

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

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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 £
Income					
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
Total income		360,523	268,388	628,911	632,092
Expenditure					
Shops	3	79,877	-	79,877	64,948
On charitable activities	4	193,780	285,864	479,644	556,172
Total expenditure		273,657	285,864	559,521	621,120
Net Income	2	86,866	(17,476)	69,390	10,972
Transfers between funds		(99,212)	99,212	-	-
Net movement in funds		(12,346)	81,736	69,390	10,972
Reconciliation of funds					
Total funds brought forward		1,047,655	7,197	1,054,852	1,043,880
Total funds carried forward		1,035,309	88,933	1,124,242	1,054,852

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 £
Fixed assets					
Tangible assets	6		779,801		802,924
Current assets					
Debtors	7	182,563		198,912	
Cash at bank and in hand		<u>383,865</u>		<u>335,774</u>	
			566,428		534,686
Creditors – amounts falling due within one year	8	<u>(180,779)</u>		<u>(237,170)</u>	
Net current assets			<u>385,649</u>		<u>297,516</u>
Total assets less current liabilities			1,165,450		1,100,440
Creditors – amounts falling due after one year	9		<u>(41,208)</u>		<u>(45,588)</u>
Net assets			<u>1,124,242</u>		<u>1,054,852</u>
Funds of the charity					
Unrestricted income funds			1,035,309		1,047,655
Restricted income funds	11		<u>88,933</u>		<u>7,197</u>
Total charity funds	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 £
Reconciliation of net income to net cash flow from operating activities				
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		(56,391)		196,919
Net cash flow from operating activities		52,471		64,397
Cash flow from investing activities				
Repayment of bank loan	(4,380)		(2,062)	
Proceeds received from bank loan	-		-	
Payments to acquire tangible fixed assets	-		(125,046)	
Net cash flow from investing activities		(4,380)		(127,108)
Net increase / (decrease) in cash and equivalents		48,091		(62,711)
Cash and cash equivalents at 1 April 2022		335,774		398,485
Cash and cash equivalents at 31 March 2023		383,865		335,774
Relating to:				
Cash at bank and in hand		383,865		335,774

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 £
This is stated after charging:		
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
Grant funded :						
Ulverston	19,444	14,140	29,970	906	(10,526)	13,234
Millom safe space	4,122		4,122			
Charitable Activities						
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)
Total	<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
	128,035	90,125

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
	48,925	204,881

MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

Millom Project

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

Help Through Crisis Project

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

Sutherland Street Housing Support

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

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

30,876	38,534
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Cumbria CC Day

Staff costs - 27,308

-	27,308
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MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

Active Monitoring

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

BeWell

Staff costs	1,809	2,235
PPS	-	354
Direct project costs	3,701	2,497
Other costs	304	-
	5,814	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	-
	21,876	9,811

Kickstart Programme

Staff costs	16,940	-
	16,940	-

Active Listening

Staff costs	245	-
	245	-

Refugee and Asylum Seeker Project

Cost of activities	20	-
	20	-

Ecotherapy

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

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
	23,023	593

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	-
	61,152	109

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
	£	£	£	£
Cost or valuation				
At 1 April 2022	834,631	48,243	41,144	924,018
Additions in the year	-	-	-	-
At 31 March 2023	834,631	48,243	41,144	924,018
Depreciation and impairment				
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	62,778	40,411	41,028	144,217
Carrying amount				
At 31 March 2023	771,853	7,832	116	779,801
At 31 March 2022	788,545	10,406	3,973	802,924

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

182,563	198,912
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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
	180,779	237,170

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
	157,286	167,694

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

	Movement in funds				
	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	
Total	7,197	268,388	(285,864)	99,212	88,933

	Movement in funds				
	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	
Total	3,708	265,981	(305,555)	43,063	7,197

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		779,801
Current assets less liabilities	255,508	88,933	344,441
	<u>1,035,309</u>	<u>88,933</u>	<u>1,124,242</u>

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

MIND IN FURNESS LIMITED

NOTES TO THE FINANCIAL STATEMENTS *(continued)*

FOR THE YEAR ENDED 31 MARCH 2023

11. Restricted funds (continued)

Help through Crisis	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.
Ulverston Mind	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.
Millom Safe Space	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.
William Bingley Centre	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.
BeWell	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.
Ecotherapy	Reimbursement of transport costs for eco-therapy outings paid for by Rusland Horizons
Coniston House running costs	Final contractual income from Cumbria County Council for the delivery of support to 5 residents in the supported living scheme at Coniston House.
Active Monitoring	Annual Grant to deliver Active Monitoring to all GP's across the primary care network footprint from Barrow and Millom Primary care network.
Crisis Café	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
Active Listening	Grant to deliver Active Listening training and Community health events population health – priority wards funding.
Kickstart Scheme	Government funding for Kickstart Scheme – offering work placements to 2 individuals for 6 months.
Recovery Star	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	<u>£32,094</u>
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