



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

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 sat around 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 us work 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 links and share as much information as possible with them.

It was astounding how quickly the community came together, as other groups and organisations took stock 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 unable to 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 hand in 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 team staff 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 very successful 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 support services, 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 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 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 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.

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 as a 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 people who 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 base for 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 the service was up and running within a week.

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

We also were awarded a grant for a temporary Counselling Service to help people during the epidemic 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 many of 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 and software, 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 our previous 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 who would 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 in touch 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 in person 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 were 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 for our 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 our members 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 service users who didn't want a befriender, taking up the offer. We were able to extend the Counselling until Sept 2021

A volunteer and trustee, Adam entertained the public on our Facebook page with weekly book reading sessions, 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 help us to develop our strategic plan.

We managed to keep Sue (formerly Check in and Chat facilitator) employed on a temporary freelance basis 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 and we 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 provider agreed 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.

Quotes from our Ladies Group

"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 a result.

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 group and the feedback received.

Social Media use was widely increased to attract new supporters and inform people of our service offer 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 to discuss 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 and will 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 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.

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 practice have been followed, subject to any material departures disclosed and explained in the financial statements

- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the 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 19th October 2021 and signed on their behalf by:



Jean Aldred
Chair of Trustees

19th October 2021

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 to which 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

24th November 2021

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

		2021	2020
	Note	£	£
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 reliably.

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

I. 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 and 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. There were no Trustee expenses (2020: £17)

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

13. Related party transactions

There were 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 from members of the public

