



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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1. The first part of the document is a letter from the President of the United States to the Secretary of State, dated January 1, 1900. It discusses the situation in the Philippines and the need for a new policy.

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OFFICE OF THE
DIRECTOR OF THE
BUREAU OF REVENUE
WASHINGTON, D.C.

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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 Dunstons 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, our 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 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, 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:

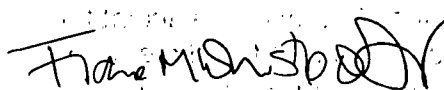
- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed,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

DATE 19 December 2023

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 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 Dunstons Close, Worcester, WR5 2AJ

DATE 20th December 2023

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

		2022-23			2021-22		
Note		Unrestricted Funds £	Restricted Funds £	Total £	Unrestricted Funds £	Restricted Funds £	Total £
Income and Endowments:							
2	Donations and legacies	15,070	34,135	49,205	65,545	-	65,545
2 & 3	Charitable activities	81,574	-	81,574	59,831	8,875	68,706
2	Investments	-	-	-	-	-	-
	Total Income	96,644	34,135	130,779	125,376	8,875	134,251
Expenditure:							
	Raising Funds	-	-	-	273	-	273
4,5 & 12	Charitable Activities	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
12	Transfer between funds	-	-	-	-	-	-
	Net Movement in funds	1,450	5,202	6,652	53,771	(23,820)	29,951
Reconciliation of Funds							
12	Total funds brought forward	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

		2023	2022
	Note	£	£
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.

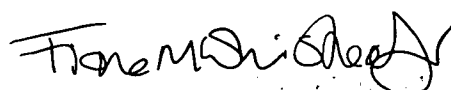
Directors' responsibilities:

- 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
Chair of Trustees

19 December 2023

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 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:

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 are 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

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

	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 were 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 and 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.

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