

# MIND IN FURNESS LIMITED

England & Wales · Charity number 1143600

## Details

---

Status	Registered
Legal form	Charitable company
Company number	<a href="#">07693277</a>
Registered	2011-08-31
Register	<a href="#">View on the Charity Commission register</a>

## Contact

---

Address	The William Bingley Centre 64 School Street Barrow in Furness Cumbria LA14 1EW
Phone	01229827094
Email	<a href="mailto:schoolstreet@mindinfurness.org.uk">schoolstreet@mindinfurness.org.uk</a>
Website	<a href="http://www.mindinfurness.org">www.mindinfurness.org</a>

## Activities

---

**Objects:** TO PROMOTE THE PRESERVATION AND THE SAFEGUARDING OF MENTAL HEALTH AND THE RELIEF OF PERSONS SUFFERING FROM MENTAL DISORDERS IN ASSOCIATION WITH MIND (NATIONAL ASSOCIATION FOR MENTAL HEALTH) IN ACCORDANCE WITH THE AIMS AND OBJECTS OF MIND

**Activities:** A local Mind association providing a range of services to support people experiencing emotional distress and poor mental wellbeing. We provide supported housing, a range of activities from a Wellbeing Centre including groups, peer support, outdoor access, counselling, supported volunteering, advice and information, outreach, anti stigma and promotional work, charity shop.

## Classification

---

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Accommodation/housing
- **Who:** People With Disabilities

## Geography

- Cumbria

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£804,355	£690,423	£1,228,526	25
2024-03-31	£605,352	£615,000	£1,114,594	24
2023-03-31	£628,911	£559,521	£1,124,242	19
2022-03-31	£632,092	£621,120	£1,054,852	28
2021-03-31	£875,751	£587,190	£1,043,880	27

## Trustees

Name	Role	Appointed
<b>Michael Mahony</b>	Chair	2019-07-05
David Lemare		2019-07-05
Dr Antony Page		2019-07-05
HELEN BINGLEY		2019-07-05
Keith Murphy		2019-11-01
Shaun Lee Blezard		2018-01-11
Sheena Jackson		2019-07-05

**MIND IN FURNESS LIMITED**

England & Wales - Charity number 1143600

---

# Accounts

---

**Company No: 07693277**  
**Charity No: 1143600**

**MIND IN FURNESS LIMITED**  
**(A COMPANY LIMITED BY GUARANTEE)**  
**REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED**  
**31 MARCH 2025**

# MIND IN FURNESS LIMITED

## CONTENTS

---

	Pages
Reference and administrative information	1
Report of the trustees	2
Independent examiner's report to the trustees	9
Statement of financial activities	10
Balance sheet	11
Statement of cash flows	13
Notes to the financial statements	14

# MIND IN FURNESS LIMITED

## REFERENCE AND ADMINISTRATIVE INFORMATION

---

(Registered Company Number: 07693277)  
(Registered Charity Number: 1143600)

Trustees/Directors	Mr M Mahony (Chair) Mrs H Bingley (Vice Chair and Treasurer) Ms S Jackson Mr D Le Mare Dr A Page Mr K Murphy Mr S Blezard
Secretary	Mr D Le Mare
Registered Office	64 School Street Barrow in Furness Cumbria LA14 1EW
Independent Examiner	Jack Steer BA(Hons) FCA MHA Chartered Accountants Kendal House Murley Moss Business Village Oxenholme Road Kendal Cumbria LA9 7RL

# **MIND IN FURNESS LIMITED**

## **REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 31 MARCH 2025**

---

The Trustees present their report and the financial statements of the Charity for the year ended 31 March 2025. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities applicable in the UK and Republic of Ireland published in October 2019.

### **Structure Governance and Management**

#### **Governing Document**

The organisation is a (registered) charitable company limited by guarantee governed by its memorandum and articles of association.

We work closely with Mind the leading mental health charity in England and Wales as part of a federation structure but are independently governed and independently funded. Other than this federation agreement and affiliation there are no connected charities or branches.

#### **Trustees of the Charity**

The directors of the charitable company are its trustees for the purposes of charity law. Listed below are the trustees who have served during the year and since the year-end.

- Michael Mahony (Chair)
- Helen Bingley (Vice Chair and Treasurer)
- Sheena Jackson
- David Le Mare
- Anthony Page
- Keith Murphy
- Shaun Blezard

The trustees oversee the running of the charity. The Chief Officer, Karen Dobson, is responsible for operational management and the execution of the Board's strategic plan and is assisted and supported by a management team consisting of an Office Manager, Service Managers and Shop Managers. A team of staff and volunteers delivers our day-to-day services.

The notes to the accounts disclose any transactions with trustees and related parties.

The Trustees have had due regard to the guidance published by the Charity Commission on Public Benefit.

#### **Recruitment and Appointment of the Management Committee**

Existing Trustees/Directors as members of the organisation invite potential trustees to serve on the board. We invite potential Trustees based on the skills required for the role and any noted skills gap on the board. They will complete an application and meet with the Chair and Chief Officer to discuss the role and their suitability. They are invited to attend a Board meeting before being proposed and seconded at a trustee meeting by existing trustees and these appointments are officially confirmed at the AGM. Once appointed induction procedures are undertaken.

## **MIND IN FURNESS LIMITED**

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2025

---

### **Recruitment and Appointment of the Management Committee (continued)**

None of the Trustees hold beneficial interest in the company.

All of the Trustees are members of the company and guarantee to contribute £1 in the event of winding up.

### **Quality Management**

Mind Quality Mark is a robust quality assurance framework, bespoke to the needs of the Mind federation. It is a tool for organisational development, with holistic subject coverage, consisting of 20 standards, structured within four areas. It provides the impetus for reflection and continuous improvement, innovation and ambition, so that everyone with mental health problems gets respect and the support they need.

Mind in Furness successfully completed our MQM in October 2022. This is reviewed in a three yearly cycle and we will begin our next review cycle in June 2025.

### **Risk Management**

An organisational Risk Analysis is collated and risk ratings are applied to all recognised risk; this is reviewed and updated at every trustee meeting.

This ensures the trustees are regularly assessing the major risks to which the charity is exposed and are satisfied that adequate systems are in place to mitigate any exposure to the major risks.

### **Objectives and Activities**

The charity's objects are to reduce mental health stigma, influence the shape of services and to support and promote the interests of those who experience mental health problems, their families, friends and supporters.

### **Activities**

Using a psycho-social model of delivery Mind in Furness Limited offers:-

- **Wellbeing Activities**
  - Recovery Focused groups and activities
  - Advice, information and signposting
  - Peer support
  - Supported volunteering placements
  - Counselling & Guided Self Help
  - Crisis Support included an evening and weekend service
  - Training and Anti Stigma Work
  - Employment Assistance Offers
  - Eco therapy opportunities
- **Two charity shops** (Mental Health on the High Street)
- **Supported Housing**
  - Dispersed self-contained supported housing

## **MIND IN FURNESS LIMITED**

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2025

---

### **Activities (continued)**

As well as providing a full range of activities to improve resilience and coping skills to those experiencing poor mental health we also offer advice, information and a signposting service to the general public.

We are active in all relevant local community networks and work in partnership with other local projects and statutory agencies to ensure mental health is considered in all aspects of our local communities.

### ***The objects are met through the services delivered from the centres below.***

#### **Wellbeing Centre (The William Bingley Centre, 64 School Street)**

The centre serves as a head office for all Mind in Furness's services and the staff and volunteer team deliver a range of projects from this community-based centre, with the overall aim of improving people's understanding and experiences of episodes of poor mental health.

The William Bingley Wellbeing Centre has traditionally been open Monday to Friday, delivering recovery focused services to anybody experiencing poor mental health or emotional distress.

From April 2022, however Mind in Furness was commissioned to deliver extended support; this service has slowly built up since that period and now ensures we provide extended support out of the usual 9-5pm window. We are open Monday to Friday 9am-10pm and Saturdays 11am-5pm. This service offers an alternative option to A&E for mental health support.

#### **Ulverston**

We deliver a range of wellbeing services from our premises at 5 Upper Brook St in Ulverston 2 days per week. Activities include art classes, gardening, Men's Group, Women's Group and Peer Support.

#### **Millom**

We do not own any premises in Millom and rent space on a weekly basis to deliver our Safe Space Millom service. We currently use The Pensioners Association building known locally as The Tin Chapel. This service is well received and we work alongside other local partners involved in the West Cumbria Mental Health Partnership delivering support.

#### **Supported Housing**

Following our strategic decision to remove ourselves from the provision of 24/7 high level supported living being delivered from Coniston House in 2022, Mind in Furness continues to provide supported housing from 4 flats on Sutherland Street, Barrow in Furness (Restart Project) offering housing related support to tenants with mental health issues.

#### **Charity shops — Mental Health on the High Street**

Mind in Furness runs two charity shops, one in Barrow and one in Millom. Up until November 24 both shops employed a part time Manager and the rest of the team are volunteers. With the retirement of our Barrow Shop Manager in November 2024, we have been developing a volunteer led model for the shop. As well as raising funds and offering volunteering opportunities, these shops provide information services on the high streets of Barrow and Millom for people with mental health problems. Any surplus profits generated after operational costs are met are invested into delivering wellbeing services. The cost-of-living crisis has created a challenging environment, as costs rise, the amount of surplus funding reduces meaning the Board has to keep a close eye on the affordability of the shops, recognised in our recently reviewed lease agreements and in our desire to develop a volunteer led model in Barrow.

The Trustees have paid due regard to guidance in section 17(5) of the 2011 Charities Act issued by the Charity Commission in deciding what activities the charity should undertake.

## **MIND IN FURNESS LIMITED**

REPORT OF THE TRUSTEES *(continued)*

FOR THE YEAR ENDED 31 MARCH 2025

---

### **Financial Review**

MHA manage our accounting arrangements and we maintain QuickBooks internally as a way of keeping our financial records. Our Office Manager is responsible for the day-to-day financial aspects of the organisation, reporting to the CEO and the accounting arrangements are scrutinised by the Treasurer at Board level.

In the last financial year we made some changes to the way we record our QuickBooks information to ensure trustees have information to hand and we took guidance from MHA to look at how best to configure our system to improve access to information.

We have maintained accurate records and submitted project reports for funders, including budgetary information where this is required.

Despite major financial challenges in this year, we initiated a cost-of-living increase across the whole staff team and honoured our commitment to ensure we pay our lowest paid staff 2% above the minimum wage. Trustees are aware salary review must be an ongoing aim and as such the trustees have a commitment to review salaries annually and salaries will be set at the start of the financial year. Trustees will make decisions on rates of pay based on funding available and comparable local rates of pay. The legally required pay increases to minimum wage over the last three years had a significant impact on our staffing costs and this will impact in future year's budgets.

In April 2025 we will again increase salaries but are mindful that any changes now reflect in future budgets where funding is still uncertain, we have also had to implement the governments increase to employers NI which adds a considerable burden to our staffing costs.

We continue to deliver supported housing via our Sutherland Street properties in Barrow in Furness and we remain vigilant for development opportunities for expanding this type of dispersed housing further.

Following the cessation of the Primary Care Network funding for our Guided Self-help service across their footprint of Barrow and Millom, we were reluctant to close this service and lose experienced staff so we continued to self-fund in the hope we could attract alternative funding for continuation of this valuable service. Funding bids were unsuccessful but we have been able to continue delivery into 2025/2026 with funding for delivery under the Workwell programme.

The ongoing cost of living crisis following on from the pandemic created a challenging environment for our retail operations (2 x Charity Shops) with rising utilities, other costs and salary increases impacting our surplus income levels. Maximising income, volunteer recruitment and keeping costs low continues to be a priority. We know our shops are valued in our community and the cost-of-living crisis brings opportunities as well as obvious challenges so we have last year entered into new 5 years leases for both properties. In the light of the increased expenditure and our desire to maintain a high street presence we are reviewing our shop delivery model and consider how to maximise income in 2025/2026. In Barrow the retirement of our Shop Manager led to new opportunities to explore a volunteer led model, early indications are that this is positive, with an expanded volunteer team and increased opening hours, we have also started to sell goods via on line market places to enhance shop income we hope to end 2025/2026 with a retail surplus.

The Grants and Foundation Trust landscape has become incredibly challenging with success rates falling, competition increasing and demand for funds increasing in some case by 3000% (Henry Smith Foundation). This placed us under pressure in 2024/2025 when several funding streams had ceased and alternatives were difficult to secure. Some of our success in late 2024/2025 will not affect our accounting until 2025/2026. We responded to these funding challenges by reducing expenditure where we could, not recruiting for vacant posts reducing staff hours and investing from reserves to recruit a Community and Events Fundraiser who will look at increasing our community support and developing new events and corporate links. This is something that is showing some success but will take several years to grow and develop impactful income streams – we also recognise that this is highly competitive especially in Barrow where there are large number of charities and high levels of people living in deprived wards.

We continue to pay back the bounce back loan we took out in 2021; this now incurs a 2.53% annual interest rate.

# **MIND IN FURNESS LIMITED**

REPORT OF THE TRUSTEES *(continued)*

FOR THE YEAR ENDED 31 MARCH 2025

---

## **Achievements and Performance**

Mind in Furness Ltd is satisfied that it has met all its contractual requirements for the year ending 2025. The changes and budgetary constraints in health systems create great uncertainty in terms of commissioning structures and contract continuation beyond 2025 but we have continued the process of proactive networking developing our services in line with national agendas and liaising with local partners. We continue to explore new partnerships and develop quality service.

We continue to nurture and invest time and energy in our existing partnerships with other local and countywide groups, which enhances our service offer. Our immediate Mind network includes Lancashire Mind which also operates within the area of operation for Lancashire and South Cumbria Integrated Care Board and Carlisle Eden Mind in the North of the county but we ensure we engage proactively with the wider Mind Network which we recognise offers us effective links, shared learning and advice and support and opportunities for funding. Mind has also undergone a restructure in the last year to reflect its Federation First Agenda and our Mind Affiliation Agreement is currently under review as part of that review.

We have maintained strong local links with partners including forming the Furness Not for Profit Health Forum and the South Cumbria Mental Health Forum. We recognise we are stronger when working together and Mind in Furness endeavours to be a key player in local partnerships and discussions. We work in both formal and informal partnership with a range of local VCFSE partners including Citizens Advice Barrow, Groundwork, Barrow and District Disability Association, Furness Multi Cultural Forum, Women's Community Matters, The Well Communities, CADAS, SAFA and many more. We attend all local and regional forums and networks including Furness Not for Profit Forum, Place Based Partnership Meetings, ICC meetings etc .

We deliver services across Westmorland and Furness Council and Cumberland Council and ensure we engage with both local authorities on issues such as Joint Strategic Needs Assessments and Health and Wellbeing Boards etc. but acknowledge we engage on a more regular basis with Westmorland and Furness council given the level of services we offer in their areas of operation. Building links in Cumberland to support our service delivery in Millom is important in 2025/26.

In terms of health structures we sit within the operating areas of Lancashire and South Cumbria Integrated Care Board and we have worked hard to establish good working relationships with our ICB colleagues. Recent announcements about financial issues within the ICB, leave some uncertainty about the future.

With ICBs came the Mental Health Transformation Fund, the single biggest investment in mental health in recent times. Despite receiving a grant at the start of 2023 for our successful Help through Crisis programme in partnership with Citizens Advice Barrow, we weren't able to access further funding. However, our work in delivering an out of hours crisis service has been a key part of transforming service delivery. In 2023/2024 as part of the transformation initiative, we supported Lancashire Mind to deliver engagement events locally to consult with partners, service users etc. to look at models for future service delivery. Following this in 2024/25 we partnered with CVS and other organisations to look at how we can better work together with statutory service to create a more streamlined service for clients. Sadly, this funding ceases in June 2025 but the partners are looking for alternative funding to continue some of this important work.

As stated above our work developing and delivering our extended opening hours feeds into the transformation of community mental health services and carries on the aims of the original Beyond Places of Safety Funding from DoH to extend our building, that being to provide alternative spaces for people in crisis. We have worked alongside our statutory health partners to extend our service offer, support more people and extend opening hours into the evenings and weekends. This service supports the growing needs of our community and our colleagues working in statutory health services. This service will be recommissioned and tendered for 2026.

## **Mind Garden**

The 2022 Mind Chelsea Flower Show garden that was transferred in its entirety to the unused wasteland next to our building on School Street is now thriving. The acquisition of the garden for the use of Mind in Furness and our local community was a major accomplishment and offered us a great deal of positive publicity, including national media coverage that continues to this day.

## **MIND IN FURNESS LIMITED**

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2025

---

### **Achievements and Performance (continued)**

The garden has “blossomed” and continued to grow and settle in and is widely used by Mind in Furness, our partners and the public. It is now a major part of our outdoor/eco-therapy activity offer providing volunteering opportunities as well as a space to just “be.” We have in the past year help several open public events sharing the space with partners such as National Trust, Rusland Horizons, The Bay Partnerships, Westmorland and Furness Council etc.

### **Mind Quality Management**

Our last MQM audit process was completed in October 2022 and was highly positive with lots of good feedback from national Mind including Mind in Furness being recognised for our outstanding Eco-therapy work and winning the Mind Excellence Award in the area of Environment. At the time of writing whilst we await our formal invitation from National Mind to embark on another review cycle- we are aware that we are due to host a visit from Minds MQM team on 9th October 2025.

### **Ulverston**

We began delivering services in Ulverston following the October 2020 closure of Ulverston Mind. We have developed some close working links with GPs and other local groups including voluntary groups and arts organisations. We offer support from our premises at 5 Upper Brook St. Some local funding opportunities that were available to both Mind in Furness and Ulverston Mind are now limited – funding would have come into the area for both Mind groups but we can only apply once – this has created some challenges and at the moment service provision is limited to 2 days per week. We are currently conducting some consultation locally to establish need and the wishes of the local community, we are also exploring new funders in the hope of developing further service in Ulverston.

### **Moving Forward**

Whilst we are 5 years on from the start of the global pandemic, it along with the subsequent cost of living crisis has heavily affected the nation’s mental health. We continue to see both increased demand for our services and increased complexity of cases. We are currently experiencing a national mental health crisis, whilst this is recognised by funders and commissioners alike, it has also led to increased competition for funding streams to meet the increased levels of need.

The funding environment for 2024/2025 was particularly challenging, with many grant and foundation trusts seeing massive increases in the demand for funding and decreased chances of success. We submitted a number of bids but found that funders were closing to unsolicited requests, closing for period to review their funding strategies or simply being inundated with applications meaning Mind in Furness had less opportunities to access funding through these streams.

The uncertainty of the current climate, both economic and political, exacerbated by the long-term impacts of the pandemic, mean we must remain vigilant of our financial situation and the trustees and management team remain committed to ensuring they seek out opportunities for new funding streams wherever appropriate.

### **Team Barrow**

In recognition of Barrow’s unique position in developing the nation’s defence systems, whilst managing a particular set of social and infrastructure problems the Government has confirmed investment of £200 million over 10 years. In addition, it has provided £5 million over 5 years for Work and Health and £5 million for Social Investment including support for the charitable work being delivered. The initial round of funding offered some sustainability support to key charities in Barrow who were deemed as essential and in need of support. Mind in Furness were one of these charities and received a sustainability grant for 2025/2026. We are committed to supporting the Team Barrow board as they look at how best to use this money to build some capacity and sustainability into our sector.

## MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2025

---

### Reserves Policy

The trustees consider that it would be prudent and desirable to have free reserves equivalent to 4 months operating expenditure. This would be in the region of £230,140.

At the year-end free reserves were £310,337.

Free reserves represent the element of the charity's unrestricted funds that are freely available to spend on any of the charity's purposes and are calculated as total unrestricted funds less tangible fixed assets less designated funds.

### Trustees' Responsibilities

The trustees (who are also directors of Mind in Furness Limited 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 Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 Trust will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Trust 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 Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the Trustees

*Helen Bingley*

**Mrs H Bingley**  
**Treasurer**

Date: December 17, 2025  
Date: .....

## **MIND IN FURNESS LIMITED**

### **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MIND IN FURNESS LIMITED**

---

I report to the Charity Trust trustees on my examination of the accounts of the company for the year ended 31 March 2025 which are set out on pages 10 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**

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, which is one of the listed bodies.

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.

*J Steer*

**Jack Steer BA(Hons) FCA  
MHA  
Chartered Accountants  
Kendal House  
Murley Moss Business Village  
Oxenholme Road  
Kendal  
Cumbria  
LA9 7RL**

**Date:** December 18, 2025  
.....

**MIND IN FURNESS LIMITED**

STATEMENT OF FINANCIAL ACTIVITIES (including Income and Expenditure Account)

FOR THE YEAR ENDED 31 MARCH 2025

	Note	Unrestricted funds £	Restricted funds £	Total 2025 £	Total 2024 £
<b>Income from:</b>					
Donations and legacies		251,312	1,234	252,546	35,063
Charitable Activities	5	116,563	366,388	482,951	493,359
Shops	4	62,566	-	62,566	69,286
Bank Interest Received		6,292	-	6,292	7,644
<b>Total</b>		<b>436,733</b>	<b>367,622</b>	<b>804,355</b>	<b>605,352</b>
<b>Expenditure on:</b>					
Shops	4	65,927	-	65,927	62,670
Charitable Activities	5	185,421	439,075	624,496	552,330
<b>Total</b>		<b>251,348</b>	<b>439,075</b>	<b>690,423</b>	<b>615,000</b>
<b>Net Income</b>	3	<b>185,385</b>	<b>(71,453)</b>	<b>113,932</b>	<b>(9,648)</b>
<b>Transfer between funds</b>		<b>(163,165)</b>	<b>163,165</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>		<b>22,220</b>	<b>91,712</b>	<b>113,932</b>	<b>(9,648)</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		1,090,990	23,604	1,114,594	1,124,242
<b>Total funds carried forward</b>		<b>1,113,210</b>	<b>115,316</b>	<b>1,228,526</b>	<b>1,114,594</b>

The statement of financial affairs includes all gains and losses recognised in the year

**MIND IN FURNESS LIMITED**

## BALANCE SHEET

AS AT 31 MARCH 2025

	Note	2025 £	£	2024 £	£
<b>Fixed Assets</b>					
Tangible assets	7	742,873		761,034	
<b>Current assets</b>					
Debtors	8	11,451		159,586	
Cash at bank and in hand		565,435		255,130	
		<u>576,886</u>		<u>414,716</u>	
<b>Creditors:</b> amounts falling due within one year	9	(61,343)		(25,611)	
		<u>515,543</u>		<u>389,105</u>	
<b>Total assets less current liabilities</b>		<u>1,258,416</u>		<u>1,150,139</u>	
<b>Creditors-</b> amounts falling due after one year	10	(29,890)		(35,545)	
<b>Net assets</b>		<u>1,228,526</u>		<u>1,114,594</u>	
<b>Funds:</b>					
Unrestricted funds	11	1,053,210		1,090,990	
Designated funds	11	60,000		-	
Restricted funds	12	115,316		23,604	
<b>Total funds</b>		<u>1,228,526</u>		<u>1,114,594</u>	

## MIND IN FURNESS LIMITED

BALANCE SHEET *(continued)*

AS AT 31 MARCH 2025

---

For the year ending 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- (i) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- (ii) 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 have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

These accounts were approved by the directors and authorised for issue on ..... **December 17, 2025**  
and are signed on their behalf by:

  
.....  
**Mrs H Bingley**  
**Treasurer**

**Company Registration Number: 07693277**

**Charity Number: 1143600**

**MIND IN FURNESS LIMITED**

## STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2025

	2025	2024
	£	£
<b>Reconciliation of net income / (expenditure) to net cash flow from operating activities</b>		
Net income / (expenditure) for the year	113,932	(9,648)
Depreciation of tangible fixed assets	18,161	18,767
Decrease / (increase) in debtors	148,135	22,977
Increase / (decrease) in creditors	35,732	(155,168)
<b>Net cash flow from operating activities</b>	<b>315,960</b>	<b>(123,072)</b>
<b>Cash flow from investing activities</b>		
Repayment of bank loan	(5,655)	(5,663)
<b>Net cash flow from investing activities</b>	<b>(5,655)</b>	<b>(5,663)</b>
<b>Net (decrease) / increase in cash and equivalents</b>	<b>310,305</b>	<b>(128,735)</b>
<b>Cash and cash equivalents at 1 April 2024</b>	<b>255,130</b>	<b>383,865</b>
<b>Cash and cash equivalents at 31 March 2025</b>	<b>565,435</b>	<b>255,130</b>
<b>Relating to:</b>		
Cash at bank in hand	565,435	255,130

# MIND IN FURNESS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

---

### 1. Accounting Policies

Mind in Furness Limited is a charitable company limited by guarantee and governed by its memorandum and articles of association incorporated in England and Wales. The registered office is 64 School Street, Barrow in Furness, Cumbria, LA14 1EW.

#### **Basis of preparation**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

Mind in Furness Limited meets the definition of a public entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

#### **Income**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably, and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102).

The charity receives government grants in respect of charitable activities. Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

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 interest paid or payable by the Bank.

# MIND IN FURNESS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

---

### 1. Accounting Policies (*continued*)

#### Going concern

Trustees have considered the consequences of:

1. Recent changes by government to employers' national insurance contribution and minimum living wage;
2. High level of competition for resources from funders and grant makers due to national public sector financial situation and cost of living generally resulting in increasing requests for financial support from charities
3. Instability and financial pressure across the Integrated Care Board effecting commissioning and service provision.
4. A legacy payment of £210,000 in 2024/2025 which protected our reserves
5. Team Barrow award of £100,000 and further upcoming investment in Barrow in Furness via a Social Investment Fund which may offer more opportunities to build sustainability

In addition, the Trustees have:

1. Reviewed the current year's performance to March 2025;
2. Based on projected income agreed a break-even budget to March 2026;
3. Considered cashflow projections to March 2026;
4. Prepared a draft budget for 2026/2027
5. Agreed procedures for tighter management controls until the financial position improves.
6. Acknowledged 2 large donations into the organisation which have preserved protected reserves at a manageable level
7. Asked the CEO to arrange for up-to-date valuations of the assets.

Based on the above and the decision of Trustees to oversee closer financial management for the foreseeable future, the Trustees have determined that the consequences of the current uncertain financial environment will be mitigated.

There are several Trustees with the competence to manage the current financial situation therefore the Board of Trustees are confident that Mind in Furness can continue as a going concern. They do acknowledge the challenges that lie ahead. 2024/2025 saw significant funding challenges, that will continue into 2025/2026 this will require a review of our strategy, service provision and staffing structure. The impact of the current global and financial position on future performance and therefore on the measurement of some assets and liabilities or on liquidity might be significant and as such may require disclosure in the financial statements. The Trustees have determined, however, that they do not create a material uncertainty that casts significant doubt upon our ability to continue as a going concern.

#### Fund accounting

Unrestricted funds are funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are those unrestricted funds which have been set aside by trustees for an essential spend or future purpose.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. Any overspends are met by unrestricted funds.

#### Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2025

---

## 1. Accounting Policies *(continued)*

### Tangible Fixed Assets and Depreciation

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Tangible fixed assets are stated at cost less depreciation. Only items costing over £250 are capitalised.

Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:

Land and buildings	2% straight line
Fixtures and fittings	25% reducing balance
Computers	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/ (expenditure) for the year.

### Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

### Debtors and accrued income

Debtors are recognised at the settlement amount due after any trade discounts allowed. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

### Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account. Bank overdrafts are shown within borrowings in current liabilities.

### Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

### Creditors and provisions

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

### Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2025

---

## 1. Accounting Policies *(continued)*

### **Pensions**

The charitable company operates a defined contribution pension scheme and the pension charge represents the amount payable by the charity in respect of the year. The assets of the scheme are held separate from those of the charitable company in independently administered funds. Pension expense is allocated to where the employees' salary is allocated.

### **Operating Leases**

Rentals payable under operating leases are charged against income on a straight-line basis over the period of the lease.

## 2. Judgements and key sources of estimation uncertainty

In application of the company's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

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

### **Key assumptions, judgements and estimates**

In the opinion of the trustees there have been no significant judgements made in the process of applying the above accounting policies.

There have been no key assumptions concerning future and other key sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

**MIND IN FURNESS LIMITED**NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2025

**3. Net income for the year**

<b>This is stated after charging:</b>	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Depreciation	<b>18,161</b>	18,767
Independent Examination	<b>12,115</b>	7,543

**4. Shops**

	<b>Barrow</b>		<b>Millom</b>	
	<b>2025</b>	<b>2024</b>	<b>2025</b>	<b>2024</b>
Income	<b>31,414</b>	36,510	<b>31,152</b>	32,776
Expenses	<b>(34,970)</b>	(38,137)	<b>(30,957)</b>	(24,533)
<b>Profit / (Loss)</b>	<b>(3,556)</b>	(1,627)	195	8,243

**5. Charitable activities**

<b>2025</b>	<b>Income</b>		<b>Expenditure</b>		<b>Surplus / (deficit)</b>	
	Restricted	Unrestricted	Restricted	Unrestricted	Restricted	Unrestricted
<b>Grant funded :</b>						
Ulverston	75	-	32,467	-	(32,392)	-
Millom safe space	7,629	-	13,220	-	(5,591)	-
<b>Charitable Activities :</b>						
Sutherland Street	-	42,832	-	39,573	-	3,259
William Bingley Centre	38,354	-	144,330	-	(105,976)	-
Active Monitoring / Guided Self Help	7,925	-	49,107	-	(41,182)	-
Crisis Café	167,847	-	152,977	-	14,870	-
Refuge and Asylum	-	-	2,463	-	(2,463)	-
Eco-Therapy - Other	25,716	-	31,174	-	(5,458)	-
Sir John Fisher	6,667	-	6,667	-	-	-
Counselling	-	3,805	-	12,892	-	(9,087)
South Cumbria Mental Health partnerships project	4,375	-	4,375	-	-	-
Clothworkers foundation	4,600	-	2,295	-	2,305	-
Central	-	69,926	-	132,956	-	(63,030)
Team Barrow	100,000	-	-	-	100,000	-
Hadfield Trust	3,200	-	-	-	3,200	-
<b>Total</b>	<b>366,388</b>	<b>116,563</b>	<b>439,075</b>	<b>185,421</b>	<b>(72,687)</b>	<b>(68,858)</b>

There has been an excess of expenditure over income during the year (and previous year) on certain projects due to overspends which have been met by unrestricted funds.

**MIND IN FURNESS LIMITED**NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2025

**5. Charitable activities (continued)****2024**

	Income		Expenditure		Surplus / (deficit)	
	Restricted	Unrestricted	Restricted	Unrestricted	Restricted	Unrestricted
<b>Grant funded :</b>						
Ulverston	19,944	-	35,870	-	(15,926)	-
Millom safe space	1,089	-	6,686	-	(5,597)	-
<b>Charitable Activities :</b>						
Sutherland Street	-	43,959	-	28,268	-	15,691
William Bingley Centre	5,300	165,393	5,300	141,945	-	23,448
Co-op Resilience	-	36,002	-	36,002	-	-
Active Monitoring	87,204	-	75,874	-	11,330	-
BeWell	-	-	3,912	-	(3,912)	-
Refuge and Asylum	24,631	-	19,347	-	5,284	-
Seekers Project	-	-	-	-	-	-
Active Listening	6,711	-	13,177	-	(6,466)	-
Help Through Crisis	62,407	-	77,407	-	(15,000)	-
Recovery Star	-	-	21,600	-	(21,600)	-
Eco-Therapy	18,159	-	33,808	-	(15,649)	-
Sir John Fisher	18,000	-	18,000	-	-	-
Foundation	-	-	-	-	-	-
Counselling	-	4,560	13,024	4,560	(13,024)	-
Health and Wellbeing	-	-	17,550	-	(17,550)	-
<b>Total</b>	<b>243,445</b>	<b>249,914</b>	<b>341,555</b>	<b>210,775</b>	<b>(98,110)</b>	<b>39,139</b>

**6. Expenditure**

	2025 £	2024 £
Staff costs	488,573	412,165
Depreciation	18,161	18,767
Council tax & water rates	4,264	3,691
Rent	13,795	14,020
Fuel and light	12,642	16,662
Insurance	12,816	12,297
Telephone	7,092	8,120
PPS	5,307	6,509
Repairs and renewals	12,346	18,992
Computer costs	8,446	7,117
Cleaning and sundries	7,999	2,666
Cost of activities	74,510	57,035
Training	1,470	6,551
Other costs	23,002	30,408
	<b>690,423</b>	<b>615,000</b>

**MIND IN FURNESS LIMITED**NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2025

**7. Tangible Fixed Assets**

	Land and buildings £	Fixtures, fittings & equipment £	Computers £	Total £
<b>Cost</b>				
At 1 April 2024	834,631	48,243	41,144	924,018
Additions	-	-	-	-
Disposals	-	-	-	-
At 31 March 2025	<u>834,631</u>	<u>48,243</u>	<u>41,144</u>	<u>924,018</u>
<b>Depreciation</b>				
At 1 April 2024	79,470	42,370	41,144	162,984
Charge for the year	16,693	1,468	-	18,161
Disposals	-	-	-	-
At 31 March 2025	<u>96,163</u>	<u>43,838</u>	<u>41,144</u>	<u>181,145</u>
<b>Net book value</b>				
At 31 March 2025	<u><b>738,468</b></u>	<u><b>4,405</b></u>	<u><b>-</b></u>	<u><b>742,873</b></u>
At 31 March 2024	<u>755,161</u>	<u>5,873</u>	<u>-</u>	<u>761,034</u>

**8. Debtors**

Amounts falling due within one year

	2025 £	2024 £
Trade debtors	3,194	157,122
Prepayments and accrued income	7,524	2,464
Other debtors	733	-
	<u><b>11,451</b></u>	<u>159,586</u>

**MIND IN FURNESS LIMITED**NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2025

**9. Creditors**

Amounts falling due within one year

	2025	2024
	£	£
Trade creditors	3,230	3,579
Taxation and social security	8,673	6,816
Other Creditors	1,902	2,258
Accruals and deferred income	42,020	7,440
Bank loan	5,518	5,518
	<b>61,343</b>	<b>25,611</b>

**10. Creditors**

Amounts falling due after more than one year

	2025	2024
	£	£
Bank loan	29,890	35,545
	<b>29,890</b>	<b>35,545</b>

A government secured Bounce-back loan for £50,000 was taken out by HSBC UK in December 2020 to ease the impact of the coronavirus restrictions.

**11. Unrestricted funds**

Analysis of unrestricted funds	Balance at 1 April 2024	Income	Expenditure	Transfers	Balance at 31 March 2025
<b>General Unrestricted funds</b>	1,090,990	436,733	(251,348)	(223,165)	<b>1,053,210</b>
<b>Designated funds:</b>					
Ulverston Repairs and Development	-	-	-	25,000	<b>25,000</b>
William Bingley Centre	-	-	-	10,000	<b>10,000</b>
Sutherland St Sinking Fund	-	-	-	10,000	<b>10,000</b>
Staffing Restructure	-	-	-	15,000	<b>15,000</b>
<b>Total Designated funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>60,000</b>	<b>60,000</b>
<b>Total Unrestricted funds</b>	<b>1,090,990</b>	<b>436,733</b>	<b>(251,348)</b>	<b>(163,165)</b>	<b>1,113,210</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2025

## 11. Unrestricted funds (continued)

**Ulverston Repairs and Development-** relates to funds designated to cover various repairs and development works including a new office window and door, possible damp treatment and heating system.

**William Bingley Centre-** relates to funds designated to cover repairs and decoration outstanding including Roof Repairs.

**Sutherland St Sinking Fund-** relates to funds designated to cover repairs at the charity's Housing scheme including investigating damp.

**Staffing Restructure-** new roles and training - the Board of Trustees are to due to be conduct a Strategic Review and Staffing Restructure early in 2026. These funds have been designated to cover the possibility of changing pay scales, paid support for functions, interim staffing positions, recruitment, training and development.

## 12. Restricted Funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes

	Movement in resources				Balance at 31 March 2025 £
	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers £	
Help Through Crisis	2,550	-	-	-	2,550
Millom safe space	-	7,908	(13,220)	5,312	-
Active Monitoring/Guided Self Help	11,330	7,925	(49,107)	29,852	-
Ulverston	-	825	(32,467)	31,642	-
Ecotherapy	4,440	-	-	-	4,440
Ecotherapy- Other	-	25,891	(31,174)	5,283	-
Crisis Café	-	167,847	(152,977)	(14,870)	-
William Bingley Centre	-	38,384	(144,330)	105,946	-
Refuge and Asylum seekers project	5,284	-	(2,463)	-	2,821
Sir John Fisher Foundation	-	6,667	(6,667)	-	-
South Cumbria Mental Health partnerships project	-	4,375	(4,375)	-	-
Clothworkers foundation	-	4,600	(2,295)	-	2,305
Team Barrow	-	100,000	-	-	100,000
Hadfield Trust	-	3,200	-	-	3,200
	23,604	367,622	(439,075)	163,165	115,316

There has been an excess of expenditure over income during the year (and previous year) on certain projects due to overspends which have been met by unrestricted funds.

**MIND IN FURNESS LIMITED**NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2025

**12. Restricted funds (continued)**

	Balance at 1 April 2023 £	Movement in resources			Balance at 31 March 2024 £
		Income £	Expenditure £	Transfers £	
Help Through Crisis	-	62,407	(77,407)	17,550	<b>2,550</b>
Ulverston Mind		22,622	(35,870)	13,248	-
Millom Safe Space		1,819	(6,686)	4,867	-
William Bingley Centre		5,300	(5,300)	-	-
BeWell	3,912	-	(3,912)	-	-
Eco Therapy		18,203	(33,808)	20,045	<b>4,440</b>
Refuge and Asylum Seeker		24,631	(19,347)	-	<b>5,284</b>
Active Monitoring		87,204	(75,874)	-	<b>11,330</b>
Sir John Fisher Foundation		18,000	(18,000)	-	-
Counselling		-	(13,024)	13,024	-
Health and Wellbeing		-	(17,550)	17,550	-
Crisis Café	78,555	-	-	(78,555)	-
Active Listening	6,466	6,711	(13,177)	-	-
Recovery Star		-	(21,600)	21,600	-
	<b>88,933</b>	<b>246,897</b>	<b>(341,555)</b>	<b>29,329</b>	<b>23,604</b>

## Analysis of net assets between funds

	Unrestricted - general	Unrestricted - designated	Restricted	Total
Fund balances at 31 March 2025 are represented by				
Tangible assets	742,873	-	-	<b>742,873</b>
Current assets less liabilities	310,337	60,000	115,316	<b>485,653</b>
	<b>1,053,210</b>	<b>60,000</b>	<b>115,316</b>	<b>1,228,526</b>

	Unrestricted - general	Unrestricted - designated	Restricted	Total
Fund balances at 31 March 2024 are represented by				
Tangible assets	761,034	-	-	<b>761,034</b>
Current assets less liabilities	329,956	-	23,604	<b>353,560</b>
	<b>1,090,990</b>	<b>-</b>	<b>23,604</b>	<b>1,114,594</b>

**MIND IN FURNESS LIMITED**NOTES TO THE FINANCIAL STATEMENTS *(continued)*FOR THE YEAR ENDED 31 MARCH 2025

---

**12. Restricted funds (continued)**

<b>Help through Crisis</b>	Relates to the final instalment of Lottery funding to deliver the project "Help Through Crisis – Positive Changes for Positive Lives" in partnership with Citizens Advice Barrow – this project addresses issues of financial resilience and mental health crisis.
<b>Ulverston Mind</b>	Funds received for the delivery of Mind in Furness service in Ulverston, includes the final instalment of funds from Lloyds Foundation and donations received from the now closed Ulverston Mind.
<b>Millom Safe Space</b>	Transforming West Cumbria-Grant funding from Cumbria Community Foundation received as part of a West Cumbria based collaborative to deliver mental health support via Millom Safe Space.
<b>William Bingley Centre</b>	Funds received to support the day to day running of the William Bingley Centre, specifically grants from Lancashire MIND.
<b>BeWell</b>	Grant from Cumbria County Council to deliver a number of community events with a focus on health and wellbeing in partnership with the council and local groups.
<b>Ecotherapy</b>	Reimbursement of transport costs for eco-therapy outings paid for by Rusland Horizons
<b>Active Monitoring</b>	Annual Grant to deliver Active Monitoring to all GP's across the primary care network footprint from Barrow and Millom Primary care network.
<b>Crisis Café</b>	Grant to develop extended opening service including evenings and weekends to serve as alternative to A&E for mental health crisis support NHS Lancashire and South Cumbria Integrated Care Board
<b>Active Listening</b>	Grant to deliver Active Listening training and Community health events population health – priority wards funding.
<b>Recovery Star</b>	Grant received from Alex Ferry foundation towards delivery costs of Recovery Star programme.
<b>Refuge and Asylum Seekers</b>	Grant to be used to support the mental health needs of Refugees and Asylum Seekers in partnership with Furness Multi Cultural Forum.
<b>South Cumbria Mental Health Partnerships Project</b>	Grant Funding from Lancashire and South Cumbria ICB paid via Cumbria CVS to pay for staff time for our involvement in this project to identify how Statutory Services and VCFSE groups can work better together.
<b>Clothworkers Foundation</b>	A small grant to pay for cost associated with building a new website.
<b>Ecotherapy- Other</b>	Grant from Orsted to fund delivery of our ecotherapy programme for one year

**MIND IN FURNESS LIMITED**NOTES TO THE FINANCIAL STATEMENTS *(continued)*FOR THE YEAR ENDED 31 MARCH 2025

---

**12. Restricted funds (continued)**

<b>Sir John Fisher Foundation</b>	Grant to be used to support volunteer coordination.
<b>Counselling</b>	Funding for ongoing development and delivery of generic mental health counselling services.
<b>Health and Wellbeing</b>	Funding to build links with Health and Wellbeing Coaches and to develop health coaching skills in staff team.
<b>Team Barrow</b>	To build sustainability into the organisation during a challenging financial period for the local VCFSE sector. This is paid in recognition of the ongoing need for the services that the charity provides. The funds will be used in 2025/26 to pay for crucial staffing positions and to support ongoing projects and strategic work including CEO, Office Manager, Ecotherapy and other cores costs.
<b>Hadfield Trust</b>	To complete some repair work at Ulverston.

**13. Trustees**

Trustees received neither remuneration nor reimbursement of any costs during this or the previous year.

**14. Employees**

Employee costs during the year

	<b>2025</b>	2024
	£	£
Wages and salaries	<u><b>432,053</b></u>	<u>382,631</u>
Social security costs	<u><b>24,593</b></u>	<u>19,480</u>
Pension costs	<u><b>11,473</b></u>	<u>10,054</u>

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

	<b>2025</b>	2024
Management	<u><b>4</b></u>	<u>4</u>
Charitable activities	<u><b>21</b></u>	<u>20</u>

No employees received more than £60,000 in the year.

**MIND IN FURNESS LIMITED**NOTES TO THE FINANCIAL STATEMENTS *(continued)*FOR THE YEAR ENDED 31 MARCH 2025

---

**15. Operating lease commitments**

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

	<b>2025</b>	2024
	£	£
Within 1 year	<u><b>10,197</b></u>	<u>14,897</u>
Between two and five years	=	<u>877</u>

**16. Taxation**

As a charity, Mind in Furness Limited is exempt from tax on income and gains falling within sections 472 - 474 of the Corporation Tax Act 2010, section 478-489 of the Corporation Tax Act 2010, or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

**17. Control**

No single individual has had control of the company in the current or previous year.

**18. Related Parties**

No trustees were remunerated and no trustees received any expenses during the year.

Remuneration of key management personnel is as follows:

	<b>2025</b>	2024
	£	£
Aggregate compensation	<u><b>38,649</b></u>	<u>32,931</u>

**MIND IN FURNESS LIMITED**

England & Wales - Charity number 1143600

---

# Accounts

---

**Company No: 07693277**  
**Charity No: 1143600**

**MIND IN FURNESS LIMITED**  
**(A COMPANY LIMITED BY GUARANTEE)**  
**REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED**  
**31 MARCH 2024**

# MIND IN FURNESS LIMITED

## CONTENTS

---

	Pages
Reference and administrative information	1
Report of the trustees	2
Independent examiner's report to the trustees	9
Statement of financial activities	10
Balance sheet	11
Statement of cash flows	13
Notes to the financial statements	14

# MIND IN FURNESS LIMITED

## REFERENCE AND ADMINISTRATIVE INFORMATION

---

(Registered Company Number: 07693277)  
(Registered Charity Number: 1143600)

Trustees/Directors	Mr M Mahony (Chair) Mrs H Bingley (Vice Chair and Treasurer) Ms S Jackson Mr D Le Mare Dr A Page Mr K Murphy Mr S Blezard
Secretary	Mr D Le Mare
Registered Office	64 School Street Barrow in Furness Cumbria LA14 1EW
Independent Examiner	Jack Steer ACA MHA Chartered Accountants Kendal House Murley Moss Business Village Oxenholme Road Kendal Cumbria LA9 7RL

# MIND IN FURNESS LIMITED

## REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2024

---

The Trustees present their report and the financial statements of the Trust for the year ended 31 March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the Trust.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the Trust's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities applicable in the UK and Republic of Ireland published in October 2019.

### **Structure Governance and Management**

#### **Governing Document**

The organisation is a (registered) charitable company limited by guarantee governed by its memorandum and articles of association.

We work closely with Mind the leading mental health charity in England and Wales as part of a federation structure but are independently governed and independently funded. Other than this federation agreement and affiliation there are no connected charities or branches.

#### **Trustees of the Charity**

The directors of the charitable company are its trustees for the purposes of charity law. Listed below are the trustees who have served during the year and since the year-end.

- Michael Mahony (Chair)
- Helen Bingley (Vice Chair and Treasurer)
- Sheena Jackson
- David Le Mare
- Anthony Page
- Keith Murphy
- Shaun Blezard

The trustees oversee the running of the charity. The Chief Officer, Karen Dobson, is responsible for operational management and the execution of the Board's strategic plan and is assisted and supported by a management team consisting of an Office Manager, Service Managers and Shop Managers. A team of staff and volunteers delivers our day-to-day services.

The notes to the accounts disclose any transactions with trustees and related parties.

The Trustees have had due regard to the guidance published by the Charity Commission on Public Benefit.

#### **Recruitment and Appointment of the Management Committee**

Existing Trustees/Directors as members of the organisation invite potential trustees to serve on the board. We invite potential Trustees based on the skills required for the role and any noted skills gap on the board. They will complete an application and meet with the Chair and Chief Officer to discuss the role and their suitability. They are invited to attend a Board meeting before being proposed and seconded at a trustee meeting by existing trustees and these appointments are officially confirmed at the AGM. Once appointed induction procedures are undertaken.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES *(continued)*

FOR THE YEAR ENDED 31 MARCH 2024

---

## **Recruitment and Appointment of the Management Committee (continued)**

None of the Trustees hold beneficial interest in the company.

All of the Trustees are members of the company and guarantee to contribute £1 in the event of winding up.

## **Quality Management**

Mind Quality Mark is a robust quality assurance framework, bespoke to the needs of the Mind federation. It is a tool for organisational development, with holistic subject coverage, consisting of 20 standards, structured within four areas. It provides the impetus for reflection and continuous improvement, innovation and ambition, so that everyone with mental health problems gets respect and the support they need.

Mind in Furness successfully completed our MQM in October 2022. This is reviewed in a three yearly cycle.

## **Risk Management**

An organisational Risk Analysis is collated and risk ratings are applied to all recognised risk; this is reviewed and updated at every trustee meeting.

This ensures the trustees are regularly assessing the major risks to which the charity is exposed and are satisfied that adequate systems are in place to mitigate any exposure to the major risks.

## **Objectives and Activities**

The charity's objects are to reduce mental health stigma, influence the shape of services and to support and promote the interests of those who experience mental health problems, their families, friends and supporters.

## **Activities**

Using a psycho-social model of delivery Mind in Furness Limited offers:-

- **Wellbeing Activities**
  - Recovery Focused groups and activities
  - Advice, information and signposting
  - Peer support
  - Supported volunteering placements
  - Counselling
  - Crisis Support
  - Training and Anti Stigma Work
  - Eco therapy opportunities
  - Refuge and Asylum Seekers Mental Health Support
  - Extended Hours (evening & weekend) Crisis Café Support Service (Commissioned from April 2023)
- **Two charity shops** (Mental Health on the High Street)
- **Supported Housing**
  - Dispersed self-contained supported housing

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2024

---

## Activities (continued)

- **Active Monitoring** (GP based Guided self-help)

As well as providing a full range of activities to improve resilience and coping skills to those experiencing poor mental health we also offer advice, information and a signposting service to the general public.

We are active in all relevant local community networks and work in partnership with other local projects and statutory agencies to ensure mental health is considered in all aspects of our local communities.

## *The objects are met through the services delivered from the centres below.*

### **Wellbeing Centre (The William Bingley Centre, 64 School Street)**

The centre serves as a head office for all Mind in Furness's services and the staff and volunteer team deliver a range of projects from this community-based centre, with the overall aim of improving people's understanding and experiences of episodes of poor mental health.

The William Bingley Wellbeing Centre has traditionally been open Monday to Friday, delivering recovery focused services to anybody experiencing poor mental health or emotional distress.

From April 2022, however Mind in Furness was commissioned to deliver extended support; this service has slowly built up since that period and now ensures we provide extended support out of the usual 9-5pm window. We are open Monday to Friday 9am-10pm and Saturdays 10am-4pm. This service offers an alternative option to A&E for mental health support.

### **Supported Housing**

Following our strategic decision to remove ourselves from the provision of 24/7 high level supported living being delivered from Coniston House in 2022, Mind in Furness continues to provide supported housing from 4 flats on Sutherland Street, Barrow in Furness (Restart Project) offering intensive housing management support to tenants with mental health issues.

### **Charity shops — Mental Health on the High Street**

Mind in Furness runs two charity shops, one in Barrow and one in Millom. Both shops employ a part time Manager and the rest of the team are volunteers. As well as raising funds and offering volunteering opportunities, these shops provide information services on the high streets of Barrow and Millom for people with mental health problems. Any profits generated are invested into delivering wellbeing services. The cost of living crisis has created a challenging environment, as costs rise, the amount of surplus funding reduces meaning the Board has to keep a close eye on the affordability of the shops, recognised in our recently reviewed lease agreements.

### **Ulverston**

We deliver a range of wellbeing services from our premises at 5 Upper Brook St in Ulverston 3 days per week. Difficulties in recruitment slowed down our progress in Ulverston but with the appointment of a Service Manager (November 2023) we look towards further development in 2025/2026.

### **Millom**

We do not own any premises in Millom and rent space on a weekly basis to deliver our Safe Space Millom service. We currently use The Pensioners Association building known locally as The Tin Chapel. This service is well received and we work alongside other partners delivering support as part of the formal Transforming West Cumbria Mental Health Partnership.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2024

---

## Activities (*continued*)

The Trustees have paid due regard to guidance in section 17(5) of the 2011 Charities Act issued by the Charity Commission in deciding what activities the charity should undertake.

## Financial Review

MHA manage our accounting arrangements and we maintain QuickBooks internally as a way of keeping our financial records. Our Office Manager is responsible for the day-to-day financial aspects of the organisation and the accounting arrangements are scrutinised by the Treasurer at Board level.

We recognise we can still make some improvements in terms of the information we can access from QuickBooks and how this can inform our decision-making. We are making changes to the way we record our QuickBooks information to ensure trustees have accurate and up to date information and in July 2024 met with MHA to look at what changes we can introduce to ensure accurate and timely reporting and to ensure the best use of the system.

We have maintained accurate records and submitted project reports for funders, including budgetary information where this is required.

Over the last two years the trustees made a commitment to review salaries at the start of the financial year and the extended cost of living crisis made this more pertinent. We initiated a cost of living increase across the whole staff team and made a commitment to ensure we pay our lowest paid staff 2% above the minimum wage. Trustees are aware salary review must be an ongoing aim and as such the trustees have a commitment to review salaries annually and salaries will be set at the start of the financial year. Trustees will make decisions on rates of pay based on funding available and comparable local rates of pay. The legally required pay increases to minimum wage over a two year period had a significant impact on our staffing costs and this will impact in future year's budgets. At the point of writing we also note the increased rate of employers NI due in April 2025.

We continue to deliver supported housing via our Sutherland Street properties in Barrow in Furness and we hope to look at development opportunities for expanding this type of dispersed housing further.

After 4 years of a contractual/funding relationship with the Primary Care Network to deliver Active Monitoring across their footprint of Barrow and Millom, this funding came to an end in March 2024. The PCN acknowledged the excellent service but sadly their own funding streams had been reduced and they could no longer afford the service. In 2024/2025 we will endeavour to seek alternative funding for continuation of this valuable service.

The cost of living crisis following on from the pandemic created a challenging environment for our retail operations (2 x Charity Shops) with rising utilities, other costs and salary increases impacting our surplus income levels. Maximising income, volunteer recruitment and keeping costs low continues to be a priority. We know our shops are valued in our community and the cost of living crisis brings opportunities as well as obvious challenges so we have recently entered into new 5 years leases for both properties. In the light of the increased expenditure and our desire to maintain a high street presence we will review our shop delivery model and consider how to maximise income in 2025/2025.

In 2022/2023 we started to pay back the bounce back loan we took out in 2021 following an interest free period of 1 year; this now incurs a 2.53% annual interest rate.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES *(continued)*

FOR THE YEAR ENDED 31 MARCH 2024

---

## **Achievements and Performance**

Mind in Furness Ltd is satisfied that it has met all its contractual requirements for the year ending 2024. The changes in health and local authority structures started during the previous year continue to create great uncertainty in terms of commissioning structures but we have continued the process of proactive networking developing our services in line with national agendas and liaising with local partners.

We continue to nurture and invest time and energy in our existing partnerships with other local and countywide groups, which enhances our service offer. Our network includes Lancashire Mind which also operates within the area of operation for Lancashire and South Cumbria Integrated Care Board and Carlisle Eden Mind in the North of the county.

We ensure we engage proactively with the wider Mind Network which we recognise offers us effective links, shared learning and advice and support and opportunities for funding, including previous funding for Peer Support, Refugee and Asylum Seeker Support and Active Monitoring.

We have maintained strong local links with partners including forming the Furness Not for Profit Health Forum and the South Cumbria Mental Health Forum. We recognise we are stronger when working together and Mind in Furness endeavours to be a key player in local partnerships and discussions. We work in both formal and informal partnership with a range of local VCFSE partners including Citizens Advice Barrow, Groundwork, Barrow and District Disability Association, Furness Multi Cultural Forum, Women's Community Matters, The Well Communities, SAFA and many more.

Following the 2022/2023 Local Authority boundary changes we now deliver services across Westmorland and Furness Council and Cumberland Council. We have ensured we have engaged with our local authorities on issues such as Joint Strategic Needs Assessments and Health and Wellbeing Boards etc.

Following the move to Integrated Care Boards who are now responsible for meeting the health needs of the population, managing the NHS budget and arranging for the provision of health services in a geographical area, we sit within Lancashire and South Cumbria ICB. We have worked hard to establish good working relationships with our ICB colleagues.

With ICBs came the Mental Health Transformation Fund, the single biggest investment in mental health in recent times that came with clear instruction that a percentage must be paid to the voluntary/charitable sector to work in partnership to enhance community mental health. We engaged fully in this process receiving a grant at the start of 2023 to continue delivery of our successful Help through Crisis programme in partnership with Citizens Advice Barrow. As part of this transformation initiative, we will also supported Lancashire Mind to deliver engagement events locally to consult with partners, service users etc. to look at models for future service delivery. Disappointingly we were unsuccessful in the grant process for 2024 and at the time of writing are waiting to hear what the new commissioning strategies will be.

Our work throughout 2023/2024 developing our extended opening hours feeds into the mental health transformation programme and carries on the aims of the original Beyond Places of Safety Funding (see below). This service will be recommissioned and tendered for 2025.

# **MIND IN FURNESS LIMITED**

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2024

---

## **Achievements and Performance (continued)**

### **Beyond Places of Safety (Department of Health and Social Care)**

In 2018, Mind in Furness received a capital grant from DHSC to extend and modernise the existing Wellbeing Centre on School Street. The build was completed in January 2021 providing a bigger and much improved building from which to deliver services. From 2022/2023 we have worked alongside our statutory health partners to extend our service offer, support more people and extend opening hours into the evenings and weekends. This service supports the growing needs of our community and our colleagues working in statutory health services.

### **Mind Garden**

The 2022 Mind Chelsea Flower Show garden that was transferred in its entirety to an to the unused wasteland next to our building on School Street. The acquisition of the garden for the use of Mind in Furness and our local community was a major accomplishment and offered us a great deal of positive publicity, including national media coverage. The garden has “blossomed” and continued to grow and settle in and is widely used by Mind in Furness, our partners and the public. It is now a major part of our outdoor/eco-therapy activity offer.

### **Mind Quality Management**

Our last MQM audit process was completed in October 2022 and was highly positive with lots of good feedback from national Mind including Mind in Furness being recognised for our outstanding Eco-therapy work and winning the Mind Excellence Award in the area of Environment.

### **Ulverston**

We began delivering services in Ulverston following the October 2020 closure of Ulverston Mind. We have developed some close working links with GPs and other local groups including voluntary groups and arts organisations. We offer support from our premises at 5 Upper Brook St. We have struggled with recruitment in terms of management but recruited in October 2023 and look forward to seeing our offer grown in Ulverston.

### **Post Covid-19-A Global Pandemic-Moving Forward**

Whilst we are 4 years on from the start of the global pandemic, it along with the subsequent cost of living crisis has heavily affected the nation’s mental health. We continue to see high demand and are currently experiencing a national mental health crisis, whilst this is recognised by funders and commissioners alike , it has also led to increased competition for funding streams to meet the increased levels of need.

The uncertainty of the current climate, both economic and political, exacerbated by the long-term impacts of the pandemic, mean we must remain vigilant of our financial situation and the trustees and management team remain committed to ensuring they seek out opportunities for new funding streams wherever appropriate. The funding environment for 2024/2025 and onwards remains incredibly challenging.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES *(continued)*

FOR THE YEAR ENDED 31 MARCH 2024

---

## Reserves Policy

The trustees consider that it would be prudent and desirable to have free reserves equivalent to 3 months operating expenditure. This would be in the region of £150,000.

At the year-end free reserves were £329,956.

## Trustees' Responsibilities

The trustees (who are also directors of Mind in Furness Limited 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 Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 Trust will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Trust 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 Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the Trustees



**Mrs H Bingley**  
**Treasurer**

Date: 29 January 2025 .....

# MIND IN FURNESS LIMITED

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MIND IN FURNESS LIMITED

---

I report to the Charity Trust trustees on my examination of the accounts of the company for the year ended 31 March 2024 which are set out on pages 10 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

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, which is one of the listed bodies.

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.



**Jack Steer ACA  
MHA  
Chartered Accountants  
Kendal House  
Murley Moss Business Village  
Oxenholme Road  
Kendal  
Cumbria  
LA9 7RL**

**Date:** 29 January 2025

# MIND IN FURNESS LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (including Income and Expenditure Account)

FOR THE YEAR ENDED 31 MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	2024 £	2023 £
<b>Income</b>					
Donations and legacies		31,611	3,452	35,063	99,019
Charitable Activities	5	249,914	243,445	493,359	463,274
Shops	4	69,286	-	69,286	62,780
Government Grants		-	-	-	2,000
Bank Interest received		7,644	-	7,644	1,838
<b>Total income</b>		<b>358,455</b>	<b>246,897</b>	<b>605,352</b>	<b>628,911</b>
<b>Expenditure</b>					
Shops	4	62,670	-	62,670	79,877
On charitable activities	5	210,775	341,555	552,330	479,644
<b>Total expenditure</b>		<b>273,445</b>	<b>341,555</b>	<b>615,000</b>	<b>559,521</b>
<b>Net Income</b>	3	<b>85,010</b>	<b>(94,658)</b>	<b>(9,648)</b>	69,390
Transfers between funds		(29,329)	29,329	-	-
<b>Net movement in funds</b>		<b>55,681</b>	<b>(65,329)</b>	<b>(9,648)</b>	69,390
<b>Reconciliation of funds</b>					
Total funds brought forward		1,035,309	88,933	1,124,242	1,054,852
<b>Total funds carried forward</b>		<b>1,090,990</b>	<b>23,604</b>	<b>1,114,594</b>	1,124,242

The statement of financial affairs includes all gains and losses recognised in the year

# MIND IN FURNESS LIMITED

## BALANCE SHEET

AS AT 31 MARCH 2024

	Note	£	2024 £	£	2023 £
<b>Fixed assets</b>					
Tangible assets	7		761,034		779,801
<b>Current assets</b>					
Debtors	8	159,586		182,563	
Cash at bank and in hand		<u>255,130</u>		<u>383,865</u>	
			414,716		566,428
<b>Creditors – amounts falling due within one year</b>	9	<u>(25,611)</u>		<u>(180,779)</u>	
<b>Net current assets</b>			<u>389,105</u>		<u>385,649</u>
<b>Total assets less current liabilities</b>			1,150,139		1,165,450
<b>Creditors – amounts falling due after one year</b>	10		<u>(35,545)</u>		<u>(41,208)</u>
<b>Net assets</b>			<u>1,114,594</u>		<u>1,124,242</u>
<b>Funds of the charity</b>					
Unrestricted income funds			1,090,990		1,035,309
Restricted income funds	12		<u>23,604</u>		<u>88,933</u>
<b>Total charity funds</b>	12		<u>1,114,594</u>		<u>1,124,242</u>

# MIND IN FURNESS LIMITED

BALANCE SHEET *(continued)*

AS AT 31 MARCH 2024

---

For the year ending 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- (i) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- (ii) 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 have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

These accounts were approved by the directors and authorised for issue on ..... 29 January 2025 .....  
and are signed on their behalf by:

*Helen Bingley*

.....  
**Mrs H Bingley**  
**Treasurer**

**Company Registration Number: 07693277**

**Charity Number: 1143600**

# MIND IN FURNESS LIMITED

## STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

---

	2024		2023
	£	£	£
<b>Reconciliation of net income to net cash flow from operating activities</b>			
Net income for the year	(9,648)		69,390
Depreciation of tangible fixed assets	18,767		23,123
Decrease / (increase) in debtors	22,977		16,349
(Decrease) / increase in creditors	<u>(155,168)</u>		<u>(56,391)</u>
<b>Net cash flow from operating activities</b>	<b>(123,072)</b>		52,471
<b>Cash flow from investing activities</b>			
Repayment of bank loan	(5,663)	(4,380)	
Proceeds received from bank loan	-	-	
Payments to acquire tangible fixed assets	<u>-</u>	<u>-</u>	
<b>Net cash flow from investing activities</b>	<b>(5,663)</b>		(4,380)
<b>Net (decrease) / increase in cash and equivalents</b>	<b>(128,735)</b>		48,091
<b>Cash and cash equivalents at 1 April 2023</b>	<b>383,865</b>		335,774
<b>Cash and cash equivalents at 31 March 2024</b>	<u><b>255,130</b></u>		<u>383,865</u>
<b>Relating to:</b>			
Cash at bank and in hand	<u><b>255,130</b></u>		<u>383,865</u>

# MIND IN FURNESS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

---

### 1. Accounting Policies

Mind in Furness Limited is a charitable company limited by guarantee and governed by its memorandum and articles of association incorporated in England and Wales. The registered office is 64 School Street, Barrow in Furness, Cumbria, LA14 1EW.

#### **Basis of preparation**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

Mind in Furness Limited meets the definition of a public entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

#### **Income**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably, and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102).

The charity receives government grants in respect of charitable activities. Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

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 interest paid or payable by the Bank.

# MIND IN FURNESS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

---

### 1. Accounting Policies (*continued*)

#### Going concern

The Trustees have considered the consequences of:

1. Recent changes by government to employers' national insurance contribution and minimum living wage;
2. High level of competition for resources from funders and grant makers due to national public sector financial situation and cost of living generally resulting in increasing requests for financial support from charities.

In addition, the Trustees have:

1. Reviewed the current years' accounts to March 2025;
2. Based on projected income agreed a break-even budget to March 2026;
3. Approved projects that are affordable and ceased projects that have no or insufficient income;
4. Considered cashflow projections to March 2026;
5. Agreed procedures for tighter management controls until the financial position improves.
6. Asked the CEO to arrange for up-to-date valuations of the assets.

Based on the above and the decision of Trustees to oversee closer financial management for the foreseeable future, the Trustees have determined that the consequences of the current uncertain financial environment will be mitigated.

There are several Trustees with the competence to manage the current financial situation therefore the Board of Trustees are confident that Mind in Furness can continue as a going concern. They do acknowledge the challenges that lie ahead. 2025/2026 will see significant funding challenges that may require a review of our strategy and service provision. The impact of the current global and financial position on future performance and therefore on the measurement of some assets and liabilities or on liquidity might be significant and as such may require disclosure in the financial statements. The Trustees have determined, however, that they do not create a material uncertainty that casts significant doubt upon our ability to continue as a going concern.

#### Fund accounting

Unrestricted funds are funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. Any overspends are met by unrestricted funds.

#### Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably.

#### Operating Leases

Rentals payable under operating leases are charged against income on a straight-line basis over the period of the lease.

#### Tangible Fixed Assets and Depreciation

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Tangible fixed assets are stated at cost less depreciation. Only items costing over £250 are capitalised.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2024

---

## 1. Accounting Policies *(continued)*

Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:

Land and buildings	2% straight line
Fixtures and fittings	25% reducing balance
Computers	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/ (expenditure) for the year.

### **Impairment of fixed assets**

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

### **Debtors and accrued income**

Debtors are recognised at the settlement amount due after any trade discounts allowed. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

### **Cash at bank and in hand**

Cast at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account. Bank overdrafts are shown within borrowings in current liabilities.

### **Financial instruments**

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

### **Creditors and provisions**

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

### **Employee benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

### **Pensions**

The charitable company operates a defined contribution pension scheme and the pension charge represents the amount payable by the charity in respect of the year. The assets of the scheme are held separate from those of the charitable company in independently administered funds. Pension expense is allocated to where the employees' salary is allocated.

### **Leases**

Rental payable under operating leases, include any lease incentives received, are charged to income on a straight-line basis over the term of the relevant lease.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2024

---

## **2. Judgements and key sources of estimation uncertainty**

In application of the company's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amounts of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

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

### **Key assumptions, judgements and estimates**

In the opinion of the trustees there have been no significant judgements made in the process of applying the above accounting policies.

There have been no key assumptions concerning future and other key sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2024

### 3. Net income for the year

	2024 £	2023 £
<b>This is stated after charging:</b>		
Depreciation	<u>18,767</u>	<u>23,123</u>
Independent Examination	<u>7,543</u>	<u>7,020</u>

### 4. Shops

	Barrow		Millom	
	2024	2023	2024	2023
Income	36,510	33,783	32,776	28,997
Expenses	(38,137)	(48,390)	(24,533)	(31,487)
Profit / (Loss)	<u>(1,627)</u>	<u>(14,607)</u>	<u>8,243</u>	<u>(2,490)</u>

### 5. Charitable activities

#### 2024

	Income		Expenditure		Surplus/ (deficit)	
	Restricted	Unrestricted	Restricted	Unrestricted	Restricted	Unrestricted
<b>Grant funded :</b>						
Ulverston	19,944		35,870		(15,926)	
Millom safe space	1,089		6,686		(5,597)	
<b>Charitable Activities</b>						
Sutherland Street		43,959		28,268		15,691
William Bingley Centre	5,300	165,393	5,300	141,945		23,448
Co-op Resilience		36,002		36,002		
Active Monitoring	87,204		75,874		11,330	
BeWell			3,912		(3,912)	
Refuge and Asylum Seekers Project	24,631		19,347		5,284	
Active Listening	6,711		13,177		(6,466)	
Help Through Crisis	62,407		77,407		(15,000)	
Recovery star			21,600		(21,600)	
Eco-Therapy	18,159		33,808		(15,649)	
Sir John Fisher Foundation	18,000		18,000			
Counselling Health and Wellbeing		4,560	13,024	4,560	(13,024)	
			17,550		(17,550)	
<b>Total</b>	<u>243,445</u>	<u>249,914</u>	<u>341,555</u>	<u>210,775</u>	<u>(98,110)</u>	<u>39,139</u>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2024

2023	Income		Expenditure		Surplus/ (deficit)	
	Restricted	Unrestricted	Restricted	Unrestricted	Restricted	Unrestricted
<b>Grant funded :</b>						
Ulverston	19,444	14,140	29,970	906	(10,526)	13,234
Millom safe space	4,122		4,122			
<b>Charitable Activities</b>						
Counselling		4,085		21,876		(17,791)
Sutherland Street		30,495		30,216		279
William Bingley Centre	5,740	129,150	40,934	87,101	(35,194)	42,049
Active Monitoring	52,911		52,911			
BeWell	6,062	1,750	5,814		248	1,750
Active Listening	6,711		245		6,466	
Help Through Crisis	10,000		32,646		(22,646)	
Coniston House	8,971	15,266	8,971	39,954		(24,688)
Kickstart Scheme	16,940		16,940			
Recovery star	9,183		23,023		(13,840)	
Crisis café	126,000		47,445	13,707	78,555	(13,707)
Eco-Therapy	2,304		22,843		(20,539)	
Refugee and Asylum Seeker Project				20		(20)
<b>Total</b>	<b>268,388</b>	<b>194,886</b>	<b>285,864</b>	<b>193,780</b>	<b>(17,476)</b>	<b>1,106</b>

## 6. Expenditure

	2024	2023
Staff costs	412,165	356,965
Depreciation	18,767	23,123
Council tax & water rates	3,691	5,966
Rent	14,020	18,389
Fuel and light	16,662	10,652
Insurance	12,297	7,841
Telephone	8,120	9,079
PPS	6,509	3,994
Repairs and renewals	18,992	14,866
Computer costs	7,117	4,566
Cleaning and sundries	2,666	5,348
Cost of activities	57,035	67,893
Training	6,551	779
Other costs	30,408	30,060
	<b>615,000</b>	<b>559,521</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2024

---

## 7. Tangible Fixed Assets

	Land and buildings	Fixtures, fittings & equipment	Computers	Total
	£	£	£	£
<b>Cost or valuation</b>				
At 1 April 2023	834,631	48,243	41,144	924,018
Additions in the year	-	-	-	-
At 31 March 2024	<u>834,631</u>	<u>48,243</u>	<u>41,144</u>	<u>924,018</u>
<b>Depreciation and impairment</b>				
At 1 April 2023	62,778	40,411	41,028	144,217
Depreciation charged in the year	16,692	1,959	116	18,767
At 31 March 2024	<u>79,470</u>	<u>42,370</u>	<u>41,144</u>	<u>162,984</u>
<b>Carrying amount</b>				
At 31 March 2024	<u>755,161</u>	<u>5,873</u>	-	<u>761,034</u>
At 31 March 2023	<u>771,853</u>	<u>7,832</u>	<u>116</u>	<u>779,801</u>

## 8. Debtors

Amounts falling due within one year

	2024 £	2024 £
Trade Debtors	157,122	75,014
Prepayments and accrued income	2,464	105,574
Other debtors	-	1,975
	<b>159,586</b>	<b>182,563</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2024

---

## 9. Creditors

Amounts falling due within one year

	2024 £	2023 £
Deferred Income – note 11	-	157,286
Trade Creditors	3,579	9,626
Other taxation and social security	6,816	-
Other creditors	2,258	1,236
Accruals	7,440	7,263
Bank loan	5,518	5,368
	<b>25,611</b>	<b>180,779</b>

## 10. Creditors

Amounts falling due after more than one year

	2024 £	2023 £
Bank loan	<u>35,545</u>	<u>41,208</u>

A government secured Bounce-back loan for £50,000 was taken out by HSBC UK in December 2020 to ease the impact of the coronavirus restrictions. The balance falling due after more than 5 years is £11,665.

## 11. Deferred Income

Deferred income is included in the accounts as follows

Projects that runs for a further :-	2024 £	2023 £
3 months	-	52,523
7 months	-	51,308
1 year	-	53,455
	-	157,286

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2024

## 12. Restricted Funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes

	<b>Movement in funds</b>				
	Balance at 1 April 2023	Income	Expenditure	Transfers	Balance at 31 March 2024
Help Through Crisis	-	62,407	(77,407)	17,550	2,550
Ulverston Mind	-	22,622	(35,870)	13,248	-
Millom Safe Space	-	1,819	(6,686)	4,867	-
William Bingley Centre	-	5,300	(5,300)	-	-
BeWell	3,912	-	(3,912)	-	-
Eco Therapy	-	18,203	(33,808)	20,045	4,440
Refuge and Asylum Seeker	-	24,631	(19,347)	-	5,284
Active Monitoring	-	87,204	(75,874)	-	11,330
Sir John Fisher Foundation	-	18,000	(18,000)	-	-
Counselling	-	-	(13,024)	13,024	-
Health and Wellbeing	-	-	(17,550)	17,550	-
Crisis Cafe	78,555	-	-	(78,555)	-
Active Listening	6,466	6,711	(13,177)	-	-
Recovery Star	-	-	(21,600)	21,600	-
<b>Total</b>	<b>88,933</b>	<b>246,897</b>	<b>(341,555)</b>	<b>29,329</b>	<b>23,604</b>

	<b>Movement in funds</b>				
	Balance at 1 April 2022	Income	Expenditure	Transfers	Balance at 31 March 2023
Help Through Crisis	3,533	10,000	(32,646)	19,113	-
Ulverston Mind	-	19,444	(29,970)	10,526	-
Millom Safe Space	-	4,122	(4,122)	-	-
William Bingley Centre	-	5,740	(40,934)	35,194	-
BeWell	3,664	6,062	(5,814)	-	3,912
Eco Therapy	-	2,304	(22,843)	20,539	-
Coniston House	-	8,971	(8,971)	-	-
Active Monitoring	-	52,911	(52,911)	-	-
Crisis Café	-	126,000	(47,445)	-	78,555
Active Listening	-	6,711	(245)	-	6,466
Kickstart Scheme	-	16,940	(16,940)	-	-
Recovery Star	-	9,183	(23,023)	13,840	-
<b>Total</b>	<b>7,197</b>	<b>268,388</b>	<b>(285,864)</b>	<b>99,212</b>	<b>88,933</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2024

---

## 11. Restricted funds (continued)

Analysis of net assets between funds

	Unrestricted	Restricted	Total
Fund balances at 31 March 2024 are represented by			
Tangible assets	761,034		<b>761,034</b>
Current assets less liabilities	329,956	23,604	<b>353,560</b>
	<u>1,090,990</u>	<u>23,604</u>	<b><u>1,114,594</u></b>

	Unrestricted	Restricted	Total
Fund balances at 31 March 2023 are represented by			
Tangible assets	779,801		<b>779,801</b>
Current assets less liabilities	255,508	88,933	<b>344,441</b>
	<u>1,035,309</u>	<u>88,933</u>	<b><u>1,124,242</u></b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2024

---

## 11. Restricted funds (continued)

<b>Help through Crisis</b>	Relates to the final instalment of Lottery funding to deliver the project "Help Through Crisis – Positive Changes for Positive Lives" in partnership with Citizens Advice Barrow – this project addresses issues of financial resilience and mental health crisis.
<b>Ulverston Mind</b>	Funds received for the delivery of Mind in Furness service in Ulverston, includes the final instalment of funds from Lloyds Foundation and donations received from the now closed Ulverston Mind.
<b>Millom Safe Space</b>	Transforming West Cumbria-Grant funding from Cumbria Community Foundation received as part of a West Cumbria based collaborative to deliver mental health support via Millom Safe Space.
<b>William Bingley Centre</b>	Funds received to support the day to day running of the William Bingley Centre, specifically grants from Lancashire MIND.
<b>BeWell</b>	Grant from Cumbria County Council to deliver a number of community events with a focus on health and wellbeing in partnership with the council and local groups.
<b>Ecotherapy</b>	Reimbursement of transport costs for eco-therapy outings paid for by Rusland Horizons
<b>Coniston House running costs</b>	Final contractual income from Cumbria County Council for the delivery of support to 5 residents in the supported living scheme at Coniston House.
<b>Active Monitoring</b>	Annual Grant to deliver Active Monitoring to all GP's across the primary care network footprint from Barrow and Millom Primary care network.
<b>Crisis Café</b>	Grant to develop extended opening service including evenings and weekends to serve as alternative to A&E for mental health crisis support NHS Lancashire and South Cumbria Integrated Care Board
<b>Active Listening</b>	Grant to deliver Active Listening training and Community health events population health – priority wards funding.
<b>Kickstart Scheme</b>	Government funding for Kickstart Scheme – offering work placements to 2 individuals for 6 months.
<b>Recovery Star</b>	Grant received from Alex Ferry foundation towards delivery costs of Recovery Star programme.
<b>Refuge and Asylum Seekers</b>	Grant to be used to support the mental health needs of Refugees and Asylum Seekers in partnership with Furness Multi Cultural Forum.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2024

---

## 13. Restricted funds (continued)

<b>Sir John Fisher Foundation</b>	Grant to be used to support volunteer coordination.
<b>Counselling</b>	Funding for ongoing development and delivery of generic mental health counselling services.
<b>Health and Wellbeing</b>	Funding to build links with Health and Wellbeing Coaches and to develop health coaching skills in staff team.

## 14. Trustees

Trustees received neither remuneration nor reimbursement of any costs during this or the previous year.

## 15. Employees

Employee costs during the year

	2024	2023
	£	£
Wages and salaries	<u>382,631</u>	<u>331,523</u>
Social security costs	<u>19,480</u>	<u>16,344</u>
Pension costs	<u>10,054</u>	<u>9,098</u>

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

	2024	2023
Management	<u>4</u>	<u>4</u>
Charitable activities	<u>20</u>	<u>15</u>

No employees received more than £60,000 in the year.

## 16. Operating lease commitments

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

	2024	2023
	£	£
Within 1 year	<u>14,897</u>	<u>14,897</u>
Between two and five years	<u>877</u>	<u>1,753</u>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2024

---

### 17. Taxation

As a charity, Mind in Furness Limited is exempt from tax on income and gains falling within sections 472 - 474 of the Corporation Tax Act 2010, section 478-489 of the Corporation Tax Act 2010, or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

### 18. Control

No single individual has had control of the company in the current or previous year.

### 19. Related Parties

Remuneration of key management personnel is as follows:

	2024	2023
	£	£
Aggregate compensation	<u>32,931</u>	<u>32,094</u>

**MIND IN FURNESS LIMITED**

England & Wales - Charity number 1143600

---

# Accounts

---

**Company No: 07693277**  
**Charity No: 1143600**

**MIND IN FURNESS LIMITED**  
**(A COMPANY LIMITED BY GUARANTEE)**  
**REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED**  
**31 MARCH 2023**

# MIND IN FURNESS LIMITED

## CONTENTS

---

	Pages
Reference and administrative information	1
Report of the trustees	2
Independent examiner's report to the trustees	9
Statement of financial activities	10
Balance sheet	11
Statement of cash flows	13
Notes to the financial statements	14

# MIND IN FURNESS LIMITED

## REFERENCE AND ADMINISTRATIVE INFORMATION

---

(Registered Company Number: 07693277)  
(Registered Charity Number: 1143600)

Trustees/Directors	Mr M Mahony (Chair) Mr B Garsden (Resigned 27 July 2023) Mrs H Bingley (Treasurer) Ms S Jackson Mr D Le Mare (Secretary) Dr A Page Mr K Murphy Mr S Blezard
Registered Office	64 School Street Barrow in Furness Cumbria LA14 1EW
Independent Examiner	Colin Johnson FCCA MHA Moore and Smalley Chartered Accountants Kendal House Murley Moss Business Village Oxenholme Road Kendal Cumbria LA9 7RL

# MIND IN FURNESS LIMITED

## REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 MARCH 2023

---

The Trustees present their report and the financial statements of the Trust for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the Trust.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the Trust's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities applicable in the UK and Republic of Ireland published in October 2019.

### Structure Governance and Management

#### Governing Document

The organisation is a (registered) charitable company limited by guarantee governed by its memorandum and articles of association.

We work closely with Mind the leading mental health charity in England and Wales as part of a federation structure.

Mind's Quality Management programme has asked that we review our governing documents as per their requirements. Our 2023 workload delayed this so this will be completed in 2024.

#### Trustees of the Charity

The directors of the charitable company are its trustees for the purposes of charity law. Listed below are the trustees who have served during the year and since the year-end.

- Michael Mahony (Chair)
- Brian Garsden Treasurer-resignation noted at trustee meeting 27/7/23
- Helen Bingley Vice Chair- Treasurer from 27/7/23
- Sheena Jackson
- David Le Mare
- Anthony Page
- Keith Murphy
- Shaun Blezard

The trustees oversee the running of the charity. The Chief Officer, Karen Dobson, is responsible for operational management and the execution of the Board's strategic plan and is assisted and supported by a management team consisting of an Office Manager, Service Managers and Shop Managers. A team of staff and volunteers delivers our day-to-day services.

There are no connected charities or branches.

The notes to the accounts disclose any transactions with trustees and related parties.

The Trustees have had due regard to the guidance published by the Charity Commission on Public Benefit.

#### Recruitment and Appointment of the Management Committee

Existing Trustees/Directors as members of the organisation invite potential trustees to serve on the board. We invite potential Trustees based on the skills required for the role and any noted skills gap on the board. They will complete an application and meet with the Chair and Chief Officer to discuss the role and their suitability. They are invited to attend a Board meeting before being proposed and seconded at a trustee meeting by existing trustees and these appointments are officially confirmed at the AGM. Once appointed induction procedures are undertaken.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2023

---

## **Recruitment and Appointment of the Management Committee (continued)**

None of the Trustees hold beneficial interest in the company.

All of the Trustees are members of the company and guarantee to contribute £1 in the event of winding up.

## **Quality Management**

November 2021 saw the start of our 3 yearly Mind Quality Management with an initial self-directed desk top assessment in which we highlighted several areas of improvement largely in the updating of documents that had been neglected during the pandemic. We then had a visit from the Mind Quality management team and developed an Improvement Action Plan. We successfully signed off our MQM in October 2022.

## **Risk Management**

An organisational Risk Analysis is collated, and risk ratings are applied to all recognised risk; this is reviewed and updated at every trustee meeting.

This ensures the trustees are regularly assessing the major risks to which the charity is exposed and are satisfied that adequate systems are in place to mitigate any exposure to the major risks.

## **Objectives and Activities**

The charity's objects are to reduce mental health stigma, influence the shape of services and to support and promote the interests of those who experience mental health problems, their families, friends and supporters.

## **Activities**

Mind in Furness Limited offers:-

- **Wellbeing Activities**
  - Recovery Focused groups and activities
  - Advice, information and signposting
  - Peer support
  - Supported volunteering
  - Counselling
  - Crisis Support
  - Training and Anti Stigma Work
  - Eco therapy opportunities
  - Refugee and Asylum Seekers Mental Health Support
  - Extended Hours (evening & weekend) Support Service (April 2023)
- **Two charity shops** (Mental Health on the High Street)
- **Supported Housing**
  - 24/7 Supported Housing under contract (Closed and contract ceased April 2022)
  - Dispersed self-contained supported housing
- **Active Monitoring** (GP based Guided self-help)

As well as providing a full range of activities to improve resilience and coping skills to those experiencing poor mental health we also offer advice, information and a signposting service to the general public.

We are active in all relevant local community networks and work in partnership with other local projects and statutory agencies to ensure mental health is considered in all aspects of our local communities.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2023

---

## Activities (*continued*)

*The objects are met through the services delivered from the centres below.*

### **Wellbeing Centre (The William Bingley Centre, 64 School Street)**

The centre serves as a head office for all Mind in Furness's services and the staff and volunteer team deliver a range of projects from this community-based centre, with the overall aim of improving people's understanding and experiences of episodes of poor mental health.

The William Bingley Wellbeing Centre has traditionally been open Monday to Friday, delivering recovery focused services to anybody experiencing poor mental health or emotional distress (see note below for increased opening hours).

From April 2022 Mind in Furness was commissioned by Lancashire and South Cumbria ICB to deliver extended support; this service has slowly built up since that period and now ensures we provide extended support out of the usual 9-5pm window. We are open Monday to Friday 9am-10pm and Saturdays 10am-4pm. The hope is that this service offers an alternative option to A&E for mental health support.

### **Supported Housing**

In 2021 Mind in Furness made the strategic decision to remove itself from the provision of high level supported living being delivered from Coniston House and in October of that year gave notice to Sanctuary (Landlord) and to Cumbria County Council (Commissioners). In April 2022, after 35 years of service provision, Coniston House closed, with all residents successfully and appropriately rehomed and the contract to deliver support ceased. Our lease agreement with Sanctuary Housing ended on September 30th 2022.

Mind in Furness continues to provide supported housing from 4 flats on Sutherland Street, Barrow in Furness offering intensive housing management support to tenants with mental health issues.

### **Charity shops — Mental Health on the High Street**

Mind in Furness runs two charity shops, one in Barrow and one in Millom. Both shops employ a part time Manager and the rest of the team are volunteers. As well as raising funds and offering volunteering opportunities, these shops provide information services on the high streets of Barrow and Millom for people with mental health problems. Any profits generated are invested into delivering wellbeing services. The cost of living crisis has created a challenging environment, as costs rise, the amount of surplus funding reduces meaning the Board has to keep a close eye on the affordability of the shops, recognised in our recently reviewed lease agreements.

### **Ulverston**

The lease for the original premises formerly used by Ulverston Mind at 9 Queen Street expired in November 2022. We purchased premises at 5 Upper Brook St and deliver services from there and the Ulverston allotment 3 days a week. Difficulties in recruitment slowed down our progress in Ulverston but with the recent appointment of a Service Manager (November 2023) we envisage further development in 2024/2025.

### **Millom**

We do not own any premises in Millom and rent space on a weekly basis to deliver our Safe Space Millom service. We currently use The Pensioners Association building known locally as The Tin Chapel.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2023

---

## Activities (*continued*)

The Trustees have paid due regard to guidance in section 17(5) of the 2011 Charities Act issued by the Charity Commission in deciding what activities the charity should undertake.

## Financial Review

Moore and Smalley manage our accounting arrangements and we maintain QuickBooks internally as a way of keeping our financial records. Our Office Manager is responsible for the day-to-day financial aspects of the organisation and the accounting arrangements are scrutinised by the Treasurer at Board level.

We recognise we can still make some improvements in terms of the information we can access from QuickBooks and how this can inform our decision-making. We are making changes to the way we record our QuickBooks information to ensure trustees have accurate and up to date information and in November 2023 are meeting with Moore and Smalley to look at what changes we can introduce to ensure accurate and timely reporting and to ensure the best use of the system.

We have maintained accurate records and submitted project reports for funders, including budgetary information where this is required.

Last year the trustees made a commitment to review salaries at the start of the financial year and the cost of living crisis made this more pertinent. We initiated a cost of living increase across the whole staff team and made a commitment to ensure we pay our lowest paid staff 2% above the minimum wage. Trustees are aware salary review must be an ongoing aim and as such the trustees have a commitment to review salaries annually and salaries will be set at the start of the financial year. Trustees will make decisions on rates of pay based on funding available and comparable local rates of pay. Trustees and Senior Managers are currently undergoing a piece of work that involves a full organisational structure/job evaluation exercise.

In October 2021 we gave formal notice of our intention to remove ourselves from the provision of high level supported living. This resulted in the closure of the Coniston House 24/7 supported living scheme. We continue to deliver supported housing via our Sutherland Street properties in Barrow in Furness and we hope to look at opportunities for developing this type of dispersed housing further.

We are in the 4th year of a contractual/funding relationship with the Primary Care Network to deliver Active Monitoring across their footprint of Barrow and Millom, offering the service in 10 GP surgeries. The PCN has agreed to fund this valuable service until March 2024 and we hope the excellent outcomes reported will mean they consider longer term funding. We offer a hybrid service from GP surgeries, Mind premises, over the phone and by video. In 2022 we expanded the service into Ulverston and Dalton with funding from Mind until May 2024.

The cost of living crisis following on from the pandemic has created a challenging environment for our retail operations (2 x Charity Shops) with rising utilities, other costs and salary increases impacting our surplus income levels. Maximising income, volunteer recruitment and keeping costs low continues to be a priority. We know our shops are valued in our community and the cost of living crisis brings opportunities as well as obvious challenges so we have recently entered into new 5 years leases for both properties.

In 2022/2023 we started to pay back the bounce back loan we took out in 2021 following an interest free period of 1 year; this now incurs a 2.53% annual interest rate.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2023

---

## **Achievements and Performance**

Mind in Furness Ltd is satisfied that it has met all its contractual requirements for the year ending 2023. There have been many changes in health and local authority structures during the period so we have closely monitored the health and social care arena. We have continued the process of developing our services in line with national agendas and our proactive networking and partnerships have placed us in a stronger position.

The closure of Coniston House in 2022/2023 was an emotional and difficult piece of work but we are proud of how well we managed this process. For Mind in Furness, the cessation of our Sanctuary Management Arrangement in September 2022 brought to an end over 35 years of service delivery.

We continue to nurture and invest time and energy in our existing partnerships with other local and countywide groups, which enhances our service offer. Our network includes Lancashire Mind which also operates within the area of operation for Lancashire and South Cumbria Integrated Care Board.

We ensure we engage proactively with the wider Mind Network which we recognise offers us effective links, shared learning and advice and support and opportunities for funding, including in the last year funding for Peer Support, Refugee and Asylum Seeker Support and to extend Active Monitoring.

Active Monitoring continues to show excellent outcomes for those using the service, which is available across Barrow and Millom, enhancing our relationship with the local Primary Care Network. We hope to develop new relationships with other PCNs in our area as Active Monitoring delivery extends. We were successful in securing 12 months of funding from Mind to deliver in Ulverston and the surrounding area.

We have maintained strong local links with partners including forming the Furness Not for Profit Health Forum and the South Cumbria Mental Health Forum. We recognise we are stronger when working together and Mind in Furness endeavours to be a key player in local partnerships and discussions.

2022/2023 saw Local Authority boundaries changing and Mind in Furness now operating across Westmorland and Furness Council and Cumberland Council. We anticipate the good working relationships we had with Barrow Borough Council, South Lakeland District Council, Copeland Borough Council and Cumbria County Council will continue in the new structures.

Changes also occurred in health structures with Clinical Commissioning Groups replaced by Integrated Care Boards. An integrated care board (or ICB) is a statutory NHS organisation responsible for developing a plan for meeting the health needs of the population, managing the NHS budget and arranging for the provision of health services in a geographical area. We sit within Lancashire and South Cumbria ICB. We have worked hard to establish good working relationships with our ICB colleagues.

With ICBs came the Mental Health Transformation Fund, the single biggest investment in mental health in recent times that came with clear instruction that a percentage must be paid to the voluntary/charitable sector to work in partnership to enhance community mental health. We have engaged fully in this process receiving a grant at the start of 2023 to continue delivery of our successful Help through Crisis programme in partnership with Citizens Advice Barrow. As part of this transformation initiative, we will also support Lancashire Mind to deliver engagement events locally to consult with partners, service users etc. to look at models for future service delivery.

Our work throughout 2022/2023 to develop extended opening hours feeds into the mental health transformation programme and carries on the aims of the original Beyond Places of Safety Funding (see below).

# **MIND IN FURNESS LIMITED**

REPORT OF THE TRUSTEES *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## **Achievements and Performance (continued)**

### **Beyond Places of Safety (Department of Health and Social Care)**

In 2018, Mind in Furness received a capital grant from DHSC to extend and modernise the existing Wellbeing Centre on School Street. The build was completed in January 2021 providing a bigger and much improved building from which to deliver services. 2022/2023 saw us concentrating on working alongside our statutory health partners to extend our service offer, support more people and extend opening hours into the evenings and weekends. We are supporting the growing needs of our community and our colleagues working in statutory health services.

#### **Mind Garden**

In May 2022 national Mind displayed a garden designed by award winning designer Andy Sturgeon at the Chelsea Flower Show. In the interests of sustainability, they sought to transfer the garden in its entirety to an alternative space following the Chelsea Flower Show. Mind asked for applications from local Minds with the appropriate space to rehome the garden. Mind in Furness was successful in negotiating a lease with Barrow Borough Council for the unused wasteland next to our building on School Street and was then successful in securing the Chelsea Flower Show garden. The transfer and the initial work in preparing the site was funded by Project Giving Back and Dunelm. The acquisition of the garden for the use of Mind in Furness and our local community was a major accomplishment and offered us a great deal of positive publicity, including national media coverage. The garden has continued to grow and settle in and is widely used by Mind in Furness, our partners and the public. It offers another branch to our growing range of outdoor/eco-therapy activities.

#### **Mind Quality Management**

The MQM audit process was highly positive with lots of good feedback from national Mind including Mind in Furness being recognised for our outstanding Eco-therapy work and winning the Mind Excellence Award in the area of Environment.

#### **Ulverston**

We began delivering services in Ulverston following the October 2020 closure of Ulverston Mind. We have developed some close working links with GPs and other local groups including voluntary groups and arts organisations. We offer support from our premises at 5 Upper Brook St. The lease for Ulverston Mind's previous premises at 9 Queen St expired November 2022 and was not renewed. After losing the newly appointed Service Manager after only 6 months and struggling with recruitment thereafter, we managed to recruit a new manager in October 2023 and look forward to developing services further.

#### **Post Covid-19-A Global Pandemic-Moving Forward**

The long-term impact of the global pandemic along with the subsequent cost of living crisis has heavily affected the nation's mental health. Our federation leaders Mind state we are currently experiencing a major mental health crisis, whilst we hope this is recognised by funders and commissioners and reflected in the funding available, we are aware this also means more competition for funding streams to meet the increased levels of need.

The uncertainty of the current economic and political climate, exacerbated by the long-term impacts of the pandemic, mean we must remain vigilant of our financial situation and the trustees and management team remain committed to ensuring they seek out opportunities for new funding streams wherever appropriate. However, the funding environment for 2023/2024 and onwards remains challenging.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## Reserves Policy

The trustees consider that it would be prudent and desirable to have free reserves equivalent to 4 months operating expenditure. This would be in the region of £186,500.

At the year-end free reserves were £255,508.

## Trustees' Responsibilities

The trustees (who are also directors of Mind in Furness Limited 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 Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 Trust will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Trust 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 Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the Trustees



**Mrs H Bingley**  
**Treasurer**

Date: 26/01/2024 .....

# MIND IN FURNESS LIMITED

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MIND IN FURNESS LIMITED

---

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

### Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

### Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ACCA, which is one of the listed bodies.

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.



**Colin Johnson FCCA**  
**MHA Moore and Smalley**  
**Chartered Accountants**  
**Kendal House**  
**Murley Moss Business Village**  
**Oxenholme Road**  
**Kendal**  
**Cumbria**  
**LA9 7RL**

**Date:** .26/01/2024

# MIND IN FURNESS LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (including Income and Expenditure Account)

FOR THE YEAR ENDED 31 MARCH 2023

	Note	Unrestricted Funds £	Restricted Funds £	2023 £	2022 £
<b>Income</b>					
Donations and legacies		99,019	-	99,019	46,325
Charitable Activities	4	194,886	268,388	463,274	522,368
Shops	3	62,780	-	62,780	58,061
Government Grants		2,000	-	2,000	5,334
Bank Interest received		1,838	-	1,838	4
<b>Total income</b>		<b>360,523</b>	<b>268,388</b>	<b>628,911</b>	<b>632,092</b>
<b>Expenditure</b>					
Shops	3	79,877	-	79,877	64,948
On charitable activities	4	193,780	285,864	479,644	556,172
<b>Total expenditure</b>		<b>273,657</b>	<b>285,864</b>	<b>559,521</b>	<b>621,120</b>
<b>Net Income</b>	2	<b>86,866</b>	<b>(17,476)</b>	<b>69,390</b>	<b>10,972</b>
Transfers between funds		(99,212)	99,212	-	-
<b>Net movement in funds</b>		<b>(12,346)</b>	<b>81,736</b>	<b>69,390</b>	<b>10,972</b>
<b>Reconciliation of funds</b>					
Total funds brought forward		1,047,655	7,197	1,054,852	1,043,880
<b>Total funds carried forward</b>		<b>1,035,309</b>	<b>88,933</b>	<b>1,124,242</b>	<b>1,054,852</b>

The statement of financial affairs includes all gains and losses recognised in the year

# MIND IN FURNESS LIMITED

## BALANCE SHEET

AS AT 31 MARCH 2023

	Note	£	2023 £	£	2022 £
<b>Fixed assets</b>					
Tangible assets	6		779,801		802,924
<b>Current assets</b>					
Debtors	7	182,563		198,912	
Cash at bank and in hand		<u>383,865</u>		<u>335,774</u>	
			566,428		534,686
<b>Creditors</b> – amounts falling due within one year	8	<u>(180,779)</u>		<u>(237,170)</u>	
<b>Net current assets</b>			<u>385,649</u>		<u>297,516</u>
<b>Total assets less current liabilities</b>			1,165,450		1,100,440
<b>Creditors</b> – amounts falling due after one year	9		<u>(41,208)</u>		<u>(45,588)</u>
<b>Net assets</b>			<u>1,124,242</u>		<u>1,054,852</u>
<b>Funds of the charity</b>					
Unrestricted income funds			1,035,309		1,047,655
Restricted income funds	11		<u>88,933</u>		<u>7,197</u>
<b>Total charity funds</b>	11		<u>1,124,242</u>		<u>1,054,852</u>

# MIND IN FURNESS LIMITED

BALANCE SHEET *(continued)*

AS AT 31 MARCH 2023

---

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- (i) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- (ii) 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 have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

These accounts were approved by the directors and authorised for issue on 26/01/2024  
and are signed on their behalf by:



Mrs H Bingley  
Treasurer

**Company Registration Number: 07693277**

**Charity Number: 1143600**

# MIND IN FURNESS LIMITED

## STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

---

	2023		2022
	£	£	£
<b>Reconciliation of net income to net cash flow from operating activities</b>			
Net income for the year	69,390		10,972
Depreciation of tangible fixed assets	23,123		24,665
Decrease / (increase) in debtors	16,349		(168,159)
(Decrease) / increase in creditors	<u>(56,391)</u>		<u>196,919</u>
<b>Net cash flow from operating activities</b>	<b>52,471</b>		64,397
<b>Cash flow from investing activities</b>			
Repayment of bank loan	(4,380)	(2,062)	
Proceeds received from bank loan	-	-	
Payments to acquire tangible fixed assets	<u>-</u>	<u>(125,046)</u>	
<b>Net cash flow from investing activities</b>	<b>(4,380)</b>		(127,108)
<b>Net increase / (decrease) in cash and equivalents</b>	<b>48,091</b>		(62,711)
<b>Cash and cash equivalents at 1 April 2022</b>	<b>335,774</b>		398,485
<b>Cash and cash equivalents at 31 March 2023</b>	<u><b>383,865</b></u>		<u>335,774</u>
<b>Relating to:</b>			
Cash at bank and in hand	<u><b>383,865</b></u>		<u>335,774</u>

# MIND IN FURNESS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

---

### 1. Accounting Policies

Mind in Furness Limited is a charitable company limited by guarantee and governed by its memorandum and articles of association incorporated in England and Wales. The registered office is 64 School Street, Barrow in Furness, Cumbria, LA14 1EW.

#### **Basis of preparation**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

Mind in Furness Limited meets the definition of a public entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

#### **Income**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably, and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102).

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

Voluntary income is received by way of grants, donations and gifts and is included in full in the SOFA when receivable. Grants where entitlement is not conditional on the delivery of a specific performance by the charity are recognised when the charity becomes unconditionally entitled to the grant. For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received.

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 interest paid or payable by the Bank.

# MIND IN FURNESS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

---

### 1. Accounting Policies (*continued*)

#### **Going concern**

Trustees have considered the consequences of ongoing pandemic recovery, cost of living, changes in health structures and local authority boundaries and other events and conditions, and have determined that they do not create a material uncertainty that casts significant doubt upon Mind in Furness' ability to continue as a going concern. The impact of the current global and financial position on future performance and therefore on the measurement of some assets and liabilities or on liquidity might be significant and as such may require disclosure in the financial statements. The trustees have determined, however, that they do not create a material uncertainty that casts significant doubt upon our ability to continue as a going concern.

#### **Fund accounting**

Unrestricted funds are funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. Any overspends are met by unrestricted funds.

#### **Expenditure**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably.

#### **Operating Leases**

Rentals payable under operating leases are charged against income on a straight-line basis over the period of the lease.

#### **Tangible Fixed Assets and Depreciation**

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Tangible fixed assets are stated at cost less depreciation. Only items costing over £250 are capitalised.

Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:

Land and buildings	2% straight line
Fixtures and fittings	25% reducing balance
Computers	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/ (expenditure) for the year.

#### **Impairment of fixed assets**

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

#### **Debtors and accrued income**

Debtors are recognised at the settlement amount due after any trade discounts allowed. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## 1. Accounting Policies *(continued)*

### **Cash at bank and in hand**

Cast at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account. Bank overdrafts are shown within borrowings in current liabilities.

### **Financial instruments**

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

### **Creditors and provisions**

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

### **Employee benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

### **Pensions**

The charitable company operates a defined contribution pension scheme and the pension charge represents the amount payable by the charity in respect of the year. The assets of the scheme are held separate from those of the charitable company in independently administered funds. Pension expense is allocated to where the employees' salary is allocated.

### **Leases**

Rental payable under operating leases, include any lease incentives received, are charged to income on a straight-line basis over the term of the relevant lease.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

## 2. Net income for the year

	2023	2022
	£	£
<b>This is stated after charging:</b>		
Depreciation	<u>23,123</u>	<u>24,665</u>
Independent Examination	<u>7,020</u>	<u>3,300</u>

## 3. Shops

	Barrow		Millom	
	2023	2022	2023	2022
Income	33,783	28,106	28,997	29,955
Expenses	(48,390)	(36,014)	(31,487)	(28,934)
Profit / (Loss)	<u>(14,607)</u>	<u>(7,908)</u>	<u>(2,490)</u>	<u>1,021</u>

## 4. Charitable activities

	Income		Expenditure		Surplus/ (deficit)	
	Restricted	Unrestricted	Restricted	Unrestricted	Restricted	Unrestricted
<b>Grant funded :</b>						
Ulverston	19,444	14,140	29,970	906	(10,526)	13,234
Millom safe space	4,122		4,122			
<b>Charitable Activities</b>						
Counselling		4,085		21,876		(17,791)
Sutherland Street		30,495		30,216		279
William Bingley Centre	5,740	129,150	40,934	87,101	(35,194)	42,049
Active Monitoring	52,911		52,911			
BeWell	6,062	1,750	5,814		248	1,750
Active Listening	6,711		245		6,466	
Help Through Crisis	10,000		32,646		(22,646)	
Coniston House	8,971	15,266	8,971	39,954		(24,688)
Kickstart Scheme	16,940		16,940			
Recovery star	9,183		23,023		(13,840)	
Crisis café	126,000		47,445	13,707	78,555	(13,707)
Eco-Therapy	2,304		22,843		(20,539)	
Refugee and Asylum Seeker Project				20		(20)
<b>Total</b>	<u>268,388</u>	<u>194,886</u>	<u>285,864</u>	<u>193,780</u>	<u>(17,476)</u>	<u>1,106</u>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## 5. Individual Activities Expenditure

### William Bingley Centre

	2023	2022
Staff costs	74,792	33,539
Depreciation	18,125	24,591
Council tax & water rates	41	(204)
Fuel and light	1,792	2,590
Insurance	1,917	1,537
Telephone	2,571	3,333
PPS	1,546	3,069
Repairs and renewals	188	5,745
Computer costs	1,524	4,666
Cleaning and sundries	1,448	1,083
Cost of activities	3,893	(945)
Training costs	195	882
Other costs	20,003	10,239
	<b>128,035</b>	<b>90,125</b>

### Coniston House Residential Care

Staff costs	33,706	153,375
Depreciation	-	56
Accent Management Fee	11,285	22,410
Council tax & water rates	355	1,495
Fuel and light	2,282	10,368
Insurance	-	1,202
Telephone	(21)	1,612
PPS	16	444
Repairs and renewals	-	2,899
Computer costs	-	1,643
Cleaning and sundries	974	1,515
Gardening	-	580
Training costs	-	373
Direct project costs	79	425
Other costs	249	6,484
	<b>48,925</b>	<b>204,881</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## Millom Project

Staff costs	<b>866</b>	7,830
Insurance	<b>362</b>	601
Telephone	<b>352</b>	266
PPS	<b>101</b>	56
Computer costs	<b>199</b>	520
Direct project costs	-	889
Other costs	<b>2,242</b>	-
	<b>4,122</b>	10,162

## Help Through Crisis Project

Staff costs	<b>29,565</b>	27,379
Council tax & water rates	<b>38</b>	-
Fuel and light	<b>113</b>	-
Telephone	<b>694</b>	828
PPS	<b>203</b>	108
Computer costs	<b>434</b>	520
Other costs	<b>1,576</b>	14
Cost of activities	<b>23</b>	-
Direct project costs	-	46,259
	<b>32,646</b>	75,108

## Sutherland Street Housing Support

Staff costs	<b>18,983</b>	19,691
Depreciation	<b>4,635</b>	-
Council tax & water rates	<b>939</b>	2,549
Fuel and light	<b>(756)</b>	198
Insurance	<b>409</b>	601
Telephone	<b>361</b>	842
PPS	<b>109</b>	55
Repairs and renewals	<b>4,453</b>	606
Computer costs	<b>235</b>	592
Cleaning and sundries	<b>177</b>	99
Training costs	<b>39</b>	20
Direct project costs	-	1,839
Other costs	<b>632</b>	15
	<b>30,216</b>	27,107

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## Millom ESF/BBO

Direct project costs - 1,540

-	1,540
---	-------

## Ulverston Mind

Staff costs	<b>18,520</b>	27,617
Depreciation	<b>349</b>	-
Council tax & water rates	<b>2,454</b>	627
Fuel and light	<b>1,817</b>	303
Insurance	<b>362</b>	746
Telephone	<b>1,311</b>	1,348
PPS	<b>218</b>	677
Repairs and renewals	<b>7</b>	79
Computer costs	<b>289</b>	606
Cleaning and sundries	<b>37</b>	43
Other costs	<b>1,071</b>	(501)
Training costs	<b>39</b>	195
Direct project costs	<b>53</b>	1,166
Rent	<b>4,349</b>	5,628

<b>30,876</b>	<b>38,534</b>
---------------	---------------

## Cumbria CC Day

Staff costs - 27,308

-	27,308
---	--------

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## Active Monitoring

Staff costs	<b>47,879</b>	59,948
Council tax & water rates	<b>38</b>	-
Fuel and light	<b>113</b>	-
Insurance	<b>723</b>	601
Telephone	<b>701</b>	847
PPS	<b>259</b>	965
Repairs and renewals	-	90
Computer costs	<b>326</b>	1,720
Cleaning and sundries	<b>67</b>	-
Training costs	<b>78</b>	20
Direct project costs	-	550
Other costs	<b>2,727</b>	1,067
	<b>52,911</b>	65,808

## BeWell

Staff costs	<b>1,809</b>	2,235
PPS	-	354
Direct project costs	<b>3,701</b>	2,497
Other costs	<b>304</b>	-
	<b>5,814</b>	5,086

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## Counselling

Staff costs	18,763	8,805
Council tax & water rates	38	-
Fuel and light	113	-
Insurance	723	601
Telephone	682	60
PPS	253	116
Computer costs	398	-
Cleaning and sundries	67	-
Staff training	78	-
Direct project costs	-	229
Other costs	761	-
	<b>21,876</b>	<b>9,811</b>

## Kickstart Programme

Staff costs	16,940	-
	<b>16,940</b>	<b>-</b>

## Active Listening

Staff costs	245	-
	<b>245</b>	<b>-</b>

## Refugee and Asylum Seeker Project

Cost of activities	20	-
	<b>20</b>	<b>-</b>

## Ecotherapy

Staff costs	19,292	-
Cost of activities	3,563	-
Cleaning and sundries	2	-
Insurance	(14)	-
	<b>22,843</b>	<b>-</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## Recovery Star

Staff costs	19,726	8
Council tax & water rates	38	-
Fuel and light	113	-
Insurance	723	-
Telephone	694	-
PPS	237	355
Computer costs	434	-
Cleaning & sundries	67	-
Staff training	78	-
Other costs	913	-
Direct project costs	-	230
	<b>23,023</b>	<b>593</b>

## Crisis Cafe

Staff costs	10,713	-
Council tax & water rates	38	-
Fuel and light	113	-
Insurance	734	-
Telephone	654	-
PPS	203	109
Computer costs	398	-
Cleaning and sundries	67	-
Training costs	78	-
Cost of activities	40,945	-
Other costs	709	-
Direct project costs	6,500	-
	<b>61,152</b>	<b>109</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## 6. Tangible Fixed Assets

	Land and buildings	Fixtures, fittings & equipment	Computers	Total
	£	£	£	£
<b>Cost or valuation</b>				
At 1 April 2022	834,631	48,243	41,144	924,018
Additions in the year	-	-	-	-
At 31 March 2023	<u>834,631</u>	<u>48,243</u>	<u>41,144</u>	<u>924,018</u>
<b>Depreciation and impairment</b>				
At 1 April 2022	46,086	37,837	37,171	121,094
Depreciation charged in the year	16,692	2,574	3,857	23,123
At 31 March 2023	<u>62,778</u>	<u>40,411</u>	<u>41,028</u>	<u>144,217</u>
<b>Carrying amount</b>				
At 31 March 2023	<u>771,853</u>	<u>7,832</u>	<u>116</u>	<u>779,801</u>
At 31 March 2022	<u>788,545</u>	<u>10,406</u>	<u>3,973</u>	<u>802,924</u>

## 7. Debtors

Amounts falling due within one year

	2023 £	2022 £
Trade Debtors	75,014	151,866
Prepayments and accrued income	105,574	45,243
Other debtors	1,975	1,803
	<b>182,563</b>	<b>198,912</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2023

---

## 8. Creditors

Amounts falling due within one year

	2023 £	2022 £
Deferred Income – note 10	157,286	167,694
Trade Creditors	9,626	44,570
Other taxation and social security	-	2,276
Other creditors	1,236	1,642
Accruals	7,263	16,268
Bank loan	5,368	4,720
	<b>180,779</b>	<b>237,170</b>

## 9. Creditors

Amounts falling due after more than one year

	2023 £	2022 £
Bank loan	<u>41,208</u>	<u>45,588</u>

A government secured Bounce-back loan for £50,000 was taken out by HSBC UK in December 2020 to ease the impact of the coronavirus restrictions. The balance falling due after more than 5 years is £16,178.

## 10. Deferred Income

Deferred income is included in the accounts as follows

Projects that runs for a further :-	2023 £	2022 £
3 months	52,523	10,000
7 months	51,308	31,694
1 year	53,455	126,000
	<b>157,286</b>	<b>167,694</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

## 11. Restricted Funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes

	<b>Movement in funds</b>				
	Balance at 1 April 2022	Income	Expenditure	Transfers	Balance at 31 March 2023
Help through crisis	3,533	10,000	(32,646)	19,113	
Ulverston Mind		19,444	(29,970)	10,526	
Millom safe space		4,122	(4,122)		
William Bingley Centre		5,740	(40,934)	35,194	
BeWell	3,664	6,062	(5,814)		3,912
Eco Therapy		2,304	(22,843)	20,539	
Coniston House		8,971	(8,971)		
Active Monitoring		52,911	(52,911)		
Crisis Cafe		126,000	(47,445)		78,555
Active Listening		6,711	(245)		6,466
Kickstart Scheme		16,940	(16,940)		
Recovery Star		9,183	(23,023)	13,840	
<b>Total</b>	<b>7,197</b>	<b>268,388</b>	<b>(285,864)</b>	<b>99,212</b>	<b>88,933</b>

	<b>Movement in funds</b>				
	Balance at 1 April 2021	Income	Expenditure	Transfers	Balance at 31 March 2022
Help through crisis	3,641	75,000	(75,108)		3,533
Ulverston Mind	67	35,222	(38,534)	3,245	
Millom Safe Space		7,156	(10,162)	3,006	
Sutherland St housing		17,365	(27,107)	9,742	
BeWell		8,750	(5,086)		3,664
Counselling		1,000	(9,811)	8,811	
BBO/ESF		800	(1,540)	740	
Coniston House		40,934	(45,091)	4,157	
Active Monitoring		65,700	(65,808)	108	
Cumbria CC Day		14,054	(27,308)	13,254	
<b>Total</b>	<b>3,708</b>	<b>265,981</b>	<b>(305,555)</b>	<b>43,063</b>	<b>7,197</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## 11. Restricted funds (continued)

Analysis of net assets between funds

	Unrestricted	Restricted	Total
Fund balances at 31 March 2023 are represented by			
Tangible assets	779,801		<b>779,801</b>
Current assets less liabilities	255,508	88,933	<b>344,441</b>
	<u>1,035,309</u>	<u>88,933</u>	<b><u>1,124,242</u></b>

	Unrestricted	Restricted	Total
Fund balances at 31 March 2022 are represented by			
Tangible assets	802,924		<b>802,924</b>
Current assets less liabilities	244,731	7,197	<b>251,928</b>
	<u>1,047,655</u>	<u>7,197</u>	<b><u>1,054,852</u></b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## 11. Restricted funds (continued)

<b>Help through Crisis</b>	Relates to the final instalment of Lottery funding to deliver the project "Help Through Crisis – Positive Changes for Positive Lives" in partnership with Citizens Advice Barrow – this project addresses issues of financial resilience and mental health crisis.
<b>Ulverston Mind</b>	Funds received for the delivery of Mind in Furness service in Ulverston, includes the final instalment of funds from Lloyds Foundation and donations received from the now closed Ulverston Mind.
<b>Millom Safe Space</b>	Transforming West Cumbria-Grant funding from Cumbria Community Foundation received as part of a West Cumbria based collaborative to deliver mental health support via Millom Safe Space.
<b>William Bingley Centre</b>	Funds received to support the day to day running of the William Bingley Centre, specifically a grant from Cumbria Community Foundation (Brian and Ann Clark Fund). Grant received for staffing costs for new administrative assistant post.
<b>BeWell</b>	Grant from Cumbria County Council to deliver a number of community events with a focus on health and wellbeing in partnership with the council and local groups.
<b>Ecotherapy</b>	Reimbursement of transport costs for eco-therapy outings paid for by Rusland Horizons
<b>Coniston House running costs</b>	Final contractual income from Cumbria County Council for the delivery of support to 5 residents in the supported living scheme at Coniston House.
<b>Active Monitoring</b>	Annual Grant to deliver Active Monitoring to all GP's across the primary care network footprint from Barrow and Millom Primary care network.
<b>Crisis Café</b>	Grant to develop extended opening service including evenings and weekends to serve as alternative to A&E for mental health crisis support NHS Lancashire and South Cumbria Integrated Care Board
<b>Active Listening</b>	Grant to deliver Active Listening training and Community health events population health – priority wards funding.
<b>Kickstart Scheme</b>	Government funding for Kickstart Scheme – offering work placements to 2 individuals for 6 months.
<b>Recovery Star</b>	Grant received from Alex Ferry foundation towards delivery costs of Recovery Star programme.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## 12. Trustees

Trustees received neither remuneration nor reimbursement of any costs during this or the previous year.

## 13. Employees

Employee costs during the year

	2023 £	2022 £
Wages and salaries	<u>326,523</u>	<u>378,469</u>
Social security costs	<u>21,344</u>	<u>20,420</u>
Pension costs	<u>9,098</u>	<u>7,467</u>

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

	2023	2022
Management	<u>4</u>	<u>4</u>
Charitable activities	<u>15</u>	<u>24</u>

No employees received more than £60,000 in the year.

## 14. Operating lease commitments

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

	2023 £	2022 £
Within 1 year	<u>14,897</u>	<u>16,943</u>
Between two and five years	<u>1,753</u>	<u>2,630</u>

## 15. Taxation

As a charity, Mind in Furness Limited is exempt from tax on income and gains falling within sections 472 - 474 of the Corporation Tax Act 2010, section 478-489 of the Corporation Tax Act 2010, or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

---

## 16. Control

No single individual has had control of the company in the current or previous year.

## 17. Related Parties

Remuneration of key management personnel is as follows:

Aggregate compensation	<b><u>£32,094</u></b>
------------------------	-----------------------

**MIND IN FURNESS LIMITED**

England & Wales - Charity number 1143600

---

# Accounts

---

**Company No: 07693277**  
**Charity No: 1143600**

**MIND IN FURNESS LIMITED**  
**(A COMPANY LIMITED BY GUARANTEE)**  
**REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED**  
**31 MARCH 2022**

# MIND IN FURNESS LIMITED

## CONTENTS

---

	Pages
Reference and administrative information	1
Report of the trustees	2
Independent examiner's report to the trustees	9
Statement of financial activities	10
Balance sheet	11
Statement of cash flows	13
Notes to the financial statements	14

# MIND IN FURNESS LIMITED

## REFERENCE AND ADMINISTRATIVE INFORMATION

---

(Registered Company Number: 07693277)  
(Registered Charity Number: 1143600)

Trustees/Directors	Mr M Mahony (Chair) Mr B Garsden (Treasurer) Mrs H Bingley (Vice Chair) Ms S Jackson Mr D Le Mare (Secretary) Dr A Page Mr K Murphy Mr S Blezard
Registered Office	64 School Street Barrow in Furness Cumbria LA14 1EW
Independent Examiner	Colin Johnson FCCA MHA Moore and Smalley Chartered Accountants Kendal House Murley Moss Business Village Oxenholme Road Kendal Cumbria LA9 7RL

# **MIND IN FURNESS LIMITED**

## **REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 31 MARCH 2022**

---

The Trustees present their report and the financial statements of the Trust for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the Trust.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the Trust's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities applicable in the UK and Republic of Ireland published in October 2019.

### **Structure Governance and Management**

#### **Governing Document**

The organisation is a charitable company limited by guarantee and is governed by its memorandum and articles of association.

We work closely with Mind the leading mental health charity in England and Wales as part of a federation structure.

Mind's Quality Management programme has asked that we review our governing documents as per their requirements and this will be completed in 2023.

#### **Trustees of the Charity**

The directors of the charitable company are its trustees for the purposes of charity law. The trustees who have served during the year and since the year end are detailed on page 1.

The trustees oversee the running of the charity. The Chief Officer, Karen Dobson, is responsible for operational management and the execution of the Board's strategic plan and is assisted and supported by a management team consisting of an Office Manager, Service Managers and Shop Managers. Day to day service delivery is delegated to a team of staff and volunteers.

There are no connected charities or branches. Transactions with trustees and related parties are disclosed in the notes to the accounts.

The Trustees have had due regard to the guidance published by the Charity Commission on Public Benefit.

#### **Recruitment and Appointment of the Management Committee**

Existing Trustees/Directors as members of the organisation invite potential trustees to serve on the board. Trustees are invited based on the skills required for the role and to fill any skills gap. A potential trustee will complete an application and meet with the Chair and Chief Officer to discuss the role and their suitability. They will be proposed and seconded at a trustee meeting by existing trustees and these appointments are officially confirmed at the AGM. Once appointed induction procedures are undertaken.

None of the Trustees have any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event of winding up.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2022

---

## Quality Management

Our partner organisation and federation lead, Mind assess the quality of all local Minds through the Mind Quality Mark (MQM). It's a set of standards covering all areas of local Mind activity. In November 2021 we started the process of rigorous MQM assessment, which includes a thorough appraisal of organisational policies and procedures as well as a visit and interviews with trustees, staff, volunteers, and people who use services. MQM provides assurance that Mind in Furness is well-run and meet or exceed Mind's expectations of good practice. In October 2022, we received formal notice we had been awarded our Mind Quality Mark as evidence of meeting the agreed standards.

## Risk Management

The trustees have assessed the major risks to which the charity is exposed and are satisfied that adequate systems are in place to mitigate any exposure to the major risks. A Risk Analysis is collated and reviewed and updated at every trustee meeting.

## Objectives and Activities

The charity's objects are to reduce mental health stigma, influence the shape of services and to support and promote the interests of those who experience mental health problems, their families, friends, and supporters.

Mind in Furness Limited offers: -

- **Wellbeing Centre**
  - Recovery Focused groups and activities
  - Advice, information, and signposting
  - Peer support
  - Supported volunteering
  - Counselling
  - Crisis Support
  - Training and Anti Stigma Work
  - Eco therapy opportunities
- **Two charity shops** (Mental Health on the High Street')
- **Supported Housing**
  - 24/7 Supported Housing under contract (Closed and contract ceased April 2022)
  - Dispersed self-contained housing
- **Active Monitoring** (GP based Guided self-help)

The objects are met through the operation of the centres below.

### **Wellbeing Centre (The William Bingley Centre, 64 School Street)**

The William Bingley Wellbeing centre is open Monday to Friday delivering recovery focused services to anybody experiencing poor mental health or emotional distress.

The centre serves as a head office for all Mind in Furness's services and the staff and volunteer team deliver a range of projects from this community-based centre, with the overall aim of improving people's understanding and experiences of episodes of poor mental health.

As well as providing a full range of activities to improve resilience and coping skills, we also offer advice, information, and a signposting service to the general public. We are active in local community networks and work in partnership with other local projects to ensure mental health is considered and represented throughout our community.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES *(continued)*

FOR THE YEAR ENDED 31 MARCH 2022

---

## **Objectives and Activities (continued)**

Mind in Furness have acquired a lease of the waste land next to the William Bingley centre to create a greenspace for possible ecotherapy projects.

### **Supported Housing (Coniston House, Lesh Lane)**

Until the end of April 2022, we had delivered 24/7 supported living support and care at Coniston House under a formally commissioned contract. In 2021 Mind in Furness made the strategic decision to step back from this kind of supported living and gave notice of our intention to our landlord (Sanctuary) and the commissioning body (Cumbria County Council). In April 2022 Coniston House was closed, all residents were successfully rehoused, and the contract ceased.

Following a grant from Barrow council Mind in Furness bought 4 flats on Sutherland Street. These were brought into operation in 2019/20 and offer low level housing support to tenants with mental health issue. We also have a further property in Sutherland Street which we will bring into operation when circumstances allow for its refurbishment.

### **Charity shops — Mental Health on the High Street**

Mind in Furness runs two charity shops one in Barrow and one in Millom. Both shops employ a manager, and the rest of the staff are volunteers. As well as raising funds and offering volunteering opportunities these shops provide information services on the high streets of Barrow and Millom for people with mental health problems. Any profits generated are invested back into delivering wellbeing services.

### **Ulverston**

Following the closure of Mind in Ulverston in October 2020, Mind in Furness decided to begin delivering services in Ulverston. At this point our aim is to ensure some continuity of support to existing clients and Mind in Furness will be considering how the support offer develops as we move forward. We purchased new premises at 5 Upper Brook St and are delivering services from the premises. We have an allotment in Ulverston which we carry out eco therapy at 2 days a week with a plan to expand further in 2022/2023. During the year we also held a lease at another premises which was terminated in November 2022.

The Trustees have paid due regard to guidance in section 17(5) of the 2011 Charities Act issued by the Charity Commission in deciding what activities the charity should undertake.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES *(continued)*

FOR THE YEAR ENDED 31 MARCH 2022

---

## Financial Review

We maintain a Quick-Books accounting system internally as a way of keeping our financial records. Our Office Manager is responsible for the financial aspects of the organisation and has been employed with us since May 2021. We are developing our management reporting using this system.

This year's financial management and income generation were still impacted adversely by the long-term effects of the Covid-19 pandemic. Our focus switched to ensuring our policies, procedures and systems met the Mind Quality Management standards and are pleased that the following audit was satisfactory.

We are now confident we have the right management team in place which will allow us to build capacity and ensure areas of work are not neglected.

We have maintained accurate records and submitted reports for funders where this is required.

We have a desire to review salaries and to bring them nearer to being in line with other providers. However, our trustees are aware this must be an ongoing aim and as such the trustees have a commitment to review salaries annually and salaries will be set at the start of the financial year. Trustees will make decisions on rates of pay based on funding available and comparable local rates of pay. In order to ensure that salaries are fair and comparable within the organisation a full job evaluation exercise took place in November 2022.

As we entered 2021 the pandemic served to highlight difficulties we were facing at Coniston House. We had problems managing voids, ageing residents, staffing difficulties and a building no longer fit for purpose. A large proportion of management time was spent managing this one service and the board made a strategic decision to exit and close this service. This was an incredible difficult and emotive decision to make but it was a decision made with in the best interests of both our residents and the organisation. We gave formal notice of the decision in October 2021. We hoped the services would hand over to another provider but the age of the building and the contractual arrangements ruled out that option and so it was agreed that Coniston House would close, and our residents would be rehoused. Three full time staff opted for redundancy and one part time member of staff was redeployed. The service was operationally closed on 30th April 2022 but a 12-month management agreement with Sanctuary meant we were responsible for the building and the rent till 30<sup>th</sup> September 2022.

Sutherland Street Housing project has at times been difficult to manage with an ongoing issue with voids and claiming housing benefit. It is hoped that the closure of Coniston House will afford us the time to concentrate on developing this project further given time to manage it more robustly.

We are in the third year of contractual /funding relationship with the Primary Care Network (PCN) to deliver Active Monitoring across their footprint of Barrow and Millom, offering the service in 10 GP surgeries. The PCN have agreed to fund this valuable service until March 2023, and we hope the excellent outcomes being reported will mean they consider longer term funding. The pandemic changed the way we deliver this service and instead of basing ourselves in GP surgeries we offer a hybrid service from GP surgeries, Mind premises, over the phone and by video which has worked well. In 2023 we hope to expand the service into Ulverston and Dalton and are having discussion with Mid Furness Primary care network to that end.

In relation to our shops the post covid return was challenging with volunteer recruitment a major issue and our shops have not yet been able to recover to pre covid levels in terms of income. Rising utilities costs will impact further and investment will be needed in terms of recruiting, supporting, and retaining volunteers. Maximising income and keeping costs low is vital. We know our shops are valued in our community but the cost-of-living crisis that we face brings challenges as well as opportunities.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES *(continued)*

FOR THE YEAR ENDED 31 MARCH 2022

---

## **Achievements and Performance**

Mind in Furness Limited is satisfied that it has met all its contractual requirements for the year ending 2022. We have continued to monitor the health and social care arena and continued the process of developing our services in line with national agendas and our effective networking and partnerships have placed us in a stronger position.

In June 2021 we were successful in receiving another year's funding from the National Lottery for our partnership Project Help Through Crisis and were able to recruit a new member of staff with appropriate experience to manage this work.

A large part of our year was spent managing the closure of Coniston House which we did against a backdrop of post covid restrictions, major staff shortages and reduced rent. This was an emotional and difficult piece of work, but we are proud of how well our residents coped with such major change and ever grateful to our staff team at the time who worked lots of extra hours to make sure this process was as smooth as it could be for the residents. For Mind in Furness this brought to an end over 35 years of service delivery at this site.

We have nurtured and invested in our existing partnerships, and this has enhanced our service delivery, in partnership with other local and county wide groups. The charity has traditionally worked in partnership with other Mind branches across Cumbria but with the closure of other local Minds we have ensured we engage more positively with other Mind groups across the country as the period of 2019/2020 saw the closure of Mind in West Cumbria, South Lakeland Mind and Mind in Ulverston, and we are now one of two Mind's in Cumbria (with us in the South of the county and Carlisle Eden Mind in the North). With changing health boundaries, we find ourselves aligned more with Lancashire Mind and are forging positive relationships with them where we can.

Following the closure of other Cumbria based mind groups we have engaged more proactively with the wider Mind Network which we recognise offers us effective links, shared learning and advice and support. The end of the year saw us successful in receiving a Mind grant in partnership with the Coop resilience fund to develop peer Support services.

Active Monitoring continues to show good outcomes for those using the service, which is available across Barrow and Millom, enhancing our relationship with the local Primary care network and hopefully paving the way for new relationship with other PCNs in our area.

We have maintained the strong local links with partners that we built during the pandemic. We recognise we are stronger when working together and Mind in Furness endeavours to be a key player in local partnerships and discussions.

In 2022/2023 we have started to pay back the bounce back loan we took out in 2021 following an interest free period of 1 year, this now incurs a 2.5% annual interest rate. We are about to open deposit accounts and expect to earn more than the interest charged.

In July 2022 CCGs ceased to operate and Integrated Care Systems came into being. NHS England has announced its Mental Health Transformation Fund with a package of funding managed by our local health trust, Lancashire, and South Cumbria NHS Foundation Trust, with a clear instruction that a percentage must be paid to voluntary/charitable sector to work in partnership to enhance community mental health. Mind in Furness is engaging fully in this process with the expectation it will bring opportunities of both funding, new projects, and positive partnerships. 2023 will also see new Local Authority boundaries come into being which may affect funding, partnerships, key contacts, and areas of operation.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES *(continued)*

FOR THE YEAR ENDED 31 MARCH 2022

---

## **Achievements and Performance (continued)**

### **Beyond Places of Safety (Department of Health and Social Care)**

In 2018 Mind in Furness were awarded a capital grant from DHSC to extend and modernise the existing Wellbeing Centre on School Street. Following Covid delays work was completed in January 2021 and all staff are now firmly established working in the improved building. The last year has seen our attendance grow and the building being fully utilised. 2022/2023 will see us concentrating on working alongside our statutory health partners to extend our opening hours to support the growing needs of our community and to support our colleagues working in statutory health services. This development would meet the aims of the original Beyond Places of Safety grant.

### **Ulverston**

Following the closure of Ulverston Mind in October 2020, Mind in Furness has continued to deliver small scale services to the local community and has used the period to develop some close working links with GP's and other local groups including voluntary groups and arts organisations. The building we purchased last year is operational and is being recognised as somewhere local people can drop in for help and advice. The lease we held on Ulverston Mind's previous premises expired in November 2022 and has not been renewed. After losing the newly appointed Service Manager after only 6 months and failure to recruit in the first instance, we managed to recruit a new manager in October 2022 and look forward to developing services further.

### **Covid-19-A Global Pandemic**

As we moved forward into 2021/2022 our finances and our services faced the same degree of uncertainty and unprecedented challenges that all charities faced as we emerged into a new post covid environment. Changing priorities, some small-scale restrictions on staff and service user concerns meant a very slow return to normal services.

Community donations and events are being held again but still on a smaller scale than pre covid and we continue to harness online giving platforms to make donating easier for our supporters. Thankfully many people are now quite happy to meet again, and it has been our joy to attend some local health events with many of our partners including the BeWell fest which we played an active role in.

The uncertainty of the current economic and political climate exacerbated by the impacts of Covid 19 mean we must be vigilant of our financial situation and the trustees and management at Mind in Furness remain committed to ensuring they seek out opportunities for new funding streams wherever appropriate. However, the funding environment for 2022/2023 and going forward remains challenging.

The long-term impact of the global pandemic along with rising costs will impact heavily on mental health. We hope as we move forward this is recognised by funders and commissioners and reflected in the funding available.

### **Reserves Policy**

The trustees consider that it would be prudent and desirable to have free reserves equivalent to 4 months operating expenditure. This would be in the region of £ 70,000. At the year-end free reserves were £244,731. Restricted funds have reduced over the last year and expenses and monthly costs have risen.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES *(continued)*

FOR THE YEAR ENDED 31 MARCH 2022

---

## Trustees' Responsibilities

The trustees (who are also directors of Mind in Furness Limited 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 Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 Trust will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Trust 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 Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the Trustees



**Mr B Garsden**  
Trustee

Date: 29/01/2023 .....

# MIND IN FURNESS LIMITED

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MIND IN FURNESS LIMITED

---

I report to the Charity Trust trustees on my examination of the accounts of the company for the year ended 31 March 2022 which are set out on pages 10 to 29.

### 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.

### Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

### Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ACCA, which is one of the listed bodies.

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.

**Colin Johnson FCCA**  
**MHA Moore and Smalley**  
**Chartered Accountants**  
**Kendal House**  
**Murley Moss Business Village**  
**Oxenholme Road**  
**Kendal**  
**Cumbria**  
**LA9 7RL**

**Date:** 30/01/2023  
.....

# MIND IN FURNESS LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (including Income and Expenditure Account)

FOR THE YEAR ENDED 31 MARCH 2022

	Note	Unrestricted Funds £	Restricted Funds £	2022 £	2021 £
<b>Income</b>					
Donations and legacies		<b>46,325</b>	-	<b>46,325</b>	466,969
Charitable Activities	4	<b>256,387</b>	<b>265,981</b>	<b>522,368</b>	346,625
Shops	3	<b>58,061</b>	-	<b>58,061</b>	19,067
Government Grants		<b>5,334</b>	-	<b>5,334</b>	42,849
Bank Interest received		<b>4</b>	-	<b>4</b>	241
<b>Total income</b>		<b>366,111</b>	<b>265,981</b>	<b>632,092</b>	875,751
<b>Expenditure</b>					
Shops	3	<b>64,948</b>	-	<b>64,948</b>	45,146
On charitable activities	4	<b>250,617</b>	<b>305,555</b>	<b>556,172</b>	542,044
<b>Total expenditure</b>		<b>315,565</b>	<b>305,555</b>	<b>621,120</b>	587,190
<b>Net Income</b>	2	<b>50,546</b>	<b>(39,574)</b>	<b>10,972</b>	288,561
Transfers between funds		<b>(43,063)</b>	<b>43,063</b>	-	-
<b>Net movement in funds</b>		<b>7,483</b>	<b>3,489</b>	<b>10,972</b>	288,561
<b>Reconciliation of funds</b>					
Total funds brought forward		<b>1,040,172</b>	<b>3,708</b>	<b>1,043,880</b>	755,319
<b>Total funds carried forward</b>		<b>1,047,655</b>	<b>7,197</b>	<b>1,054,852</b>	1,043,880

The statement of financial affairs includes all gains and losses recognised in the year

# MIND IN FURNESS LIMITED

## BALANCE SHEET

AS AT 31 MARCH 2022

	Note	£	2022 £	£	2021 £
<b>Fixed assets</b>					
Tangible assets	6		802,924		702,543
<b>Current assets</b>					
Debtors	7	198,912		30,753	
Cash at bank and in hand		<u>335,774</u>		<u>398,485</u>	
			534,686		429,238
<b>Creditors</b> – amounts falling due within one year	8	<u>(237,170)</u>		<u>(40,251)</u>	
<b>Net current assets</b>			<u>297,516</u>		<u>388,987</u>
<b>Total assets less current liabilities</b>			1,100,440		1,091,530
<b>Creditors</b> – amounts falling due after one year	9		<u>(45,588)</u>		<u>(47,650)</u>
<b>Net assets</b>			<u>1,054,852</u>		<u>1,043,880</u>
<b>Funds of the charity</b>					
Unrestricted income funds			1,047,655		1,040,172
Restricted income funds	11		<u>7,197</u>		<u>3,708</u>
<b>Total charity funds</b>	11		<u>1,054,852</u>		<u>1,043,880</u>

# MIND IN FURNESS LIMITED

BALANCE SHEET (*continued*)

AS AT 31 MARCH 2022

---

For the year ending 31 March 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- (i) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- (ii) 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 have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

These accounts were approved by the directors and authorised for issue on .....27/01/2023.....  
and are signed on their behalf by:



.....  
**Mr B Garsden**  
Trustee

**Company Registration Number: 07693277**

**Charity Number: 1143600**

# MIND IN FURNESS LIMITED

## STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2022

---

	2022		2021
	£	£	£
<b>Reconciliation of net income to net cash flow from operating activities</b>			
Net income for the year	10,972		288,561
Depreciation of tangible fixed assets	24,665		20,045
(Increase) / decrease in debtors	(168,159)		44,625
Increase / (decrease) in creditors	196,919		(31,445)
	<u>64,397</u>		<u>321,786</u>
<b>Net cash flow from operating activities</b>	<b>64,397</b>		<b>321,786</b>
<b>Cash flow from investing activities</b>			
Repayment of bank loan	(2,062)	-	
Proceeds received from bank loan	-	50,000	
Payments to acquire tangible fixed assets	(125,046)	(318,947)	
	<u>(127,108)</u>		<u>(268,947)</u>
<b>Net cash flow from investing activities</b>	<b>(127,108)</b>		<b>(268,947)</b>
<b>Net (decrease) / increase in cash and equivalents</b>	<b>(62,711)</b>		<b>52,839</b>
<b>Cash and cash equivalents at 1 April 2021</b>	<b>398,485</b>		<b>345,646</b>
<b>Cash and cash equivalents at 31 March 2022</b>	<u><b>335,774</b></u>		<u><b>398,485</b></u>
<b>Relating to:</b>			
Cash at bank and in hand	<u><b>335,774</b></u>		<u><b>398,485</b></u>

# MIND IN FURNESS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

---

### 1. Accounting Policies

Mind in Furness Limited is a charitable company limited by guarantee and governed by its memorandum and articles of association incorporated in England and Wales. The registered office is 64 School Street, Barrow in Furness, Cumbria, LA14 1EW.

#### **Basis of preparation**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

Mind in Furness Limited meets the definition of a public entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

#### **Income**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably, and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102).

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

Voluntary income is received by way of grants, donations and gifts and is included in full in the SOFA when receivable. Grants where entitlement is not conditional on the delivery of a specific performance by the charity are recognised when the charity becomes unconditionally entitled to the grant. For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received.

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 interest paid or payable by the Bank.

# MIND IN FURNESS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

---

### 1. Accounting Policies (*continued*)

#### **Going concern**

The trustees have considered the longer-term consequences of COVID-19, cost of living and other events and conditions, and have determined that they do not create a material uncertainty that casts significant doubt upon Mind in Furness ability to continue as a going concern. The impact of the current global and financial position on future performance and therefore on the measurement of some assets and liabilities or on liquidity might be significant and might therefore require disclosure in the financial statements, but the trustees have determined that they do not create a material uncertainty that casts significant doubt upon our ability to continue as a going concern.

#### **Fund accounting**

Unrestricted funds are funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. Any overspends are met by unrestricted funds.

#### **Expenditure**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably.

#### **Operating Leases**

Rentals payable under operating leases are charged against income on a straight-line basis over the period of the lease.

#### **Tangible Fixed Assets and Depreciation**

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Tangible fixed assets are stated at cost less depreciation. Only items costing over £250 are capitalised.

Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:

Land and buildings	2% straight line
Fixtures and fittings	25% reducing balance
Computers	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/ (expenditure) for the year.

#### **Impairment of fixed assets**

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

#### **Debtors and accrued income**

Debtors are recognised at the settlement amount due after any trade discounts allowed. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (*continued*)

FOR THE YEAR ENDED 31 MARCH 2022

---

## 1. Accounting Policies (*continued*)

### **Cash at bank and in hand**

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account. Bank overdrafts are shown within borrowings in current liabilities.

### **Financial instruments**

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

### **Creditors and provisions**

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

### **Employee benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

### **Pensions**

The charitable company operates a defined contribution pension scheme and the pension charge represents the amount payable by the charity in respect of the year. The assets of the scheme are held separate from those of the charitable company in independently administered funds. Pension expense is allocated to where the employees' salary is allocated.

### **Leases**

Rental payable under operating leases, include any lease incentives received, are charged to income on a straight-line basis over the term of the relevant lease.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (*continued*)

FOR THE YEAR ENDED 31 MARCH 2022

## 2. Net income for the year

	2022 £	2021 £
<b>This is stated after charging:</b>		
Depreciation	<u>24,665</u>	<u>20,045</u>
Independent Examination	<u>3,300</u>	<u>3,010</u>

## 3. Shops

	Barrow		Millom	
	2022	2021	2022	2021
Income	28,106	10,139	29,955	8,928
Expenses	(36,014)	(26,114)	(28,934)	(19,032)
Profit / (Loss)	<u>(7,908)</u>	<u>(15,975)</u>	<u>1,021</u>	<u>(10,104)</u>

## 4. Charitable activities

	Income		Expenditure		Surplus/ (deficit)	
	Restricted	Unrestricted	Restricted	Unrestricted	Restricted	Unrestricted
<b>Grant funded :</b>						
Ulverston	35,222		38,534		(3,312)	
Millom safe space	7,156		10,162		(3,006)	
<b>Charitable Activities</b>						
Sutherland St Housing	17,365		27,107		(9,742)	
William Bingley Centre		56,334		89,290		(32,956)
Active Monitoring	65,700		65,808		(108)	
BeWell	8,750		5,086		3,664	
Cumbria CC Day	14,054		27,308		(13,254)	
Opportunity						
Counselling	1,000		9,811		(8,811)	
BBO/ESF	800		1,540		(740)	
Co-op Resilience fund		19,989		835		19,154
Help Through Crisis	75,000		75,108		(108)	
Coniston House	40,934	179,564	45,091	159,790	(4,157)	19,774
Barra		500				500
Recovery star				593		(593)
Crisis cafe				109		(109)
<b>Total</b>	<u>265,981</u>	<u>256,387</u>	<u>305,555</u>	<u>250,617</u>	<u>(39,574)</u>	<u>5,770</u>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (*continued*)

FOR THE YEAR ENDED 31 MARCH 2022

---

## 5. Individual Activities Expenditure

### William Bingley Drop in Centre

	2022	2021
Staff costs	33,539	116,592
Depreciation	24,591	14,432
Council tax & water rates	-204	2,303
Fuel and light	2,590	2,036
Insurance	1,537	512
Telephone	3,333	3,860
PPS	3,069	5,549
Repairs and renewals	5,745	8,876
Computer costs	4,666	3,716
Cleaning and sundries	1,083	2,264
Cost of activities	-945	12,776
Training costs	882	286
Other costs	3,772	
	<b>83,658</b>	<b>173,202</b>
Share of governance costs	5,632	14,241
	<b>89,290</b>	<b>187,443</b>

### Coniston House Residential Care

Staff costs	153,375	148,320
Depreciation	56	74
Accent Management Fee	22,410	16,389
Council tax & water rates	1,495	2,037
Fuel and light	10,368	7,946
Insurance	1,202	1,656
Telephone	1,612	2,076
PPS	444	981
Repairs and renewals	2,899	1,359
Computer costs	1,643	2,687
Cleaning and sundries	1,515	2,398
Gardening	580	40
Training costs	373	491
Direct project costs	425	1,501
Other costs	1,231	
	<b>199,628</b>	<b>187,955</b>
Share of Governance costs	5,253	1,919
	<b>204,881</b>	<b>189,874</b>

---

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (*continued*)

FOR THE YEAR ENDED 31 MARCH 2022

---

## Millom Project

Staff costs	7,830	6,199
Insurance	601	
Telephone	266	367
PPS	56	
Computer costs	520	35
Direct project costs	889	
	<b>10,162</b>	<b>6,601</b>

## Help Through Crisis Project

Staff costs	27,379	47,531
Depreciation	-	-
Council tax & water rates		792
Fuel and light		200
Telephone	828	1,122
PPS	108	551
Computer costs	520	122
Other costs	14	
Cost of activities		550
Direct project costs	46,259	51,437
	<b>75,108</b>	<b>102,305</b>
Share of governance costs		7,299
	<b>75,108</b>	<b>109,604</b>

## Sutherland Street Housing Support

Staff costs	19,691	17,858
Depreciation	-	5,165
Council tax & water rates	2,549	1,820
Fuel and light	198	75
Insurance	601	1,535
Telephone	842	496
PPS	55	280
Repairs and renewals	606	274
Computer costs	592	
Cleaning and sundries	99	
Training costs	20	
Direct project costs	1,839	446
Other costs	15	
	<b>27,107</b>	<b>27,949</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (*continued*)

FOR THE YEAR ENDED 31 MARCH 2022

---

## Millom ESF/BBO

Staff costs	5,800	
Accent Management Fee	990	
Direct project costs	<b>1,540</b>	
	<b>1,540</b>	<b>6,790</b>

## Ulverston Mind

Staff costs	<b>27,617</b>	2,783
Depreciation	-	
Council tax & water rates	<b>627</b>	
Fuel and light	<b>303</b>	
Insurance	<b>746</b>	
Telephone	<b>1,348</b>	
PPS	<b>677</b>	
Repairs and renewals	<b>79</b>	
Computer costs	<b>606</b>	
Cleaning and sundries	<b>43</b>	
Other costs	<b>483</b>	
Training costs	<b>195</b>	
Direct project costs	<b>1,166</b>	
Rent	<b>5,628</b>	
	<b>39,518</b>	<b>2,783</b>
Share of governance costs	<b>(984)</b>	
	<b>38,534</b>	<b>2,783</b>

## Cumbria CC Day

Staff costs	<b>27,308</b>	
	<b>27,308</b>	

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2022

---

## Active Monitoring

Staff costs	59,948	
Depreciation		
Accent Management Fee		
Council tax & water rates		
Fuel and light		
Insurance	601	
Travel and subsistence		
Telephone	847	
PPS	965	
Repairs and renewals	90	
Computer costs	1,720	
Cleaning and sundries		
Gardening		
Cost of activities		
Training costs	20	
Direct project costs	550	
Other costs	120	
	<b>64,861</b>	
Share of governance costs	947	
	<b>65,808</b>	

## Be Well

Staff costs	2,235	
PPS	354	
Direct project costs	2,497	
	<b>5,086</b>	

## Counselling

Staff costs	8,805	
Insurance	601	
Telephone	60	
PPS	116	
Direct project costs	229	
	<b>9,811</b>	

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (*continued*)

FOR THE YEAR ENDED 31 MARCH 2022

---

## Co-op Resilience Fund

Direct project costs            **835**

<b>835</b>	
------------	--

## Recovery Star

Staff costs                        **8**

PPS                                 **355**

Direct project costs            **230**

<b>593</b>	
------------	--

## National Lottery Covid-19 response fund

Staff costs                        5,191

Depreciation                      349

Accent Management Fee           366

Council tax & water rates        52

Fuel and light                     161

Telephone                         846

PPS                                 32

Repairs and renewals             32

Computer costs                  254

Cleaning and sundries            202

Gardening                        262

Training costs                    163

Direct project costs            1,890

	<b>9,800</b>
--	--------------

Share of governance costs       1,200

	<b>11,000</b>
--	---------------

## Crisis cafe

PPS                                 **109**

<b>109</b>	
------------	--

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2022

---

## 6. Tangible Fixed Assets

	Land and buildings	Fixtures, fittings & equipment	Computers	Total
	£	£	£	£
<b>Cost or valuation</b>				
At 1 April 2021	712,154	45,674	41,144	798,972
Additions in the year	122,477	2,569	-	125,046
At 31 March 2022	<u>834,631</u>	<u>48,243</u>	<u>41,144</u>	<u>924,018</u>
<b>Depreciation and impairment</b>				
At 1 April 2021	29,393	34,415	32,621	96,429
Depreciation charged in the year	16,693	3,422	4,550	24,665
At 31 March 2022	<u>46,086</u>	<u>37,837</u>	<u>37,171</u>	<u>121,094</u>
<b>Carrying amount</b>				
At 31 March 2022	<u>788,545</u>	<u>10,406</u>	<u>3,973</u>	<u>802,924</u>
At 31 March 2021	<u>682,761</u>	<u>11,259</u>	<u>8,523</u>	<u>702,543</u>

## 7. Debtors

Amounts falling due within one year

	2022 £	2021 £
Trade Debtors	151,866	28,295
Prepayments and accrued income	45,243	188
Other debtors	1,803	2,270
	<b>198,912</b>	<b>30,753</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2022

---

## 8. Creditors

Amounts falling due within one year

	2022 £	2021 £
Deferred Income – note 10	<b>167,694</b>	21,333
Trade Creditors	<b>44,570</b>	5,924
Other taxation and social security	<b>2,276</b>	6,162
Other creditors	<b>1,642</b>	1,471
Accruals	<b>16,268</b>	3,011
Bank loan	<b>4,720</b>	2,350
	<b>237,170</b>	40,251

## 9. Creditors

Amounts falling due after more than one year

	2022 £	2021 £
Bank loan	<b><u>45,588</u></b>	<u>47,650</u>

A government secured Bounce-back loan for £50,000 was taken out by HSBC UK in December 2020 to ease the impact of the coronavirus restrictions. The balance falling due after more than 5 years is £22,060.

## 10. Deferred Income

Deferred income is included in the accounts as follows

Projects that runs for a further :-	2022 £	2021 £
3 months	<b>10,000</b>	
7 months	<b>31,694</b>	21,333
1 year	<b>126,000</b>	
	<b>167,694</b>	21,333

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2022

---

## 11. Restricted Funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes

	<b>Movement in funds</b>				
	Balance at 1 April 2021	Income	Expenditure	Transfers	Balance at 31 March 2022
Help through crisis	3,641	75,000	(75,108)		3,533
Ulverston Mind	67	35,222	(38,534)	3,245	
Millom safe space		7,156	(10,162)	3,006	
Sutherland St housing		17,365	(27,107)	9,742	
BeWell		8,750	(5,086)		3,664
Counselling		1,000	(9,811)	8,811	
BBO/ESF		800	(1,540)	740	
Coniston House		40,934	(45,091)	4,157	
Active Monitoring		65,700	(65,808)	108	
Cumbria CC Day		14,054	(27,308)	13,254	
<b>Total</b>	<b>3,708</b>	<b>265,981</b>	<b>(305,555)</b>	<b>43,063</b>	<b>7,197</b>

	<b>Movement in funds</b>				
	Balance at 1 April 2020	Income	Expenditure	Transfers	Balance at 31 March 2021
Fixed assets	258,696	-	(6,654)	(252,042)	
Help through crisis	15,672	97,573	(109,604)		3,641
Ulverston Mind		2,850	(2,783)		67
Beyond Places for Safety	129,249	117,835		(247,084)	
National Lottery Covid Response Fund		11,000	(11,000)		
William Bingley Centre		37,396	(37,396)		
Garfield Weston		25,000	(25,000)		
BBO/ESF		6,790	(6,790)		
Coniston House		51,059	(51,059)		
Active Monitoring					
Orsted		5,060	(5,060)		
<b>Total</b>	<b>403,617</b>	<b>354,563</b>	<b>(255,346)</b>	<b>(499,126)</b>	<b>3,708</b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2022

---

## 11. Restricted funds (continued)

Analysis of net assets between funds

	Unrestricted	Restricted	Total
Fund balances at 31 March 2022 are represented by			
Tangible assets	802,924		<b>802,924</b>
Current assets less liabilities	244,731	7,197	<b>251,928</b>
	<u>1,047,655</u>	<u>7,197</u>	<b><u>1,054,852</u></b>

	Unrestricted	Restricted	Total
Fund balances at 31 March 2021 are represented by			
Tangible assets	702,543		<b>702,543</b>
Current assets less liabilities	337,629	3,708	<b>341,337</b>
	<u>1,040,172</u>	<u>3,708</u>	<b><u>1,043,880</u></b>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2022

---

## 11. Restricted funds (continued)

<b>Coniston House</b>	Housing benefit and rental income received for the use of core expenditure at Coniston House. Contractual income from Cumbria County Council to cover cost of delivering CQC regulated support to 5 individual residents.
<b>Help Through Crisis</b>	This is a Big Lottery funded partnership project, Mind in Furness are the lead organisation and distribute funds to 2 of the partners (Barrow CAB and Project John). The project works with people in financial crisis to assist them practically at the point of crisis and moving forwards to develop financial resilience.
<b>BBO / ESF</b>	European Social Fund and The Big Lottery fund Building Better Opportunities- supports those furthest from the labour market, with Mind in Furness offering mental health support to participants in Millom. Delivery ceased in year.
<b>William Bingley Centre running costs</b>	Funds received from a variety of supporters to assist with core costs of all services delivered from the William Bingley Centre.
<b>Beyond Places of Safety</b>	This is a grant from the Department of Health & Social Care for refurbishment of William Bingley Centre.
<b>Millom Safe Space</b>	Transforming West Cumbria Millom -Grant Funding from Cumbria Community Foundation received as part of a West Cumbria based collaborative to deliver mental health support via Millom Safe Space.
<b>Sutherland St Housing</b>	Housing benefit and rental income received for the use of core cost attributed to our Sutherland St restart housing Project.
<b>Active Monitoring</b>	Funding received from Barrow and Millom Primary Care Network for the delivery of Active Monitoring across Barrow and Millom.
<b>Be Well</b>	Funding received from Cumbria County Council to lead on delivery of ward based health promotion initiatives culminating in a Be Well health festival.
<b>Cumbria County Council Day</b>	Contractual income for delivering day opportunities via the councils formal framework.
<b>National Lottery Covid Response Fund</b>	Grant received which allowed us to restructure our management team and recruit additional new managers to ensure we were fully equipped to deal with the challenges presented during and beyond the pandemic.
<b>Ulverston Mind</b>	Funds transferred from Ulverston Mind (with agreement of the original grant givers) to assist in setting up new services in Ulverston following the closure of Ulverston Mind in October 2020.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2022

---

## Restricted funds (continued)

<b>Counselling</b>	Income received from Chargeable Counselling Service.
<b>Fixed assets</b>	Relates to funds received to purchase and develop a tangible fixed asset held by the charity.
<b>Garfield Weston</b>	Grant received to assist shortfall of funding for the refurbishment of the William Bingley Centre.
<b>Orsted</b>	Grant received towards the Recovery Star programme.

## 12. Trustees

Trustees received neither remuneration nor reimbursement of any costs during this or the previous year.

## 13. Employees

Employee costs during the year

	<b>2022</b>	2021
	<b>£</b>	£
Wages and salaries	<b><u>378,469</u></b>	<u>355,850</u>
Social security costs	<b><u>20,420</u></b>	<u>16,817</u>
Pension costs	<b><u>7,467</u></b>	<u>6,987</u>

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

	<b>2022</b>	2021
Management	<b><u>4</u></b>	<u>1</u>
Charitable activities	<b><u>24</u></b>	<u>26</u>

No employees received more than £60,000 in the year.

## 14. Operating lease commitments

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

	<b>2022</b>	2021
	<b>£</b>	£
Within 1 year	<b><u>7,510</u></b>	<u>3,678</u>
Between two and five years	<b><u>9,600</u></b>	<u>2,047</u>

## 15. Taxation

As a charity, Mind in Furness Limited is exempt from tax on income and gains falling within sections 472 - 474 of the Corporation Tax Act 2010, section 478-489 of the Corporation Tax Act 2010, or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2022

---

## 16. Control

No single individual has had control of the company in the current or previous year.

## 17. Related Parties

Remuneration of key management personnel is as follows:

Aggregate compensation	<b><u>30,294</u></b>	<u>32,294</u>
------------------------	----------------------	---------------

**MIND IN FURNESS LIMITED**

England & Wales - Charity number 1143600

---

# Accounts

---

**Company No: 07693277**  
**Charity No: 1143600**

**MIND IN FURNESS LIMITED**  
**(A COMPANY LIMITED BY GUARANTEE)**  
**REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED**  
**31 MARCH 2021**

# MIND IN FURNESS LIMITED

## CONTENTS

---

	Pages
Reference and administrative information	1
Report of the trustees	2
Independent examiner's report to the trustees	9
Statement of financial activities	10
Balance sheet	11
Statement of cash flows	13
Notes to the financial statements	14

# MIND IN FURNESS LIMITED

## REFERENCE AND ADMINISTRATIVE INFORMATION

---

(Registered Company Number: 07693277)  
(Registered Charity Number: 1143600)

Trustees/Directors	Mrs H Bingley Mr D Le Mare (Secretary) Dr A Page Mr S Blezard Ms S Jackson Mr M Mahony Mr B Garsden Mr K Murphy Mr D Webber (resigned 10 July 2021)
Registered Office	64 School Street Barrow in Furness Cumbria LA14 1EW
Independent Examiner	Colin Johnson FCCA MHA Moore and Smalley Chartered Accountants Kendal House Murley Moss Business Village Oxenholme Road Kendal Cumbria LA9 7RL

# **MIND IN FURNESS LIMITED**

## **REPORT OF THE TRUSTEES**

**FOR THE YEAR ENDED 31 MARCH 2021**

---

The Trustees present their report and the financial statements of the Trust for the year ended 31 March 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the Trust.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the accounts and comply with the Trust's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities applicable in the UK and Republic of Ireland published in October 2019.

### **Structure Governance and Management**

#### **Governing Document**

The organisation is a charitable company limited by guarantee and is governed by its memorandum and articles of association.

We work closely with Mind the leading mental health charity in England and Wales as part of a federation structure.

The Trustees have committed to reviewing all their governing documents in line with Mind guidance in 2021/22.

#### **Trustees of the Charity**

The directors of the charitable company are its trustees for the purposes of charity law. The trustees who have served during the year and since the year end are detailed on page 1.

The trustees oversee the running of the charity. The Chief Officer, Karen Dobson, is responsible for operational management and the execution of the Board's strategic plan and is assisted and supported by a management team consisting of an Office Manager, Service Managers and Shop Managers. Day to day service delivery is delegated to a team of staff and volunteers.

There are no connected charities or branches. Transactions with trustees and related parties are disclosed in the notes to the accounts. The Trustees have had due regard to the guidance published by the Charity Commission on Public Benefit

#### **Recruitment and Appointment of the Management Committee**

Existing Trustees/Directors as members of the organisation invite potential trustees to serve on the board. Trustees are invited based on the skills required for the role and to fill any skills gap. A potential trustee will complete an application and meet with the Chair and Chief Officer to discuss the role and their suitability. They will be proposed and seconded at a trustee meeting by existing trustees and these appointments are officially confirmed at the AGM. Once appointed induction procedures are undertaken.

None of the Trustees have any beneficial interest in the company. All of the Trustees are members of the company and guarantee to contribute £1 in the event of winding up.

#### **Risk Management**

The trustees have assessed the major risks to which the charity is exposed and are satisfied that adequate systems are in place to mitigate any exposure to the major risks. A Risk Analysis is collated and updated annually.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2021

---

## Objectives and Activities

The charity's objects are to reduce mental health stigma, influence the shape of services and to support and promote the interests of those who experience mental health problems, their families, friends and supporters.

Mind in Furness Limited offers:-

- **Wellbeing Centre**
  - Recovery Focused groups and activities
  - Advice, information and signposting
  - Peer support
  - Supported volunteering
  - Counselling
  - Crisis Support
  - Training and Anti Stigma Work
  - Eco therapy opportunities
- **Two charity shops** (Mental Health on the High Street')
- **Supported Housing**
  - 24/7 Supported Housing under contract
  - Dispersed self-contained housing
- **Active Monitoring** (GP based Guided self-help)

The objects are met through the operation of the centres below.

- **Wellbeing Centre (The William Bingley Centre, 64 School Street)**

The William Bingley Wellbeing centre is open Monday to Friday delivering recovery focused services to anybody experiencing poor mental health or emotional distress.

The centre serves as a head office for all Mind in Furness's services and the staff and volunteer team deliver a range of projects from this community-based centre, with the overall aim of improving people's understanding and experiences of episodes of poor mental health.

As well as providing a full range of activities to improve resilience and coping skills, we also offer advice, information and a signposting service to the general public. We are active in local community networks and work in partnership with other local projects to ensure mental health is considered and represented throughout our community.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2021

---

## **Objectives and Activities (continued)**

- **Supported Housing (Coniston House, Lesh Lane)**

In association with partners Accent Foundation Limited, and under a sub-contracting arrangement with Richmond Fellowship, Mind in Furness manages a group home for 6 tenants with enduring mental issues. The unit is staffed 24 hours a day, 7 days per week by a team of trained and qualified support workers, there are 6 individual bed-sit flats with the use of a communal kitchen, lounge, conservatory and large garden. Our aim is to provide self-contained supported accommodation in the community and to encourage and support clients to achieve independence by supporting them to develop good daily living skills and coping skills. The scheme is registered with the Care Quality Commission and was awarded a GOOD rating at our 2019 inspection. During the year there was a change in landlord and Sanctuary Housing took over.

- **Charity shops — Mental Health on the High Street**

Mind in Furness runs two charity shops one in Barrow and one in Millom. Both shops employ a manager and the rest of the staff are volunteers. As well as raising funds and offering volunteering opportunities these shops provide information services on the high streets of Barrow and Millom for people with mental health problems. Any profits generated are invested back into delivering wellbeing services.

- **Ulverston**

Following the closure of Mind in Ulverston in October 2020, Mind in Furness decided to begin delivering services in Ulverston. At this point our aim is to ensure some continuity of support to existing clients and Mind in Furness will be considering how the support offer develops as we move forward. We have purchased new premises at 5 Upper brook St and are still holding a short term lease for the premises formally used by Ulverston Mind at 9 Queen Street.

The Trustees have paid due regard to guidance in section 17(5) of the 2011 Charities Act issued by the Charity Commission in deciding what activities the charity should undertake.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2021

---

## Financial Review

We maintain Quick-Books internally as a way of keeping our financial records. Our Office Manager resigned in May 2021 but was replaced with immediate effect, our new Office Manager is responsible for the financial aspects of the organisation and as she was new to Quick Books we are aware we have lost some progress and there are still areas of improvement for us in terms of the information we can access.

This year's financial management and income generation were seriously impacted by the Covid-19 pandemic and it has been incredibly challenging in terms of bringing in funds through alternative streams as many funders put a hold on their usual grant schemes to manage Covid emergency funding.

Our desire to increase capacity by shaping a new management team has not yet fully materialised due to some unexpected changes, ongoing covid restrictions, increased workloads and new developments. However we are now confident we have the right team in place which will allow us to build capacity and ensure areas of work are not neglected.

Post Covid there is a renewed need to review funding streams and spending. Increasing and diversifying our funding streams remains a main focus for the Board of Trustees and the Chief Officer despite the fact it is more challenging as we move forward from the pandemic.

We have maintained accurate records and submitted reports for funders where this is required.

We have a continued desire to review salaries to bring them nearer to being in line with other providers however our trustees are aware this must be an ongoing aim and as such the trustees have a commitment to review salaries annually and salaries will be set at the start of the financial year. Trustees will make decisions on rates of pay based on funding available and comparable local rates of pay.

In relation to Coniston House we are grateful for the support of our partners and contract holders Richmond Fellowship and continue to deliver services under a spot purchasing arrangement. We maintain our place as a quality provider of mental health supported housing as the contracted framework tender process was put on hold. Our longstanding landlord Accent proceeded with the sale of all their supported housing stock and we acquired a new landlord, Sanctuary Housing from 1<sup>st</sup> April 2021. We await details of whether they will support the development of the space at Coniston House to ensure it stays fit for purpose.

Our Sutherland Street housing project has been fully allocated for a short period but as at year end 2021 we have 1 x void and are having some ongoing issues claiming housing benefit which impact on income streams for this project

We are in the second year of contractual /funding relationship with the Primary Care Network to deliver Active Monitoring across their footprint of Barrow and Millom, offering the service in 10 GP surgeries. The PCN have agreed to fund this valuable service until March 2022 and we hope the excellent outcomes being reported will mean they consider longer term funding. Since the start of the pandemic we have been offering this service over the phone instead of GP surgeries, this has adapted well.

We continue ongoing investment in staffing to develop our Community Fundraising to grow our unrestricted income streams from donations and events at the same time of building good relationships with local donor and fundraisers. This has been, as for many charities an area of concern during the pandemic with many fundraising events cancelled and income we receive from long standing major events lost. However we have been heartened by the number of online donations and "lockdown" activities our supporters have engaged in.

We have also had to consider the loss of income from our two charities shops over the duration of the pandemic due to enforced closure/lockdown restrictions and have accessed both the Government furlough scheme and the Local council Business Support grants for both our Barrow and Millom shops. This income has been invaluable in allowing us to keep our shops open post pandemic and to manage the loss of retail income. The return to being fully open has been challenging with a loss of volunteers, issues around isolation and the loss of our Millom Shop Manager (now replaced).

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2021

---

## **Achievements and Performance**

Mind in Furness Ltd is satisfied that it has met all its contractual requirements for the year ending 2021. We have continued to monitor the health and social care arena and continued the process of developing our services in line with national agendas and our effective networking and partnerships have placed us in a stronger position. We have managed this against the backdrop of a national pandemic and on occasions this has been incredibly difficult.

We were able to deliver ongoing financial resilience support via a 6 month covid emergency Big Lottery Grant which allowed us to continue delivering our Help through Crisis project (in partnership with other local organisations). As part of Barrow Advice HUB with CAB, Barrow and District Disability Association and Project John and Barrow Foodbank we have been delivering "Help through Crisis"- since July 2016 and were due to finish June 2020. With various covid emergency grants the organisations managed to continue delivery till March 2021 and by that stage had made an application to the Lottery for ongoing support – (in June 2021 we were successful in receiving another years funding).

At Coniston House we continue to work in a sub-contracting capacity in partnership with the Richmond Fellowship to deliver a part of the "Mental Health Rehabilitation and Recovery Pathway" Framework contract. Our last CQC rating was "GOOD" across all areas. This contract was tendered in 2020, Richmond again won a place on the framework and our relationship continues.

We continue to have issues with the amount of Housing benefit we are able to claim at our Sutherland Street properties as the systems tightened up the procedures and the pandemic made it difficult to fill the existing void. We intend to invest more time and energy into managing this aspect of our housing arm as we move forward into 2021.

We have conducted a strategic review of how we deal with housing support and expect to concentrate on projects to expand our owned provision and have built up cash reserves to enable to do so. We expect to develop our plans further in 2021-22.

We have nurtured and invested in our existing partnerships and this has enhanced our service delivery, in partnership with other local and county wide groups. The charity has traditionally worked in partnership with other Mind branches across Cumbria but the period of 2019/2020 saw the closure of Mind in West Cumbria, South Lakeland Mind and Mind in Ulverston, we are now one of two Mind's in Cumbria (with us in the South of the county and Carlisle Eden Mind in the North). With changing health boundaries we find ourselves aligned more with Lancashire Mind and are forging positive relationships with them where we can.

We continue to engage in the wider Mind Network and hope to see this relationship develop further having accessed funding late in 2020 from the Mind managed Pears funding to deliver support around the issue of loneliness.

Following our 2019 pilot of "Active Monitoring" in 4 GP surgeries offering guided self-help the service is now operating through 10 GP surgeries. We were able to react and adapt the service quickly during early 2020 to a phone based support service. This is working well and showing good outcomes for those using the service.

We have found that the pandemic has led us into closer working relationships with many other local voluntary providers as we all face the same situations and understand the importance of working together to access funding, shared resources and ensure we can all provide support for our clients .

We took advantage of the maximum £50,000 Bounce-back loan facility which was initially to be repaid over 6 years but which we have now extended to a 10 year repayment period. The loan was interest free for the first year and then incurs a 2.5% annual interest rate thereafter.

Nationally we are aware that there will be a full NHS reorganisation in 2022 as CCGs cease to operate and Integrated Care Partnerships come into being. NHS England will announce its Mental health transformation Fund with a package of funding directed at statutory bodies but with a clear instruction that a percentage must be paid to voluntary/charitable sector to work in partnership to enhance community mental health, this will hopefully bring opportunities of both funding, new projects and positive partnerships.

# **MIND IN FURNESS LIMITED**

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2021

---

## **Achievements and Performance (continued)**

### **Beyond Places of Safety (Department of Health and Social Care)**

In 2018 Mind in Furness were awarded a capital grant from DHSC to extend and modernise the existing Wellbeing Centre on School Street. Work commenced November 2019, unfortunately due to several delays and the impact of the Covid -19 pandemic the work due to be completed in May 2020 was not completed until December 2020. Some of the Mind in Furness staff moved back in in January 2021 with a phased return to all the other staff who had been working from home throughout the pandemic. Due to the ongoing nature of infection rates we are still operating an invitation only and appointment only service in the building. It is Mind in Furness intention to work with statutory partners to utilise the building to support people in crisis, with potential for out of hour's services and expanded provision.

### **Ulverston**

Following the closure of Ulverston Mind in October 2020, Mind in Furness were concerned about the loss of support services in the area (an area significantly closer than the areas covered by previous Mind group closures.) We agreed to develop services in Ulverston and to expand our area of operation. Our initial support was simply to maintain what had previously been on offer from Ulverston for a small group of clients. Throughout 2021 this has begun to expand and in Summer of 2021 we completed on a purchase of some premises in the centre of Ulverston and have begun some service delivery from 5 Upper Brook Street.

### **Covid-19-A Global Pandemic**

As we moved forward into 2020/2021 our finances and our services faced the same degree of uncertainty and unprecedented challenges that all charities faced during the pandemic, this continues to be the case. In previous years we have made significant steps to diversify our income streams but unfortunately the covid-19 pandemic impacted on all current income streams and we faced uncertainty in what funding would be available at the start of 2021. There remains some limits on the opportunities as funders try to hastily reassess their own strategy to ensure funding is directed where it can have maximum benefit.

Community donations and events have started to be held again and we have been able to adapt to various online giving platforms to make donating easier for our supporters. It has been a source of joy to see some of the annual fundraiser start to happen again- not just because they bring in much needed donations but because of the opportunity to once again raise awareness and the opportunity to bring the community together.

We were incredibly grateful to funders who were able to provide us with short term emergency funding through the pandemic to support us and recognise that reviewing strategies is now a challenge for foundation trusts and other grant givers. The absence of longer term funding creates anxiety, uncertainty and additional work in the form of constantly reviewing applications etc.

The uncertainty of the current economic and political climate exacerbated by the impact of Covid 19 mean we must be vigilant of our financial situation and the trustees and management at Mind remain committed to ensuring they seek out opportunities for new funding streams wherever appropriate. However the funding environment for 2021/2022 and going forward remains challenging.

We anticipate the impact of Covid -19 and the global pandemic will impact heavily on mental health -we hope as we move forward this is recognised by funders and commissioners and reflected in the funding available.

### **Reserves Policy**

The trustees consider that it would be prudent and desirable to have free reserves equivalent to 4 months operating expenditure. This would be in the region of £70,000. At the year-end free reserves were £337,629.

# MIND IN FURNESS LIMITED

REPORT OF THE TRUSTEES (*continued*)

FOR THE YEAR ENDED 31 MARCH 2021

---

## Trustees' Responsibilities

The trustees (who are also directors of Mind in Furness Limited 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 Charity and of the incoming resources and application of resources, including the income and expenditure, of the Charity 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 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 Trust will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the Trust 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 Trust and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

By order of the Trustees



**Mr M Mahony**  
Trustee

Date: 31/01/2022  
.....

# MIND IN FURNESS LIMITED

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MIND IN FURNESS LIMITED

---

I report to the Charity Trust trustees on my examination of the accounts of the company for the year ended 31 March 2021 which are set out on pages 10 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.

### Basis of independent examiner's statement

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

### Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ACCA, which is one of the listed bodies.

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.



**Colin Johnson FCCA**  
**MHA Moore and Smalley**  
**Chartered Accountants**  
**Kendal House**  
**Murley Moss Business Village**  
**Oxenholme Road**  
**Kendal**  
**Cumbria**  
**LA9 7RL**

**Date:** 31/01/2022  
.....

# MIND IN FURNESS LIMITED

## STATEMENT OF FINANCIAL ACTIVITIES (including Income and Expenditure Account) FOR THE YEAR ENDED 31 MARCH 2021

	Note	Unrestricted Funds £	Restricted Funds £	2021 Total £	2020 Total £
<b>Income and endowments from:</b>					
Donations and legacies					
-		41,337	100	41,437	68,008
-		128,918	296,614	425,532	434,968
Charitable activities					
-		23,785	-	23,785	27,272
-		186,431	51,059	237,490	221,788
-		59,383	-	59,383	-
-		-	6,790	6,790	11,141
-		19,177	-	19,177	1,167
Other trading activities					
-		10,139	-	10,139	31,228
-		8,928	-	8,928	28,166
Government grants					
		42,849	-	42,849	-
Investments					
-		241	-	241	552
<b>Total income and endowments</b>		<b>521,188</b>	<b>354,563</b>	<b>875,751</b>	<b>824,290</b>
<b>Expenditure on:</b>					
Raising funds					
-	3	26,114	-	26,114	32,955
-		19,032	-	19,032	20,282
Charitable activities					
-	4	77,169	70,107	147,276	191,949
-		36,058	-	36,058	-
-		2,905	-	2,905	-
-		-	1,204	1,204	-
-		138,815	51,059	189,874	206,942
-		-	109,604	109,604	107,738
-		-	6,790	6,790	17,554
-		25,150	2,799	27,949	26,766
-		6,601	-	6,601	9,594
-		-	2,783	2,783	-
-		-	11,000	11,000	-
<b>Total expenditure</b>		<b>331,844</b>	<b>255,346</b>	<b>587,190</b>	<b>613,780</b>
<b>Net income</b>	2	<b>189,344</b>	<b>99,217</b>	<b>288,561</b>	<b>210,510</b>
<b>Transfers between funds</b>	13	<b>499,126</b>	<b>(499,126)</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>		<b>688,470</b>	<b>(399,909)</b>	<b>288,561</b>	<b>210,510</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		351,702	403,617	755,319	544,809
<b>Total funds carried forward</b>	14	<b>1,040,172</b>	<b>3,708</b>	<b>1,043,880</b>	<b>755,319</b>

The statement of financial activities includes all gains and losses recognised in the year.

# MIND IN FURNESS LIMITED

## BALANCE SHEET

AS AT 31 MARCH 2021

	Note	£	2021 £	£	2020 £
<b>Fixed assets</b>					
Tangible assets	8		702,543		403,641
<b>Current assets</b>					
Debtors	9	30,753		75,378	
Cash at bank and in hand		<u>398,485</u>		<u>345,646</u>	
		429,238		421,024	
<b>Creditors – amounts falling due within one year</b>	10	<u>(40,251)</u>		<u>(69,346)</u>	
<b>Net current assets</b>			<u>388,987</u>		<u>351,678</u>
<b>Total assets less current liabilities</b>			1,091,530		755,319
<b>Creditors – amounts falling due after one year</b>	11		<u>(47,650)</u>		<u>-</u>
<b>Net assets</b>			<u>1,043,880</u>		<u>755,319</u>
<b>Funds of the charity</b>					
Unrestricted income funds			1,040,172		351,702
Restricted income funds	13		<u>3,708</u>		<u>403,617</u>
<b>Total charity funds</b>	14		<u>1,043,880</u>		<u>755,319</u>

# MIND IN FURNESS LIMITED

BALANCE SHEET (*continued*)

AS AT 31 MARCH 2021

---

For the year ending 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- (i) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;
- (ii) 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 have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

These accounts were approved by the directors and authorised for issue on ..... 31/01/2022 .....  
and are signed on their behalf by:



.....  
**Mr M Mahony**  
Trustee

**Company Registration Number: 07693277**

**Charity Number: 1143600**

# MIND IN FURNESS LIMITED

## STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2021

---

	2021		2020
	£	£	£
<b>Reconciliation of net income/(expenditure) to net cash flow from operating activities</b>			
Net income for the year	288,561		210,510
Depreciation of tangible fixed assets	20,045		10,919
Decrease / (Increase) in debtors	44,625		(16,385)
(Decrease) / Increase in creditors	<u>(31,445)</u>		<u>52,802</u>
<b>Net cash flow from operating activities</b>	<b>321,786</b>		257,846
<b>Cash flow from investing activities</b>			
Proceeds received from bank loan	50,000	-	
Payments to acquire tangible fixed assets	<u>(318,947)</u>	<u>(125,395)</u>	
<b>Net cash flow from investing activities</b>	<b>(268,947)</b>		(125,395)
<b>Net increase in cash and equivalents</b>	<b>52,839</b>		132,451
<b>Cash and cash equivalents at 1 April 2020</b>	<b>345,646</b>		213,195
<b>Cash and cash equivalents at 31 March 2021</b>	<u><b>398,485</b></u>		<u><b>345,646</b></u>
<b>Relating to:</b>			
Cash at bank and in hand	<u><b>398,485</b></u>		<u><b>345,646</b></u>

# MIND IN FURNESS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

---

### 1. Accounting Policies

Mind in Furness Limited is a charitable company limited by guarantee and governed by its memorandum and articles of association incorporated in England and Wales. The registered office is 64 School Street, Barrow in Furness, Cumbria, LA14 1EW.

#### **Basis of preparation**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019, the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Practice as it applies from 1 January 2015.

Mind in Furness Limited meets the definition of a public entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

#### **Income**

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably, and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably, and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102).

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

Voluntary income is received by way of grants, donations and gifts and is included in full in the SOFA when receivable. Grants where entitlement is not conditional on the delivery of a specific performance by the charity are recognised when the charity becomes unconditionally entitled to the grant. For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received.

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 interest paid or payable by the Bank.

# MIND IN FURNESS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

---

### 1. Accounting Policies (*continued*)

#### **Going concern**

The financial statements have been prepared on a going concern basis. Trustees have considered the consequences of COVID-19 and other events and conditions, and have determined that they do not create a material uncertainty that casts significant doubt upon Mind in Furness ability to continue as a going concern. The impact of COVID-19 on future performance and therefore on the measurement of some assets and liabilities or on liquidity might be significant and might therefore require disclosure in the financial statements, but the trustees have determined that they do not create a material uncertainty that casts significant doubt upon our ability to continue as a going concern.

#### **Fund accounting**

Unrestricted funds are funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. Any overspends are met by unrestricted funds.

#### **Expenditure**

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required, and the amount of the obligation can be measured reliably.

#### **Operating Leases**

Rentals payable under operating leases are charged against income on a straight-line basis over the period of the lease.

#### **Tangible Fixed Assets and Depreciation**

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Tangible fixed assets are stated at cost less depreciation. Only items costing over £100 are capitalised.

Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life as follows:

Land and buildings	2% straight line
Fixtures and fittings	25% reducing balance
Computers	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset and is recognised in net income/ (expenditure) for the year.

#### **Impairment of fixed assets**

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

#### **Debtors and accrued income**

Debtors are recognised at the settlement amount due after any trade discounts allowed. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (*continued*)

FOR THE YEAR ENDED 31 MARCH 2021

---

## 1. Accounting Policies (*continued*)

### **Cash at bank and in hand**

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account. Bank overdrafts are shown within borrowings in current liabilities.

### **Financial instruments**

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

### **Creditors and provisions**

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

### **Employee benefits**

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

### **Pensions**

The charitable company operates a defined contribution pension scheme and the pension charge represents the amount payable by the charity in respect of the year. The assets of the scheme are held separate from those of the charitable company in independently administered funds. Pension expense is allocated to where the employees' salary is allocated.

### **Leases**

Rental payable under operating leases, include any lease incentives received, are charged to income on a straight-line basis over the term of the relevant lease.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (*continued*)

FOR THE YEAR ENDED 31 MARCH 2021

---

## 2. Net income / (expenditure) for the year

	2021 £	2020 £
<b>This is stated after charging:</b>		
Depreciation	20,045	10,920
Independent Examination	3,010	4,302

## 3. Raising Funds

	2021 £	2020 £
<b>Mental Health on the High Street</b>		
Operating costs – Barrow	15,862	21,759
Operating costs – Millom	9,568	10,688
Staff costs – Barrow	10,228	11,164
Staff costs – Millom	9,464	9,594
Depreciation - Barrow	24	32
Costs of generating funds	<u>45,146</u>	<u>53,237</u>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2021

## 4. Charitable activities

	School Street drop in centre	Coniston House residential care	Millom project	Help Through Crisis project	Sutherland Street supports housing	Millom ESF/BBO	National Lottery	Ulverston MIND	Total 2021	Total 2020
	£	£	£	£	£	£	£	£	£	£
Staff costs	116,592	148,320	6,199	47,531	17,858	5,800	5,191	2,783	350,274	324,512
Depreciation and impairment	14,432	74	-	-	5,165	-	349	-	20,020	10,888
Accent management fees	-	16,389	-	2,284	-	990	-	-	19,663	18,097
Council tax and water rates	2,303	2,037	-	792	1,820	-	366	-	7,318	5,012
Fuel and light	2,036	7,946	-	200	75	-	52	-	10,309	9,950
Insurance	512	1,656	-	-	1,535	-	-	-	3,703	5,364
Travel and subsistence	-	-	-	-	-	-	161	-	161	4,829
Telephone	3,860	2,076	367	1,122	496	-	846	-	8,767	8,237
Printing, postage and stationery	5,549	981	-	551	-	-	32	-	7,113	6,321
Repairs and renewals	8,876	1,359	-	-	280	-	32	-	10,547	42,578
Computer costs	3,716	2,687	35	122	274	-	254	-	7,088	11,264
Cleaning and sundries	2,264	2,398	-	-	-	-	202	-	4,864	9,344
Gardening	-	40	-	-	-	-	262	-	302	410
Cost of activities	12,776	-	-	550	-	-	-	-	13,326	7,477
Training costs	286	491	-	-	-	-	163	-	940	946
Direct project costs	-	1,501	-	49,153	446	-	1,890	-	52,990	76,964
	173,202	187,955	6,601	102,305	27,949	6,790	9,800	2,783	517,385	542,193
Share of governance costs	14,241	1,919	-	7,299	-	-	1,200	-	24,659	18,350
	187,443	189,874	6,601	109,604	27,949	6,790	11,000	2,783	542,044	560,543

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2021

---

## 5. Support costs

	2021	2020	Basis of allocation
	£	£	
Staff costs	9,688	9,133	Time spent
Legal and professional	10,995	3,574	Governance
Bank charges	966	1,341	Governance
Accountancy fee	3,010	4,302	Governance
	<u>24,659</u>	<u>18,350</u>	

## 6. Trustees

No trustees received remuneration in the current or previous year.

Expenses of £nil (2020: £nil) were reimbursed to the trustees being travel and subsistence costs.

## 7. Employees

	2021	2020
	£	£
Employee costs during the year:		
Wages and salaries	355,850	330,842
Social security costs	16,817	17,289
Pension costs	6,987	6,272
	<u>379,654</u>	<u>354,403</u>

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

Management	1	1
Charitable activities	26	23

There were no employees receiving more than £60,000 in the year (2020: Nil).

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2021

---

## 8. Tangible fixed assets

	Land and buildings	Fixtures, fittings & equipment	Computers	Total
	£	£	£	£
<b>Cost or valuation</b>				
At 1 April 2020	413,477	37,031	29,517	480,025
Additions in the year	298,677	8,643	11,627	318,947
At 31 March 2021	<u>712,154</u>	<u>45,674</u>	<u>41,144</u>	<u>798,972</u>
<b>Depreciation and impairment</b>				
At 1 April 2020	19,630	30,662	26,092	76,384
Depreciation charged in the year	9,763	3,753	6,529	20,045
At 31 March 2021	<u>29,393</u>	<u>34,415</u>	<u>32,621</u>	<u>96,429</u>
<b>Carrying amount</b>				
At 31 March 2021	<u>682,761</u>	<u>11,259</u>	<u>8,523</u>	<u>702,543</u>
At 31 March 2020	<u>393,847</u>	<u>6,369</u>	<u>3,425</u>	<u>403,641</u>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2021

---

## 9. Debtors

Amounts falling due within one year:	2021	2020
	£	£
Trade debtors	28,295	73,524
Prepayments and accrued income	188	427
Other debtors	2,270	1,427
	<u>30,753</u>	<u>75,378</u>

## 10. Creditors: amounts falling due within one year

	Notes	2021	2020
		£	£
Deferred income	12	21,333	29,305
Trade creditors		5,924	29,499
Other taxation and social security		6,162	4,802
Other creditors		1,471	1,438
Accruals		3,011	4,302
Bank Loan		2,350	-
		<u>40,251</u>	<u>69,346</u>

## 11. Creditors: amounts falling due after more than one year

	2021	2020
	£	£
Bank Loan	47,650	-
	<u>47,650</u>	<u>-</u>

A government- secured bounce back loan for £50,000 was taken out with HSBC UK in December 2020, to ease the impact of the coronavirus restrictions.

The balance falling due after more than five years totals £7,500.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2021

---

## 12. Deferred income

	2021 £	2020 £
Other deferred income	<b>21,333</b>	29,305
	<u>          </u>	<u>          </u>
Deferred income is included in the financial statements as follows:		
Income for projects that run from November 2020 to November 2021	<b>21,333</b>	-
Income for projects that run from November 2019 to November 2020	-	12,386
Income for projects that run from September 2019 to September 2020	-	16,919
	<u>          </u>	<u>          </u>
	<b>21,333</b>	29,305
	<u>          </u>	<u>          </u>

# MIND IN FURNESS LIMITED

## NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2021

### 13. Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	<u>Movement in funds 2020/21</u>				Balance at 31
	Balance at 1	Income	Expenditure	Transfers	March 2021
	April 2020				
	£	£	£	£	£
Fixed assets	258,696	-	(6,654)	(252,042)	-
Coniston House running costs	-	51,059	(51,059)	-	-
Orsted	-	5,060	(5,060)	-	-
Help Through Crisis	15,672	97,573	(109,604)	-	3,641
ESF/ BBO	-	6,790	(6,790)	-	-
Garfield Weston	-	25,000	(25,000)	-	-
William Bingley Centre running costs	-	37,396	(37,396)	-	-
Beyond Places of Safety	129,249	117,835	-	(247,084)	-
Ulverston Mind	-	2,850	(2,783)	-	67
National Lottery Covid response Fund	-	11,000	(11,000)	-	-
	<u>403,617</u>	<u>354,563</u>	<u>(255,346)</u>	<u>(499,126)</u>	<u>3,708</u>

	<u>Movement in funds 2019/20</u>				Balance at 31
	Balance at 1	Income	Expenditure	Transfers	March 2020
	April 2019				
	£	£	£	£	£
Fixed assets	141,243	-	(3,298)	120,751	258,696
Coniston House running costs	-	49,676	(49,676)	-	-
Lloyds TSB	-	16,881	(16,881)	-	-
Help Through Crisis	25,416	120,364	(107,512)	(22,596)	15,672
ESF/ BBO	2,414	11,141	(13,555)	-	-
National Lottery Awards for All	10,000	-	(10,000)	-	-
The Hadfield Charitable Trust	5,000	-	(5,000)	-	-
Beyond places of Safety	-	250,000	-	(120,751)	129,249
	<u>184,073</u>	<u>448,062</u>	<u>(205,922)</u>	<u>(22,596)</u>	<u>403,617</u>

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2021

---

## 13. Restricted funds (continued)

<b>Fixed assets</b>	Relates to funds received to purchase and develop a tangible fixed asset held by the charity.
<b>Coniston House running costs</b>	Housing benefit and rental income received for the use of Coniston House.
<b>Orsted</b>	Grant received towards Recovery Star programme.
<b>Help Through Crisis</b>	This is a Big Lottery funded partnership project, Mind in Furness are the lead organisation and distribute funds to 2 of the partners (Barrow CAB and Project John). The project works with people in financial crisis to assist them at that point and moving forwards to develop financial resilience.
<b>ESF/ BBO</b>	European Social Fund and The Big Lottery fund Building Better Opportunities- The "Choices" project works with those furthest from the labour market, with Mind in Furness offering mental health support to participants in Millom.
<b>Garfield Weston</b>	Grant received to assist the shortfall of funding for the refurbishment of the William Bingley Centre.
<b>William Bingley Centre running costs</b>	Funds received from a variety of supporters to assist with core costs of all services delivered from the William Bingley Centre.
<b>Beyond Places of Safety</b>	This is a grant from the Department of Health & Social Care for refurbishment of William Bingley Centre.
<b>Ulverston Mind</b>	Funds transferred from Ulverston Mind (with the agreement of the original grant givers) to assist in setting up new services in Ulverston following the closure of Ulverston Mind in October 2020.
<b>National Lottery Covid Response Fund</b>	Grant received which allowed us to restructure our management team and recruit additional new managers to ensure we are fully equipped to deal with the challenges presented during and beyond the pandemic.
<b>Lloyds TSB</b>	Funding for staffing and associated costs for the Recovery Star Programme.
<b>National Lottery Awards for All</b>	Grant received for the renovation of the lifts.
<b>The Hadfield Charitable Trust</b>	Grant received for the renovation of the lifts.

The transfer between funds represents the transfer of restricted fund monies received to purchase and develop a tangible fixed asset held by the Charity. The development was completed in December 2020 and at this point the terms of all funding requirements were satisfied, and there remains no further restriction on the property use by the Charity. On this basis, the Trustees have therefore considered the restricted fund to be fully satisfied and the funds transferred to unrestricted.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2021

## 14. Analysis of net assets between funds

	Unrestricted £	Restricted £	Total £
Fund balances at 31 March 2021 are represented by:			
Tangible assets	702,543	-	<b>702,543</b>
Current assets less liabilities	337,629	3,708	<b>341,337</b>
	<u>1,040,172</u>	<u>3,708</u>	<u><b>1,043,880</b></u>
	<u><u>1,040,172</u></u>	<u><u>3,708</u></u>	<u><u><b>1,043,880</b></u></u>
	Unrestricted £	Restricted £	Total £
Fund balances at 31 March 2020 are represented by:			
Tangible assets	144,945	258,696	<b>403,641</b>
Current assets less liabilities	206,757	144,921	<b>351,678</b>
	<u>351,702</u>	<u>403,617</u>	<u><b>755,319</b></u>
	<u><u>351,702</u></u>	<u><u>403,617</u></u>	<u><u><b>755,319</b></u></u>

## 15. Operating lease commitments

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

	2021 £	2020 £
Within one year	<b>3,678</b>	811
Between two and five years	<b>2,047</b>	608
	<u><b>5,725</b></u>	<u>1,419</u>
	<u><u><b>5,725</b></u></u>	<u><u>1,419</u></u>

## 16. Taxation

As a charity, Mind in Furness Limited is exempt from tax on income and gains falling within sections 472-474 of the Corporation Tax Act 2010, section 478-489 of the Corporation Tax Act 2010, or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

# MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2021

---

## 17. Related Parties

### Remuneration of key management personnel

The remuneration of key management personnel is as follows:	<b>2021</b>	<b>2020</b>
	£	£
Aggregate compensation	<b>32,294</b>	30,444
	<u>          </u>	<u>          </u>

## 18. Control

No single individual has had control of the company in the current or previous year.