**(28,933)**	**18,172**
Unrestricted	72,557	96,644	(95,194)	74,007
Total Funds	**85,527**	**130,779**	**(124,127)**	**92,179**

12.2. 2021-22 Comparative data

	Balance at 1 April 2021	Income	Expenditure	Balance at 31 March 2022
	£	£	£	£
Restricted Funds				
Coalfields	20,906		(12,370)	8,536
John Moores	8,000		(8,000)	-
Mind (Allotment)	5,542	1,000	(6,542)	-
P H Holt Foundation	2,342		(2,342)	-
Windle United Fund	-	2,000	(1,887)	113
Rainford Trust	-	1,525	0	1,525
The Edward Gosling Foundation	-	3,000	(1,554)	1,447
Co-op Community	-	1,350	-	1,350
Total	**36,790**	**8,875**	**(32,695)**	**12,970**
Unrestricted Funds	18,787	125,376	(71,605)	72,558
	18,787	**125,376**	**(71,605)**	**72,558**
Total Funds	**55,577**	**134,251**	**(104,300)**	**85,528**

12.3. Analysis of net assets between funds

2022-23

	Unrestricted Funds	Restricted Funds	Total 2023
	£		£
Fixed Assets	2,851		2,851
Current assets	74,982	18,174	93,156
Current liabilities	(3,828)	-	(3,828)
Total	**74,005**	**18,174**	**92,179**

2021-22

	Unrestricted Funds	Restricted Funds	Total 2022
	£		£
Current assets	78,983	12,970	91,953
Current liabilities	(6,425)	-	(6,425)
Total	**72,558**	**12,970**	**85,528**

13. Trustees' remuneration and expenses

The trustees received no remuneration for the performance of their duties. Trustee expenses amounted to nil (2021-22: £33).

Donations were made by Trustees totalling £33 (2021-22: £132).

The charity's insurance policy includes trustee indemnity insurance.

14. Related party transactions

There we no related party transactions in the financial year ending 31 March 2022 (31 March 2021: none)

15. Donated facilities and services

a. National Mind Support

Upon the resignation of the Chief Executive Officer, National Mind supported St Helens Mind by providing full funding for an Interim Chief Executive Officer. This support has been very welcome has ensured the continuation of the Charity.

b. Volunteers

Volunteers undertake a variety of roles as described below.

c. Telephone Befriending

The Befriending Service will provide support for people who feel isolated or alone because of the effects of mental illness. A Befriender is a person who can be there for someone; to listen to them and give them some time when it is most needed. This service became telephone only during the pandemic.

Many Volunteers who had previously befriended one person, took on 2 or more people to contact on a weekly basis, which were up to one hour per call.

Several Volunteers who previously helped at social groups and activities also took on the role of telephone befriender and others chose to 'rest' until activities resumed.

d. Allotment Volunteers

We are very proud that we have a flourishing community allotment - 'A Place to Grow'. We encourage the community to become involved in the project and this helps keep service users connected to the local community and helps to raise awareness of mental health issues which reduces the stigma. Part of the work of the allotment is to provide fresh fruit and veg to service users and their families. Demand for this service is increasing and we are considering how we might rise to this challenge.

e. Group Volunteers

We have a number of social groups across the borough of which many were held in public buildings which were provided at a reasonable rate in recognition of the benefit to society.

Volunteers help to run and lead the groups, providing a wide range of activities, ensuring that they are welcoming, safe and enjoyable for all.

f. Events Volunteers

At promotional events Volunteers help to promote our services and answer questions from members of the public. This helps to raise awareness of mental health issues, reduces the stigma and leads to increased donations.

g. Mixed Social Group

We received donated facilities and services at O'Connell Close, Haydock, this provides a peer support group for people who live in this area. We have been unable to ascertain the value of this donation.

16. Events after the reporting period

These accounts were authorised for issue by the Chair of Trustees on the date they were certified by the Independent Examiner. There have not been any other significant post year end events that have required disclosure in the accounts.

ST HELENS MIND

England & Wales - Charity number 1143292

Accounts

mind St Helens

Trustees' Annual Report and Financial Statements
For the year ended

31st March 2022



St Helens Mind

Registered Office:
27 Hardshaw Street, St.Helens, WA10 1RW
Tel: 07912 059881 Email: admin@sthelensmind.org.uk

Charity Registration Number: 1143292 and Company Registration No: 7659498

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Administrative Information

Trustees/Directors:

Jean Aldred (Chair) (to 21 May 2022)
Bernard Pilkington
Jeffrey Hext
Helen Hynes
Adam Gallimore (to 18 August 2021)
Fiona Whistlecroft (from 13 September 2021)
John Astley (from 13 September 2022)

Registered Charity and Company Address

From 15 October 2021
First Floor, 27 Hardshaw Street,
St Helens
WA10 1RW

To 14 October 2021:
Deafness Resource Centre
32-40 Dentons Green Lane
St. Helens
Merseyside
WA10 2QB

Bankers

HSBC
33 Ormskirk Street
St Helens
WA10 2SZ

Accountant and Independent Examiner

Beyond Profit Ltd
G104 Bolton Arena
Arena Approach
Horwich
Bolton BL6 6LB

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Chair's Report

As a trustee of St Helens Mind I have been asked to write the Chair's report this year. It is with great sadness that I have accepted the request.

Jean Aldred, who chaired the board, was taken terminally ill in March 2022 and sadly passed away in May. Her death has left the board not only without a chair, but it has had a significant impact on the remaining trustees, staff, volunteers and members.

She will be sorely missed as she was such a driving force behind the organisation. We have all tried to support each other at this time and move forward as she would have wanted.

As a board we have all pulled together to ensure that the good work that she started is continued. Helen Hynes and I have stepped up to chair meetings in her absence and we will be appointing a new chair in due course.

We have received support from national Mind in respect of managing the board in Jean's absence and demise. As a result of this support they have given funding to enable us to engage with an external agency to appoint new trustees, ensuring that we can provide relevant support, challenge and vision to ensure the success of the organisation.

Like all other organisations we still struggle with the impact of the Covid pandemic. Whilst trying to get back to the pre-pandemic level of service we were impacted by further restrictions and a number of lock downs.

I am pleased to say that the trustees, staff and volunteers have worked brilliantly to keep the service going, have kept in touch with members, diversified our services, put plans in place to increase the support we can offer, and have identified additional sources of funding.

The CEO describes in more detail the development over the year, but I feel it would be remiss of me not to especially thank Gill, our CEO for leading the team under very difficult circumstances. Every member of the team did their utmost to ensure that people got the best service we could possibly provide.

At the end of the financial year, we are in a much stronger position and with the positive attitude of the staff and trustees, I feel we will continue to grow and develop even more services for the people who deserve it.

It is a privilege to be part of this organisation.

Fiona Whistlecroft ACMA, CGMA
Trustee

"The last few months have been overwhelming but I know that Mind were just a phone call away should I need them."

"Having my Telephone Befriender been a great help, he's given me support when I've been low and lonely, when every day seemed to merge into one and I've felt very Isolated during the lockdown, I look forward to our talks when we are in contact."

"Without Mind there'd be no me. They are a hope in a world of hate. The light at the end of the tunnel."

"Staying in touch with my volunteer, even just over the phone has been a life saver."

CEO's Introduction

As we started the second year of the pandemic and the associated restrictions, little did we realise that as a team we would endure almost another year of fundamental changes that would need to be managed swiftly and carefully.

We were pleased to reflect on how successful our initial emergency Covid response plans had been in the previous year, but then began to anticipate that we would need to be fleet of foot once again to respond to the needs of our stakeholders in uncertain times.

All staff had received their Covid vaccines and had started to think ahead and take advantage of training courses, this included the staff and some key volunteers undertaking an online Mental Health First Aider course. We started to review all the information we had about our members and volunteers so we could ensure that it was accurate and up to date. We reviewed our systems to prepare us for the, hopefully, imminent lifting of social restrictions. We wanted to be ready to face our members, volunteers, partners and the public once again

I also took advantage of my time working at home to explore community fundraising and engage with those people who wanted to support us, encouraging and inspiring people who were increasingly telling us that they wanted to put something back into their community after the pandemic.

It was becoming evident that people were recognising the impact that Covid 19 had had and would continue to have on individuals for some time to come.

I would like to thank the team members, Lynn, who has since retired, Graham, Sue, Peter and Sharon for their ongoing dedication and hard work. I would also like to thank the volunteers, many of whom have been with us for several years, and others who joined us in our response to the pandemic and its effect on individuals' mental health.

I would also like to thank the various funders who acknowledged the important work we do and from whom we successfully were awarded grants.

Due to the pandemic we had to significantly change the way in which services were delivered in the previous year, this has carried over into this year and has continued towards the end of this financial year. We have been able to identify where there are gaps in personnel, and we are working to address those gaps, so we are prepared for the future.

Our regional links with National Mind were a constant source of support in some very difficult times. I would particularly like to thank Vicky, Bronwen and Louise who gave very practical advice as well as the emotional support needed when our Chair, Jean Aldred became terminally ill in March 2022 and has since sadly passed away.

Jean was a true friend, my mentor, and a true believer that as a team we can make St.Helens Mind a formidable force in tackling the issues relating to mental health and the difficulties poor mental health can bring to our community. The Board of Trustees and the team will continue to remember Jean, her input and her enthusiasm as we move into the future.

I would like to dedicate this annual report to Jean's memory. Without her St.Helens Mind would not have progressed as it has, especially in very difficult times.

Gill Ellison, CEO

Trustees Annual Report including the Directors Report

The trustees present their report and the unaudited financial statements for the year ended 31 March 2022. Included within the trustees' report is the directors report as required by company law.

The reference and administrative information set out on page 2 forms part of this report.

The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities (SORP) applicable to charities preparing their accounts in accordance with FRS 102.

Structure, governance and management

St Helens Mind is a registered charity and a Company Limited by Guarantee with the Charity Registration Number 1143292. The governing document of St Helens Mind is a memorandum andarticles of incorporation dated 6 June 2011.

The Trustees, who are also directors under company law, are appointed by ordinary resolution passed at a general meeting. One third of the members of the Trustees must retire by rotation but may stand for re-election. Trustees meet monthly unless a quorate is not present. During the financial year in question meetings were not held in June, December (2021) and January (2022) when the quorate was not present.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2022 was six.

The key management personnel are identified as the Chief Executive Officer.

The Chair of Trustees passed away on 21 May, and Fiona Whistlecroft and Helen Hynes were appointed on an interim basis until the AGM.

The Trustees engaged with a recruitment agency in order to attract additional trustees, from this process 4 potential trustees were identified and will take up their posts shortly.

Objectives and Activities for the Public Benefit

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

- 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 researchand to educate the public in matters relating to mental health.

  The Trustees confirm that they have referred to the guidance contained in the Charity Commission'sgeneral guidance on public benefit when reviewing the charity's aims and objectives and in planning future activities and setting the grant making policy for the period.

Review of Activities

Early in 2020 and with the onset of the Pandemic, the team held an emergency meeting to assess service delivery, how we would consider supporting those who need us and how we would operate asa team.

This proved to be an invaluable and well-executed plan, with occasional reviews and amendments to ensure we stayed on track with the fluctuating state of society, its restrictions, and its challenges. Little did we realise the pandemic would stretch into a second year but our plans remained and were effective.

After the retirement of Lynn, our administrator, we employed Sue as team support and Sharon who maintains the finance and monitoring role after they were brought in initially as temporary, freelance team members.

MAINTAINING SERVICES

The Befriending Service remained as a telephone support service, and we were able to open some group activities provided that the space was available to ensure social distancing measures were upheld. This meant that the Men's Group and Allotment could still be open with strict measures in place should any members wish to attend.

We still had many previous group members who opted out of having a befriender, in the hope that activities would start up again. It was made clear to our members that we could not guarantee the same timetable of activities as funding was not guaranteed and we were still working under the pandemic restrictions which were changing on a regular basis.

We took advantage of the time and availability of funding for specific projects, and we were able to secure grants for the allotment, choir, music group, art group, and Men's Group.

We began to look at options for premises, which would enable us to offer services under one roof, consolidating various hire costs towards the rent for such a venue. This would mean that we could reach a wider audience and increase our offer.

PRIME LOCATION

We left the Deafness Resource Centre and opted for a small town centre office to work from. This gave us a prime location in which we could look for other options for a central location in order to achieve our 'under one roof' plans, something we are still working towards.

We reflected on the first year of the pandemic and how we had seen an increased demand on our services from people without a diagnosis of a mental illness who needed company, something to look forward to and hope, during times which were upsetting and disturbing for many people. In turn, we undertook a public consultation and the results have given us the basis for applying for larger grants to cover additional salary costs and rent for a bigger space to enable us to reach a wider audience than we had

A GREAT MATCH

St. Helens Town AFC continued to make us their Charity of the Year, and they continue to promote our service in their programme at matches

Keeping in touch

We were busy making sure we kept in touch with key people and organisations.

Opportunities were taken to learn, promote our service, work in partnership, raise the profile, and encourage support and participation.

Here is list of how did it:

- Attended the Mental Health Summit at The World of Glass.
- Met with clinicians from the Diabetes service at St.Helens Hospital to discuss who they might begin to reach those who don't normally engage with their service.
- Met with Cllr Michelle Sweeney who is the Local Authority Champion for Mental Health to discuss our needs for premises and developing the allotment.
- Attended an online 'Live local' meeting with other Co-op community causes, the Co-op pioneers who link with us, and the managers of various stores. This was held so we could find out more about them and they could learn about our work, made possible by their grants.
- Joined in with an online information day with the Chrysalis Centre's to provide an update on our services.
- Continued to attend the CCG stakeholder Forum.
- Some of our members met with others online for a meeting organised via Wirral Mind to explore reasons why people with Lived Experience Network.
- Took an opportunity to go live on BBC radio Merseyside promoting the allotment and the general work we do.
- Two volunteers and two of the staff team took a shift at the recent Reminisce Festival, we had been asked to attend by the Director of Public Health to support anyone who might need us.
- Business Fair – Two of us attended the Chamber Business Fair. This led to some interesting conversations and offers of support. As the only local charity attending it was incredibly beneficial for us and hopefully for the other attendees becoming aware of our work. As a result, we had offers of boosting our Wi-Fi signal from a company linked to the digitalisation of Liverpool City Region and an offer of running a marathon in aid of St. Helens Mind.
- We also met with Chamber apprentices who were keen to know more about our work, and subsequently helped with some practical tasks on our allotment.
- We networked with 'Solutions for Health' to learn more about each other's work and to see how we may be able to refer into each other's services.
- We worked with a student undertaking research on the impact of engaging with nature on the mental wellbeing of service users and volunteers, atour allotment.
- This is part of the Liverpool University Interchange Programme. Previous students have undertaken research into the impact of volunteering on an individual's wellbeing and the benefits of a befriending service.
- St. Helens Mind continued attending the VCSE Forum.



- As a recipient of funding from the St Helens Middle-Aged Men's Health Grant we were invited to attend the St Helens Community Suicide Prevention Group Influence and Participation network meeting where we updated them on the work we are doing and the progress of the Men's Group. This put us in touch with Offload via this group. Offload has helped over 2000 men build their mental fitness, manage stress better, and to be more resilient. Offload is run by former professional rugby league players and officials and is currently saving lives within our very own community.

- We were contacted by Pilkington's who are preparing a space for people to find information to support their mental health and wellbeing, (a former fundraiser for us is also a staff member there} We were able to provide leaflets and information.

- Our members forum 'Know Your Mind', was well attended, involving our members and volunteers. We had the chance to update the attendees on our work and plans and answer any questions they may have and listen to their views.

- We met with our Clinical Commissioning Group link workers to discuss outcomes and service updates.

- We introduced the 'Easyfundraising' platform online. This enables anyone who shops online to have monetary donations (at no cost to them) made to our charity account. It is simple and effective and doesn't interfere with any shopping experience and uses thousands of retail outlets.





We attended a Time to Talk event at Garswood Parish Hall with other local organisations.









We promoted our work at a fundraiser at Haydock Cricket Club

Community Fundraising

During the pandemic we saw an increase in the numbers of people wanting to support us by planning fundraising activities. Our volunteers and members were vigilant on social media, directing us to potential sources of support, partnerships and publicity.

During the year we received a number of donations including the following:

Co-op - we received a cheque for £1,440.66 to be used at the allotment.

Asda - we received £200 from the Asda tokens scheme.



Joe, Paul and Alex (the Dads Bods) cycled the Trans Pennine Trail.

One of our supporters and a former trustee, planned, managed and undertook his fifth 'Beating the Bounds' walk around the borough boundary. With fellow walkers joining him on this 43-mile trip, once again raising vital funds for St. Helens Mind.



Dragons Den: We were awarded £750 from Rainhill Rotary towards the allotment.

We noticed a mention in a Facebook feed by a business owner at Train Repeat Improve Coaching that they were raising money for us. We got in touch and discovered that he was the head coach of St Helens Triathlon club, who have previously raised funds for us. They chose us as their charity of the year.

We gained a new supporter on Virgin Money Giving. Aged just 14, the young lady set herself a 100-mile challenge in June to raise over £600, smashing her target!

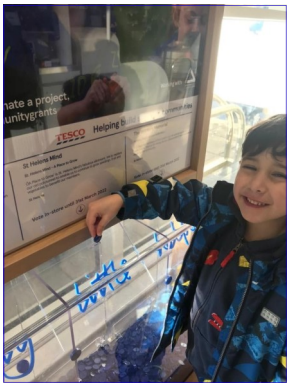


We gained another new fundraiser and supporter, who bounced along the Blackpool's Golden Mile with a friend and was sponsored by family and friends, raising almost £1,000

We liaised with a family, whose son took his own life, and want to support St. Helens Mind to raise awareness of young men's mental health. They raised over £10,000. Gill, Sue, Jean, and her husband David attended the Fun Day they organised at Haydock Cricket Club and ended up putting in a full day's work! It was a great opportunity to raise awareness.



A community event was held at Vista Road Surgery. We were fortunate enough to be the only charity in attendance and were given the £150 raised from the tombola.



What our members told us

Many of our groups were unable to run at all during the pandemic. Most of our members do not access social media for a variety of reasons and missed social interactions. The people that did have opportunities to attend

"Love coming to the Group, being able to socialise with new people (A Big thank you Guys)."







"Coming to the group - it gets me out of the house, I enjoy the banter with the other members."

"A wonderful way to start the week off, it banishes the cobwebs."

"It's good to mix with my male peers, I enjoy the quiz (gaining general knowledge) and having a routine."

"Great to be back. Missed everyone."



Don't Mind if I do

Mind gave me hope where I had none,
Breathed hope ino my lifeless body,
Where the rest has been and gone,
I reached out and Mind rescued me.

From the hell that I'd endured,
Companionship seemed assured,
I was drawn to a quiet man,
Could this be true?
I'd made a friend?
A really true one, yes I can!
At last the world was bright and inclusive,
Kinder within Mind!

My ravaged past is far behind.
Would I Mind? Don't Mind if I do!
They saved my life
And that's so true
So use your mind
And Mind will support you!

by NW, St.Helens Mind's Mens Group

Training

All staff attended and successfully completed a Mental Health First Aid Course.

We received the news that the Mind training, which previously cost £2,000 for each topic, is now free to Local Mind Associations (LMA's). With Sue on board, whose previous job was a senior lecturer, we will have the capacity to deliver training and charge a fee for it.

Future Plans

In view of the changes to services during COVID, it was decided to update the strategy and operational plan so we can diversify and extend our services in the future. A small group of trustees along with the CEO and Finance Officer met to start the process.

Because we want our members and volunteers to be involved in this process, we invited everyone to attend a forum to discuss the way forward and we aim to continue this process. We will also use the completed public consultation to influence our plans for the future.

We would like our own premises where we can diversify our offer; reach people who might normally access our services and develop activities in line with our public consultation. We will aim to invite the wider community to classes and activities, promoting positive mental and physical wellbeing, and a positive impact on the health of the people of our borough.

We are welcoming people into the 'Sound of Mind Singers' who would benefit from enjoying some singing and laughs with like minded people.

Our newest member, Janet, tells us:

"I joined because I love singing, it lifts your spirit and brings joy. Also, I had a lot of losses, for which the singing gave me comfort. The group made me feel welcome. It was good to hear others sing and see the joy it brings to them, also the confidence it gives to the other members when they may have been struggling through their own difficulties in their life, and with their mental health. Singing lifts the spirits - brings people together."





The team celebrated being finalists in the 'Pride of St.Helens' Awards at the Totally Wicked Stadium.





Financial review

For the year in question St. Helens Mind had an in-year surplus of £29,951 (2021: £46,018.) For the year in question total income was £134,251 (2021: £162,936) a decrease from the previous year of £28,685. In line with this expenditure has also decreased to £104,300 from £116,918. This brings the total charitable funds to £85,528 (2021: £55.577 of which £72,558 (2020: £18,787) is unrestricted

Reserves Policy

In accordance with the Charity Commissioners' guidance (CC19, March 2008) and SORP (2000) St. Helens Mind is required to hold reserves based on a realistic estimation of reserve requirements.

Reserves represent those resources which can be made available to spend once all other commitments and planned expenditure have been met.

St. Helens Mind holds reserves to protect the continuity of the charity's work in the event of a shortfall in income; to replace assets when required; allow for peaks and troughs in cashflow and to provide for any funding needed to deliver our strategic plan.

The Board of Trustees is responsible for monitoring the correct management of reserves andwill review this monthly as part of the management accounts.

It will review the agreed level of reserves required each year at the AGM to ensure this remains appropriate, and during the year should circumstances change significantly.

When agreeing the annual budget, the Board of Trustees will consider the reserves required for the year; whether a balanced budget is required or whether reserves need to be built up ordrawn down.

Should reserves fall below the required level the Trustees will consider further fundraising,diversifying funding streams and mitigating risks by reducing costs.

The following measures are deemed by Trustees to be sufficient to enable us to be resilientand able to manage in unforeseen difficult circumstances, and to demonstrate appropriate financial control and active risk management:

Trustees aim to maintain a contingency reserve of £30,000-£35,000 to protect service users against funding cuts; this will be reviewed annually at the AGM to ensure it remains appropriate.

In the event of planned closure, the Trustees feel that this is sufficient for St. Helens Mind to wind down in an orderly manner and ensure that all creditors are paid. The reserves figure will be reported in the year's annual report as required.
This policy has been adopted to protect St. Helens Mind and its service users from adverse impact of funding cuts or other monetary constraints.

At the end of the period in question the free, unrestricted reserves of the charity were £72,558. (2021: £18,787).



The Ladies Active Group tend their plot in Victoria Park

Trustees' responsibilities in relation to the financial statements

The trustees (who are also directors of St Helens Mind for the purposes of company law) are responsible for preparing the trustees annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

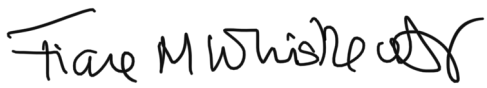
- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practicehave been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the trustees on 20 November 2022 and signed on their behalf by:



Fiona Whistlecroft ACMA, CGMA

Trustee

Independent examiner's report to the trustees of St Helens Mind for the year ended 31 March 2022

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2022 which are set out on pages 17 to 30.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

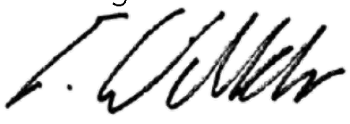
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act: or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination: or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination towhich attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Emma Willder, FCMA, CGMA, CG (Affiliated)
Beyond Profit Ltd
G104 Bolton Arena
Arena Approach
Horwich
Bolton
BL6 6LB

DATE 22 November 2022

Statement of Financial Activities for the year ended 31 March 2022 including Income and Expenditure Account

				2021-22			2020-21
	Note	Unrestricted Funds	Restricted Funds	Total	Unrestricted Fund	Restricted Funds	Total
	£	£	£	£	£	£	£
Income and Endowments:							
Donations and legacies	2	65,545		65,545	12,724	-	12,724
Charitable activities	2 & 3	59,831	8,875	68,706	55,794	94,409	150,203
Investments	2				9	-	9
Total Income		125,376	8,875	134,251	**68,527**	**94,909**	**162,936**
Expenditure:							
Raising Funds		273		273	169	-	169
Charitable Activities	4,5 &11	71,322	32,695	104,027	54,948	61,801	116,749
Total Expenditure		**71,605**	**32,695**	**104,300**	**55,117**	**61,801**	**116,918**
Net income/(expenditure)		**53,771**	**(23,820)**	**29,951**	**13,410**	**32,608**	**46,018**
Transfer between funds	11	-			(4,182)	4,182	-
Net Movement in funds		**53,771**	**(23,820)**	**29,951**	**9,228**	**36,790**	**46,018**
Reconciliation of Funds							
Total funds brought forward	11	18,787	36,790	55,577	9,559	-	9,559
Total Funds carried forward		**72,558**	**12,970**	**85,528**	**18,787**	**36,790**	**55,557**

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

Balance Sheet as at 31 March 2022

	Note	2022 £	2021 £
Fixed Assets			
Tangible fixed assets			-
Total fixed assets			-
Current assets			
Debtors	9		578
Cash	8	91,953	59,655
Total current assets		**91,953**	**60,233**
Current liabilities			
Creditors			
- Amounts falling due within 1 year	10	6,425	4,656
Net current assets		**85,528**	**55,577**
Total net assets			**55,557**
Funds of the Charity			
- Unrestricted funds		**72,558**	**18,787**
- Restricted funds		**12,970**	**36,790**
Total funds		**85,528**	**55,557**

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies. Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to the members of the company.

The notes on pages 19-30 form an integral part of the financial statements.

Approved by the trustees on 20.11.22 and signed on their behalf by:

Fiona M Whistlecroft

Fiona Whistlecroft ACMA ,CGMA

Notes to the Accounts

1. Statement of accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows

a. Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2016.

The charity has applied the exemption available to small charities in the Charities SORP (FRS 102) and does not include a Statement of Cash Flows in these Financial Statements.

St Helen's Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting notes.

b. Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c. Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be reliably measured.

Income for government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions have been met, it is probable that the income will be received the account can be measured reliably and is not deferred.

Donations are recognised when the charity receives the funds.

d. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

e. Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

f. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be recognised reliability.

All expenditure is shown inclusive of VAT.

g. Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs. Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

h. Operating Leases

The charity classifies the lease of photocopying and printing equipment as operating leases; the title to the equipment remains with the lessor. Rental charges are charged on a straight-line basis over the term of the lease.

i. Tangible Fixed Assets

Individual assets costing £500 or more are capitalised at cost and are depreciated evenly over their estimated useful economic lives, as follows:

Plant and machinery	over 5 years
Fixtures, fittings, tools and equipment	over 5 years

j. Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

k. 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 provision re normally recognised at their settle met amount after allowing for any trade discounts due.

l. Corporation Tax

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

m. Key estimates and accounting judgements

In applying the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions in determining the carrying amounts of assets and liabilities. The Trustees' judgements, estimates and assumptions are based on the best and most reliable evidence available at the time when the decisions are made and are based on historical experience and other factors that are considered to be applicable. Due to the inherent subjectivity involved in making such judgements, estimates ad assumptions, the actual results and outcomes may differ. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to the accounting estimates are recognised in the period in which the estimate is revised, if the revision affects only that period, or in the period of revision and future periods, if the revision affects both current and future periods

2. Analysis of income

2021-22

	Restricted Funds	Restricted Funds	Total
	£	£	£
Donations and legacies	31,089		31,089
Donations and gifts	34,456		34,456
Total	**65,545**		**65,545**
Charitable activities			
Befriending Service	56,917		56,917
Groups	-	3,525	3,525
Choir	950	4,350	5,300
Check in & Chat	-	-	-
Allotment	-	1,000	1,000
Counselling	1,964	-	1,964
IT		-	-
Total	**59,831**	**8,875**	**68,706**
Investments			
Bank interest	-	-	-
Total	-	-	-
Total Income	**125,376**	**8,875**	**134,251**

2021-22

	Unrestricted Funds	Restricted Funds	Total
	£	£	£
Donations and legacies			
Donations and gifts	12,724	-	12,724
Total	**12,724**	-	**162,936**
Charitable activities			
Befriending Service	55,794	-	**55,794**
Groups	-	990	**990**
Check in & Chat	-	23,855	**23,855**
Allotment	-	17,000	**17,000**
Counselling	-	47,064	**47,064**
IT	-	5,500	**5,500**
Total	**55,794**	**94,409**	**150,203**
Investments			
Bank interest	9	-	-
Total	**9**	-	-
Total Income	**68,527**	**94,409**	**162,936**

3. Analysis of receipts of government

	2021-22	2020-21
	£	£
St Helens Council (Befriending Service)	56,917	53,294
St Helens Council (COVID)	-	2,500
Total	**56,917**	**55,794**

4. Analysis of expenditure

4.1 2021-22

	Charitable Activities	Support and Governance	Restricted funds
	£	£	£
Groups	1,527	360	1,887
Choir	1,258	296	1,554
Check in & Chat	7,237	1,705	8,942
Allotment	19,279	4,543	23,822
Counselling	10.012	2,358	12,370
IT	-	-	-
Core Charitable Activities	55,452	-	55,452
Total	**94,765**	**9,262**	**104,027**

4.2 2020-21

	Charitable Activities	Support and Governance	Restricted funds
	£	£	£
Groups	3,329	615	3,944
Check in & Chat	18,153	3,360	21,513
Allotment	2,918	540	3,458
Counselling	22,072	4,086	26,158
IT	5,677	1,051	6,728
Core Charitable Activities	54,948	-	54,948
Total	**107,097**	**9,652**	**116,749**

For the allocation of support and governance costs, see note 5.1 & 5.2

5. Allocation of Governance and Other Support Costs

5.1. General office costs

The total support costs and overheads attributable to charitable activity is apportioned as shown below

	2021-22	2020-21
	£	£
Groups	312	543
Choir	257	
Check in & Chat	1,479	2,963
Allotment	3,941	476
Counselling	2,046	3,603
IT	-	927
Total	**8,035**	**8,512**

5.2. Governance Costs

	2021-22	2020-21
	£	£
Independent examination	594	540
Accountancy fee	600	600
Other Governance Costs	-	-
Trustee expenses	33	-
Total	**1,227**	**1,140**

5.3 Allocation of governance costs

	2021-22	2020-21
	£	£
Groups	48	72
Choir	39	
Check in & Chat	226	397
Allotment	602	64
Counselling	312	483
IT	-	124
Total	**1,227**	**1,140**

6. Details of certain items of expenditure

	2021-22	2020-21
	£	£
Independent examination	594	540
Accountancy fee	600	600
Total	**1,194**	**1,140**

7. Employees

7.1. Salary costs

	2021-22	2020-21
	£	£
Salaries and wages	69,971	54,357
Social security costs	(63)	1,099
Pension costs (defined contribution scheme)	1,153	1,300
Other	702	113
Total	**71,763**	**56,869**

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

7.2. Average head count in year

	2021-22	2020-21
Total	**5**	**5**

7.3. Key management personnel

	2021-22	2020-21
	£	£
Salaries and wages	22,698	19,473
Social security costs	1,912	1,475
Pension costs (defined contribution scheme)	494	399
Total	**25,104**	**21,347**

8. Cash at bank and in hand

	2022	2021
	£	£
Current account	91,601	5,525
Savings Account	-	53,761
Petty cash	352	369
Total	**91,953**	**59,655**

9. Debtors

	2022	2021
	£	£
Accrued income	-	578
Total	**-**	**578**

10. Creditors and accruals

Analysis of creditors falling due within one year

	2022	2021
	£	£
Accruals	1,194	3,373
Other creditors	5,231	1,283
Total	**6,425**	**4,656**

10. Charity funds

2022-21

	Balance at 1 April 2021	Income	Expenditure	Transfer between funds	Balance at 31 March 2022
	£	£	£	£	£
Restricted Funds					
Coalfields	20,906	-	(12,370)		8,536
Community Foundation Merseyside	-	-	-		-
John Moores Foundation	8,000	-	(8,000)		-
Mind (Allotment)	5,542	1,000	(6,542)		-
P H Holt Foundation	2,342	-	(2,342)		-
Windle United Fund	-	2,000	(1,887)		113
Rainford Trust **The**	-	1,525	-		1,525
The Edward Gosling Foundation	-	3,000	(1,554)		1,446
Co-op Community Fund	-	1,350	-		1,350
Total	**36,790**	**8,875**	**(32,695)**		**12,970**
	1818	**125,376**	**(71,605)**		**72,558**
Unrestricted Funds	18,787	125,376	(71,605)		72,558
	55,557	**13**	**(104,**		**85,528**
Total Funds	55,577	**134.251**	**(104,300)**		**85,528**

11. Charity funds

20221-212

	Balance at 1 April 2020	Income	Expenditure	Transfer between funds	Balance at 31 March 2021
	£	£	£	£	£
Restricted Funds					
Coalfields	-	29,382	(6,476)	-	20,906
Community Foundation Merseyside		4,300	(4,300)		-
John Moores Foundation		8,000	-		8,000
Mind		17,682	(17,682)		-
Mind (Allotment)		9,000	(3,458)		5,542
Mind (IT)		5,500	(6,728)	1,228	-
National Lottery		9,899	(9,899)		-
P H Holt Foundation		2,656	(314)		2,342
Pilkington Charities Fund		7,000	(7,000)		-
St Helens VCA		990	(3,944)	2,954	-
Total	-	**94,409**	**(61,801)**	**4,182**	**36,790**
Unrestricted Funds	9,559	68,527	(55,117)	(4,182)	18,787
	9,559	**68,527**	**(55,117)**	**(4,182)**	**18,787**
Total Funds	**9,559**	**162,936**	**(116,918)**	-	**55,577**

Analysis of net assets between funds

2021-22

	Unrestricted Funds	Restricted Funds	Total 2022
	£	£	£
Current assets	78,983	12,970	91,953
Current liabilities	(6,425)	-	(6,425)
Total	**72,558**	**12,970**	**85,528**

2020-21

	Unrestricted Funds	Restricted Funds	Total 2021
	£	£	£
Current assets	20,070	40,163	60,233
Current liabilities	(1,263)	(3,373)	(4,656)
Total	**18,787**	**36,790**	**55,577**

12. Trustees' remuneration and expenses

The trustees received no remuneration for the performance of their duties. Trustee expenses amounted to £33 (2021: nil)

Donations were made by Trustees totalling £132 (2021: £132)

13. Related party transactions

There we no related party transactions in the financial year ending 31 March 2022 (31 March 2021: none)

14. Donated facilities and services

a. Facilities and services

During the period in question the charity received donated facilities and services at Harry Blackman House, part of Peasley Cross Hospital. We have been unable to ascertain the value of these.

b. Volunteers

At March 2022 the charity had 42 volunteers (2021: 42) typically contributing, on average, 2.5 hours per week each.

Volunteers undertake a variety of roles as described below.

c. Telephone Befriending

The Befriending Service will provide support for people who feel isolated or alone because of the effects of mental illness. A Befriender is a person who can be there for someone; to listen to them and give them some time when it is most needed. This service became telephone only during the pandemic.

Many Volunteers who had previously befriended one person, took on 2 or more people to contact on a weekly basis, which were up to one hour per call.

Several Volunteers who previously helped at social groups and activities also took on the role of telephone befriender and others chose to 'rest' until activities resumed

d. Counselling

A temporary covid emergency response Counselling Service enabled 4 volunteer, student counsellors to join us, to provide a telephone counselling service for 9 months of the financial year

e. Allotment Volunteers

St.Helens Mind has a flourishing Allotment and urgently volunteers help support people with mental health difficulties who use the allotment.

f. Group Volunteers

St.Helens Mind previously had 13 social groups across the Borough. Due to these groups being held in public buildings, most were required to temporarily close due to the pandemic. Funding for the Men's Group and the outdoor environment of the Allotment allowed us to continue to welcome people to the sites.

Volunteers help to make the visit enjoyable and welcoming by offering support, ensuring people feel welcome and safe, and maybe encouraging them to join in activities.

g. Events Volunteers

Events and Promotions Volunteers help at public events where we promote our services and answer questions form members of the public.







ST HELENS MIND

England & Wales - Charity number 1143292

Accounts

St Helens Mind

Charity Registration Number: 1143292

Company Registration No: 7659498

Trustees' Annual Report and Financial Statements

for the year ended

31 March 2021

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Administrative Information

Trustees/Directors:

Jean Aldred (Chair)
Bernard Pilkington
Jeffrey Hext
Helen Hynes
Chantelle Seaborn (until April 2021)
Rosemary Woods (until February 2021)
Adam Gallimore (from September 2020)
Fiona Whistlecroft (from September 2021)

Registered Charity and Company Address

To October 2021
Deafness Resource Centre
32-40 Dentons Green Lane
St. Helens
Merseyside
WA10 2QB

From October 2021
First Floor
27 Hardshaw Street
St Helens
Merseyside
WA10 1RW

Bankers

HSBC
33 Ormskirk Street
St Helens
WA10 2SZ

Accountant and Independent Examiner

Beyond Profit Ltd
G104 Bolton Arena
Arena Approach
Horwich
Bolton BL6 6LB

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Chair’s Report

I have been Chair of St Helens Mind since July, taking over from Bernard Pilkington who held the position for many years. I would like to record my sincere thanks for the tremendous amount of time and effort he gave to the organisation during that time.

Like every other organisation, we have had a difficult year because of Covid, but thanks to the dedicated effort of the staff and trustees we have not only managed to keep in touch with all our members but diversified and added to the services we provide.

The CEO describes in more detail the development over the year, but I feel it would be remiss of me not to especially thank Gill, our CEO for leading the team under very difficult circumstances. Every member of the team did their utmost to ensure that people got the best service we could possibly provide.

I would also like to thank the trustees who were meeting weekly for several months to keep the organisation going. As well as the difficulties associated with Covid, we had to undertake a lot of work during the Mind Quality Management (MQM) assessment which took several months to complete.

This was very labour intensive and time consuming, particularly for the CEO and trustees. For all her efforts in ensuring we achieved this necessary MQM accreditation, I would like to thank our former trustee and Vice-Chair, Chantelle Seaborn who also played a large part in securing future funding for the organisation.

At the end of the financial year, we are in a much stronger position and with the positive attitude of the staff and trustees, I feel we will continue to grow and develop even more services for the people who deserve it.

It is a privilege to be part of this organisation.

Jean Aldred
Chair

CEO’s Introduction

What a year it was for St. Helens Mind! Back in early 2020, I was really proud of the team as we satround to plan an emergency strategy to prepare for the onset of Covid 19 and discuss how it would impact on our services and on our members and volunteers.

We were quick to mobilise that plan, working from home with immediate effect. We were able to take advantage of grants to give us access to upgraded laptops, tablets, phones and software to enable uswork as effectively as possible.

We had to quickly adapt to new ways of working, fully aware that our members were already beginning to become anxious about what was ahead, so we had to plan how we would maintain linksand share as much information as possible with them.

It was astounding how quickly the community came together, as other groups and organisations tookstock of how they would operate, and a fantastic network of support and encouragement developed before our eyes.

This armed us with information and sources of help, for help with shopping deliveries for those unableto leave home, emotional support and updated information about the pandemic, guidelines and regulations from the Government and Public Health.

We are part of a wider network of Local Mind Associations (LMAs) and Mind nationally was on handin a very timely way, to help support us and help us to negotiate the new world we found ourselves working in. They were, and always will be, a great source of support, even in very difficult circumstance, for which I would like to say a big, ‘Thank you!’

I would also like to thank the team, Graham, Lynn, Esther and Peter (the latter only joining us as Covid 19 hit us) and latterly, Les, Sharon and Sue who came on board as temporary, freelance teamstaff to bolster the new services we developed as a direct response to the pandemic.

The support from the Board of Trustees was also phenomenal, checking on our welfare, writing verysuccessful funding bids (thank you Chantelle) and being on hand as we negotiated a new working landscape.

It is another proud moment, looking back at how we all worked in a cohesive way to maintain supportservices, develop new ones, and begin to develop our future strategy.

Gill Ellison,
CEO

Trustees Annual Report including the Directors Report

The trustees present their report and the unaudited financial statements for the year ended 31 March 2021. Included within the trustees' report is the directors report as required by company law.

The reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice -Accounting and Reporting by Charities (SORP) applicable to charities preparing their accounts in accordance with FRS 102.

Structure, governance and management

St Helens Mind is a registered charity and a Company Limited by Guarantee with the Charity Registration Number 1143292. The governing document of St Helens Mind is a memorandum andarticles of incorporation dated 6 June 2011.

The Trustees, who are also directors under company law, are appointed by ordinary resolution passed at a general meeting. One third of the members of the Trustees must retire by rotation butmay stand for re-election. Trustees meet every two months during the financial year in question.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2021 was six.

The key management personnel are identified as the Chief Executive Officer.

Objectives and Activities for the Public Benefit

To promote the preservation of mental health and to assist in relieving and rehabilitating personssuffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment; and

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 researchand to educate the public in matters relating to mental health.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planningfuture activities and setting the grant making policy for the period.

Review of Activities and Achievements

COVID-19 and our response to the pandemic

Early in 2020 and with the onset of the Pandemic, the team held an emergency meeting to assess service delivery, how we would consider supporting those who need us and how we would operate asa team.

We made an early decision to move to home working as soon as possible and set out a plan to contact all our members and volunteers to inform them of the immediate arrangements. Our regular Befriending Service became telephone befriending; our groups were made to close as they are all held in public buildings. We vowed to maintain contact with our members, open up services to peoplewho might normally fulfil the criteria for our support and, identify the ever-increasing offers of support from elsewhere, ensuring people were aware of them.

It quickly became evident that funding was being made available from various sources to enable charities to work in very different ways. We took full advantage of the opportunities to set a solid basefor our team to function, maintain our support offer, provide new services for a wider audience, and engage with the community in ways we hadn't previously done.

Covid 19 Response Funds enabled us to set up, what became the very successful 'Check in and Chat' service for people without a mental illness diagnosis but who were feeling isolated or anxious during lockdown etc. This allowed us to employ a temporary freelance project manager and theservice was up and running within a week.

After the success of Check in and Chat, we integrated the volunteers who were interested into ourregular befriending service, for which they will receive further training.

We also were awarded a grant for a temporary Counselling Service to help people during theepidemic and to deal with the aftereffects, meaning we could employ a facilitator and recruit volunteers.

We had successful funding bids for a temporary Finance and Monitoring Officer to help improve our grant making capacity and was awarded a grant for an allotment development worker, despite manyof our other groups having to close. We also acquired funding for the Men's Group, to enable the members to continue to meet and support each other.

The team began to work at home using a grant provided to purchase technology, mobile phones andsoftware, the coming 12 months saw them working in ways they had never experienced; facing obstacles and frustration but overcoming these difficulties to build our services and concentrate on planning for the future by building on our experiences.

The Board met weekly to take advantage of the lockdown period to develop plans and we held ourprevious AGM on Zoom. Pamela Ball from 'Do-Well' facilitated Development sessions online, particularly on the role of the trustee, governance, and finances. We recruited a new Independent Examiner, Beyond Profit Ltd and enlisted

the help of a Financial Controls consultant to help us to modernise our financial processes.

Our services

The Befriending Service

Our volunteers who were already befriending someone simply swapped to telephone only. We then offered the opportunity to have a regular telephone call from a volunteer to those of our members whowould usually meet with others at our social groups, but no longer would be able to. The existing volunteers really stepped up to the mark with some offering to call up to 3 or 4 people to keep them intouch with the community and feedback any problems or requests to the team.

Choir

The Sound of Mind choir attempted to use Zoom to meet and tried various online platforms, but it proved to be very ineffective for rehearsing. It was decided to abandon plans until we could meet inperson to raise the roof once more! However, we featured in a joint Zoom performance with St.

Helens Music Service, performing 'Mr Blue Sky' and True Colours.'

Allotment

The allotment was able to stay open for most of the year as we monitored the Government guidelines and we could only invite limited numbers as it was therapeutic group, so long as we adhered to the restrictions and hygiene measures imposed for safety from Covid 19. We were also fortunate to have received funding to enable us to employ Peter, our Allotment Development Worker, who has helped to keep everyone safe alongside the long-term volunteers. It truly has been a lifeline for those who attend. Proving that engaging with nature and other people can really boost your wellbeing.

Men's Group

The Men's Group was able to continue with funding from St Helens Middle-Aged Men's Health VCSE Community of Practice (CHAMPS Public Health Collaborative. Meeting regularly at the Deafness Resource Centre Hall, the men we able to enjoy discussions, banter and of course the quiz. Graham and volunteer Adam kept everyone safe and supported in what were very difficult times for many.

The funding we received enabled Voluntary, Community & Social Enterprise groups to develop and deliver a range of men's projects in line with the Edge Hill University Evidence Review. Halton & St Helens VCA ran small grants programme and established a Community of Practice that is linked to the Community Led Suicide Prevention Group to bring funded organisations together to share best practice and to look at ways in which we can work together to make a real difference in our communities.

Social Groups

Sadly, all the other social groups had to stop. This was a real but necessary blow for the regular attendees who gain so much from the company, support and activities we have offered. The Ladies Group began to have socially distanced walks in small groups, to local parks when restrictions were lifted.

New services & developments

With the valuable input from Chantelle, a new trustee, we were able to source and apply for funds forour planned new activities and identify projects that would enhance our offer.

Although social media proved to be a lifeline for many during the pandemic, the extent of digital exclusion became very obvious to us. We had to consider this when communicating with all ourmembers and people who were coming to us for support.

The Check in and Chat and Counselling services have been assets and worked well alongside the Befriending Services. The Befriending Services have been transformed by many more of our serviceusers who didn't want a befriender, taking up the offer. We were able to extend the Counselling untilSept 2021

A volunteer and trustee, Adam entertained the public on our Facebook page with weekly book readingsessions, along with his cats! Adam was previously a facilitator of our Reading for Wellbeing Group, which had to close due to the pandemic.

We were chosen to be Charity of the Year for the next season by St. Helens Town AFC who will continue to promote our service in their programme at matches and via their social media output. The time working at home gave us the opportunity to undertake a policy review. Our Chairperson,Jean, was kept very busy!

We undertook a survey across all our stakeholders, primary, secondary, internal and external to helpus to develop our strategic plan.

We managed to keep Sue (formerly Check in and Chat facilitator) employed on a temporary freelancebasis to help with training, updating the database to suit all purposes and taking up extra work from when Support Worker, Esther, left to start a new job. Sue has been updating training, volunteer application forms and referral forms. She will be creating a new volunteer information pack and we are aiming to have all our information on the website.

We have also managed to continue to employ Sharon as temporary, freelance Monitoring and Finance Officer. This has been invaluable as we have had to manage and monitor various grants andwe will endeavour to retain her service.

The counselling service was a success with the counselling lead and the volunteer student counsellors delivering sessions to 69 individuals. Due to a project underspend, the grant provideragreed we can continue to deliver for another 6 months.

The Mind brand, nationally, has been rebranded and we have started to incorporate the new Mind branding into all our work. This has begun with the Website and will continue until December 2021.

Community Fundraising

We were able to concentrate more time and effort on liaising with people who wanted to make donations or fundraise for us. This has been an interesting exercise during the pandemic with mental health being high on everyone's agenda.

We received funds via Urban Splash in memory of a young colleague of theirs who took his own life. We have maintained links with the family of the young man, who are keen to support us in the future. Plans were made for a family event in Haydock, in memory of Jamie. We used the original donation to pay for all staff to achieve a Mental Health First Aid Certificate via St. Helens Wellbeing, something we had been keen to do for some time.

Marks and Spencer have raised almost £4,000 for us as their chosen charity from the previous year, despite various lockdowns.

DHL has been in touch to ask about becoming an ongoing supporter of our work and made a donation from across two of their sites.

We also became a Co-op community grant recipient. We maintained contact with Inovus who had to put their fundraising plans on hold due to the pandemic. Inovus Medical is a multi-award-winning designer and manufacturer of surgical training technologies based in St Helens.

Training

Training sessions for staff, trustees, and volunteers on confidentiality and GDPR were designed and distributed by Sue, and all staff enrolled to complete Mental Health Awareness Training.

Barriers

We have had obvious barriers to our service delivery due to the pandemic:

We have been unable to fundraise or have a visible presence in the community at public events where we would normally attract volunteers and referrals.

A team member leaving, staff sickness and a short period of compassionate leave had an impact on the team which was eased greatly by the inclusion of the three-part time, temporary freelance staff.

<u>Quotes from our Ladies Group</u>

"I have missed everyone so much, I'm so glad we can finally meet up again"

"The last few months have been overwhelming, but I know that Mind were just a phone call away should I need them"

"Staying in touch with my volunteer, even just over the phone has been a life saver" "I feel lucky to have such lovely, caring people in my life"

"Being without the groups have made me realise how important they are to my mental wellbeing"

Telephone Befriending – What people told us:

“Having a Telephone Befriender has helped me feel less isolated and given me confidence to trust in others again. Someone who cares. I have now met my Befriender twice face to face, over the last 2 weeks, having chats, including this week, leaving my home, and having a short 15 minutes’ walk around the block with my Befriender’s encouragement and Support. I’ve found the Telephone Befriending very helpful.”

“My Befriender has helped me through a really hard time, not only helping me feel less socially isolated, (feeling less lonely) but also come to terms, on being able cope without a loved one.”

“I now look forward to Wednesday afternoons, I now have a structure, in my week.”

“My Telephone Befriender has help me feel less lonely and isolated, I have also gained the confidence to learn how to use Zoom, as a way of having face to face contact with my Befriender.”

“Having my Telephone Befriender been a great help, he's given me support when I've been low and lonely, when every day seemed to merge into 1, and I’ve felt very isolated during the lockdown, I look forward to our talks when we are in contact.”

What our Men’s Group Members tell us:

“A tonic! A wonderful way to start the week, it gives a good balance between Group Involvement and Self Isolation. I enjoy the lads’ banter, which keeps me on my toes.”

“Very Stimulating, cheers us up no end!”

“Very good group to go to really run well, wouldn’t know what to do without them for my socializing.”

“Glad the group keeps running, it gets me out, instead of being stuck in the house, and helps me meetup and see other people.”

“Helps me get out the house for a bit have contact with others.”

“It's really good that the groups been able to carry on, it’s helping me get through Lockdown, I'm really grateful to the Staff for keeping it going.

Keeping in touch

Gill was interviewed for a Halton and St. Helens VCA radio podcast.

The Team met weekly on zoom and had regular calls to update on work issues and to offer support to each other.

Gill attended the Mind NorthWest Leaders Network Meeting to share ideas and strategies for working in a pandemic.

We held our AGM, with our restructured Board of Trustees, new freelance staff and a new accountant to help with our annual accounts and legal requirements.

Gill was interviewed by Radio Merseyside for a daytime show. The studio received many calls as aresult.

Gill updated the website so people could download a booklet about Wellbeing during the pandemic.

Gill and Jean took advantage of many webinars relating to Trusteeship and funding. Gill attended a meeting online about the CHAMPS project funding to update on the programme for the men's groupand the feedback received.

Social Media use was widely increased to attract new supporters and inform people of our serviceoffer and we aim to maintain this and develop new ways of staying in touch.

Partnerships

We are working together with funding from national Mind being administered by Wirral Mind to research, build and review a network of people with lived experience to further develop the involvement of people with lived experience in mental health service delivery in Merseyside.

Gill attended a research session by a student who has started a PhD with Edge Hill in partnership with Everton in the Community and Men's Mental Health. Our Men's Group is currently funded with a CHAMPS grant and Gill attends their regular meetings and was the only representative from a voluntary organisation to attend. The links with the Everton Foundation could prove very useful.

Future Plans

In view of the changes in services during COVID, it was decided to update the strategy and operational plan so we can diversify and extend our services in the future. A small group of trustees along with the CEO and Finance officer have met to start the process. Because we want our members and volunteers to be involved in this process, we have invited everyone to attend a forum todiscuss the way forward.

Financial review

For the year in question St. Helens Mind had an in-year surplus of £46,018 (2020: £8,281 deficit). This was mainly due to an increase in income from grants specifically around COVID. For the year in question total grant received were £150,203 (2020: £55,624). In line with the increase in grants charitable expenditure also increased to £116,749 (2020: £81,784)

This brings the total charitable funds to £55,577 (2020: £9,559) of which £18,787 (2020: £9,559) is unrestricted

Reserves Policy

In accordance with the Charity Commissioners' guidance (CC19, March 2008) and SORP (2000) St. Helens Mind is required to hold reserves based on a realistic estimation of reserve requirements.

Reserves represent those resources which can be made available to spend once all other commitments and planned expenditure have been met.

1. St. Helens Mind holds reserves to protect the continuity of the charity's work in the event of a shortfall in income; to replace assets when required; allow for peaks and troughs in cashflow and to provide for any funding needed to deliver our strategic plan.
2. The Board of Trustees is responsible for monitoring the correct management of reserves andwill review this each month as part of the management accounts. It will review the agreed level of reserves required each year at the AGM to ensure this remains appropriate, and in- year should circumstances change significantly.
3. When agreeing the annual budget, the Board of Trustees will consider the reserves required for the year; whether a balanced budget is required or whether reserves need to be built up ordrawn down.
4. Should reserves fall below the required level the Trustees will consider further fundraising,diversifying funding streams and mitigating risks by reducing costs.
5. The following measures are deemed by Trustees to be sufficient to enable us to be resilientand able to manage in unforeseen difficult circumstances, and to demonstrate appropriate financial control and active risk management:

Trustees aim to maintain a contingency reserve of £30,000-£35,000 to protect service users against funding cuts; this will be reviewed annually at the AGM to ensure it remains appropriate.

In the event of planned closure, the Trustees feel that this is sufficient for St. Helens Mind to wind down in an orderly manner and ensure that all creditors are paid. The reserves figure will be reported in the year's annual report as required.

This policy has been adopted to protect St. Helens Mind and its service users from adverse impact of funding cuts or other monetary constraints.

At the end of the period in question the free, unrestricted reserves of the charity were £18,787.

Trustees' responsibilities in relation to the financial statements

The trustees (who are also directors of St Helens Mind for the purposes of company law) are responsible for preparing the trustees annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

Select suitable accounting policies and then apply them consistently

Observe the methods and principles in the Charities SORP

Make judgements and estimates that are reasonable and prudent

State whether applicable UK Accounting Standards and statements of recommended practicehave been followed, subject to any material departures disclosed and explained in the financial statements

Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

Approved by the trustees on19th October 2021 and signed on their behalf by:



Jean Aldred **19th October 2021**

Chair of Trustees

Independent examiner's report to the trustees of St Helens Mind for the year ended 31 March 2021

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2021 which are set out on pages 14 to 26.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act: or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination: or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination towhich attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Emma Willder, FCMA, CGMA, CG(Affiliated) **24th November 2021**
Beyond Profit Ltd
G104 Bolton Arena
Arena Approach
Horwich
Bolton
BL6 6LB

Statement of Financial Activities for the year ended 31 March including Income and Expenditure Account

		2020-21			2019-20		
	Note	Unrestricted Funds £	Restricted Funds £	Total £	Unrestricted Funds £	Restricted Funds £	Total £
Income and Endowments:							
Donations and legacies	2	12,724	-	12,724	18,141	-	18,141
Charitable activities	2 & 3	55,794	94,409	150,203	55,624	-	55,624
Investments	2	9	-	9	22	-	22
Total Income		**68,527**	**94,909**	**162,936**	**73,787**	**-**	**73,787**
Expenditure:							
Raising Funds		169	-	169	284	-	284
Charitable Activities	4	54,948	61,801	116,749	81,784	-	81,784
Total Expenditure		**55,117**	**61,801**	**116,918**	**82,068**	**-**	**82,068**
Net income/(expenditure)		**13,410**	**32,608**	**46,018**	**(8,281)**	**-**	**8,281**
Transfer between funds	11	(4,182)	4,182	-	-	-	-
Net Movement in funds		**9,228**	**36,790**	**46,019**	**(8,281)**	**-**	**(8,281)**
Reconciliation of Funds							
Total funds brought forward	11	9,559	-	9,559	17,840	-	17,840
Total Funds carried forward		**18,787**	**36,790**	**55,557**	**9,559**	**-**	**9,559**

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

Balance Sheet as at 31 March 2021

	Note	2021 £	2020 £
Fixed Assets			
Tangible fixed assets		-	-
Total fixed assets		**-**	**-**
Current assets			
Debtors	9	578	9
Cash	8	59,655	10,982
Total current assets		**60,233**	**10,982**
Current liabilities			
Creditors			
- Amounts falling due within 1 year	10	4,656	1,423
Net current assets		**55,577**	**9,559**
Total net assets		**55,557**	**9,559**
Funds of the Charity			
- Unrestricted funds		**18,787**	**9,559**
- Restricted funds		**36,790**	**-**
Total funds		**55,557**	**9,559**

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies. Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and constitute the annual accounts required by the Companies Act 2006 and are for circulation to the members of the company.

The notes on pages 16 to 26 form an integral part of the financial statements.

Approved by the trustees on 19th October 2021 and signed on their behalf by:

Jean Aldred, Chair



19th October 2021

Notes to the Accounts

1. Statement of accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows

a. Basis of preparation

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities in preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2016.

The charity has applied the exemption available to small charities in the Charities SORP (FRS 102) and does not include a Statement of Cash Flows in these Financial Statements.

St Helen's Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting notes.

b. Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

c. Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be reliably measured.

Income for government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions have been met, it is probable that the income will be received the account can be measured reliably and is not deferred.

Donations are recognised when the charity receives the funds.

d. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose

e. Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

f. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be recognised reliability.

All expenditure is shown inclusive of VAT.

g. Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs. Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

h. Operating Leases

The charity classifies the lease of photocopying and printing equipment as operating leases; the title to the equipment remains with the lessor. Rental charges are charged on a straight-line basis over the term of the lease.

i. Tangible Fixed Assets

Individual assets costing £500 or more are capitalised at cost and are depreciated evenly over their estimated useful economic lives, as follows:

Plant and machinery	over 5 years
Fixtures, fittings, tools and equipment	over 5 years

j. Debtors

Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

k. 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 provision re normally recognised at their settle met amount after allowing for any trade discounts due

l. Corporation Tax

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

m. Key estimates and accounting judgements

In applying the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions in determining the carrying amounts of assets and liabilities. The Trustees' judgements, estimates and assumptions are based on the best and most reliable evidence available at the time when the decisions are made and are based on historical experience and other factors that are considered to be applicable. Due to the inherent subjectivity involved in making such judgements, estimates ad assumptions, the actual results and outcomes may differ. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to the accounting estimates are recognised in the period in which the estimate is revised, if the revision affects only that period, or in the period of revision and future periods, if the revision affects both current and future periods

2. Analysis of income

2020-21

	Unrestricted Funds £	Restricted Funds £	Total £
Donations and legacies			
Donations and gifts	12,724	-	12,724
Total	**12,724**	**-**	**162,936**
Charitable activities			
Befriending Service	55,794	-	**55,794**
Groups	-	990	**990**
Check in & Chat	-	23,855	**23,855**
Allotment	-	17,000	**17,000**
Counselling	-	47,064	**47,064**
IT	-	5,500	**5,500**
Total	**55,794**	**94,409**	**150,203**
Investments			
Bank interest	9	-	-
Total	**9**	**-**	**-**
Total Income	**68,527**	**94,409**	**162,936**

2019-20

	Unrestricted Funds £	Restricted Funds £	Total £
Donations and legacies			
Donations and gifts	18,141	-	18,141
Total	**18,141**	**-**	**18,141**
Charitable activities			
Befriending Service	53,115	-	53,115
Groups	2,509	-	2,509
Check in & Chat	-	-	-
Allotment	-	-	-
Counselling	-	-	-
IT	-	-	-
Total	**55,624**	**-**	**55,624**
Investments			
Bank interest	22	-	22
Total	**22**	**-**	**22**
Total Income	**73,787**	**-**	**73,787**

3. Analysis of receipts of government grants

	2021	2020
	£	£
St Helens Council (Befriending Service)	53,294	53,115
St Helens Council (COVID)	2,500	-
Total	**55,794**	**53,115**

4. Analysis of expenditure

4.1. 2020-21

	Charitable Activities	Support and Governance	Restricted funds
	£	£	£
Groups	3,329	615	3,944
Check in &	18,153	3,360	21,513
Allotment	2,918	540	3,458
Counselling	22,072	4,086	26,158
IT	5,677	1,051	6,728
Core	54,948	-	54,948
Total	**107,097**	**9,652**	**116,749**

4.2. 2019-20

	Charitable Activities	Support and Governance	Restricted funds
	£		£
Groups	11,118	64,472	75,590
Allotment	911	5,283	6,194
Total	**12,029**	**69,755**	**81,784**

For the allocation of support costs, see note 5.

5. Allocation of Governance and Other Support Costs

5.1. General office costs

The total support costs and overheads attributable to charitable activity is apportioned as shown below

	2021	2020
	£	£
Groups	543	10,163
Check in & Chat	2,963	-
Allotment	476	833
Counselling	3,603	-
IT	927	-
Total	**8,512**	**10,996**

Basis of allocation is percentage of expenditure

5.2. Governance Costs

	2020-21	2019-20
	£	£
Independent examination	540	450
Accountancy fee	600	500
Other Governance Costs	-	375
Trustee expenses	-	17
Total	**1,140**	**1,342**

The total governance cost attributable to charitable activities is then apportioned in the same ratio as the other support costs

5.3. Allocation of governance costs

	2021	2020
	£	£
Groups	72	1,240
Check in & Chat	397	-
Allotment	64	102
Counselling	483	-
IT	124	-
Total	**1,140**	**1,342**

6. Details of certain items of expenditure

	2020-21	2019-20
	£	£
Independent examination	540	450
Accountancy fee	600	500
Total	**1,140**	**950**

7. Employees

7.1. Salary costs

	2021	2020
	£	£
Salaries and wages	54,357	51,190-
Social security costs	1,099	2,060
Pension costs (defined contribution	1,300	745
Other	113	1,235
Total	**56,869**	**55,230**

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

7.2. Average head count in year

	2021	2020
	£	£
Total	**5**	**5**

7.3. Key management personnel

	2021	2020
	£	£
Salaries and wages	19,473	18,158-
Social security costs	1,475	1,317
Pension costs (defined contribution	399	360
Total	**21,347**	**19,835**

The costs of the Key Management Personnel are included in note 7.1. In note 7.1 Social Security Costs include the Employers Allowance.

8. Cash at bank and in hand

	2021	2020
	£	£
Current account	5,525	1,651
Savings Account	53,761	8,963
Petty cash	369	369
Total	**59,655**	**10,982**

9. Debtors

	2021	2020
	£	£
Accrued income	578	-
Total	**578**	**578**

10. Creditors and accruals

Analysis of creditors falling due within one year

	2021	2020
	£	£
Accruals	3,373	1,054
Other creditors	1,283	368
Total	**4,656**	**1,423**

11. Charity Funds

2020-21

	Balance at 1 April 2020	Income	Expenditure	Transfer between funds	Balance at 31 March 2021
	£	£	£	£	£
Restricted Funds					
Coalfields	-	29,382	(6,476)	-	20,906
Community Foundation Merseyside		4,300	(4,300)		-
John Moores Foundation		8,000	-		8,000
Mind		17,682	(17,682)		-
Mind (Allotment)		9,000	(3,458)		5,542
Mind (IT)		5,500	(6,728)	1,228	-
National Lottery		9,899	(9,899)		-
P H Holt Foundation		2,656	(314)		2,342
Pilkington Charities Fund		7,000	(7,000)		-
St Helens VCA		990	(3,944)	2,954	-
Total	**-**	**94,409**	**(61,801)**	**4,182**	**36,790**
Unrestricted Funds	9,559	68,527	(55,117)	(4,182)	18,787
	9,559	**68,527**	**(55,117)**	**(4,182)**	**18,787**
Total Funds	**9,559**	**162,936**	**(116,918)**	**-**	**55,577**

2019-20 Comparative data

	Balance at 1 April 2019	Income	Expenditure	Transfer between funds	Balance at 31 March 2020
	£	£	£	£	£
Unrestricted Funds	17,840	73,787	(82,068)	-	9,559
	17,840	**73,787**	**(82,068)**	**-**	**9,559**
Total	**17,840**	**73,787**	**(82,068)**	**-**	**9,559**

Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total 2021
	£		£
Current assets	20,070	40,163	60,233
Current liabilities	(1,263)	(3,373)	(4,656)
Total	**18,787**	**36,790**	**55,577**

12. Trustees' remuneration and expenses

The trustees received no remuneration for the performance of their duties. The were no Trustee expenses (2020: £17)

Donations were made by Trustees totalling £132 (2020: £110)

13. Related party transactions

There we no related party transactions in the financial year ending 31 March 2021 (31 March 2020: none)

14. Donated facilities and services

14.1 Facilities and services

During the period in question the charity received donated facilities and services at Harry Blackman House, part of Peasley Cross Hospital. We have been unable to ascertain the value of these.

14.2 Volunteers

At March 2021 the charity had 42 volunteers (2020: 44) typically contributing, on average, 2.5 hours per week each.

Volunteers undertake a variety of roles as described below.

Telephone Befriending

The Befriending Service will provide support for people who feel isolated or alone because of the effects of mental illness. A Befriender is a person who can be there for someone; to listen to them and give them some time when it is most needed. This service became telephone only during the pandemic.

Many Volunteers who had previously befriended one person, took on 2 or more people to contact on a weekly basis, which were up to one hour per call.

Several Volunteers who previously helped at social groups and activities also took on the role of telephone befriender and others chose to 'rest' until activities resumed

Counselling

A temporary covid emergency response Counselling Service enabled 4 volunteer, student counsellors to join us, to provide a telephone counselling service for 9 months of the financial year

Allotment Volunteers

St.Helens Mind has a flourishing Allotment and urgently volunteers help support people with mental health difficulties who use the allotment.

Group Volunteers

St.Helens Mind previously had 13 social groups across the Borough. Due to these groups being held in public buildings, most were required to temporarily close due to

the pandemic. Funding for the Men's Group and the outdoor environment of the Allotment allowed us to continue to welcome people to the sites.

Volunteers help to make the visit enjoyable and welcoming by offering support, ensuring people feel welcome and safe, and maybe encouraging them to join in activities.

Events Volunteers

Events and Promotions Volunteers help at public events where we promote our services and answer questions form members of the public