



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

Index

Administrative Information.....	4
Chair's Report.....	5
CEO's Introduction	6
Trustees Annual Report including the Directors Report.....	7
Trustees' responsibilities in relation to the financial statements.....	15
Independent examiner's report	16
Financial statements.....	17
Notes to the accounts	19



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

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.

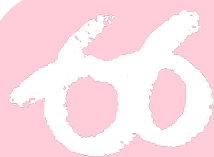
I am pleased to say that the trustees, staff and volunteers have worked brilliantly to keep the service going, have kept in touch with members, diversified our services, put plans in place to increase the support we can offer, and have identified additional sources of funding.

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.

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.

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.



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 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 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 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

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.

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.

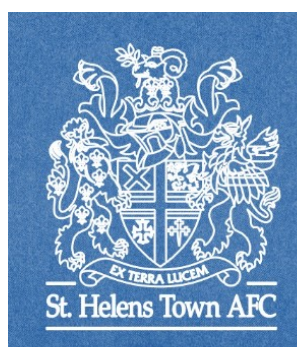
We took advantage of the time and availability of funding for specific projects, and we were able to secure grants for the allotment, choir, music group, art group, and Men's Group.

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, at our 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.



**Open Day
Wednesday 11th
August
11am-3pm**



Find us at Cabbage Hall Allotments, WA10 6PK. You can enter the site right next to our allotment, going to the gate at the end of Garswood Avenue, off Wollie Hall Drive.

Information:
sthelensmind.org.uk

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Information:
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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!

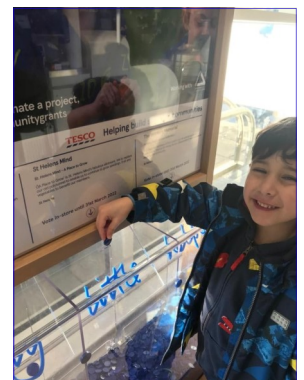


We gained another new fundraiser and supporter, who bounced along the Blackpool's Golden Mile with a friend and was sponsored by family and friends, raising almost £1,000

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.”**





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 and will 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 or drawn 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 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 £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:

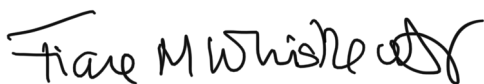
- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, 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 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).

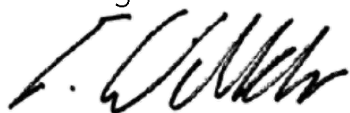
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). 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 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

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

		2022	2021
	Note	£	£
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 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 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

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

	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
Unrestricted Funds	1818	125,376	(71,605)		72,558
	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 were 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 from members of the public.

