ROTHERHAM AND BARNSLEY MIND

England & Wales · Charity number 1147740

Details

Status	Registered
Legal form	Charitable company
Company number	03616409
Registered	2012-06-19
Register	View on the Charity Commission register

Contact

Address	Osborne House 1-2 Highfield Doncaster Road Rotherham S65 1DZ
Phone	01709 919929
Email	contactus@rbmind.co.uk
Website	www.rbmind.co.uk

Activities

Objects: Objects4. The charity's objects ('Objects') are specifically restricted to the following: (a). to promote the preservation of mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition (b). to relieve the needs of people with mental health problems by: working to increase the understanding of mental health and mental health problems by gathering and disseminating information; working to raise awareness, promote under-standing and challenge stigma and discrimination. in the Metropolitan Boroughs of Rotherham and Barnsley and elsewhere, subject to the provisions of Schedule 8 of the Mind Federation Agreement 2021 and any revisions thereto. [Nothing in the articles shall authorise an application of the property of the charity for purposes which are not charitable in accordance with section 7 of the Charities and Trustee Investment (Scotland) Act 2005 and/or section 2 of the Charities Act (Northern Ireland) 2008.]

Activities: In the Rotherham and Barnsley areas:-To provide services for people with mental health problems and for their relatives and carersTo work in an inclusive and empowering mannerTo develop public awareness of mental health mattersTo further the social, psychological and emotional well being of people with a mental health problemTo work within the philosophy and ethos of National Mind

Downloaded from opencharities.uk/ew/1147740

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Barnsley
- Rotherham

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£710,260	£767,814	£671,874	34
2024-03-31	£827,366	£796,380	£729,426	40
2023-03-31	£677,725	£590,118	£698,441	28
2022-03-31	£553,737	£471,510	£610,835	24
2021-03-31	£400,562	£375,087	-	-

Trustees

Name	Role	Appointed
Angela Bland		2016-11-10
Christine Ainsbury		2021-03-02
Dawn O'Hara		2025-07-07
Emma Dallimore		2024-11-29
Ian James Garlington		2021-03-02
MICHAEL RAYMOND MARKS		2012-05-22
Marc Buxton		2025-07-07
Mark Adrian Jones		2016-08-11

Downloaded from opencharities.uk/ew/1147740

ROTHERHAM AND BARNSLEY MIND

England & Wales - Charity number 1147740

Accounts

Supporting everyone to achieve better mental health

Annual Report and Accounts
2024/25

mind Rotherham and Barnsley

“Rising demand and falling real-term funding are colliding with deepening deprivation to create a soaring mental health crisis.”

Demand is rising sharply while local systems are overstretched.

South Yorkshire faces surging mental health need across all age groups, with long waits, high clinical thresholds, and overstretched NHS pathways. This is particularly acute in deprived areas like Rotherham and Barnsley, where more people are falling through the gaps and relying on community-based charities for support.

Deprivation, poverty, and economic instability are driving complexity in mental health needs.

Rotherham and Barnsley remain among the most deprived areas in England, with entrenched poverty, low income, and unemployment contributing to higher rates of anxiety, depression, trauma, and crisis presentations. Cost-of-living pressures and inflation are intensifying these challenges while simultaneously constraining charitable and public funding.

Workforce shortages and fragmented local provision are limiting access to timely support.

National staffing shortages, local recruitment challenges, and fragmented coordination between statutory and voluntary services mean people often cannot get the support they need when they need it. This creates inconsistent care pathways, longer waits, and increased pressure on community organisations like Rotherham and Barnsley Mind to bridge the gaps.

The shift to digital mental health support risks widening inequalities with risk of unethical care.

The shift to digital mental health support risks widening inequalities without locally tailored solutions. While digital services are expanding rapidly, significant parts of South Yorkshire remain digitally excluded - particularly older adults, low-income households, and rural communities. At the same time, the rise of unregulated and potentially unethical online therapy models poses new risks to safety and accountability, meaning digital-first approaches could deepen inequalities in who can access trustworthy, effective help.

Contents

Section	Page
Welcome from Angela Bland, Chair	7
Welcome from Rachel Siddall, Chief Executive	9
Who We Are – Vision, Ambition and Values	13
Service Updates and Outcomes	14-30
Governance and Trustee Responsibilities	31
Trustees and Senior Leadership	32
Workforce Development and Practice Improvement	33
Risk Management	34
Plans for the Future	35
Statement of Trustees' Responsibilities	36
Accounts	37
Independent Examiner's Report	38–39
Financial Statements	40–41
Thank You – Our Supporters and Partners	42–43

We are Rotherham and Barnsley Mind

“We are committed to supporting those in need by promoting good mental health and offering high quality support so that no-one feels alone when dealing with mental health problems.”

1565

Referrals for Therapeutic Counselling Sessions

8

Workplace Referrals Therapeutic Counselling Sessions

632

Children and Young People Referrals for Therapeutic Counselling Sessions

7910

Sessions Offered for Therapeutic Counselling

33

Workplace Sessions Offered for Therapeutic Counselling

4822

Children and Young People Sessions Offered for Therapeutic Counselling

9

Community Campaigns

7

Community Engagement

We are here for you!
mind
Rotherham
and Barnsley

Welcome from the chair

As Chair of Rotherham and Barnsley Mind, I am pleased to present this report for 2024/25.

This year has brought significant challenges and reflection as the mental health landscape across South Yorkshire has continued to shift rapidly.

Communities in Rotherham and Barnsley have faced sustained economic hardship, widened health inequalities, and increased psychological distress. High thresholds and long waits for statutory mental health services have reinforced the essential role of our preventative, place-based support.

Demand across all our services has remained high, with increasing complexity evident in adult mental health, children and young people's services and workplace wellbeing.

This year also marked an important turning point for the organisation. The Board commissioned an independent organisational review to assess our position and shape a clear, future-focused direction.

This work directly informed our new Strategy 2025–2028, which strengthens our focus on impact, sustainability and the needs of the communities we serve.

This year also marked an important turning point for the organisation. The Board commissioned an independent organisational review to assess our position and shape a clear, future-focused direction. This work directly informed our new Strategy 2025–2028, which strengthens our focus on impact, sustainability and the needs of the communities we serve.

Financially, 2024/25 has required realism and careful stewardship. Like many charities, we have experienced income volatility and uncertainty around commissioning and grants. Through prudent management and strengthened oversight, the organisation has remained stable, with work underway to further diversify income while protecting quality, access and equity.

A key strategic priority for the year ahead is strengthening our leadership capacity, including the recruitment of a Director of Services to support service development, quality and operational delivery. This investment will ensure that our ambition translates into measurable impacts for local people.

We are proud of the progress made in governance, quality, and culture. Achieving the Mind Quality Mark and receiving nominations for national Mind Excellence Awards reflect the dedication and professionalism of our staff and volunteers. Recent trustee recruitment has also enhanced the skills and capacity of the Board at a crucial time.

I would like to thank my fellow trustees for their commitment, and to express sincere appreciation to our Chief Executive, staff, and volunteers for their resilience and compassion.

As we enter the next phase of our journey, Rotherham and Barnsley Mind do so with a clear strategy, a strong sense of place and a shared determination to ensure no one faces mental health challenges alone.

Angela Bland
Chairperson
Rotherham and
Barnsley Mind

Chief executive's report

The 2024/25 financial year has been one of significant reflection, transition and preparation for Rotherham and Barnsley Mind. Against a challenging mental health and funding landscape, we have remained focused on delivering high-quality support while laying the foundations for a more sustainable and strategically aligned future.

Context and community need

Across both boroughs, demand for mental health support continues to rise. We have seen increasing complexity linked to poverty, insecure work, social isolation and long-standing health inequalities.

Children and young people continue to face heightened anxiety, distress and unmet need, while adults are presenting later and often in crisis. With statutory services across South Yorkshire stretched to capacity, the role of local Mind services in prevention, early intervention and recovery has never been more essential.

Throughout the year, our teams have responded with compassion, professionalism and agility. Demand for adult counselling, children and young people's services and workplace wellbeing support has remained high. Despite operating within capacity constraints, we have worked hard to keep services accessible, rooted in place and responsive to the distinct needs of Rotherham and Barnsley communities.

Service delivery and place-based impact

Our delivery in 2024/25 has remained firmly shaped by local need.

In Barnsley, strong partnerships with schools, colleges and community organisations have enabled us to support children and young people at a time when early intervention is critical.
In Rotherham, collaboration with housing providers, employers and primary care has widened access for those who may otherwise struggle to seek mental health support.

Children and young people's services have continued to be a strategic priority, reflecting both local demand and national concern around youth mental health. Despite financial pressures within education and local authority systems, our CYP services have delivered strong outcomes and received consistently positive feedback from families and partners.

Adult counselling services have experienced sustained and growing demand, particularly from individuals affected by financial stress, bereavement, trauma and long-term health conditions. The conclusion of some funded programmes required us to review delivery models, and we have continued to explore blended approaches and sliding-scale options to maintain access for those most in need.

Strategy, leadership and organisational development

A defining aspect of the year has been the development of our new organisational strategy. Beginning in 2024, we undertook an independent review involving trustees, staff and partners. This provided valuable insight and direction, culminating in the creation of our Strategic Plan 2025–2028.

The strategy sets out a clear ambition to:

- care for our people and our communities
- be an outstanding organisation
- build sustainable partnerships
- harness our full potential

It places emphasis on understanding place-based need, addressing inequality, strengthening governance and securing diverse and resilient funding.

Recruitment of a Director of Services is central to delivering this strategy. This new leadership capacity will support service leads, embed quality, strengthen operational delivery and ensure services evolve in line with local need and strategic priorities.

We have also continued to strengthen internal systems and performance management. Achieving the Mind Quality Mark this year provides assurance around safeguarding, governance and service quality, and gives us a solid platform for future growth.

Financial position and sustainability

The financial environment in 2024/25 has been extremely challenging across the VCSE sector, particularly for organisations delivering preventative and early-intervention mental health support. Rotherham and Barnsley Mind has experienced income volatility, rising costs and uncertainty around future commissioning, all requiring proactive financial management.

While some services have continued to generate stable income, others—particularly within adult mental health—have required subsidy and strategic review. In response, we have strengthened business development, prioritised relationships with commissioners and funders, and begun to build a more robust and diversified income pipeline.

Despite the challenges, the organisation has remained financially stable through prudent management and strong trustee oversight. We remain realistic about the financial environment and committed to adapting, prioritising and investing wisely to ensure long-term sustainability.

People, culture and community

Our staff and volunteers continue to be our greatest strength. Their resilience, compassion and professionalism have enabled us to deliver high-quality support during a year of pressure and change. We have continued to invest in wellbeing, learning and development, reflecting both our values and the demands of working in mental health.

Recognition through Mind Excellence Award nominations and the achievement of quality standards highlight the positive culture we are building—one where people feel valued, supported and able to do their best work. Community engagement remains central to our identity. Local fundraising, awareness-raising and partnership activities across Rotherham and Barnsley have strengthened visibility, trust and connection, while also generating vital income.

Looking ahead

As we move into 2025/26, Rotherham and Barnsley Mind enters the year with clarity, purpose and a strong strategic foundation. We continue to be a key VCSE partner within the South Yorkshire Integrated Care System, contributing to population mental health, prevention and community resilience.

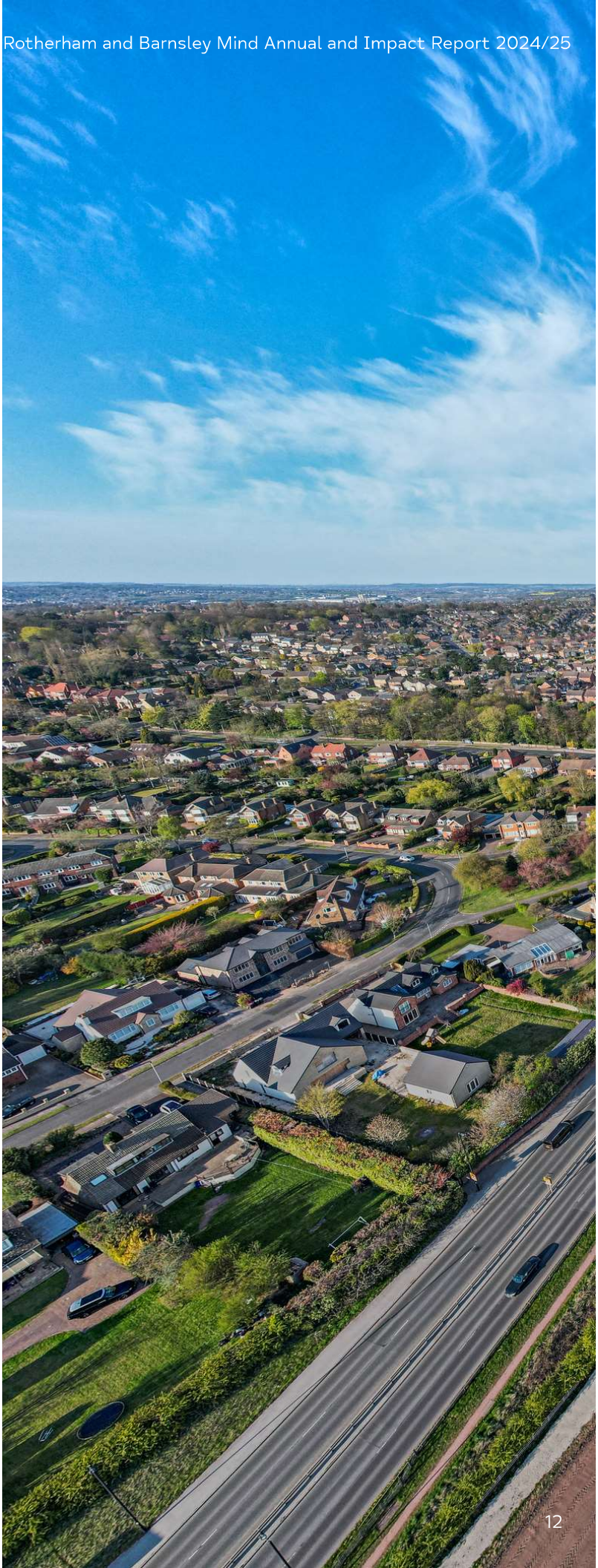
Although the challenges facing mental health services remain significant, so too does the opportunity to make lasting impact through strong partnerships, effective leadership and a clear, place-based strategy.

Our priorities for the coming year include:

- Embedding and delivering the Strategy 2025–2028
- Appointing and supporting a new Director of Services
- Strengthening sustainable funding and commissioning relationships
- Deepening our impact in communities facing the greatest inequality
- Supporting and retaining our workforce during a period of sector-wide pressure

I would like to extend my thanks to our trustees for their support, to our partners for their ongoing collaboration, and to our staff and volunteers for their unwavering dedication. Together, we will continue to ensure that people across Rotherham and Barnsley can access the mental health support they need, when they need it.

Rachel Siddall
CEO
Rotherham and Barnsley Mind



Who We Are

Vision

We won't give up until everyone experiencing a mental health problem gets both support and respect

Ambition

Supporting everyone to achieve better mental health

Our Values

Caring

We are caring, Kind, and fair
We show compassion, encouragement, and support
We want our people and community to feel HELD

Teamwork

We foster a spirit of collaboration and partnership
We are flexible to everyone's needs
We will always champion equality, diversity, and inclusion

Trust

We are trustworthy, honest, and respectful
We are sincere and act with integrity in everything we do
We will always try to do the right thing (at all times)

Learning

We adopt an open mind to continuous learning and development
We are agile, reflective, adaptable, and committed to excellence
We will strive to be relevant and always make a measurable difference

Providing high quality, impactful mental health support to children and young people

Delivering mental health support in schools

Support to schools continues to be a significant area of delivery for us. The number of referrals have increased, as well as the severity and complexity of mental health and wellbeing needs. While there are always other underlying issues identified as part of the initial assessment, the most common issues reported by children and young people are self-esteem, sleep and anger.

- 18 schools across Rotherham engaged in our services
- We delivered 3861 sessions
- 644 young people accessed our services
- Of which, 364 females, 244 males, 19 non-binary, 17 identifying as transgender

Young people said

"Been able to speak to someone who listens and actually understands"

"...I've spoken about my problems and not just kept it to myself"

"A space to talk about my angry feelings towards my dad"

"...Feel validated on how I feel through speaking has really helped me"

"being able to talk about what is happening in my life"

"Being able to talk to someone without feeling judged or like a burden for opening up and looking like an attention seeker"

Finding their way back to hope

Alex came to us feeling overwhelmed by anxiety, stress, and emotions they couldn't make sense of. As a full-time student, the pressure of daily life felt heavy, and their mind was crowded with worry, self-doubt, and constant tiredness. By the time they reached out, Alex described feeling unhappy, depleted, and unsure how to move forward.

judgement. Working with a Young Person's Mental Health Worker, they began exploring their thoughts, worries, and what they needed to cope day-to-day. Early sessions focused on exhaustion and stress, using a simple "self-care battery" tool to help Alex recognise what drained them and what helped them recharge.

These small check-ins became the foundation for growing self-awareness and compassion.

As the weeks passed, Alex learned to soften a harsh inner voice and replace self-criticism with kinder, more supportive thoughts. Visual tools helped them name feelings like overwhelm and pressure, making anxiety easier to understand and manage. A turning point came when Alex described feeling happy for the first time in months.

By the final session, Alex's wellbeing rating had risen from 2 to 9 out of 10. Worry had eased, sleep had improved, and they felt hopeful about the future. Most importantly, Alex felt heard, supported, and no longer alone.

Delivering mental health support with the Smiles for Miles project

Following success of the pilot programme, we were honoured to be invited by Voluntary Action Rotherham, to continue as a delivery partner for this Rotherham wide project that provides positive activities and specialist support for children and young people.

We work in collaboration with 10 other voluntary sector organisations to deliver coordinated support.

We delivered 145 individual counselling sessions and 8 group sessions.

The project has been recognised locally, as an excellent example of the compound impact of collaborative working.

The project has also enabled us to support other projects within the partnership.

Street League supports young people not in education, employment or training (NEET). They deliver a 12 week programme aimed at supporting the development of employability skills. We were asked to add value to their programme by delivering 2 sessions on 'how to keep yourself mentally healthy and ways to do this.'

Coordinated support for Jess

We received a referral for 'Jess' who was feeling isolated and suffering with anxiety. We were able to help Jess by providing 6 sessions of counselling for anxiety, before processing a seamless referral to Rush House, a Smiles for Miles delivery partner, to access a girls group to help 'Jess' find friends and reduce feelings of isolation.

What our delivery partner, Street League had to say about us

"...We really appreciate her knowledge and expertise, and the workshops form an important part of our Academy programme in Rotherham helping to raise awareness about mental health as well as giving young people coping strategies to manage any mental health issues they may have."

Providing essential and accessible therapeutic counselling services embedded in local communities

Delivering high quality person-centred therapeutic counselling support

This reporting year demonstrates that RB Mind's Counselling Service delivers meaningful, measurable, and life-changing impact. Through accessible, person-centred therapy, we improve emotional wellbeing, reduce crisis demand, and strengthen both individual and community resilience..

COPE Project

Providing a valuable alternative to CBT, our person-centred therapy enabled individuals to explore triggers, behaviours, coping mechanisms, and techniques to manage future episodes independently. This approach helped to reduce the likelihood of re-referral to crisis services, supporting long-term mental wellbeing.

We delivered support to 253 individuals, enabling quicker access to therapy than traditional NHS pathways

Social Prescribing Service (SPS)

2024/25 marked the 9th year of delivery of vital therapy to clients living with long-term mental and physical health conditions. Most referrals being for clients aged 55 and over.

We delivered support to 90 clients

Barnsley and Rotherham Colleges

The projects continued to deliver timely and accessible 121 counselling sessions to students with a range of mental health and wellbeing issues outside of the education environment.

80 students attending Barnsley College supported
60 students attending Rotherham College supported

Cloverleaf - Carers Support (Barnsley)

24/25 represented our last year of delivering the project, which targeted counselling support to unpaid carers in Barnsley. Clients reported feeling listened to and supported, being helped to manage the emotional challenges of caring, highlighting the importance of accessible mental health support for unpaid carers of all ages.

South Yorkshire Housing Association (SYHA - Workwell)

In Q4 we began delivering 121 counselling support for participants in SYHA's Workwell programme. Workwell offers employment support for people aged 16+ across South Yorkshire who live with a mental or physical health condition and require assistance to start, stay, or return to work.

We received 20 referrals during Q4, with projected growth

Supported Self Help (SSH)

Supported Self completed in March 2025, and was delivered in partnership with national and local Minds across England and Wales. It was a free, six-week guided self-help programme designed to give people rapid access to practical mental health support. Using Mind's evidence-based materials, clients worked through structured resources in their own time. Throughout the programme, a trained practitioner provided weekly one-to-one support, helping clients to apply the tools, build confidence, and develop strategies.

We reached 224 clients

Client feedback

“I feel more confident in coping with both my mental health and physical symptoms because I’ve learned practical strategies.”

“The counselling helped me understand my anxiety and gave me tools to cope better in daily life.”

“These sessions have been a lifeline for me.”

Talk and train

In 2024/25, the Talk & Train non-contact boxing programme at Unity Boxing Centre (legacy-funded) combined structured physical activity with embedded mental-health support.

Delivered by qualified boxing coaches alongside a mental-health therapist, it offered a safe, inclusive setting that reduced barriers to support—particularly for men from Asian and British Asian communities who are traditionally less likely to access formal services.

Programme reach:

- 46 participants engaged
- 8–12 attendees per weekly session
- 84% Asian/British Asian heritage
- Age range: 18–62

Outcomes achieved

Mental wellbeing

- 72% reported improved mood and emotional regulation
- 68% reported reduced stress and anxiety
- 61% reported increased self-confidence and personal control
- One in three disclosed challenges for the first time

Physical wellbeing

- 78% reported increased fitness and stamina
- 54% noted improvements in sleep, weight or general health
- 92% completed full sessions consistently (sustained engagement)

Community and social

- 70% felt less isolated
- 58% formed new social connections
- Mixed-heritage participation supported intercultural cohesion

Talk & Train engaged a predominantly male Asian cohort, using a familiar, community-based setting to build trust, reduce stigma and encourage early help-seeking. Alongside group activity, participants received:

- brief therapeutic input
- 32 developed personalised wellbeing plans
- 18 were signposted to additional services

The programme strengthened mental health, improved physical wellbeing and reduced isolation, while advancing our inclusive, place-based ambitions.

Service user feedback

"Through peers at S62 Community Together, I heard about the mental health boxing sessions at Unity Boxing Gym. When I first started, I was clumsy and anxious and didn't believe I could do it properly. As the sessions continued, I felt calmer, more focused, and far less anxious. The support helped me believe in myself again."

"The mental health sessions at Unity have had a huge positive impact. They got me out of the house, meeting new people and improving my fitness. Before I started, I was in a real slump — now I feel so much better."

What our delivery partner, Unity Boxing Centre, had to say about us

"You are a great asset to the team, bringing physical and mental health together. We are seeing clear, positive individual outcomes among those attending the Talk and Train sessions."

High quality scaled private counselling services to ensure accessibility for all

Private therapy sessions for children, young people, and adults

To ensure everyone has access to 121 counselling services, we offer a scaled - means tested payment structure to accommodate clients with various levels of income.

This service has proven to be critical to those clients whose 'funded' counselling comes to an end but would still benefit from additional 121 therapy sessions.

We offer bespoke services for:

- Couples Therapy
- Anger Management
- Private Counselling
- Bereavement Counselling

Our private counselling service supported adults experiencing:

- Anxiety
- Depression
- Trauma
- Emotional Distress
- Bereavement

Clients often face multiple, intersecting challenges, including long-term health conditions, social isolation, bereavement, neurodivergence, and barriers to accessing statutory services.

We delivered 140 private counselling sessions for adults, supporting 82 clients. Of these 34 couples were supported, and 14 clients were supported to address anger management

Finding peace after 50 years

'Jan', a 73-year-old female self-referred for counselling due to bereavement and unresolved grief. 'Jan' presented as emotionally exhausted, overwhelmed, and lonely, with a long-standing sense of purposelessness. Early sessions revealed persistent grief linked to a major life event: at age 20, she gave birth outside of a relationship and, under family pressure, placed the child for adoption.

This secret had caused decades of guilt and emotional pain. Therapy initially focused on stabilising emotional wellbeing and coping with bereavement.

Following the disclosure, sessions shifted to processing guilt, exploring identity beyond past decisions, and supporting decision-making around contacting the adoption agency. Approximately 20 sessions included emotional regulation strategies and planning for potential reunion.

'Jan' successfully located and reunited with her son abroad, describing the experience as transformative. She reported a profound sense of peace, improved self-esteem, and renewed purpose, stating she felt "alive again." Counselling provided a safe space to navigate complex emotions and empowered her to take steps she had avoided for 50 years. 'Jan' continues occasional sessions to maintain emotional balance in her new life chapter.

We delivered 54 couples counselling therapy sessions.

We delivered 27 anger management counselling sessions.

Client feedback

"I was nervous about starting therapy, but from the first session, I felt understood and supported. The tools I've learned have helped me manage my anxiety and regain confidence. It's been a life-changing experience."

Private counselling services for children and young people continue to increase.

The most common issues for accessing our services were:

- Self Esteem
- Childhood Trauma
- Anger
- Self Harm

We delivered 154 private counselling sessions for children and young people, supporting 25 clients

'Jamie' and 'Sarah's' story

Jamie and Sarah, a couple in their early 30s sought counselling due to communication difficulties, frequent arguments, and growing emotional distance.

Both individuals reported feeling frustrated and unsure how to reconnect. Over a series of ten structured sessions, our therapist provided person-centered and solution-focused support, helping the couple to identify underlying issues affecting their relationship, develop effective communication strategies and explore coping mechanisms to manage conflict constructively.

At the end of sessions, the couple reported significant improvements in communication and gained an understanding of each other's needs reducing conflict and tension in their relationship which gave them a renewed sense of connection.

Turning Anger into Control: 'Dan's' Journey to Wellbeing

Dan', a 34-year-old self-referred client, sought help for frequent anger outbursts affecting work and home life.

Through six CBT-based sessions incorporating mindfulness, cognitive restructuring, and communication skills, 'Dan'. learned to identify triggers, manage physical tension, and respond assertively.

His wellbeing score improved from 32 to 48, reflecting significant progress. 'Dan' reported feeling "more in control and less reactive," and workplace relationships improved.

This case highlights the transformative impact of structured anger management interventions, empowering individuals to regulate emotions and build healthier connections.

Developing the next generation of therapists through the provision of high quality student placements

Student counsellor placements

We remain one of the region's leading placement providers, offering high-quality learning experiences that cultivate ethically competent, compassionate counsellors.

Our strong reputation among partner colleges continues to attract a high volume of exceptional applicants.

This academic year, we received 40 applications and offered placements to 8 students following a rigorous, values-led recruitment process.

Student counsellors significantly expand our counselling capacity, enabling us to respond more effectively to rising demand and reduce waiting times for adults accessing our services. Their contribution strengthens both our current delivery and the future sustainability of our workforce.

Two students from the 2024–25 cohort have already progressed into paid or voluntary roles within the organisation, demonstrating the programme's value as a proven pathway into employment and continuity of care for clients.

Our student counsellors bring diverse lived experiences that enrich the cultural competence of our counselling offer. This diversity allows us to engage more meaningfully with a wide range of clients and to deliver support that is inclusive, responsive, and rooted in respect for individual identities and experiences.

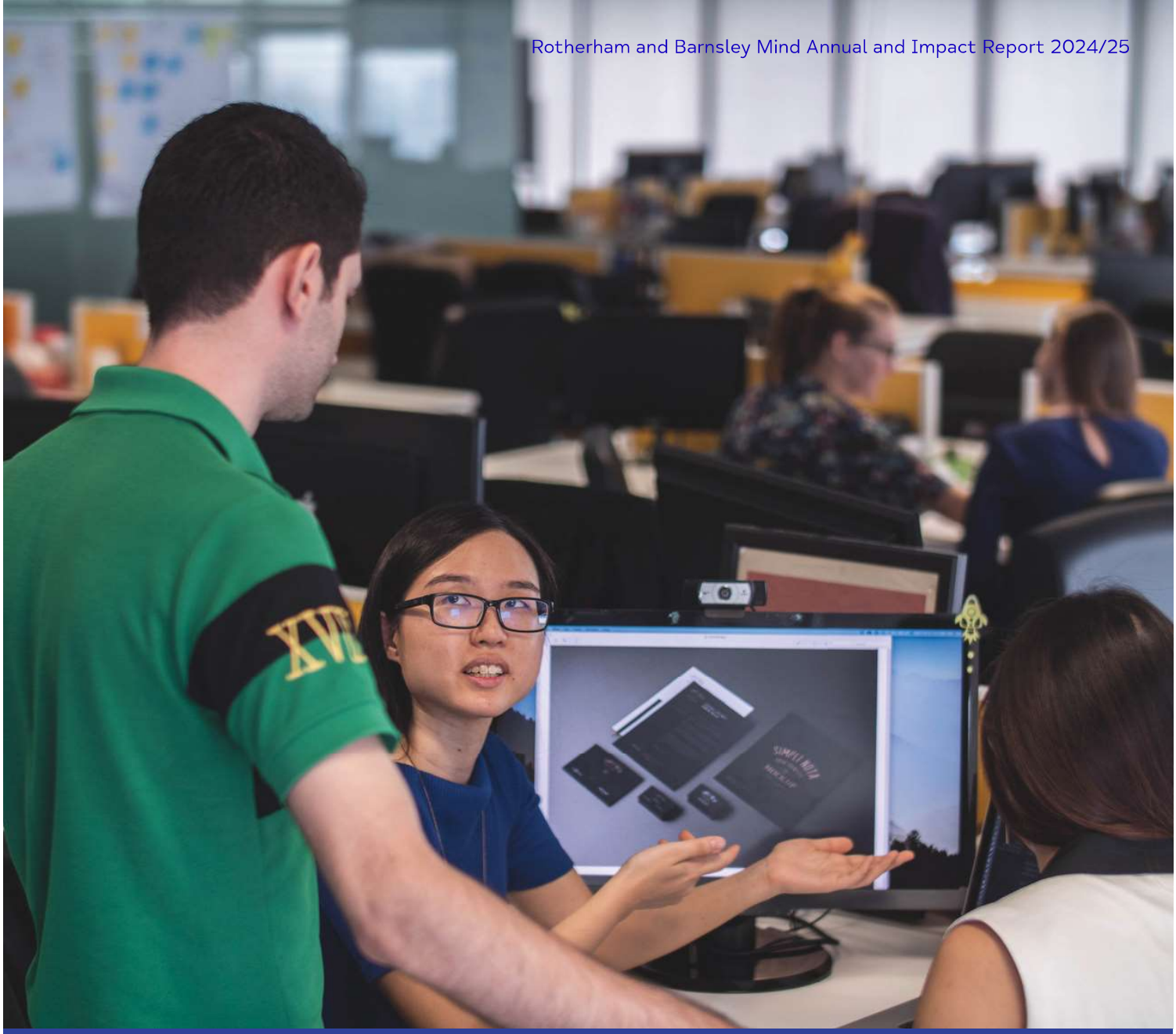
Students benefit from robust professional supervision and mentorship, developing core therapeutic skills such as active listening, empathy, risk awareness, and ethical decision-making. Their placement provides an essential bridge between academic learning and real-world practice, embedding them within a well-established counselling team committed to high standards of care.

By supporting both the development of emerging practitioners and the wellbeing of our clients, the student counsellor programme continues to embody our vision, values, and commitment to building a resilient, skilled, and compassionate future workforce.

Student feedback

"I'm grateful to the Rotherham & Barnsley Mind team for making my placement positive and enriching. Their support and guidance were invaluable."

"Thank you to the team for a supportive and rewarding placement. Tracey's clinical guidance and feedback strengthened my counselling skills and confidence, preparing me for a future in mental health."



Helping employers to support employees stay in work through high quality training, counselling and wellbeing interventions

Workplace wellbeing service delivery

During 2024/25, we delivered a comprehensive Workplace Wellbeing programme supporting local employers to create mentally healthy, resilient and supportive working environments. Our approach focuses on early intervention, prevention and equipping both employees and managers with practical tools to protect and improve mental wellbeing.

Over the course of the year, our Workplace Wellbeing service supported 127 employees across five partner organisations: New York Bakery (Rotherham and Maidstone sites), Premier Foods (Barnsley), Yorkshire Premier Meat Ltd (Wakefield), Dyce Utilities Ltd (Rotherham), and Winterhill School (Rotherham).

Through a blend of training, 121 support and workplace drop-ins, we helped organisations identify issues earlier, reduce stigma and strengthen their internal wellbeing cultures.

Our offer and delivery

The programme combined a range of evidence-based interventions:

- Mental Health Awareness and Stress Management training
- Workplace wellbeing drop-ins
- Targeted 121 interventions for staff experiencing stress, anxiety or workplace-related pressures
- Accredited Mental Health First Aid training
- Introduction to Workplace Action Plan (WAP) training
- 121 therapeutic counselling sessions

Feedback indicates improved wellbeing, increased confidence in seeking support, earlier identification of mental-health needs and enhanced communication between staff and managers.

‘Sam’s’ story

‘Sam’, a 34-year-old production worker was referred to Rotherham & Barnsley Mind’s workplace wellbeing support after experiencing increasing stress, low confidence and difficulties coping with changes to shift patterns. He reported disrupted sleep, headaches and growing anxiety, which were beginning to affect his attendance and confidence in raising concerns with his manager.

Over four structured 121 sessions, he received targeted support including stress-management techniques, confidence-building strategies and guidance on recognising early signs of overwhelm. A facilitated discussion with his line manager further helped to address workplace pressures and improve communication.

As a result, he reported reduced stress levels, improved confidence when speaking with supervisors and regular use of coping tools. His engagement at work increased, and he sought additional support from his GP for ongoing sleep difficulties.

mind

Rotherham and Barnsley

Governance and management

Rotherham and Barnsley Mind is a registered charity with the Charity Commission and a company limited by guarantee.

The affairs of the charity are governed by its Memorandum and Articles of Association, dated March 2012, and most recently amended May 2022. Under those Articles the trustees are responsible for the management of the affairs of the charity, for which purpose they may exercise all powers of the charity.

The Board of Trustees, consisting of a minimum of 3 members, meet quarterly and under the new Memorandum and Articles of Association are no longer required to hold an AGM.

The Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation, approved by the trustees, for operational matters including finance, property issues, employment, and other day to day activities.

Appointment of trustees

The trustees are also directors of the company for the purpose of company law. Recruitment of new trustees is carried out in accordance with our trustee recruitment policy (which is reviewed biennially). Biennial appraisals of the Board are carried out, which include a skills audit to identify areas where the Board could be strengthened. In the Articles of Association, the Board has the authority to appoint any person who is capable and willing to do so to be a trustee. All trustees complete eligibility, disqualification and DBS checks at the time of their appointment, with periodic re-checks carried out during their tenure. Trustees are also required to declare any actual or potential conflicts of interest.

The trustee recruitment process follows current best practice and advice from the Charities Commission, NCVO and National Mind. From the adoption of the new Articles of Association all current and future trustees shall serve a three-year term of office and be eligible for re-appointment for up to two further terms, after which period they shall automatically vacate their office. Trustees then become eligible for re-appointment after a one-year break in service.

New trustees complete a structured induction programme covering their role, legal duties and essential training in areas such as safeguarding, governance, data protection, cyber security and health and safety. They also engage with the Chief Executive and staff and are expected to familiarise themselves with the charity's operating model, strategic priorities, financial framework, risk management processes, and monitoring and reporting systems.

Our people

Board and committee members

The trustees listed below served on the board between 1 April 2024 and 28 November 2025, the date of signing the trustees' report and accounts.

Trustee	Year appointed	Finance
Angela Bland (chairperson)	2016	◇
Christine Ainsbury	2021	
Ian Garlington	2021	
Mark Jones	2016	
Michael Marks (treasurer)	2000	◇ ◇
Barry Whittles	2018	
Emma Dallimore	2024	

Non-trustee members	Year appointed	Finance
Rachel Siddall	2016	◇
Alla Raka (finance manager)	2021	◇

Committees

Finance

Key

◇◇ Committee chair

◇ Committee member

◇ Non-trustee committee member

Note

1. Barry Whittles resigned on 24 June 2024

Executive team

Rachel Siddall — Chief executive officer

Professional advisors

Independent examiner: HSL Accountancy Solutions Ltd, Enterprise House, 4-6 Thorne, Doncaster, DN1 2HS

Bankers: CAF Bank, Cambridge and Counties Bank, The Cooperative, Hampshire Trust Bank, Redwood Bank Limited

Workforce development and practice improvement

As part of our commitment to supporting our people in their personal and professional development, we strengthened our learning offer across 2024/25 to ensure staff are confident, skilled and well-supported in their roles.

Neurodiversity

In response to a sustained rise in referrals from neurodivergent clients, all counselling staff completed neurodiversity awareness and support training led by our Equality, Diversity and Inclusion (EDI) Lead. This has enhanced practice, ensuring services remain inclusive, accessible and person-centred for neurodivergent individuals.

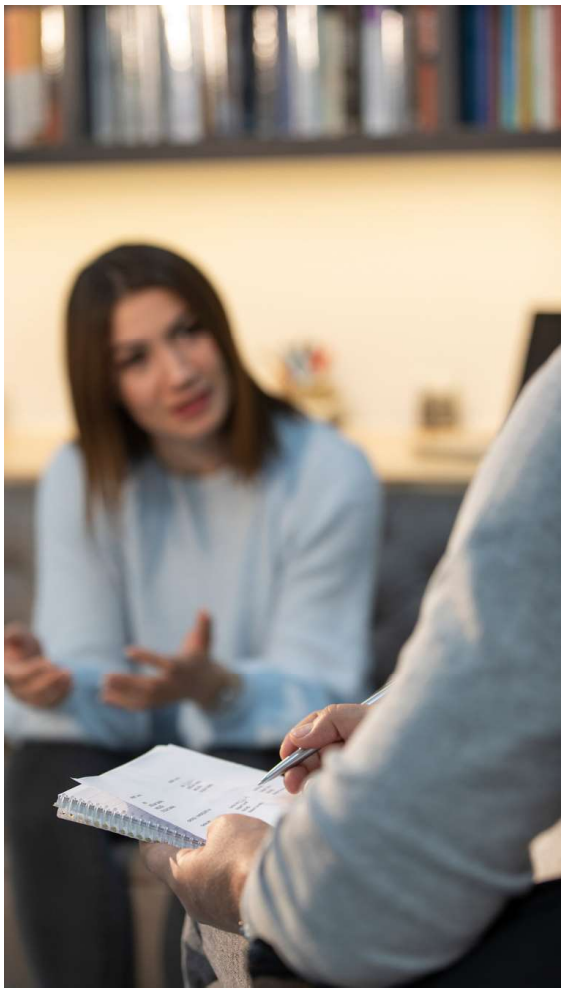
Bereavement

To increase our capacity to respond sensitively to loss and trauma, staff undertook Grief First Aid training with Cruse Bereavement Support. Colleagues are now better equipped to hold compassionate conversations about grief, understand the needs of those who are bereaved and provide timely, appropriate support.

Safeguarding

All staff completed Prevent training, strengthening our safeguarding culture and ensuring colleagues can identify risks related to radicalisation and act in line with national guidance and organisational policy.

Together, these investments build professional confidence, improve the quality and safety of our services, and demonstrate our commitment to a supportive workplace where colleagues can develop, excel and deliver the best possible outcomes for the people of Rotherham and Barnsley.



Risk management

In line with National Mind's Quality Mark standards, the trustees seek to effectively identify and manage organisational risk and take a risk-based approach to planning and managing the organisation's business. This is achieved by ensuring that there is an up-to-date organisation wide risk register which assesses and addresses risks in relation to issues of governance, finance, operational issues, external influences, reputation and the loss of key staff and trustees.

There are plans in place to avoid, mitigate and/or manage serious risk and actions are implemented as appropriate. These plans are monitored on a regular basis. The risk register framework is a working document that informs decisions and plans. It is reviewed at least annually.

Financial and other indicators of the performance of the organisation are monitored on a regular basis by management, half yearly by the finance sub-group and at least quarterly by the trustees at board meetings. The board assigns responsibility for risk management to a trustee who works alongside the Chief Executive.

The risk management policy comprises:

- A monthly review of the organisation's financial situation and any potential risks faced by it.
- The implementation of systems and procedures to mitigate the risks identified.
- The implementation of procedures designed to minimise any potential impact on the charity should these risks materialise.

Particular attention is focused on non-financial risks, for example, those related to health and safety. A key element in the management of financial risk is the setting of a Reserves Policy and its regular review by the Treasurer and Finance sub-committee, which also oversees the setting and monitoring of the annual budget.

Plans for the future

Rotherham and Barnsley Mind has been working hard over recent years to seek out and take advantage of new opportunities and partnerships. We will strive to position the organisation so that it can capitalise on new opportunities as they present.

The current strategic plan, agreed at Board on 06/02/2020, covers the financial years 2020/21 to 2024/25. Recent growth has shown a need to review our current strategy, and work is underway with the team and stakeholders to have this embedded by April 2025.

Our key strategic priorities have continued to be:

- To improve financial sustainability by securing a range of funding to cover core costs.
- Improving monitoring of spend against budgets and developing a more robust financial reporting system for stronger governance.

We will seek to delivery these priorities through the following 4 objectives.

increase diversity of income by:

1. seeking new commissioning opportunities
2. engaging with local CCGs and Commissioners
3. seeking to provide services in Wakefield and Kirklees
4. prioritising strategic bids and fundraising strategy

identify and develop new opportunities for service delivery by:

1. partnering and collaborating with other organisations
2. building up the sliding scale counselling service
3. improving organisational capacity
4. developing a CYP service in all areas of operation

build on and develop our unique selling points by:

1. influencing commissioners
2. collaborating with other providers
3. adopting a targeted approach to marketing
4. increasing networking and awareness
5. building on our presence in all areas of operation
6. playing a full role in the response to the increase in mental health issues arising because of the Covid-19 pandemic

maintain and expand high quality services by:

1. developing robust KPIs and data analysis
2. continuing to develop service user input and feedback
3. identifying gaps in provision and developing innovative delivery models
4. succession planning
5. achieving relevant accreditations

Statement of trustees' responsibilities

The trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure of the charitable company and the group for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and of the group and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and the group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval of the report

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006. The directors declare that they have approved the directors' report above. Signed on behalf of the company's directors: The trustees declare that they have approved the above report on 28 November 2025.

Signed on behalf of the trustees.

Angela Bland
Chair of trustees
Director

Accounts

Examiner's report to the trustees of Rotherham and Barnsley Mind

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the Company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

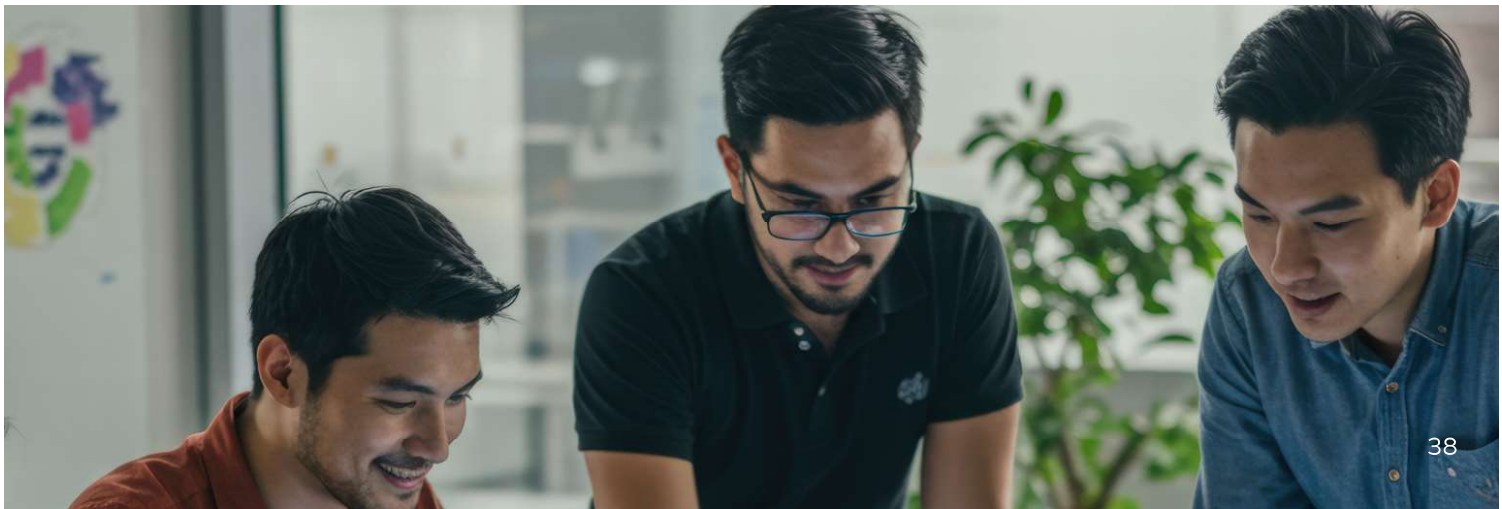
Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the 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

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
  - where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
  - any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr Heera Singh FMAAT

HSL Accountancy Solutions Ltd
Enterprise House
4-6 Thorne
Doncaster
DN1 2HS

Date: 8th December 2025

Statement of financial activities

		Unrestricted fund	Designated fund	Restricted fund	Total 2025	Total 2024
Income from:	**Notes**	**£**	**£**	**£**	**£**	**£**
Donations and legacies		78	0	36,027	36,105	72,823
Income from charitable activities		288,499	0	369,111	657,609	739,568
Income from charitable trading		1,226	0	0	1,226	1,225
Investment income		12,750	0	2,570	15,320	13,750
Total	**2**	**302,553**	**0**	**407,708**	**710,261**	**827,366**
Expenditure on:						
Cost of raising funds		30,641	0	75	30,716	72,931
Charitable activities		324,077	4,347	408,674	737,098	723,449
Total	**3**	**354,718**	**4,347**	**408,749**	**767,814**	**796,380**
Net income (expenditure)		-52,165	-4,347	-1,040	-57,553	30,986
Transfers between funds		25,255	-25,255	0	0	0
Net movement in funds after transfers		**-26,910**	**-29,602**	**-1,040**	**-57,553**	**30,986**
Total funds brought forward at 1st April 2024		126,489	502,608	100,329	729,427	698,441
Total funds carried forward 31st March 2025	**12**	**99,579**	**473,006**	**99,289**	**671,874**	**729,426**

The above statement includes all gains and loses recognised during the year. All activities are regarded as continuing. Prior years income included Restricted Grants of £433,222, and Restricted Donations of £27,407. All other income was Unrestricted. Prior years expenditure includes £15,964 depreciation charges to the Designated Funds and the total of £459,560, charges to the Restricted Funds (Cost of fundraising £43,923, Staff costs £308,676, Telephone and internet £2,748, Advertising £2,428, Affiliation fees £ 276, Sundry expenses £6, Cleaning and hygiene £ 1,219, Office supplies £9,779, Light and heat £5,384, Repairs and maints £1,789, Room rent £9,634, Staff expense and training £5,794, Volunteer expenses £3,048, Client support £61,601, Delivered training £2,790, Professional fees £168). All other expenditure was Unrestricted.

Balance sheet

		2025		2024
Fixed assets	**Notes**	**£**		**£**
Tangible assets	4	213,006		222,608
Current assets	5			
Debtors		63,520		49,373
Cash at bank and in hand		458,237		553,911
		521,757		603,284
Creditors (amounts falling due in one year)	6	-62,889		-96,466
Net current assets		458,868		506,818
Net assets		**671,874**		**729,426**
Reconciliation of funds				
Unrestricted funds		99,579		126,489
Designated funds - fixed assets		213,006		222,608
Designated funds - other		260,000		280,000
Restricted funds		99,289		100,329
Total funds		**671,874**		**729,426**

For the period ended 31st March 2025, the company is entitled to the audit exemption under section 477 (2) of the Companies Act 2006.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for:
a) ensuring the company keeps accounting records which comply with section 386; and
b) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and its profit or loss for the financial year, in accordance with the requirement of the companies Act 2006 relating to accounts, so far as is applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime. The directors declare that they have approved the accounts above on 28 November 2025 and were signed on behalf of the company's directors by:

Angela Bland
Chair of trustees / Director

Thank you

The companies, trusts, special individual supporters and statutory bodies that funded our work

Schools

Bader Academy
Coleridge Primary School
Crags Community School
Darton Academy
Herringthorpe Junior School
Horizon Community College
Kirk Balk Academy
Maltby Academy
Mexborough St John's C of E Primary School
Milton School
Newman School
Oakwood High School
ROC (Rotherham Opportunity College)
Thrybergh Fullerton Primary School
Treeton C of E Primary School
Winterhill School
Willowtree Academy comprising:

- Greasbrough Primary School
- Herringthorpe Junior School
- Rockingham Junior School
- Roughwood Junior School

Aston Academy Educational Trust (ACET) comprising:

- Aston Academy
- Shirebrook Academy – Mansfield
- Swinton Academy

Trusts, foundations, businesses and individual supporters

Smiles for Miles
Voluntary Action Rotherham
Children's Consortium
Barnsley Council for Voluntary Services
Toms Talks Limited
Rotherham JustGiving
Hoyland Belmont W.M.C
Hays Travel Wombwell
Townend Darts
Dinnington Snooker Bar
Dinnington Village Golf Club
South Yorkshire Housing Association
Sheffield Mind
Doncaster Mind
Gist Limited
Hull and East Yorkshire Mind
Dyce Utilities Limited
Yorkshire Premier Meat Ltd
Grupo Bimbo UK Limited
National Mind
Nicholas Associates Group
Wickersley Partnership Trust

Statutory bodies

Integrated Care Board
Children Young People & Families Consortium
Rotherham Metropolitan Borough Council
Barnsley Metropolitan Borough Council

mind
Rotherham
and Barnsley

We are Mind Rotherham and Barnsley. Supporting everyone to achieve better mental health.

To donate to our work and join the fight for better mental health please visit www.rbmind.co.uk/get-involved/donate/

Rotherham and Barnsley Mind

Registered office:
Osborne House 1-2 Highfield
Doncaster Road
Rotherham
S65 1DZ

01709 919929
www.rbmind.co.uk

https://www.instagram.com/rbmind/
https://www.facebook.com/rotherhamandbarnsleymind

Registered as a charity in England and Wales under number 1147740 and as a company limited by guarantee in England and Wales under number 03616409

Statement of trustees' responsibilities

The trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure of the charitable company and the group for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and of the group and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and the group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approval of the report

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006. The directors declare that they have approved the directors' report above. Signed on behalf of the company's directors: The trustees declare that they have approved the above report on 28 November 2025.

Signed on behalf of the trustees.

Angela Bland
Chair of trustees
Director

Accounts

Examiner's report to the trustees of Rotherham and Barnsley Mind

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors of the Company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

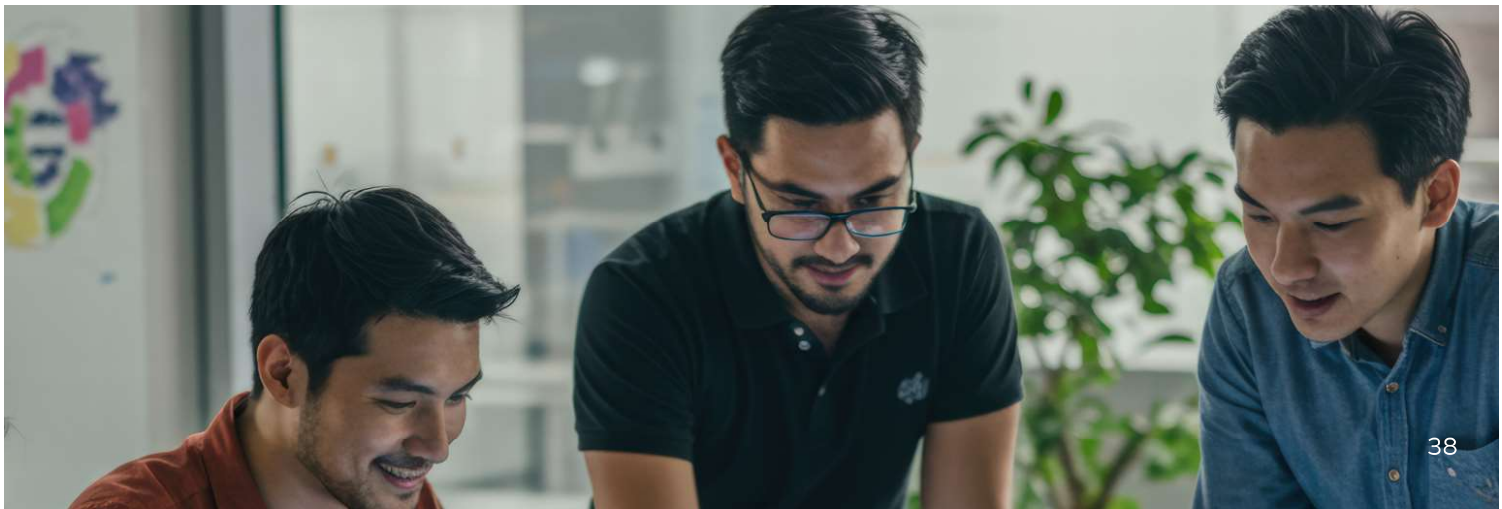
Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the 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

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
  - where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
  - any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr Heera Singh FMAAT

HSL Accountancy Solutions Ltd
Enterprise House
4-6 Thorne
Doncaster
DN1 2HS

Date: 8th December 2025

Statement of financial activities

		Unrestricted fund	Designated fund	Restricted fund	Total 2025	Total 2024
Income from:	**Notes**	**£**	**£**	**£**	**£**	**£**
Donations and legacies		78	0	36,027	36,105	72,823
Income from charitable activities		288,499	0	369,111	657,609	739,568
Income from charitable trading		1,226	0	0	1,226	1,225
Investment income		12,750	0	2,570	15,320	13,750
Total	**2**	**302,553**	**0**	**407,708**	**710,261**	**827,366**
Expenditure on:						
Cost of raising funds		30,641	0	75	30,716	72,931
Charitable activities		324,077	4,347	408,674	737,098	723,449
Total	**3**	**354,718**	**4,347**	**408,749**	**767,814**	**796,380**
Net income (expenditure)		-52,165	-4,347	-1,040	-57,553	30,986
Transfers between funds		25,255	-25,255	0	0	0
Net movement in funds after transfers		**-26,910**	**-29,602**	**-1,040**	**-57,553**	**30,986**
Total funds brought forward at 1st April 2024		126,489	502,608	100,329	729,427	698,441
Total funds carried forward 31st March 2025	**12**	**99,579**	**473,006**	**99,289**	**671,874**	**729,426**

The above statement includes all gains and loses recognised during the year. All activities are regarded as continuing. Prior years income included Restricted Grants of £433,222, and Restricted Donations of £27,407. All other income was Unrestricted. Prior years expenditure includes £15,964 depreciation charges to the Designated Funds and the total of £459,560, charges to the Restricted Funds (Cost of fundraising £43,923, Staff costs £308,676, Telephone and internet £2,748, Advertising £2,428, Affiliation fees £ 276, Sundry expenses £6, Cleaning and hygiene £ 1,219, Office supplies £9,779, Light and heat £5,384, Repairs and maints £1,789, Room rent £9,634, Staff expense and training £5,794, Volunteer expenses £3,048, Client support £61,601, Delivered training £2,790, Professional fees £168). All other expenditure was Unrestricted.

Balance sheet

		2025		2024
Fixed assets	**Notes**	**£**		**£**
Tangible assets	4	213,006		222,608
Current assets	5			
Debtors		63,520		49,373
Cash at bank and in hand		458,237		553,911
		521,757		603,284
Creditors (amounts falling due in one year)	6	-62,889		-96,466
Net current assets		458,868		506,818
Net assets		**671,874**		**729,426**
Reconciliation of funds				
Unrestricted funds		99,579		126,489
Designated funds - fixed assets		213,006		222,608
Designated funds - other		260,000		280,000
Restricted funds		99,289		100,329
Total funds		**671,874**		**729,426**

For the period ended 31st March 2025, the company is entitled to the audit exemption under section 477 (2) of the Companies Act 2006.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for:
a) ensuring the company keeps accounting records which comply with section 386; and
b) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and its profit or loss for the financial year, in accordance with the requirement of the companies Act 2006 relating to accounts, so far as is applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime. The directors declare that they have approved the accounts above on 28 November 2025 and were signed on behalf of the company's directors by:

Angela Bland
Chair of trustees / Director

Thank you

The companies, trusts, special individual supporters and statutory bodies that funded our work

Schools

Bader Academy
Coleridge Primary School
Crags Community School
Darton Academy
Herringthorpe Junior School
Horizon Community College
Kirk Balk Academy
Maltby Academy
Mexborough St John's C of E Primary School
Milton School
Newman School
Oakwood High School
ROC (Rotherham Opportunity College)
Thrybergh Fullerton Primary School
Treeton C of E Primary School
Winterhill School
Willowtree Academy comprising:

- Greasbrough Primary School
- Herringthorpe Junior School
- Rockingham Junior School
- Roughwood Junior School

Aston Academy Educational Trust (ACET) comprising:

- Aston Academy
- Shirebrook Academy – Mansfield
- Swinton Academy

Trusts, foundations, businesses and individual supporters

Smiles for Miles
Voluntary Action Rotherham
Children's Consortium
Barnsley Council for Voluntary Services
Toms Talks Limited
Rotherham JustGiving
Hoyland Belmont W.M.C
Hays Travel Wombwell
Townend Darts
Dinnington Snooker Bar
Dinnington Village Golf Club
South Yorkshire Housing Association
Sheffield Mind
Doncaster Mind
Gist Limited
Hull and East Yorkshire Mind
Dyce Utilities Limited
Yorkshire Premier Meat Ltd
Grupo Bimbo UK Limited
National Mind
Nicholas Associates Group
Wickersley Partnership Trust

Statutory bodies

Integrated Care Board
Children Young People & Families Consortium
Rotherham Metropolitan Borough Council
Barnsley Metropolitan Borough Council

mind
Rotherham
and Barnsley

We are Mind Rotherham and Barnsley. Supporting everyone to achieve better mental health.

To donate to our work and join the fight for better mental health please visit www.rbmind.co.uk/get-involved/donate/

Rotherham and Barnsley Mind

Registered office:
Osborne House 1-2 Highfield
Doncaster Road
Rotherham
S65 1DZ

01709 919929
www.rbmind.co.uk

https://www.instagram.com/rbmind/
https://www.facebook.com/rotherhamandbarnsleymind

Registered as a charity in England and Wales under number 1147740 and as a company limited by guarantee in England and Wales under number 03616409

ROTHERHAM AND BARNSLEY MIND

England & Wales - Charity number 1147740

Accounts

mind Rotherham and Barnsley

Rotherham & Barnsley Mind
Annual Report 2023 -2024

Contents

3 Introduction from the Chair

4 CEO Report

6 Counselling Service

10 Adult Services

14 Children & Young People's Service

18 Workplace Wellbeing and Training Service

19 Fundraising Activities

24 Financial Statements & Treasurers Report

25 Contact Us

26 Who we work with

Introduction…. From the Chair

This past year has reinforced the vital importance of our work in supporting mental health and wellbeing across the communities of Rotherham and Barnsley. As demand for mental health services continues to grow, Rotherham and Barnsley Mind remains steadfast in its mission to provide timely, accessible, and effective support for all who need it.

We find ourselves in a strong position to meet these challenges thanks to the dedication, innovation, and resilience of our staff, placement students, volunteers, and trustees. Their commitment to delivering high-quality mental health support ensures we can continue making a difference in the lives of individuals and families across our region. I extend my deepest gratitude to each of them for their hard work and professionalism.

This year has been one of significant progress and innovation. We have continued to expand and enhance our services to meet the diverse and growing needs of our community and done this through our supported Self-Help Project, which has been instrumental in empowering individuals to manage their own mental health.

Our re-accreditation as a Menopause Friendly Employer demonstrates our commitment to fostering supportive workplaces. This recognition complements our efforts to promote wellbeing in the workplace more broadly. Initiatives such as our bespoke workplace wellbeing packages and partnerships with local organisations highlight the importance of collaboration in promoting mental health.

The opening of our charity shop in Dinnington, our plans to expand therapy and training spaces in Barnsley and our new partnerships with Mind's in Doncaster and Sheffield, are laying the groundwork for Mind in South Yorkshire and reflect our commitment to sustainable growth.

This year, we secured significant grant funding which has enabled us to deliver innovative projects while continuing to expand our core services. Income from fee-paying services and workplace training has started to increase following the pandemic and this balanced approach to income generation ensures we can sustain and scale our services to meet future challenges. As we move into 2024, our focus remains clear: to deliver impactful, high-quality mental health services that address the unique needs of our community. By investing in our people, expanding our partnerships, and innovating our service delivery, we are confident in our ability to meet the challenges ahead. This will be shaped by our new strategic plan, which will build on our strong foundation and ensure we remain at the forefront of mental health support. We are also deeply grateful to our funders, commissioners, and community partners for their ongoing support, without which our achievements would not be possible.

The national context for mental health continues to evolve and while the NHS Long-Term Plan promises increased funding for mental health services, the allocation of resources at a local level remains variable and Integrated Care Systems (ICSs) must be held accountable for delivering equitable access to mental health. The need for accessible mental health services has never been greater.

On behalf of the Board of Trustees, I extend my thanks to everyone who has contributed to our mission this year.

Angela Bland

Chair of the Board of Trustees

Chief Executive's Report

The past year has highlighted the importance of our work in supporting mental health and wellbeing. Our commitment to serving our communities has never been stronger, and we have continued to make a meaningful difference in the lives of those we support.

Through the dedication and resilience of our team, Rotherham and Barnsley Mind have continued to thrive. I am incredibly proud of our unwavering efforts and adaptability in ensuring our services meet the growing needs of those we support. To each and every member of our team of staff, volunteers and trustees, I extend my heartfelt gratitude for their hard work and determination in advancing the fight for better mental health.

Celebrating Key Achievements

This year, we celebrated several significant milestones and launched impactful new initiatives that reflect our dedication to mental wellbeing and community collaboration:

Re-accreditation as a Menopause Friendly Employer: We are thrilled to have achieved re-accreditation, affirming our commitment to creating a supportive workplace for all. We were also proud winners of several awards as partners with the ICB Mission: Menopause- changing the culture in South Yorkshire, winning the NHS Excellence in People Awards and the HSJ awards. Our work in this area has grown significantly, and we continue to champion awareness and support around menopause.

Boxing and Mental Health: Our incredible work within Unity and England Boxing has expanded this year, including the formation of a groundbreaking partnership focused on the intersection of boxing and mental health whilst reflective practice for coaches fosters a deeper insight into the role of sports in mental health support. This collaboration highlights the power of physical activity in promoting emotional resilience and wellbeing.

Launch of the Supported Self-Help Project: The launch of this project allowed us to extend our reach to even more individuals and communities collaborating with Mind and joining forces with neighbouring Mind's in Sheffield and Doncaster.

We formed an exciting new partnership with Mind and Mind Retail, culminating in the opening of our new charity shop in Dinnington. The shop was officially opened on the 31st March 2023 marking a new chapter in our fundraising and community engagement efforts. This was possible by re-investing legacy donations back into the community, which has already shown success, and we are currently looking at further opportunities for Barnsley.

Cyber Essentials Accreditation: We achieved Cyber Essentials accreditation, ensuring that our IT systems are secure and providing a strong foundation for safeguarding our digital operations.

We are planning to expand our workspace in Barnsley, adding more therapy rooms and training spaces to meet the growing demand for our services.

Delivery of more staff training and down tools days ensured our team gained additional skillsets in order to maintain our commitment to delivering a high-quality service, support team building, strengthen our workplace culture and foster a more connected and resilient team.

An exciting new partnership with neighbouring Mind's in Doncaster and Sheffield are underway and we are in the process of setting up Mind in South Yorkshire as an operating vehicle for regional opportunities. This collaborative approach will allow us to share resources, expertise and mirror services in each area, further enhancing the support available across the region.

Looking Ahead

The growing awareness of mental health challenges is encouraging, as more people recognise that mental wellbeing affects everyone, regardless of background or circumstance. However, with this increased recognition comes the responsibility to ensure access to both preventative and therapeutic support. Our focus remains on expanding training, raising awareness, and breaking down the stigma surrounding mental health.

The pioneering initiatives we have launched will continue with the ambition for success, as we develop our new strategy planning for the next three years. We are excited to see where this journey leads us, building on our strong foundation and working towards even greater impact in the communities we serve.

We are also deeply grateful to our supporters, funders, commissioners, and delivery partners. Their generosity and collaboration—whether through donations, legacy gifts, or signposting—have been instrumental in sustaining our efforts over the past year.

As we move into 2024, our mission remains clear: to provide hope, support, and practical tools for better mental health. Together, we can build stronger, healthier communities.

Thank you for being part of this journey.

Rachel Siddall

Chief Executive Officer

Counselling Service

In 2023-2024 we delivered over 2450 therapy sessions across all our counselling projects, supporting over 750 individuals.

All our counselling projects prove to be invaluable and provide Rotherham and Barnsley Mind with a greater presence in our communities, allowing us to work alongside other service providers in the local areas and reducing the impact and strain on the NHS.

We continue to pride ourselves on being the go-to placement provider across South Yorkshire to counselling students working towards accreditation. We believe this is because of the support package that comes with our placement opportunities. A small part of what we offer is mentoring, 1-2-1 supervision, monthly group supervision, training and access to external support. Each year we are oversubscribed with applications leaving us with the difficult decision to decline some applications.

We are also fortunate that each year many of our students continue to volunteer with us to gain experience. This adds value to our organisation, allowing us to retain the skills that we have nurtured, and we commit to offering opportunities in paid roles to these volunteers as funding allows.

This year we are supporting seven counselling students who are already demonstrating our values through their work.

Cope Project

We are now approaching the final year of the Cope Project funded via the Big Lottery for three years. This has proven to be a vital service which has commissioned us to support over **350** local people with 1-1 person-centered therapy, offering therapeutic interventions to individuals, couples and families.

Feedback comments from clients who accessed this service.

"Initially I felt lost, no confidence or self-belief and let down by everyone! Counselling has helped with direction, putting things into perspective and achieving goals which has increased my self-belief. I found the support very helpful"

"The type of therapy I received was excellent and the calming environment helped. Overall, my counsellor was amazing."

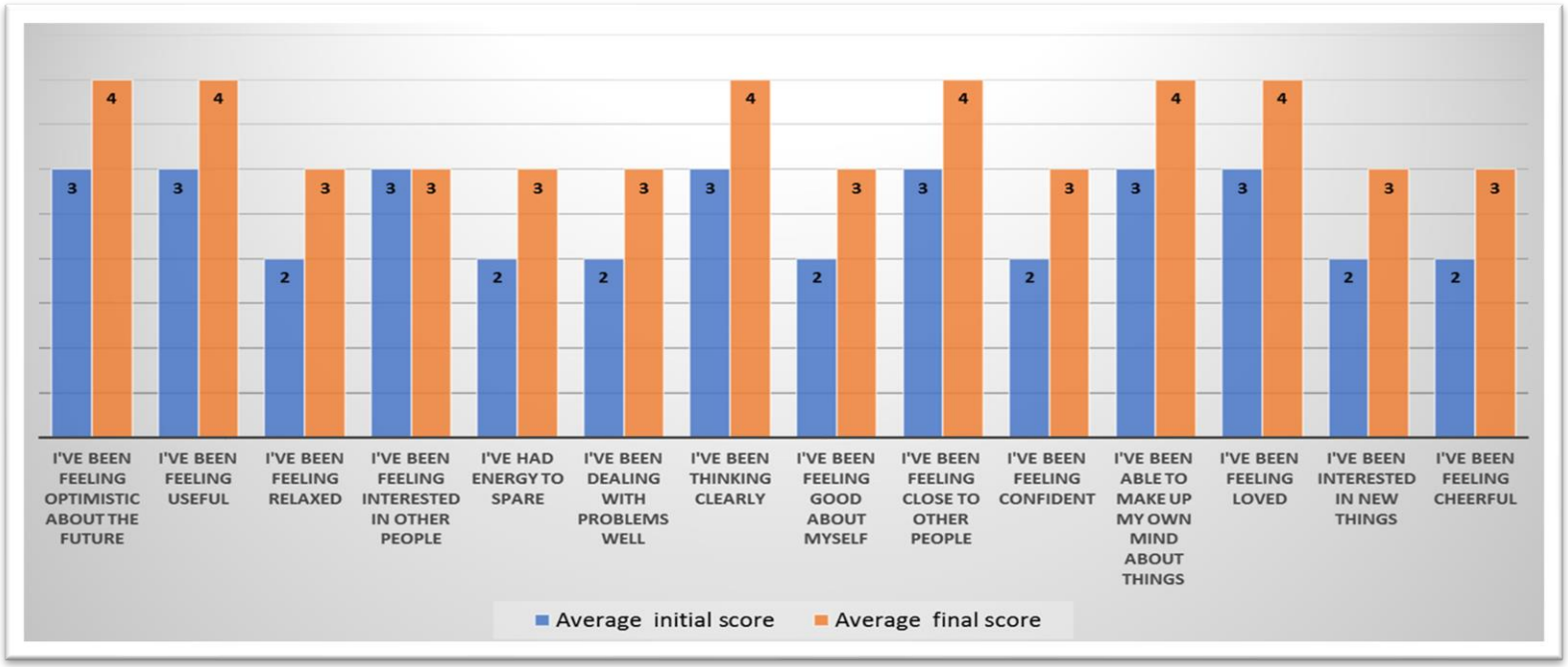
"The best help I've ever had, would recommend to anyone."

"My counsellor listened, treated me with respect, and was a calming presence in what has been a very chaotic time in my life."

The impact of this project for this period can be seen below.

We record impact by asking clients to complete **The Warwick-Edinburgh Mental Wellbeing Scale** (WEMWBS) these questions are asked to all clients at the start, middle and end of each intervention of therapy.

WEMWBS Average Outcome Scores (Score 1 – 5)
1 = None of the time, 2 = Rarely, 3 = Some of the time, 4 = Often, 5 = All of the time



78% of clients supported saw an increase in their wellbeing following an intervention with Rotherham and Barnsley Mind.

Rotherham Social Prescribing

We continue to provide fundamental support to clients referred to the Rotherham Social Prescribing Service managed by Voluntary Action Rotherham. We are proud to say that this will be the eighth successive year of funding allowing us to continue delivering essential therapy support to over **90** clients with long-term mental and physical conditions.

Cloverleaf

At the beginning of 2023 we secured a small amount of funding from Cloverleaf in Barnsley to deliver mental health support to ‘un-paid carers. Whilst referrals have been small those that have received support have found the service invaluable, providing them with the support they need to continue caring for their loved ones.

Barnsley College

After successfully piloting a project with Barnsley College we were invited to tender for the contract in 2023 of which was successful and we have secured this for the next three years. This allows our counselling team to support students aged 14+ with a wide variety of issues.

Feedback comments from students who accessed this service.

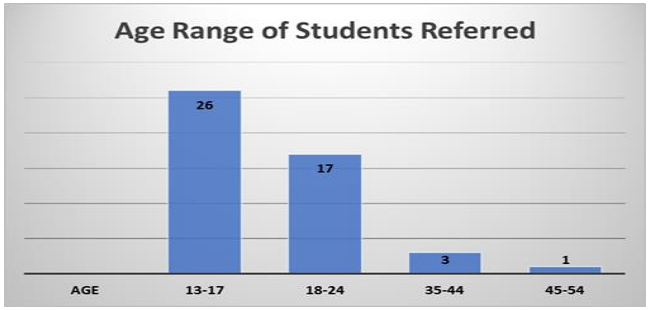
"this has been perfect for me. I feel like it has turned me around. I was so down in the dumps but you have listened to me and let me say anything I needed to say without it feeling embarrassed. I'm ready to go now. I'm excited about the future and I'm going to smash it. Thank you very, very much"

"Being able to talk about things that I don't normally talk about has been a huge help. Bullying and the situation with my parents are really difficult subjects, but you listened and made it feel so easy. You treated me with respect and it wasn't awkward at all, even sharing the personal stuff. Thank you. I probably will reach out again in the future"

“I found it helped with the grounding techniques and worksheets, these have helped me manage my panic attacks”

Rotherham College

Following the successful work with Barnsley College we also began working with Rotherham College (RNN Group) and we have supported over **40** students presenting a variety of issues.



Private Counselling (Couples, Private and Anger Management)

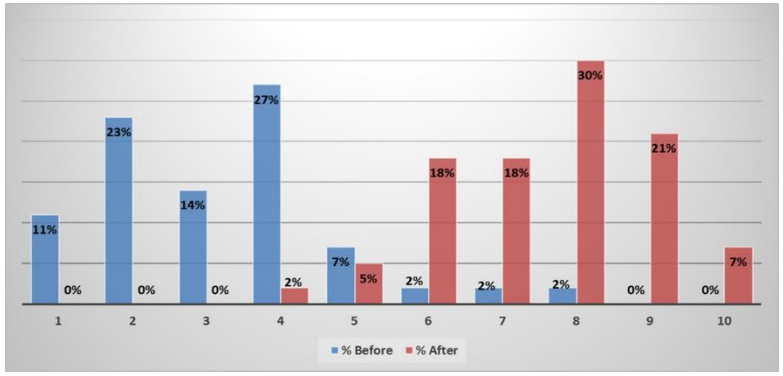
We also continue to offer bespoke specialist services including **Couples Therapy** and **Anger Management** which both continue to grow in demand.

Below are some of the statements from clients who have accessed these services:

"A relaxed, safe and comfortable environment. The feeling that I could speak about difficult emotions and situations without being judged. Somebody identifying characteristics in myself I was never really aware of before. Giving me strategies and a pathway to deal with difficult situations Everything I experienced on this course has been positive - I would go as far as to say Life Changing! Very grateful."

"Amazing - Being able to talk to someone outside the family, Different perspectives, You listened and did not analyze, You took your time, was not scripted responses, Was talking to a human, personable to us, helped us massively. You have been the turning point, You don't know how much you have helped us!"

"Relaxed breathing, handouts, Self-help for anger. Anger Iceberg - looked at this together in session. The whole course was great! I was very skeptical but this has changed my life"



To allow us to monitor the quality of our services we ask all clients to complete an exit review.

We do this asking a series of questions marking their current wellbeing compared to when they first started on a scale of 1-10.

1 being the *worst* they can imagine and 10 the *best.*

At this point I feel it's important to give a huge shout out to the whole counselling team and supporting staff who, as always continue to offer a high-quality service to our clients, and we wouldn't be able to deliver the impeccable service without them and we look forward to seeing what 2024-2025 brings.

Thank You!!

Kerry Dean
Counselling Service Lead

Adult Services

Thriving Communities

Our thriving communities project successfully completed its 3rd year across several wards in Barnsley supporting residents experiencing social isolation. We worked with community groups that were currently delivering services in the area to add value to present provision and refer new clients into groups that were pre-existing. We maintained our existing women's group which was regularly attended and offered a much-needed social lifeline to many.

The project supports in many ways:

Needs led assessment

Every individual that requests support within our services is offered a needs led assessment. This enables us to ensure they receives person centred care as we work together to identify areas of challenge and strength and reflect upon current aims and goals. An action plan is then co-produced which captures the plan of support that has been agreed.

1:1 Support

Delivered by qualified counsellors in person or via telephone with the aim to build confidence and support individuals towards group participation. This allows individuals to explore reasons for their own challenges around loneliness and isolation. Beneficiaries receive 6 sessions of support through this service, with the outcome to encourage further participation in local groups or services.

Befriending support

An incredibly successful volunteer led program in which volunteers have dedicated significant time to those who need it. Our volunteer befrienders selflessly give up their own time to reach those who are isolated and need a friendly listening ear. Some of those accessing the service rarely leave their homes and the befriending call provides a lifeline for them. Our feedback suggests that those accessing the service look forward to their weekly check in call, and appreciate the time given to listen and chat.

*see case study below

Groups

A group of individuals that meet regularly and have either received 1:1 support or befriending or both. We created themed creative tasks on mental health to provide resilience support from a self-help model. We engaged and mapped groups within localities and supported people to participate in existing provision within their local area.

We have developed local partnerships and have continued to enrich the collaborative work that enables us to provide a localised response.

Target	Quarterly Targets (all quarters)	1st quarter actual	2nd quarter actual	3rd quarter actual	4th quarter actual	TOTAL
Recruitment/ retainment - staff	2	2	4	4	4	
Volunteers in project. Total volunteer hours.	5	3 49 hours	5 96 hours	6 99 hours	4 55 hours	 241 hours
Befriending/One to one delivery	20	47	98	72	22	239 sessions
Group attendance (not including events)		119	193	185	167	

*Thriving Communities Case Study

Telephone Befriending – client B, counsellor M

' B had referred themselves to our telephone befriending service in January 2024 due to being stuck in the house experiencing loneliness and isolation. B was nervous to begin with and we used the 'topic cards', which suggest various topics to choose for conversation. With some laughter and discussion about things we had in common, B began to talk more freely and gained confidence. B was unable to leave the house due to mental health problems, which we discussed as the main topic each week. They had a severe amount of panic which would lead them to a constant fear of death.

B was open to the offer of support and felt after a few weeks, that the relationship was trusting enough to talk about other areas of their life in which they were struggling. One of these areas which was most significant was their restricted eating. This related to a phobia of vomiting. We explored this together and I felt the need to ask some questions about B's presentation and health. I soon discovered that B had a very low BMI, and weighed only 38kg.

I asked B if they wished to be supported with their eating issues, and mental health to which they consented. I used my manager's guidance and knowledge to consider a way forward for this person, this came in the form of a referral to Sheffield Eating Disorders Service (SEDS) as B's BMI was too low to be referred to South Yorkshire Eating Disorders Association (SYEDA). SEDS work with severe eating disorders.

B was very happy to hear the news of a referral and I gladly filled out the referral form, including their input each step of the way. A referral was also sent to their GP, which proved to be problematic but I was able to chase this up and contact the GP directly with B's consent.

I was also able to help B make a referral into our Adult Counselling service. This was done with discretionary funding as B was unable to work and needed support immediately. The process has taken a long time, however B is being seen by our lead counsellor, with all external referrals sent to support them with their eating disorder.

Initials have been changed to protect identities

Important to Note: *This support came to our attention through the befriending service, which could have had severe consequences if not recognised. Discovering the cause behind loneliness and isolation can often be life changing in these circumstances.*

Cost of Living

We provided Mental Health Awareness training to local voluntary organisations and food bank staff and volunteers working with people affected by the Cost-of-Living crisis. The aim of the training was to enable volunteers and staff to be confident in recognising and supporting those who may be experiencing poor mental health.

We were able to collaborate with a range of VCS partners including Hope Church, She Sheds, Cloverleaf, Rotherham Muslim Community Forum and MeMo Fitness.

The project directly reached 353 individuals from all areas of Rotherham and Barnsley. Of those, 91 were from the borough of Barnsley and 262 from Rotherham and from many different ethnicities.

Number of individuals supported. 353	Ethnicity
228	White British
45	Refugee & Asylum seekers
13	Mixed Race/Dual heritage
12	Arab
6	African
49	Pakistani/Kashmiri

Success	**Challenges**
Increased engagement in Rotherham's marginalised/racialised communities.	Lack of commitment from larger food banks
Supported people in crisis (socio economic), by working in partnership.	Lack of priority of impact on mental health
Trained an additional 30 MHFA's in the Barnsley area.	Volunteer availability and time commitments.

Feedback

"I didn't realise how bad the cost-of-living crisis was until I started working with MIND on this project. I knew people accessed food banks but the reality of peoples' struggles I failed to comprehend until I got involved. Many of the families I had been working with we had signposted but never thought to ask or consider the mental health impact that this had. Since then I've implemented all the advice and support I have had from RB Mind in supporting our families within food bank referrals and made sure to understand despite the potential financial implications people need to support self-care and free from judgement. So we are now looking at new streams of donations to support this."

Boxing and Mental Health

Over previous years we have reported on our efforts to promote both mental and physical health and the synergies between the two. Our extensive work with the EFL. This time has demonstrated that much more awareness is needed in this area to make any lasting impact. We became aware through our connections in 2023 that boxing was another key area where support and awareness around mental health is desperately needed. With this we began working with Unity boxing and Fitness and how coaches saw increasing numbers of people coming into the gym and needing additional support which they were not equipped to manage. This was the start of our partnership, and we started training several coaches in MHFA, since then the partnership has flourished and we now have a qualified counsellor on site one morning per week to support in their mental health classes.

We also worked with England Boxing on a pilot project called box to beat it delivering reflective practice sessions to qualified coaches, this allowed us to support them in their experiences when working with young people and how best to support them to support the young people.

We have also held several awareness and celebration events at the gym to promote mental health awareness such as Time to Talk day and Iftar.

Supported Self Help

The supported self help project launched in November 2023 and is:

- A guided self-help programme aimed at people with mild to moderate symptoms of mental health problems
- A primary care service developed in conjunction with GP practices
- Accessed by self-referral or referral by a health practitioner
- 8 different mental health pathways covering anxiety and panic attacks, low mood and depression, managing stress, coping with grief and loss, managing anger, loneliness and feeling lonely, low self-esteem and managing menopause.
- Provides tools and tips based on CBT methods, supported by regular phone calls with a trained practitioner

The project has been a real innovation for us and allowed us to deliver time limited light touch sessions to individuals virtually on a much wider scale. It also provides the preventative approach to catching people before falling into crisis. Within this period we have supported over 578 individuals, all of whom attended between 1 and 6 1-2-1 sessions.

Emma Sharp
Adult Services Lead

Children and Young People's Service

We have had another successful year with the CYPS team. We welcomed Frankie (CYPS Service Lead) back from maternity leave in April 2023, sadly we also said goodbye to Kirsty who went on to pastures new and we wish her all the best in her future ventures.

During 2023 – 2024 the CYP Service has delivered 3,786 sessions to 742 individual young people.

Feel Well Work Well project

The feel well to work well project ended on the 31st December 2023 and supported young people to identify their boundaries to accessing education, employment or training. It was a relatively short project, but the presenting issues were generally very complex and we delivered 84 1-2-1 therapy sessions to 9 young people. As a joint project and funded through the European union we worked closely with Sheffield futures, Big Ambitions and also Rotherham United Community trust (RUCST). The relationship between the partners was imperative in the successful outcomes of young people and we found that the four organisations worked really well together. We delivered some great sessions and saw some really good progress with individuals some moved onto college, work or made smaller steps into volunteering.

Smiles For Miles

As reported in previous years, Smies for Miles was another joint project in Rotherham led by The Children Consortium and funded through the big lottery. Over this period, we delivered 178 sessions to 33 individuals in addition to training for small groups. Funding for the initial project ended in March 2023 but following the success of the project the big lottery awarded additional funding for Smiles for Miles 2 which was based on a similar model with adaptations to include more support pathways for those in more diverse communities and we look forward to updating you on progress n the next report.

Community Support

In October 2023 there was an incident at the Sheffield Steelers ice hockey match, where unfortunately a player lost their life on the ice. This was witnessed by 12,000 people, many of which were young people that resided in our local communities. Following the event, we wanted to ensure that people could reach out and receive support if they needed it, so we get in touch with our local schools and offered our support to any students or staff that had witnessed this. Four secondary schools accepted the offer and through this small gesture we were able to support 28 people.

Training

We regularly receive requests from schools and colleges requesting training and awareness sessions, although sessions can vary and we also deliver bespoke sessions an packages such as healthy relationships and exam stress.

In addition to delivering training to or schools we also ensure that our staff are up to date with essential safeguarding training and in September we all went along to Barnsley town Hall for a half day refresher session.

Anna Freud

The Anna Freud project ran for eighteen months and ended in December 2023, this was a new way of working for our children and young people's service and was all delivered remotely to a much wider geographical area. The staff received extensive training on the model and really enjoyed the new way of working. The main aim for this project was about early intervention for both the young person and their parents/carers, throughout the project we supported 109 young people aged 11 - 25.

Schools Mental Health Support

Our schools service continues to be successful and we are present in over 22 schools across both boroughs. We also had a new school join us this year who is a part of the Nexus Academy. We also had existing schools requesting additional support throughout the year and we are now delivering more sessions than ever. In previous years we have only delivered our work in these services to children and young people in schools however this year we had one school request support for both their students and their staff.

Below are the schools who are happy to promote our support.

Aston Academy	Mexborough St John the Baptist C of E Primary
Bader Academy	Milton School
Bramley Sunnyside Infant & Junior	Newman School
Crags Community School	Oakwood High School
Darton Academy	ROC (Rotherham Opportunity College)
Horizon Community College	Treeton
Kirk Balk Academy	Wath Central Primary School
Laughton Primary	Willow Tree Academy (serving 4 schools)
Maltby Academy	Winterhill Comprehensive School

Private Counselling

In addition to funded services, we also offer a private counselling option for children and young people, this is still in need and the demand for the service is ever growing in 2023 – 2024 we supported 25 young people through 115 individual 1-2-1 sessions across the Rotherham and Barnsley boroughs.

Analysis of our data shows the primary reason for referral into our services was self-harm, low self-esteem and anger, however other areas such as family relationships and bereavement were also key areas of need.

Partnerships

The children's consortium also celebrated their 20th year anniversary in 2023 and as an active partner along with other VCSE organisations and the mayor of Rotherham we were invited to their event where we were presented with a certificate of appreciation. Working together really does result in the best outcomes for children and young people.

As part of our service evaluation, we surveyed the children and young people who access our service the following questions.

1. Did you get to access R B Mind's service quickly? – 85% said yes
2. Did you feel comfortable with your worker? – 98% said yes
3. Were you able to speak openly and honestly with your worker? – 98% said yes
4. Would you be happy to access the service again if needed? – 97% said yes
5. Would you tell your friends how much the service helped you? – 70% said yes
6. Do you feel better now that you have spoken to us? – 95% said yes
7. Do you feel better about attending school now? – 65% said yes

We also asked, What have you felt helpful/unhelpful about coming to see us?

We were told:

"Having someone to talk to".

"Getting control of my anger, my attitude has changed".

"It was helpful speaking openly without feeling embarrassed. This service is amazing".

Quotes from our young people:

I personally would like to take this moment to thank everyone in the CYPS team. The time, dedication and effort that you put into this role is amazing. The feedback is always brilliant, you all have the same goal at heart which is giving the best support to the young people you are working with.

I really value and admire everything you give to these young people, and I appreciate how above and beyond you all go in your role.

Thank you for another fantastic year!

Frankie Parker

Children & Young People's Team Lead

Professional Training and Workplace Wellbeing

Training

Our workplace wellbeing and training service continued to see some growth in 2023, and our existing employers were pleased to be able to have our trainer back on site supporting the awareness of mental health in the workplace and delivering both informal, CPD and accredited training.

Below is an overview of the types of training delivered in the workplace. Our full day, half day and bespoke packages in clude training and awareness in areas such as:

- Menopause in the workplace
- Resilience
- Mental health at work
- Self-care
- Men and mental health
- Mental health in the workplace for managers

Following consultation with employers, we also introduced informal support sessions for managers and those who have attended Mental Health First Aid training. These provide a safe space to discuss topics and situations that have arisen in the workplace, it also provides a rich learning environment for peer support.

Our extensive work on becoming an accredited menopause friendly employer also secured training for some of our team to become menopause advocates and enabled them to deliver menopause champion and menopause advocates training externally. This was very well received in the workplace both commercial and VCS and we started to see an increase in demand for this.

Training	Number of attendances	Number of sessions delivered
Mental Health First Aid 1 Day Course	7	1
Mental Health First Aid 2 Day Course = Day 1	57	7
Mental Health First Aid 2 Day Course = Day 2	54	7
Mental Health First Aid Online Course = Session 1	9	2
Mental Health First Aid Online Course = Session 2	9	2
Mental Health First Aid Online Course = Session 3	9	2
Mental Health First Aid Online Course = Session 4	9	2
Suicide First Aid: Full Day	34	3
Workplace: 1 Hour Session	329	62
Workplace: 1-1 Session	90	48
Workplace: Bespoke Packages	73	2
Workplace: Full Day	4	2
Workplace: Half Day	106	10
Total	**790**	**150**

Sadly in January 2024 we said goodbye to our long serving workplace trainer Claire Rowley who moved on to work for the NHS.

Looking ahead to 2024/25 workplace wellbeing and training is a key priority area and we have made plans to develop and grow our work with local employers.

Fundraising Activities

Retail

Our first collaboration with the retail arm of Mind was founded with the opening of the Mind shop in Dinnington on the outskirts of Rotherham. The shop was opened on the 31st March 2023 and the ribbon cutting ceremony was performed by our CEO Rachel Siddall.

The local press Rotherham Advertiser attended the opening to promote the addition to the area. As well as clothes, household items and general wares, the Dinnington shop also sells items of good quality furniture. Based in a former mining community, the shop has generated a lot of local support and is continuing to do well.

Donations

Just as we thought we were starting to recover from the pandemic the cost-of-living crisis hit, This impacted on our income considerably and we noticed a reduction in donations and fundraising events. Despite more public campaigns, awareness around mental health, and the impact both COVID-19 and the cost of living crisis had on everyone's mental health regardless of background our communities were struggling the same as our own organisation. That said we did still receive donations from events such as wellbeing walks, coffee mornings and counter collections, and the most humbling from those who had been bereaved and donated in memory of loved ones.

We were very fortunate to receive some notable donations this year from benefactors that in some cases chose to remain anonymous one being a £25,000 donation to directly support those living with mental health problems in our local communities. We appreciate all donations and we ensure that these are always acknowledged publicly or privately (at the donors request) with a personal message from our CEO. It is these donations that help us to continue our much needed services.

A donation of £5,000 was made by John F Hunt Regeneration Ltd. and Solway International Ltd. in memory of Laraine Somerset.

Arnie Somerset who works with both companies, requested that the donation was made in the memory of his wife Laraine who had worked as a mental health nurse.

Arnie and Tony Fenwick from John F Hunt Regeneration Ltd. attended our Rotherham office to make the cheque presentation.

Donation received by Karen Whittles and Mark Bridges.

Events

Hook A Duck to win a Book at New York Stadium

In October 2023 we were invited to attend New York Stadium and the home of Rotherham United Football Club for World Mental Health Day to raise awareness of mental health and to promote our services. We chose to use the day to promote our work with children and young people and set up 'Hook A Duck, to Win a Book'. As you can see it wasn't just the children and young people that wanted to join in the fun.

Emma and Frankie ran the event which was well received, and some players and the Chair joined in. The books had been donated by The Works via National Mind and we felt this was a great way to engage with the community and promote positive mental health through reading.

Left: Emma Sharp & Frankie Parker with Miller Bear

Tony Stewart (Chairman of RUFC) - Trying his luck at Hook A Duck

Art Exhibition

Rotherham and Barnsley Mind were asked by the Ambassador for Fun Palaces, Culture, Sport & Tourism of Rotherham Metropolitan Borough Council to participate in an event at the Riverside Gallery called '**A Frame of Mind'**, held on the 7th – 26th February 2024.

The exhibition was to demonstrate how creativity can help those who have mental health conditions, to give them an outlet to express their feelings. All the art work on display was was created by people with experience of Mental Health issues either through their own experiences or through caring for others.

Former members of the Rotherham and Barnsley Mind Peer Art Group contributed artwork to the exhibition, along with some poetry.

Frankie Parker and Karen whittles attended the launch day on our behalf and met some of the contributors and their families. This was a very special and emotive event for Rotherham and Barnsley Mind as some of the creators of these pieces were no longer with us but were held very dear to us, not only through their work but also as valued volunteers. Before submitting these pieces we sensitively approached the families of those that had sadly passed to gain their approval and consent. The requests was received with joy and positivity at the opportunity to showcase their loved ones pieces again and keep their memories alive through their work.

Here are some of the comments received about the exhibition:

"Amazing!- touching on a subject that people don't want to talk about. Reducing stigma of mental health".

"Excellent exhibition. It is a really heartfelt collection of art and poems".

"Very thought provoking, thank you".

"Wow! Amazing work-the poems were thought-provoking!".

"Very talented people".

"So emotional seeing our D's artwork and moving poem 'loved forever'-thanks".

Time to Talk

Time to Talk day - February 2024

Members of our team set up camp at Unity Boxing and Fitness Centre in Rotherham, we were there to promote the importance of recognising poor mental health to men and we were invited to spend some time in the men's mental health session. We distributed bespoke wellbeing packs to get the conversations started, it really didn't take long to get them talking. It was refreshing to hear how open they were and willing to share their own personal stories.

Through our existing partnership with Unity and supporting with their men's mental health sessions, we knew that to enable us to reach the wider communities and hear the voices of those who are rarely heard we had to go to them and Unity was the perfect place. Being in an environment that they felt comfortable creates a safe space.

We all know the stigmas around mental health but particularly in some cultures where it is not recognized at all we wanted to support them to have a voice and know where and who to ask for support should they or someone they know need it.

Financial Statements and Treasurers Report

ROTHERHAM AND BARNSLEY MIND
Statement of Financial Activities
for the year ended 31st March 2024

	Notes	Unrestricted funds	Designated fund	Restricted fund	Total 2024	Total 2023
Income from:		£	£	£	£	£
Donations and legacies		45,416	0	27,407	72,823	95,969
Income from charitable activities		306,346	0	433,222	739,568	572,068
Income from charitable trading		1,225	0	0	1,225	5,383
Investment income		13,750	0	0	13,750	4,306
Total	2	**366,736**	**0**	**460,630**	**827,366**	**677,725**
Expenditure on:						
Cost of raising funds		29,009	0	43,923	72,931	34,635
Charitable activities		291,847	15,964	415,637	723,449	555,483
Total	3	**320,856**	**15,964**	**459,560**	**796,380**	**590,118**
Net income/(expenditure)		45,881	-15,964	1,070	30,986	87,607
Transfers between funds		0	0		0	0
Net movement in funds after transfers		**45,881**	**-15,964**	**1,070**	**30,986**	**87,607**
Total funds brought forward at 1st April 2023		80,608	518,572	99,260	698,441	610,835
Total funds carried forward 31st March 2024	12	**126,489**	**502,608**	**100,329**	**729,426**	**698,441**

The above statement includes all gains and loses recognised during the year. All activities are regarded as continuing.

Prior years income included Restricted Grants of £254,725, Restricted Donations of £95,835, and Interest on Grants of £3,424. All other income was Unrestricted.

Prior years expenditure includes £17,018 depreciation charges to the Designated Funds and the total of £278,961 charges to the Restricted Funds (Staff costs £259,084, Telephone and internet £358, Room rent £7,394, Advertising £705, Sundry expenses £99, Office supplies £5,287, Staff expense and training £2,288, Volunteer expenses £838, Client support £257, Delivered training £2,136, Professional fees £515). All other expenditure was Unrestricted.

ROTHERHAM AND BARNSLEY MIND
Balance sheet
As at 31st March 2024

	2024 £	2023 £
Fixed assets		
Tangible assets	222,608	238,572
Current assets		
Debtors	49,373	40,729
Cash at bank and in hand	553,911	571,236
	603,284	611,965
Creditors (amounts falling due in one year)	-96,466	-152,097
Net current assets	506,818	459,868
Net assets	**729,426**	**698,441**
Reconciliation of Funds		
Unrestricted funds	126,489	80,608
Designated funds - Fixed assets	222,608	238,572
Designated funds - Other	280,000	280,000
Restricted funds	100,329	99,260
Total funds	**729,426**	**698,441**

For the period ended 31st March 2024, the company is entitled to the audit exemption under section 477 (2) of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:
a) ensuring the company keeps accounting records which comply with section 386; and
b) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and its profit or loss for the financial year, in accordance with the requirement of the companies Act 2006 relating to accounts, so far as is applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

The last financial Year saw Rotherham and Barnsley Mind operate another successful year from a financial point of view with a surplus of £87,606. A large element of this was through legacies and donations. Taking this into account we still had a reasonable surplus, which in a time of high inflation was noteworthy. We continued to benefit from significant successful funding bids, with a marked increase in funding from National Mind. The senior management team and all staff are given considerable praise for creating the reputation we have gained with them. One major change that we have made to our financial position and is reflected in our designated funds, is to allocate pots of money from donations and legacies to directly support client delivery through new pilot projects. Our goal is to make these donations sustainable and lasting legacies through match funding.

The organisation is still completing its full restructuring of the management team to match our increased operational activity, and as ever our finance manager Alla Raka continues to be steadfast in her management of our finances.

Michael Marks

Treasurer

Working for better mental health since 1977 & 1979…
…working as one since 2012

Head Office:

Osborne House

1 -2 Highfield

Doncaster Road

Rotherham

S65 1DZ

Barnsley Office:

BCVS Building

23 Queens Road

Barnsley

S71 1AN

Tel: 01226 211188

Visit us online or through on the web and social media at www.rbmind.co.uk

www.facebook.com/rotherhamandbarnsleymind/

https://twitter.com/rb_mind

Instagram

If you would like to make a donation to enable our work to continue. Then please donate via Facebook, our website or on the following link.
https://www.rbmind.co.uk/get-involved/donate/

Registered Charity Number 1147740

A company limited by guarantee number 3616409

With thanks to our funders, partners and all those that have made donations throughout this year, these include:

ROTHERHAM AND BARNSLEY MIND

Financial statements for the

year ended 31st March 2024

Charity number: 1147740
Registered England and Wales

Company number: 03616409
Company limited by guarantee

ROTHERHAM AND BARNSLEY MIND
Contents of the financial statements
for the year ended 31st March 2024

	Page
Administrative Details	1
Directors (Trustees Report)	2 - 6
Independent Examiners Report	7
Statement of Financial Activities	8
Balance Sheet	9
Statement of Cash Flows	10
Notes to the accounts	11 - 17

ROTHERHAM AND BARNSLEY MIND
Administrative details
for the year ended 31st March 2024

Registered Name	ROTHERHAM AND BARNSLEY MIND
Registered Charity number	1147740
Registered Company number	03616409
Directors (Trustees)	Mrs C Ainsbury Miss A M Bland Mr I J Garlington Mr M A Jones Mr C A Mace - Until 7 February 2024 Mr M R Marks Mr B Whittles - Until 24 June 2024
Chairperson	Miss A M Bland
Treasurer	Mr M R Marks
Chief Executive	Mrs R Siddall
Registered Office	Osbourne House 1-2 Highfields Doncaster Road Rotherham S65 1DX
Bankers	CAF Bank Cambridge & Counties Bank The Cooperative Hampshire Trust Bank Redwood Bank Limited
Independent examiner	HSL Accountancy Solutions Ltd Enterprise House 61a Carr House Doncaster DN1 2BY

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and financial statements for the year ended 31st March 2024. The Trustees have adopted the provisions of the Statement of Recommended Practice 'Accounting and Reporting by Charities' (FRS102) in preparing the annual report and financial statements of the Charity.

Structure, Governance and Management
Rotherham and Barnsley Mind is a registered charity with the Charity Commission and a company limited by guarantee. The affairs of the charity are governed by its Memorandum and Articles of Association, dated March 2012, and most recently amended May 2022. Under those Articles the trustees are responsible for the management of the affairs of the charity, for which purpose they may exercise all powers of the charity.

The Board of Trustees, consisting of a minimum of 3 members, meet bi-monthly and under the new Memorandum and Articles of Association are no longer required to hold an AGM. The Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation, approved by the trustees, for operational matters including finance, property issues, employment, and other day to day activities.

Appointment of trustees
The trustees are also directors of the company for the purpose of company law. Recruitment of new trustees is carried out in accordance with our trustee recruitment policy (which is reviewed biennially). Biennial appraisals of the Board are carried out, which include a skills audit to identify areas where the Board could be strengthened. In the Articles of Association, the Board has the authority to appoint any person who is capable and willing to do so to be a trustee. Where necessary trustees will undertake a DBS check at the time of their appointment and undergo subsequent checks periodically throughout their time serving on the Board.

The trustee recruitment process follows current best practice and advice from the Charities Commission, NCVO and National Mind. From the adoption of the new Articles of Association all current and future trustees shall serve a three-year term of office and be eligible for re-appointment for up to two further terms, after which period they shall automatically vacate their office. Trustees then become eligible for re-appointment after a one-year break in service.

The trustees who served during the year, and to the date of signing of these accounts, are shown on page 1 of this report.

Trustee induction and training
New trustees undertake an induction process which involves briefing them on their legal obligations under charity and company law, the contents of the company's Articles of Association, the committee and decision-making processes, the business plan and performance of the charity. During the induction, they will meet employees and spend time with their fellow trustees. All trustees are actively encouraged to attend appropriate training, events, away days and to suggest relevant training to ensure they are supported in their roles and understanding of their responsibilities.

Risk management
The trustees have a duty to identify, review and manage the risks to which the charity is exposed and to ensure that appropriate controls are in place to provide reasonable assurance against fraud and error.

In line with National Mind's Quality Mark standards, the trustees seek to effectively identify and manage organisational risk and take a risk-based approach to planning and managing the organisation's business. This is achieved by ensuring that there is an up-to-date organisation wide risk register which assesses and addresses risks in relation to issues of governance, finance, operational issues, external influences, reputation and the loss of key staff and trustees.

There are plans in place to avoid, mitigate and/or manage serious risk and actions are implemented as appropriate. These plans are monitored on a regular basis. The risk register framework is a working document that informs decisions and plans. It is reviewed at least annually.

Financial and other indicators of the performance of the organisation are monitored on a regular basis by management, quarterly by the finance sub-group and at least bi monthly by the trustees at board meetings. The board assigns responsibility for risk management to a trustee who works alongside the Chief Executive.

Risk management (Continued)
The risk management policy comprises:

- A monthly review of the organisation's financial situation and any potential risks faced by it.
- The implementation of systems and procedures to mitigate the risks identified.
- The implementation of procedures designed to minimise any potential impact on the charity should these risks materialise.

Particular attention is focused on non-financial risks, for example, those related to health and safety. A key element in the management of financial risk is the setting of a Reserves Policy and its regular review by the Treasurer and Finance sub-committee, which also oversees the setting and monitoring of the annual budget.

Related parties
Related party transactions are detailed in the notes to the financial statements (Page 18).

Charitable aims and objectives
Operating primarily in the Boroughs of Rotherham and Barnsley but potentially also in neighbouring areas, the objectives of the charity as set out in its Articles of Association are:

- To promote the preservation of good mental health, in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.

- To relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems, by the gathering and dissemination of information and working to raise awareness, promote understanding and challenge stigma and discrimination.

The charity has a general aim of contributing towards the quality of life of local people with a mental health problem and providing support and information to members of the community. This is done by the provision of a range of training, group work, one-to-one and therapeutic activities.

We review our aims, objectives, and activities each year to help ensure that we remain focused on our stated purposes. We follow the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Activities undertaken for the public benefit
In shaping the objectives for the year, the trustees paid due regard to the public benefit guidance published by the Charity Commission. The charity's activities demonstrate how Rotherham and Barnsley Mind has set out to fulfil its principal charitable objective.

The main objectives of the strategic plan 2021 -24 were to deliver the following services:

- Supporting Children, Young People and Families in schools and local communities
- Therapeutic Counselling Service both in person and remotely
- Reducing isolation through therapeutic tools and techniques
- Wellbeing and Inclusion work
- Wellbeing Services for workplaces and our own staff
- Training

The delivery of these services was underpinned by a focussed operational plan for 2022-2023 which also sought to increase the awareness of mental health issues whilst continuing to maintain and improve the quality of our services.

- The plan was implemented by:-
- Providing opportunities for people of all ages with a mental health problem to get involved in a range of therapeutic activities.
- Continue to increase provision of workplace wellbeing and training within all sectors including our own workplace to improve sustainability of our services.
- Becoming a menopause friendly accredited organisation
- Securing funding to build up the capacity of free counselling services.
- Developing a CYP service in all areas of operation
- Developing services through joint work with national mind and other local minds

Activities undertaken for the public benefit

- Consulting with staff and service users in decision making and co-production of services.
- Regularly monitoring and evaluating provision of all services provided by Rotherham and Barnsley Mind and to make this as transparent as possible.
- Continuing to seek alternative sources of funding to enable the organisation to improve its capacity and enhance the quality and range of its services.
- Seeking to expand our services to cover neighbouring areas that lack Mind support, including Wakefield and Huddersfield.
- Expanding on our skillset to offer a wider range of services to the communities we serve.
- Increasing our partnership work with other local Mind's to expand a more streamlined approach of delivery across South Yorkshire.

Achievement and performance
Charitable activities

The charity's aims and objectives are achieved through the activities described above and progress is monitored by the trustees, staff, volunteers, commissioners, and users of its services.

Thanks to the continued monitoring and improvement of operational processes over recent years; the resourcefulness, hard work, commitment and dedication of all staff, placement students and volunteers; increased success working in schools and obtaining grants from, Big Lottery, National Mind and Anna Freud along with securing new contracts with partners and other local minds, Rotherham and Barnsley Mind is currently updating its strategy and objectives for the period of 2024 - 2027.

Increased use of digital and virtual services has facilitated the delivery of training further afield and allowed us to apply for funding to expand our service offer alongside this we have seen an increase in local demand for face-to-face delivery of therapeutic services and counselling.

Our plans to expand services in skillset has seen huge growth and opened opportunities. Our investment in Mind retail saw the opening of Dinnington charity shop on the 31st March 2023 and is on track to see a return on that investment for both retail and local therapeutic services. Whilst our growth to cover neighbouring areas geographically that lack Mind support has been slow over the last 12 months we have plans to increase this in the future

Rotherham and Barnsley Mind's on-going investment in staff development enabled us to expand our training offer and widen opportunities in therapeutic support. We now also have 4 menopause trained advocates. mental health and suicide first menopause awareness in 2023.

Rotherham and Barnsley Mind was fortunate to receive substantial legacy gifts from previous service users of the charity. We continue to fund five designated areas will equal amounts of funding from the legacy gifts, we continue to seek to secure match funding for each of these areas to provide some longevity to the delivery. The five areas were:

- supporting young males aged 18 -25
- Bereavement support
- Supporting individuals affected by menopause
- Investing into mind retail to generate unrestricted income for later service delivery
- Supporting those experiencing hardship through the cost-of-living crisis.

Rotherham and Barnsley Mind continues to comply with the Mind Quality Framework which requires us to meet or exceed all 24 key standards of best practice and legal compliance in all areas of our activity and undergo a rigorous assessment which includes a thorough appraisal of organisational policies and procedures as well as a visit and interviews with trustees, staff, volunteers, and service users. The Mind Quality Mark is awarded when all standards are fully met.

Local Minds are subject to a full assessment every three years. We are due to undergo our next assessment in 2024.

Plans for the future

Rotherham and Barnsley Mind has been working hard over recent years to seek out and take advantage of new opportunities and partnerships. We will strive to position the organisation so that it can capitalise on new opportunities as they present.

1. Rotherham and Barnsley Mind's Current strategic plan, agreed at Board on 06/02/2020, covers the financial years 2020/21, 2021/22, 2022/23 and was extended to cover 2023/24. Recent growth has shown a need to review our current strategy, being in a more sustainable position will allow us to do this for the next five years and will be reported on in future annual reports. Our key strategic priorities will continue to be: To improve financial sustainability by securing a range of funding to cover core costs.

   Improving monitoring of spend against budgets and developing a more robust financial reporting system for stronger governance.

2. To increase diversity of income by
- seeking new commissioning opportunities
- engaging with local CCGs and Commissioners
- seeking to provide services in Wakefield and Kirklees.
- prioritising strategic bids and fundraising strategy

3. To identify and develop new opportunities for service delivery by
- partnering and collaborating with other organisations
- building up the sliding scale counselling service
- improving organisational capacity
- developing a CYP service in all areas of operation

4. To build on and develop our unique selling points by
- influencing commissioners in all areas of operation
- collaborating with other providers
- adopting a targeted approach to marketing and fundraising
- increasing networking and raising awareness
- building on our presence in all areas of operation
- playing a full role in the response to the increase in mental health issues arising because of the Covid-19 pandemic

5. To maintain and expand high quality services by
- developing robust KPIs and data analysis
- continuing to develop service user input and feedback.
- identifying gaps in provision and developing innovative delivery models
- succession planning
- achieving relevant accreditations

Financial review

The charity's policy on reserves

As required by Rotherham and Barnsley Mind's policy on reserves, during the financial year, our reserves remained more than sufficient to meet three months' running costs. The reserves policy will be reviewed during 2024/25 and, if necessary, amended to ensure it remains fit for purpose.

Reserves have enabled us to continue investing in professional bid writing support and the management structure to enhance organisational capacity and support service delivery. We still own Osborne House, our major operational site in Rotherham and are working towards purchasing a property in Barnsley again to reduce long term costs of renting.

At the year-end the Reserves stands at £280,000 (2023: £280,000
The charity also held the following designated funds at the year-end: 13.09.2022
Funding for staffing commitments £145,000
Buildings cost provision £120,000
Contingency fund £15,000

Investment policy and objectives
The company's investment powers are set out in its revised Articles of Association and allow the trustees to invest funds not immediately required in such manner as they consider most beneficial for the achievement of the charity's objectives. This policy was reviewed in 2024.is due to be reviewed during 2022/23.

Donations and Legacies
All donations and legacies received by Rotherham and Barnsley Mind are used ethically and responsibly to continue our work supporting the resident in local communities both directly and through partnership working. Developing our staff and volunteer skills to empower them in delivering an essential support for communities.

Overview
We continue were able to continue to provide the best possible level of service to our clients, without any break in service delivery and through new alternative and innovative ways which will continue to be an alternative method of delivery through digital platforms.

We will continue to strive to achieve our strategic aims and provide the support needed to individuals with mental health issues in Rotherham and Barnsley and neighbouring areas.

Financial position
The financial statements are set out in pages 8 to 10. The total funds at the year-end stand at £729,427 (2023: £698,411) this consists of fixed assets to the value of £222,608 (£238,572: 2023), balances remaining on restricted funding of £100,329 (£99,260: 2023) and a general reserve of £280,000 (£280,000: 2023).

Statement of Directors and Trustees' responsibilities
The trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure of the charitable company and the group for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and of the group and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and the group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions:
This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006. The directors declare that they have approved the directors' report above. Signed on behalf of the company's directors:

The trustees declare that they have approved the above report. Signed on behalf of the trustees

Signed:

Name and position: Chair of trustees, Director

Date: 27th September 2024

Examiner's report to the trustees of
ROTHERHAM AND BARNSLEY MIND
for the year ended 31st March 2024

I report on the accounts of the Rotherham and Barnsley MIND for the year ended 31 March 2024 which are set out on the following pages 8 to 17.

Respective responsibilities of trustees and examiner
The charity's trustees (who are also the directors of the Company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report
My examination was carried out in accordance with the 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
In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
-. any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr Heera Singh FMAAT

Date: 10th October 2024

HSL Accountancy Solutions Ltd
Enterprise House
61a Carr House
Doncaster
DN1 2BY

ROTHERHAM AND BARNSLEY MIND
Statement of Financial Activities
for the year ended 31st March 2024

	Notes	Unrestricted funds	Designated fund	Restricted fund	Total 2024	Total 2023
Income from:		**£**	**£**	**£**	**£**	**£**
Donations and legacies		45,416	0	27,407	72,823	95,969
Income from charitable activities		306,346	0	433,222	739,568	572,068
Income from charitable trading		1,225	0	0	1,225	5,383
Investment income		13,750	0	0	13,750	4,306
Total	**2**	**366,736**	**0**	**460,630**	**827,366**	**677,725**
Expenditure on:						
Cost of raising funds		29,009	0	43,923	72,931	34,635
Charitable activities		291,847	15,964	415,637	723,449	555,483
Total	**3**	**320,856**	**15,964**	**459,560**	**796,380**	**590,118**
Net income/(expenditure)		45,881	-15,964	1,070	30,986	87,607
Transfers between funds		0	0		0	0
Net movement in funds after transfers		**45,881**	**-15,964**	**1,070**	**30,986**	**87,607**
Total funds brought forward at 1st April 2023		80,608	518,572	99,260	698,441	610,835
Total funds carried forward 31st March 2024	**12**	**126,489**	**502,608**	**100,329**	**729,426**	**698,441**

The above statement includes all gains and loses recognised during the year. All activities are regarded as continuing.

Prior years income included Restricted Grants of £254,725, Restricted Donations of £95,835, and Interest on Grants of £3,424. All other income was Unrestricted.

Prior years expensiture includes £17,018 depreciation charges to the Designated Funds and the total of £278,961 charges to the Restricted Funds (Staff costs £259,084, Telephone and internet £358, Room rent £7,394, Advertising £705, Sundry expenses £99, Office supplies £5,287, Staff expense and training £2,288, Volunteer expenses £838, Client support £257, Delivered training £2,136, Professional fees £515). All other expenditure was Unrestricted.

ROTHERHAM AND BARNSLEY MIND
Balance sheet
As at 31st March 2024

	2024	2023
	£	£
Fixed assets		
Tangible assets	222,608	238,572
Current assets		
Debtors	49,373	40,729
Cash at bank and in hand	553,911	571,236
	603,284	611,965
Creditors (amounts falling due in one year)	-96,466	-152,097
Net current assets	506,818	459,868
Net assets	**729,426**	**698,441**
Reconciliation of Funds		
Unrestricted funds	126,489	80,608
Designated funds - Fixed assets	222,608	238,572
Designated funds - Other	280,000	280,000
Restricted funds	100,329	99,260
Total funds	**729,426**	**698,441**

For the period ended 31st March 2024, the company is entitled to the audit exemption under section 477 (2) of the Companies Act 2006.

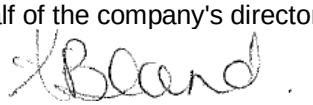
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:
a) ensuring the company keeps accounting records which comply with section 386; and
b) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and its profit or loss for the financial year, in accordance with the requirement of the companies Act 2006 relating to accounts, so far as is applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

The directors declare that they have approved the accounts above.

Signed on behalf of the company's directors:

Signed: 

Name and position: Chair of trustees, Director

Date: 27th September 2024

The accounting policies and notes on pages 11 to 17 form part of these financial statements.

ROTHERHAM AND BARNSLEY MIND
Statement of Cash Flows
As at 31st March 2024

	Total 2024	Total 2023
Cash flows from operating activities:	**£**	**£**
Net income/(expenditure) per SoFA	30,986	87,606
Depreciation	15,964	17,018
(Increase)/decrease in assets	0	-5,159
(Increase)/decrease in debtors	-8,643	29,973
Increase/(decrease) in creditors	-55,631	26,218
	-48,310	68,050
Cash flows from investing activities:		
Investment income	0	0
Net increase/(decrease) in cash:	**-17,324**	**155,656**
Total cash as at 01 April 2023	571,236	415,580
Total cash as at 31 March 2024	**553,911**	**571,236**

The accounting policies and notes on pages 11 to 17 form part of these financial statements.

1 Accounting policies

1.1 Basis of preparation

These accounts (financial statements) have been prepared under the historic cost convention, with items recognised at cost or transaction value, unless otherwise stated in the relevant note(s), in accordance with:
(a) The Charities Act 2011
(b) The Companies Act 2006
(c) The Financial Reporting Standard applicable in the UK and the Republic of Ireland: FRS102
(d) Accounting & Reporting by Charities: Statement of Recommended Practice (Charities SORP FRS102) (effective January 2015)

The charity meets the definition of a public benefit entity as defined by FRS 102. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.2 Incoming resources

These are included in the Statement of Financial Activities (SoFA). Incoming resources are recognised when:
(a) The company becomes entitled to the resources
(b) The directors are virtually certain they will receive the resources; and
(c) The monetary value can be measured with sufficient reliability

Where incoming resources have related expenditure (as with fund-raising or contract income) the incoming resources and related expenditure are reported gross in the SoFA. Grants and donations are only included in the SoFA when the company has unconditional entitlement to the resources. Contractual income is only included in the SoFA once the related goods or performance related services have been delivered. Investment income is included in the accounts when receivable.

1.3 Expenditure

Expenditure is charged to the statement of financial activities on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure is classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable expenditure comprises those costs incurred in the delivery of the charity's activities and services for its beneficiaries, including both direct and support costs.

Governance costs include those costs associated with meeting constitutional and statutory requirements, including Accountancy fees.

1.4 Fund accounting

Restricted funds are funds received from donors which are subject to restrictions on the purposes for which they may be used of which have been raised for a specific project.

Unrestricted funds are those where there are no externally imposed restrictions. These include funds freely available to the charity for expenditure or appropriation to reserves for internally designated purposes.

1.5 Assets

Tangible assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributed to making the asses capable of operating as intended.

Depreciation is provided on all fixed assets at rates calculated to write off the cost, less estimated residual value, of each asset on a straight line basis over the shorter of the relevant period or, where the asset has been obtained via funding, the length of the project/funding stream as follows:

Freehold property	- 2% on costs
Fixtures, fittings and equipment	- 25% on costs
Computer equipment	- 33% on costs

Freehold property is initially recognised in the financial statements at historic cost. The fair value of the freehold property, in the opinion of the Trustees, cannot be measured reliably without undue cost or effort due to the specialised nature of the buildings. As such the freehold property is accounted for using the cost model. The Trustees undertake regular impairment reviews.

1.6 Taxes

The company is not VAT registered. As a Charity the company is exempt from taxation on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of chargeable gains Act section 505 of the Taxes Act 1988 or s256 of the Taxation of chargeable gains Act 1992 to the extent that these are applied to its charitable objects.

1.7. Creditors

Creditors 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 are normally recognised at their settlement amount, usually the invoice amount. Accrued charges are normally valued at their settlement amount.

1.8. Debtors

Debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

1.9. Leases

Rentals payable and receivable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

1.10. Pension costs

The charity operates a defined pension contribution pension scheme for employees. Pension costs are charged to the SoFA represent the contributions payable by the charity in the year.

1.11. Going concern

The financial statements have been prepared on a going concern basis. The Trustees have considered the level of funds held and the expected income and expenditure for the 12 months following the authorising of these financial statements and consider the going concern basis appropriate. There are no material uncertainties at the Balance Sheet date. The Trustees continue to pursue all known sources and means of funding that may be available to them in order to finance the charity's activities.

2. Income from:

	General Fund	Restricted Fund	Total 2024	Total 2023
Donations and Legacies	**£**	**£**	**£**	**£**
General donations	45,416	16,067	61,483	2,589
Legacy	0	11,340	11,340	93,380
Total	45,416	27,407	72,823	95,969
Charitable activities				
Provision of training	32,000	0	32,000	20,550
Schools income	181,642	0	181,642	189,753
Counselling and services	55,055	5,200	60,255	96,989
Big Lottery - Cope	0	108,540	108,540	100,828
BMBC - Thriving Communities Project	0	51,544	51,544	29,689
Children in need	0	0	0	-375
Grants				
Garfield Weston	0	4,260	4,260	0
National Mind - Cost of Living	0	16,266	16,266	1,734
National Mind - EFL Legacy	0	15,801	15,801	8,111
National Mind - Mental health Champion	0	13,875	13,875	6,391
National Mind - SSH	0	120,839	120,839	0
National Mind - Whole School	0	41,346	41,346	13,965
National Mind - Box it to beat it	0	2,000	2,000	0
National Association of Mental Health	37,649	0	37,649	0
National Health Service		1,200	1,200	0
Sheffield Futures ESF	0	8,323	8,323	48,877
Sheffield Mind - Families in Mind	0	0	0	1,578
VAR PCN Link	0	0	0	5,957
VAR Smiles for Miles	0	13,206	13,206	13,585
VAR Social Prescribing	0	30,824	30,824	24,385
Kickstart Grant	0	0	0	10,051
Total	**306,346**	**433,222**	**739,568**	**572,068**

2. Income from (Continued):

	General Fund	Restricted Fund	Total 2024	Total 2023
Income from Charitable Trading	**£**	**£**	**£**	**£**
Rent recievable	1,096	0	1,096	2,961
Room hire	128	0	128	2,422
Total	**1,225**	**0**	**1,225**	**5,383**
Investment income				
Bank interest	13,750	0	13,750	4,306

Prior years income included Restricted Grants of £254,725, Restricted Donations of £95,835, and Interest on Grants of £3,424. All other income was Unrestricted.

3. Expenditure on:

	General Fund	Designated Fund	Restricted Fund	Total 2024	Total 2023
Cost of raising funds	**£**	**£**	**£**	**£**	**£**
Bid Writing costs	29,004	0	26,163	55,167	34,635
General	5	0	17,760	17,764	0
Total	**29,009**	**0**	**43,923**	**72,931**	**34,635**
Cost of Charitable Activities					
Direct costs					
Advertising and publicity	1,260	0	2,428	3,688	3,880
Affiliation and fees	2,557	0	276	2,833	2,489
Cleaning and hygiene costs	7,277	0	1,219	8,496	7,919
Client support	509	0	61,601	62,109	797
Delivered training	264	0	2,790	3,054	2,136
Depreciation	0	15,964	0	15,964	17,018
Insurance	8,213	0	0	8,213	5,443
Light and heat	12,375	0	5,384	17,759	3,249
Office supplies	8,132	0	9,779	17,911	15,031
Rates and water	2,618	0	0	2,618	2,139
Repairs and maintenance	13,167	0	1,789	14,956	12,234
Room rent	5,445	0	9,634	15,079	17,552
Staff costs	153,807	0	308,676	462,483	411,267
Staff expense and training	2,749	0	5,794	8,542	4,232
Sundry expenses	6	0	304	309	172
Telephone and Internet	1,367	0	2,748	4,115	3,866
Volunteer expenses	0	0	3,048	3,048	838
	219,745	**15,964**	**415,469**	**651,178**	**510,263**
Support costs					
Interest and charges	605	0	0	605	454
Independent Examination fee	1,050	0	0	1,050	1,050
Salaries costs - Admin and management	70,270	0	0	70,270	41,766
Legal and professional fees	178	0	168	346	1,950
	72,102	**0**	**168**	**72,270**	**45,220**
Total	**320,856**	**15,964**	**459,560**	**796,380**	**590,118**

Prior years expensiture includes £17,018 depreciation charges to the Designated Funds and the total of £278,961 charges to the Restricted Funds (Staff costs £259,084, Telephone and internet £358, Room rent £7,394, Advertising £705, Sundry expenses £99, Office supplies £5,287, Staff expense and training £2,288, Volunteer expenses £838, Client support £257, Delivered training £2,136, Professional fees £515). All other expenditure was Unrestricted.

4. Tangible fixed assets

	Freehold Property	Fittings & Equipment	Computer Equipment	Total
	£	£	£	£
Cost	274,542	49,214	59,714	383,470
Additions	0	0	0	0
Disposals	0	0	0	0
At 31st March 2024	274,542	49,214	59,714	383,470
Depreciation				
At 1st April 2023	52,754	36,634	55,511	144,898
Charge this period	4,436	7,325	4,204	15,964
At 31st March 2024	57,190	43,958	59,714	160,862
Net book value at 31st March 2024	**217,353**	**5,256**	**0**	**222,608**
Net book value at 31st March 2023	**221,788**	**12,580**	**4,203**	**238,572**

5. Debtors – amounts falling due within one year

	2024	2023
	£	£
Accounts receivable	48,948	40,400
Accrued income	0	0
Prepayments	425	328
	49,373	**40,729**

6. Creditors – amounts falling due within one year

	2024	2023
	£	£
Accounts payable	5,019	4,322
Accruals	4,173	2,188
Income received in advanced	87,205	145,273
VAT Liability	69	314
	96,466	**152,097**

7. Staff costs

	2024	2023
	£	£
Salaries	494,080	428,347
Social security costs	29,012	17,419
Pension	7,305	7,268
	530,397	**453,033**
Average number of employees during the period was:	40	28

No person received emoluments of more than £60,000.in the year.

8. Partner payments

During the year funds were payable to the below partner organisations a part of a joint funded project:

Payee	Purpose	2024 £
Sheffield Mind Ltd	To delivery Supported Self Help project in Sheffield	28,246
Doncaster Mind	To delivery Supported Self Help project in Doncaster	13,373
		41,619

9. Analysis of net assets by fund

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2024 £
Tangible fixed assets	0	222,608	0	222,608
Current assets	222,955	280,000	100,329	603,284
Current liabilities	-96,466	0	0	-96,466
	126,489	**502,608**	**100,329**	**729,426**

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2023 £
Tangible fixed assets	0	238,572	0	238,572
Current assets	299,801	212,904	99,260	611,965
Current liabilities	-152,097	0	0	-152,097
	147,703	**451,476**	**99,260**	**698,440**

10. Trustee remuneration, benefits and expenses, and related party transactions

There was no remuneration, benefits or expenses during this year and in the previous year.

Mrs K Whittles, the wife of Mr B Whittles (Trustee) was employed by the charity during the year and received a monthly salary.

11. Independent examination and accountancy services

During the period of accounts, the cost of the Independent Examination and accountancy services was £1,050 (2023: £1,050).

12 Movement of funds

	Opening 01.04.2023 £	Incoming resources £	Expended resources £	Transfers £	Closing 31.03.2024 £
Unrestricted funds					
General funds	80,608	366,736	-320,856	0	126,489
Designated funds					
Fixed assets	238,573	0	-15,964	0	222,608
Staffing commitments	145,000	0	0	0	145,000
Building costs provision	120,000	0	0	0	120,000
Contingency fund	15,000	0	0	0	15,000
	518,572	0	-15,964	0	502,608
Restricted funds					
Big Lottery - Cope	0	108,540	-108,540	0	0
BMBC Thriving communities	0	51,544	-51,544	0	0
Counselling and services	0	5,200	-5,200	0	0
Donations and Legacies	99,260	46,874	-57,818	0	88,316
Garfield Weston	0	4,260	-4,260	0	0
National Mind - EFL Legacy	0	15,801	-15,801	0	0
National Mind - Mental Health Champion	0	13,875	-13,875	0	0
National Mind - SSH	0	120,839	-108,825	0	12,014
National Mind - Whole School	0	41,346	-41,346	0	0
Sheffield Futures ESF	0	8,323	-8,323	0	0
VAR Smiles for miles	0	13,206	-13,206	0	0
VAR Social Prescribing	0	30,824	-30,824	0	0
	99,260	460,630	-459,560	0	100,331
	698,441	**827,366**	**-796,380**	**0**	**729,426**

12. Movement of funds (Continued)

Transfer between funds

A sum of £5,158 was transferred from Unrestricted Funds to the designated fixed asset fund. The net amount of £61,938 was transferred between designated funds in line with the Reserves policy outlined below.

Designated Funds

Designated funds are unrestricted funds that have been set aside by the trustees for a particular purpose/need.The value of the fixed assets is held in the designated funds, against which depreciation is charges.

The trustees have also designated funds to support the charity's operational needs, future commitments and statutory obligations. Designated operational and strategic funds at the yearend include:

- Funds for future staffing £145,000
- Building cost provision, for the upkeep of the building and future running costs £120,000
- Contingency fund, for unforeseen events/expenses £15,000

Restricted funds

VAR – Social prescribing

Grant funding from Voluntary Action Rotherham to support the following project:
Person-centred counselling, delivered in-house by telephone or in the clients own home. Each client generally offered six 1-hour sessions which can be increased if required, dependant on need.

BMBC –Thriving communities

A 2 year grant from the Central Area Isolation Challenge Fund to develop community initiatives with the aim of creating networks of support for marginalised and isolated communities. Activities include one to one support, group based learning, signposting and a range of group/community initiatives.

Sheffield Futures – ESF Grant

Funding from the ESF Young Peoples Mental Health and Employability Support Programme to provide one to one counselling support, group therapeutic sessions and a 6-week wellbeing programme, with the aim of supporting young people to become more resilient young adults and improve general mental wellbeing.

National Mind – Mental Health Champions

A grant to support the workplace wellbeing programme.

Donations and Legacies

All donations and legacies received by Rotherham and Barnsley Mind are used ethically and responsibly to continue our work supporting the resident in local communities both directly and through partnership working. Developing our staff and volunteer skills to empower them in delivering an essential support for communities.

Big Lottery - Cope

3 year funding from Big Lottery to provide counselling support (bereavement, anxiety including beneficiaries who have recently suffered an abusive relationship). Each client generally offered 6-8 one-hour sessions which can be delivered face to face or remotely, depending on clients request.

National Mind – School and Colleges

Funding from National Mind in partnership with Anna Freud to provide support sessions to young people aged 11-25 years from school and colleges.

National Mind - Cost of Living

RBMind will work within the community to create informal partnership to deliver both training and counselling services supporting volunteers and people in poverty.

National Mind - EFL Legacy

Funding from National Mind to deliver Mental Health First Aid training and Suicide First Aid training to staff/volunteers who are connected to the football club.

Donations and Legacies- All donations and legacies received by Rotherham and Barnsley Mind are used ethically and responsibly to continue our work supporting the resident in local communities both directly and through partnership working. Developing our staff and volunteer skills to empower them in delivering an essential support for communities.

12. Movement of funds (Continued)

National Mind (Supported Self Help, SSH)
18 month project funded by National Mind. Supported self-help is 6-week guided programme. This is a one-to-one guided self-help service, not a counselling service. It incorporates some Cognitive Behavioural Therapy (CBT) style tools but also provides other kinds of support.

National Mind (BCF Grant) Funds from National
Mind to bring additional capacity at SMT level. To support the organisation to respond to potential growth opportunities whilst maintaining the level of service currently hold safely.

National Mind (Box to Beat it)
Funding from National Mind to deliver reflective practice for coaches and leaders delivering England Boxing's Box to Beat it programme.

Childrens Consortium (Smiles for Miles)
Funding for 3 years from Childrens Consortium, offering open access youth groups, activities, drop-ins and 1-to-1 support.

Core Restricted (Garfield Weston Grant)
Funding for 1 year to cover operating and core costs.

ROTHERHAM AND BARNSLEY MIND

Financial statements for the

year ended 31st March 2024

Charity number: 1147740
Registered England and Wales

Company number: 03616409
Company limited by guarantee

ROTHERHAM AND BARNSLEY MIND
Contents of the financial statements
for the year ended 31st March 2024

	Page
Administrative Details	1
Directors (Trustees Report)	2 - 6
Independent Examiners Report	7
Statement of Financial Activities	8
Balance Sheet	9
Statement of Cash Flows	10
Notes to the accounts	11 - 17

ROTHERHAM AND BARNSLEY MIND
Administrative details
for the year ended 31st March 2024

Registered Name	ROTHERHAM AND BARNSLEY MIND
Registered Charity number	1147740
Registered Company number	03616409
Directors (Trustees)	Mrs C Ainsbury Miss A M Bland Mr I J Garlington Mr M A Jones Mr C A Mace - Until 7 February 2024 Mr M R Marks Mr B Whittles - Until 24 June 2024
Chairperson	Miss A M Bland
Treasurer	Mr M R Marks
Chief Executive	Mrs R Siddall
Registered Office	Osbourne House 1-2 Highfields Doncaster Road Rotherham S65 1DX
Bankers	CAF Bank Cambridge & Counties Bank The Cooperative Hampshire Trust Bank Redwood Bank Limited
Independent examiner	HSL Accountancy Solutions Ltd Enterprise House 61a Carr House Doncaster DN1 2BY

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and financial statements for the year ended 31st March 2024. The Trustees have adopted the provisions of the Statement of Recommended Practice 'Accounting and Reporting by Charities' (FRS102) in preparing the annual report and financial statements of the Charity.

Structure, Governance and Management
Rotherham and Barnsley Mind is a registered charity with the Charity Commission and a company limited by guarantee. The affairs of the charity are governed by its Memorandum and Articles of Association, dated March 2012, and most recently amended May 2022. Under those Articles the trustees are responsible for the management of the affairs of the charity, for which purpose they may exercise all powers of the charity.

The Board of Trustees, consisting of a minimum of 3 members, meet bi-monthly and under the new Memorandum and Articles of Association are no longer required to hold an AGM. The Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation, approved by the trustees, for operational matters including finance, property issues, employment, and other day to day activities.

Appointment of trustees
The trustees are also directors of the company for the purpose of company law. Recruitment of new trustees is carried out in accordance with our trustee recruitment policy (which is reviewed biennially). Biennial appraisals of the Board are carried out, which include a skills audit to identify areas where the Board could be strengthened. In the Articles of Association, the Board has the authority to appoint any person who is capable and willing to do so to be a trustee. Where necessary trustees will undertake a DBS check at the time of their appointment and undergo subsequent checks periodically throughout their time serving on the Board.

The trustee recruitment process follows current best practice and advice from the Charities Commission, NCVO and National Mind. From the adoption of the new Articles of Association all current and future trustees shall serve a three-year term of office and be eligible for re-appointment for up to two further terms, after which period they shall automatically vacate their office. Trustees then become eligible for re-appointment after a one-year break in service.

The trustees who served during the year, and to the date of signing of these accounts, are shown on page 1 of this report.

Trustee induction and training
New trustees undertake an induction process which involves briefing them on their legal obligations under charity and company law, the contents of the company's Articles of Association, the committee and decision-making processes, the business plan and performance of the charity. During the induction, they will meet employees and spend time with their fellow trustees. All trustees are actively encouraged to attend appropriate training, events, away days and to suggest relevant training to ensure they are supported in their roles and understanding of their responsibilities.

Risk management
The trustees have a duty to identify, review and manage the risks to which the charity is exposed and to ensure that appropriate controls are in place to provide reasonable assurance against fraud and error.

In line with National Mind's Quality Mark standards, the trustees seek to effectively identify and manage organisational risk and take a risk-based approach to planning and managing the organisation's business. This is achieved by ensuring that there is an up-to-date organisation wide risk register which assesses and addresses risks in relation to issues of governance, finance, operational issues, external influences, reputation and the loss of key staff and trustees.

There are plans in place to avoid, mitigate and/or manage serious risk and actions are implemented as appropriate. These plans are monitored on a regular basis. The risk register framework is a working document that informs decisions and plans. It is reviewed at least annually.

Financial and other indicators of the performance of the organisation are monitored on a regular basis by management, quarterly by the finance sub-group and at least bi monthly by the trustees at board meetings. The board assigns responsibility for risk management to a trustee who works alongside the Chief Executive.

Risk management (Continued)
The risk management policy comprises:

- A monthly review of the organisation's financial situation and any potential risks faced by it.
- The implementation of systems and procedures to mitigate the risks identified.
- The implementation of procedures designed to minimise any potential impact on the charity should these risks materialise.

Particular attention is focused on non-financial risks, for example, those related to health and safety. A key element in the management of financial risk is the setting of a Reserves Policy and its regular review by the Treasurer and Finance sub-committee, which also oversees the setting and monitoring of the annual budget.

Related parties
Related party transactions are detailed in the notes to the financial statements (Page 18).

Charitable aims and objectives
Operating primarily in the Boroughs of Rotherham and Barnsley but potentially also in neighbouring areas, the objectives of the charity as set out in its Articles of Association are:

- To promote the preservation of good mental health, in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.

- To relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems, by the gathering and dissemination of information and working to raise awareness, promote understanding and challenge stigma and discrimination.

The charity has a general aim of contributing towards the quality of life of local people with a mental health problem and providing support and information to members of the community. This is done by the provision of a range of training, group work, one-to-one and therapeutic activities.

We review our aims, objectives, and activities each year to help ensure that we remain focused on our stated purposes. We follow the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Activities undertaken for the public benefit
In shaping the objectives for the year, the trustees paid due regard to the public benefit guidance published by the Charity Commission. The charity's activities demonstrate how Rotherham and Barnsley Mind has set out to fulfil its principal charitable objective.

The main objectives of the strategic plan 2021 -24 were to deliver the following services:

- Supporting Children, Young People and Families in schools and local communities
- Therapeutic Counselling Service both in person and remotely
- Reducing isolation through therapeutic tools and techniques
- Wellbeing and Inclusion work
- Wellbeing Services for workplaces and our own staff
- Training

The delivery of these services was underpinned by a focussed operational plan for 2022-2023 which also sought to increase the awareness of mental health issues whilst continuing to maintain and improve the quality of our services.

- The plan was implemented by:-
- Providing opportunities for people of all ages with a mental health problem to get involved in a range of therapeutic activities.
- Continue to increase provision of workplace wellbeing and training within all sectors including our own workplace to improve sustainability of our services.
- Becoming a menopause friendly accredited organisation
- Securing funding to build up the capacity of free counselling services.
- Developing a CYP service in all areas of operation
- Developing services through joint work with national mind and other local minds

Activities undertaken for the public benefit

- Consulting with staff and service users in decision making and co-production of services.
- Regularly monitoring and evaluating provision of all services provided by Rotherham and Barnsley Mind and to make this as transparent as possible.
- Continuing to seek alternative sources of funding to enable the organisation to improve its capacity and enhance the quality and range of its services.
- Seeking to expand our services to cover neighbouring areas that lack Mind support, including Wakefield and Huddersfield.
- Expanding on our skillset to offer a wider range of services to the communities we serve.
- Increasing our partnership work with other local Mind's to expand a more streamlined approach of delivery across South Yorkshire.

Achievement and performance
Charitable activities

The charity's aims and objectives are achieved through the activities described above and progress is monitored by the trustees, staff, volunteers, commissioners, and users of its services.

Thanks to the continued monitoring and improvement of operational processes over recent years; the resourcefulness, hard work, commitment and dedication of all staff, placement students and volunteers; increased success working in schools and obtaining grants from, Big Lottery, National Mind and Anna Freud along with securing new contracts with partners and other local minds, Rotherham and Barnsley Mind is currently updating its strategy and objectives for the period of 2024 - 2027.

Increased use of digital and virtual services has facilitated the delivery of training further afield and allowed us to apply for funding to expand our service offer alongside this we have seen an increase in local demand for face-to-face delivery of therapeutic services and counselling.

Our plans to expand services in skillset has seen huge growth and opened opportunities. Our investment in Mind retail saw the opening of Dinnington charity shop on the 31st March 2023 and is on track to see a return on that investment for both retail and local therapeutic services. Whilst our growth to cover neighbouring areas geographically that lack Mind support has been slow over the last 12 months we have plans to increase this in the future

Rotherham and Barnsley Mind's on-going investment in staff development enabled us to expand our training offer and widen opportunities in therapeutic support. We now also have 4 menopause trained advocates. mental health and suicide first menopause awareness in 2023.

Rotherham and Barnsley Mind was fortunate to receive substantial legacy gifts from previous service users of the charity. We continue to fund five designated areas will equal amounts of funding from the legacy gifts, we continue to seek to secure match funding for each of these areas to provide some longevity to the delivery. The five areas were:

- supporting young males aged 18 -25
- Bereavement support
- Supporting individuals affected by menopause
- Investing into mind retail to generate unrestricted income for later service delivery
- Supporting those experiencing hardship through the cost-of-living crisis.

Rotherham and Barnsley Mind continues to comply with the Mind Quality Framework which requires us to meet or exceed all 24 key standards of best practice and legal compliance in all areas of our activity and undergo a rigorous assessment which includes a thorough appraisal of organisational policies and procedures as well as a visit and interviews with trustees, staff, volunteers, and service users. The Mind Quality Mark is awarded when all standards are fully met.

Local Minds are subject to a full assessment every three years. We are due to undergo our next assessment in 2024.

Plans for the future

Rotherham and Barnsley Mind has been working hard over recent years to seek out and take advantage of new opportunities and partnerships. We will strive to position the organisation so that it can capitalise on new opportunities as they present.

1. Rotherham and Barnsley Mind's Current strategic plan, agreed at Board on 06/02/2020, covers the financial years 2020/21, 2021/22, 2022/23 and was extended to cover 2023/24. Recent growth has shown a need to review our current strategy, being in a more sustainable position will allow us to do this for the next five years and will be reported on in future annual reports. Our key strategic priorities will continue to be: To improve financial sustainability by securing a range of funding to cover core costs.

   Improving monitoring of spend against budgets and developing a more robust financial reporting system for stronger governance.

2. To increase diversity of income by
- seeking new commissioning opportunities
- engaging with local CCGs and Commissioners
- seeking to provide services in Wakefield and Kirklees.
- prioritising strategic bids and fundraising strategy

3. To identify and develop new opportunities for service delivery by
- partnering and collaborating with other organisations
- building up the sliding scale counselling service
- improving organisational capacity
- developing a CYP service in all areas of operation

4. To build on and develop our unique selling points by
- influencing commissioners in all areas of operation
- collaborating with other providers
- adopting a targeted approach to marketing and fundraising
- increasing networking and raising awareness
- building on our presence in all areas of operation
- playing a full role in the response to the increase in mental health issues arising because of the Covid-19 pandemic

5. To maintain and expand high quality services by
- developing robust KPIs and data analysis
- continuing to develop service user input and feedback.
- identifying gaps in provision and developing innovative delivery models
- succession planning
- achieving relevant accreditations

Financial review

The charity's policy on reserves

As required by Rotherham and Barnsley Mind's policy on reserves, during the financial year, our reserves remained more than sufficient to meet three months' running costs. The reserves policy will be reviewed during 2024/25 and, if necessary, amended to ensure it remains fit for purpose.

Reserves have enabled us to continue investing in professional bid writing support and the management structure to enhance organisational capacity and support service delivery. We still own Osborne House, our major operational site in Rotherham and are working towards purchasing a property in Barnsley again to reduce long term costs of renting.

At the year-end the Reserves stands at £280,000 (2023: £280,000
The charity also held the following designated funds at the year-end: 13.09.2022
Funding for staffing commitments £145,000
Buildings cost provision £120,000
Contingency fund £15,000

Investment policy and objectives
The company's investment powers are set out in its revised Articles of Association and allow the trustees to invest funds not immediately required in such manner as they consider most beneficial for the achievement of the charity's objectives. This policy was reviewed in 2024.is due to be reviewed during 2022/23.

Donations and Legacies
All donations and legacies received by Rotherham and Barnsley Mind are used ethically and responsibly to continue our work supporting the resident in local communities both directly and through partnership working. Developing our staff and volunteer skills to empower them in delivering an essential support for communities.

Overview
We continue were able to continue to provide the best possible level of service to our clients, without any break in service delivery and through new alternative and innovative ways which will continue to be an alternative method of delivery through digital platforms.

We will continue to strive to achieve our strategic aims and provide the support needed to individuals with mental health issues in Rotherham and Barnsley and neighbouring areas.

Financial position
The financial statements are set out in pages 8 to 10. The total funds at the year-end stand at £729,427 (2023: £698,411) this consists of fixed assets to the value of £222,608 (£238,572: 2023), balances remaining on restricted funding of £100,329 (£99,260: 2023) and a general reserve of £280,000 (£280,000: 2023).

Statement of Directors and Trustees' responsibilities
The trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure of the charitable company and the group for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and of the group and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and the group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions:
This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006. The directors declare that they have approved the directors' report above. Signed on behalf of the company's directors:

The trustees declare that they have approved the above report. Signed on behalf of the trustees

Signed:

Name and position: Chair of trustees, Director

Date: 27th September 2024

Examiner's report to the trustees of
ROTHERHAM AND BARNSLEY MIND
for the year ended 31st March 2024

I report on the accounts of the Rotherham and Barnsley MIND for the year ended 31 March 2024 which are set out on the following pages 8 to 17.

Respective responsibilities of trustees and examiner
The charity's trustees (who are also the directors of the Company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report
My examination was carried out in accordance with the 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
In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
-. any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr Heera Singh FMAAT

Date: 10th October 2024

HSL Accountancy Solutions Ltd
Enterprise House
61a Carr House
Doncaster
DN1 2BY

ROTHERHAM AND BARNSLEY MIND
Statement of Financial Activities
for the year ended 31st March 2024

	Notes	Unrestricted funds	Designated fund	Restricted fund	Total 2024	Total 2023
Income from:		**£**	**£**	**£**	**£**	**£**
Donations and legacies		45,416	0	27,407	72,823	95,969
Income from charitable activities		306,346	0	433,222	739,568	572,068
Income from charitable trading		1,225	0	0	1,225	5,383
Investment income		13,750	0	0	13,750	4,306
Total	**2**	**366,736**	**0**	**460,630**	**827,366**	**677,725**
Expenditure on:						
Cost of raising funds		29,009	0	43,923	72,931	34,635
Charitable activities		291,847	15,964	415,637	723,449	555,483
Total	**3**	**320,856**	**15,964**	**459,560**	**796,380**	**590,118**
Net income/(expenditure)		45,881	-15,964	1,070	30,986	87,607
Transfers between funds		0	0		0	0
Net movement in funds after transfers		**45,881**	**-15,964**	**1,070**	**30,986**	**87,607**
Total funds brought forward at 1st April 2023		80,608	518,572	99,260	698,441	610,835
Total funds carried forward 31st March 2024	**12**	**126,489**	**502,608**	**100,329**	**729,426**	**698,441**

The above statement includes all gains and loses recognised during the year. All activities are regarded as continuing.

Prior years income included Restricted Grants of £254,725, Restricted Donations of £95,835, and Interest on Grants of £3,424. All other income was Unrestricted.

Prior years expensiture includes £17,018 depreciation charges to the Designated Funds and the total of £278,961 charges to the Restricted Funds (Staff costs £259,084, Telephone and internet £358, Room rent £7,394, Advertising £705, Sundry expenses £99, Office supplies £5,287, Staff expense and training £2,288, Volunteer expenses £838, Client support £257, Delivered training £2,136, Professional fees £515). All other expenditure was Unrestricted.

ROTHERHAM AND BARNSLEY MIND
Balance sheet
As at 31st March 2024

	2024	2023
	£	£
Fixed assets		
Tangible assets	222,608	238,572
Current assets		
Debtors	49,373	40,729
Cash at bank and in hand	553,911	571,236
	603,284	611,965
Creditors (amounts falling due in one year)	-96,466	-152,097
Net current assets	506,818	459,868
Net assets	**729,426**	**698,441**
Reconciliation of Funds		
Unrestricted funds	126,489	80,608
Designated funds - Fixed assets	222,608	238,572
Designated funds - Other	280,000	280,000
Restricted funds	100,329	99,260
Total funds	**729,426**	**698,441**

For the period ended 31st March 2024, the company is entitled to the audit exemption under section 477 (2) of the Companies Act 2006.

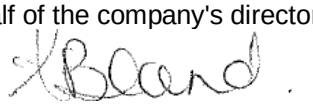
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:
a) ensuring the company keeps accounting records which comply with section 386; and
b) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and its profit or loss for the financial year, in accordance with the requirement of the companies Act 2006 relating to accounts, so far as is applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

The directors declare that they have approved the accounts above.

Signed on behalf of the company's directors:

Signed: 

Name and position: Chair of trustees, Director

Date: 27th September 2024

The accounting policies and notes on pages 11 to 17 form part of these financial statements.

ROTHERHAM AND BARNSLEY MIND
Statement of Cash Flows
As at 31st March 2024

	Total 2024	Total 2023
Cash flows from operating activities:	**£**	**£**
Net income/(expenditure) per SoFA	30,986	87,606
Depreciation	15,964	17,018
(Increase)/decrease in assets	0	-5,159
(Increase)/decrease in debtors	-8,643	29,973
Increase/(decrease) in creditors	-55,631	26,218
	-48,310	68,050
Cash flows from investing activities:		
Investment income	0	0
Net increase/(decrease) in cash:	**-17,324**	**155,656**
Total cash as at 01 April 2023	571,236	415,580
Total cash as at 31 March 2024	**553,911**	**571,236**

The accounting policies and notes on pages 11 to 17 form part of these financial statements.

1 Accounting policies

1.1 Basis of preparation

These accounts (financial statements) have been prepared under the historic cost convention, with items recognised at cost or transaction value, unless otherwise stated in the relevant note(s), in accordance with:
(a) The Charities Act 2011
(b) The Companies Act 2006
(c) The Financial Reporting Standard applicable in the UK and the Republic of Ireland: FRS102
(d) Accounting & Reporting by Charities: Statement of Recommended Practice (Charities SORP FRS102) (effective January 2015)

The charity meets the definition of a public benefit entity as defined by FRS 102. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.2 Incoming resources

These are included in the Statement of Financial Activities (SoFA). Incoming resources are recognised when:
(a) The company becomes entitled to the resources
(b) The directors are virtually certain they will receive the resources; and
(c) The monetary value can be measured with sufficient reliability

Where incoming resources have related expenditure (as with fund-raising or contract income) the incoming resources and related expenditure are reported gross in the SoFA. Grants and donations are only included in the SoFA when the company has unconditional entitlement to the resources. Contractual income is only included in the SoFA once the related goods or performance related services have been delivered. Investment income is included in the accounts when receivable.

1.3 Expenditure

Expenditure is charged to the statement of financial activities on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure is classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable expenditure comprises those costs incurred in the delivery of the charity's activities and services for its beneficiaries, including both direct and support costs.

Governance costs include those costs associated with meeting constitutional and statutory requirements, including Accountancy fees.

1.4 Fund accounting

Restricted funds are funds received from donors which are subject to restrictions on the purposes for which they may be used of which have been raised for a specific project.

Unrestricted funds are those where there are no externally imposed restrictions. These include funds freely available to the charity for expenditure or appropriation to reserves for internally designated purposes.

1.5 Assets

Tangible assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributed to making the asses capable of operating as intended.

Depreciation is provided on all fixed assets at rates calculated to write off the cost, less estimated residual value, of each asset on a straight line basis over the shorter of the relevant period or, where the asset has been obtained via funding, the length of the project/funding stream as follows:

Freehold property	- 2% on costs
Fixtures, fittings and equipment	- 25% on costs
Computer equipment	- 33% on costs

Freehold property is initially recognised in the financial statements at historic cost. The fair value of the freehold property, in the opinion of the Trustees, cannot be measured reliably without undue cost or effort due to the specialised nature of the buildings. As such the freehold property is accounted for using the cost model. The Trustees undertake regular impairment reviews.

1.6 Taxes

The company is not VAT registered. As a Charity the company is exempt from taxation on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of chargeable gains Act section 505 of the Taxes Act 1988 or s256 of the Taxation of chargeable gains Act 1992 to the extent that these are applied to its charitable objects.

1.7. Creditors

Creditors 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 are normally recognised at their settlement amount, usually the invoice amount. Accrued charges are normally valued at their settlement amount.

1.8. Debtors

Debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

1.9. Leases

Rentals payable and receivable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

1.10. Pension costs

The charity operates a defined pension contribution pension scheme for employees. Pension costs are charged to the SoFA represent the contributions payable by the charity in the year.

1.11. Going concern

The financial statements have been prepared on a going concern basis. The Trustees have considered the level of funds held and the expected income and expenditure for the 12 months following the authorising of these financial statements and consider the going concern basis appropriate. There are no material uncertainties at the Balance Sheet date. The Trustees continue to pursue all known sources and means of funding that may be available to them in order to finance the charity's activities.

2. Income from:

	General Fund	Restricted Fund	Total 2024	Total 2023
Donations and Legacies	**£**	**£**	**£**	**£**
General donations	45,416	16,067	61,483	2,589
Legacy	0	11,340	11,340	93,380
Total	45,416	27,407	72,823	95,969
Charitable activities				
Provision of training	32,000	0	32,000	20,550
Schools income	181,642	0	181,642	189,753
Counselling and services	55,055	5,200	60,255	96,989
Big Lottery - Cope	0	108,540	108,540	100,828
BMBC - Thriving Communities Project	0	51,544	51,544	29,689
Children in need	0	0	0	-375
Grants				
Garfield Weston	0	4,260	4,260	0
National Mind - Cost of Living	0	16,266	16,266	1,734
National Mind - EFL Legacy	0	15,801	15,801	8,111
National Mind - Mental health Champion	0	13,875	13,875	6,391
National Mind - SSH	0	120,839	120,839	0
National Mind - Whole School	0	41,346	41,346	13,965
National Mind - Box it to beat it	0	2,000	2,000	0
National Association of Mental Health	37,649	0	37,649	0
National Health Service		1,200	1,200	0
Sheffield Futures ESF	0	8,323	8,323	48,877
Sheffield Mind - Families in Mind	0	0	0	1,578
VAR PCN Link	0	0	0	5,957
VAR Smiles for Miles	0	13,206	13,206	13,585
VAR Social Prescribing	0	30,824	30,824	24,385
Kickstart Grant	0	0	0	10,051
Total	**306,346**	**433,222**	**739,568**	**572,068**

2. Income from (Continued):

	General Fund	Restricted Fund	Total 2024	Total 2023
Income from Charitable Trading	**£**	**£**	**£**	**£**
Rent recievable	1,096	0	1,096	2,961
Room hire	128	0	128	2,422
Total	**1,225**	**0**	**1,225**	**5,383**
Investment income				
Bank interest	13,750	0	13,750	4,306

Prior years income included Restricted Grants of £254,725, Restricted Donations of £95,835, and Interest on Grants of £3,424. All other income was Unrestricted.

3. Expenditure on:

	General Fund	Designated Fund	Restricted Fund	Total 2024	Total 2023
Cost of raising funds	**£**	**£**	**£**	**£**	**£**
Bid Writing costs	29,004	0	26,163	55,167	34,635
General	5	0	17,760	17,764	0
Total	**29,009**	**0**	**43,923**	**72,931**	**34,635**
Cost of Charitable Activities					
Direct costs					
Advertising and publicity	1,260	0	2,428	3,688	3,880
Affiliation and fees	2,557	0	276	2,833	2,489
Cleaning and hygiene costs	7,277	0	1,219	8,496	7,919
Client support	509	0	61,601	62,109	797
Delivered training	264	0	2,790	3,054	2,136
Depreciation	0	15,964	0	15,964	17,018
Insurance	8,213	0	0	8,213	5,443
Light and heat	12,375	0	5,384	17,759	3,249
Office supplies	8,132	0	9,779	17,911	15,031
Rates and water	2,618	0	0	2,618	2,139
Repairs and maintenance	13,167	0	1,789	14,956	12,234
Room rent	5,445	0	9,634	15,079	17,552
Staff costs	153,807	0	308,676	462,483	411,267
Staff expense and training	2,749	0	5,794	8,542	4,232
Sundry expenses	6	0	304	309	172
Telephone and Internet	1,367	0	2,748	4,115	3,866
Volunteer expenses	0	0	3,048	3,048	838
	219,745	**15,964**	**415,469**	**651,178**	**510,263**
Support costs					
Interest and charges	605	0	0	605	454
Independent Examination fee	1,050	0	0	1,050	1,050
Salaries costs - Admin and management	70,270	0	0	70,270	41,766
Legal and professional fees	178	0	168	346	1,950
	72,102	**0**	**168**	**72,270**	**45,220**
Total	**320,856**	**15,964**	**459,560**	**796,380**	**590,118**

Prior years expensiture includes £17,018 depreciation charges to the Designated Funds and the total of £278,961 charges to the Restricted Funds (Staff costs £259,084, Telephone and internet £358, Room rent £7,394, Advertising £705, Sundry expenses £99, Office supplies £5,287, Staff expense and training £2,288, Volunteer expenses £838, Client support £257, Delivered training £2,136, Professional fees £515). All other expenditure was Unrestricted.

4. Tangible fixed assets

	Freehold Property	Fittings & Equipment	Computer Equipment	Total
	£	£	£	£
Cost	274,542	49,214	59,714	383,470
Additions	0	0	0	0
Disposals	0	0	0	0
At 31st March 2024	274,542	49,214	59,714	383,470
Depreciation				
At 1st April 2023	52,754	36,634	55,511	144,898
Charge this period	4,436	7,325	4,204	15,964
At 31st March 2024	57,190	43,958	59,714	160,862
Net book value at 31st March 2024	**217,353**	**5,256**	**0**	**222,608**
Net book value at 31st March 2023	**221,788**	**12,580**	**4,203**	**238,572**

5. Debtors – amounts falling due within one year

	2024	2023
	£	£
Accounts receivable	48,948	40,400
Accrued income	0	0
Prepayments	425	328
	49,373	**40,729**

6. Creditors – amounts falling due within one year

	2024	2023
	£	£
Accounts payable	5,019	4,322
Accruals	4,173	2,188
Income received in advanced	87,205	145,273
VAT Liability	69	314
	96,466	**152,097**

7. Staff costs

	2024	2023
	£	£
Salaries	494,080	428,347
Social security costs	29,012	17,419
Pension	7,305	7,268
	530,397	**453,033**
Average number of employees during the period was:	40	28

No person received emoluments of more than £60,000.in the year.

8. Partner payments

During the year funds were payable to the below partner organisations a part of a joint funded project:

Payee	Purpose	2024 £
Sheffield Mind Ltd	To delivery Supported Self Help project in Sheffield	28,246
Doncaster Mind	To delivery Supported Self Help project in Doncaster	13,373
		41,619

9. Analysis of net assets by fund

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2024 £
Tangible fixed assets	0	222,608	0	222,608
Current assets	222,955	280,000	100,329	603,284
Current liabilities	-96,466	0	0	-96,466
	126,489	**502,608**	**100,329**	**729,426**

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2023 £
Tangible fixed assets	0	238,572	0	238,572
Current assets	299,801	212,904	99,260	611,965
Current liabilities	-152,097	0	0	-152,097
	147,703	**451,476**	**99,260**	**698,440**

10. Trustee remuneration, benefits and expenses, and related party transactions

There was no remuneration, benefits or expenses during this year and in the previous year.

Mrs K Whittles, the wife of Mr B Whittles (Trustee) was employed by the charity during the year and received a monthly salary.

11. Independent examination and accountancy services

During the period of accounts, the cost of the Independent Examination and accountancy services was £1,050 (2023: £1,050).

12 Movement of funds

	Opening 01.04.2023 £	Incoming resources £	Expended resources £	Transfers £	Closing 31.03.2024 £
Unrestricted funds					
General funds	80,608	366,736	-320,856	0	126,489
Designated funds					
Fixed assets	238,573	0	-15,964	0	222,608
Staffing commitments	145,000	0	0	0	145,000
Building costs provision	120,000	0	0	0	120,000
Contingency fund	15,000	0	0	0	15,000
	518,572	0	-15,964	0	502,608
Restricted funds					
Big Lottery - Cope	0	108,540	-108,540	0	0
BMBC Thriving communities	0	51,544	-51,544	0	0
Counselling and services	0	5,200	-5,200	0	0
Donations and Legacies	99,260	46,874	-57,818	0	88,316
Garfield Weston	0	4,260	-4,260	0	0
National Mind - EFL Legacy	0	15,801	-15,801	0	0
National Mind - Mental Health Champion	0	13,875	-13,875	0	0
National Mind - SSH	0	120,839	-108,825	0	12,014
National Mind - Whole School	0	41,346	-41,346	0	0
Sheffield Futures ESF	0	8,323	-8,323	0	0
VAR Smiles for miles	0	13,206	-13,206	0	0
VAR Social Prescribing	0	30,824	-30,824	0	0
	99,260	460,630	-459,560	0	100,331
	698,441	**827,366**	**-796,380**	**0**	**729,426**

12. Movement of funds (Continued)

Transfer between funds

A sum of £5,158 was transferred from Unrestricted Funds to the designated fixed asset fund. The net amount of £61,938 was transferred between designated funds in line with the Reserves policy outlined below.

Designated Funds

Designated funds are unrestricted funds that have been set aside by the trustees for a particular purpose/need.The value of the fixed assets is held in the designated funds, against which depreciation is charges.

The trustees have also designated funds to support the charity's operational needs, future commitments and statutory obligations. Designated operational and strategic funds at the yearend include:

- Funds for future staffing £145,000
- Building cost provision, for the upkeep of the building and future running costs £120,000
- Contingency fund, for unforeseen events/expenses £15,000

Restricted funds

VAR – Social prescribing

Grant funding from Voluntary Action Rotherham to support the following project:
Person-centred counselling, delivered in-house by telephone or in the clients own home. Each client generally offered six 1-hour sessions which can be increased if required, dependant on need.

BMBC –Thriving communities

A 2 year grant from the Central Area Isolation Challenge Fund to develop community initiatives with the aim of creating networks of support for marginalised and isolated communities. Activities include one to one support, group based learning, signposting and a range of group/community initiatives.

Sheffield Futures – ESF Grant

Funding from the ESF Young Peoples Mental Health and Employability Support Programme to provide one to one counselling support, group therapeutic sessions and a 6-week wellbeing programme, with the aim of supporting young people to become more resilient young adults and improve general mental wellbeing.

National Mind – Mental Health Champions

A grant to support the workplace wellbeing programme.

Donations and Legacies

All donations and legacies received by Rotherham and Barnsley Mind are used ethically and responsibly to continue our work supporting the resident in local communities both directly and through partnership working. Developing our staff and volunteer skills to empower them in delivering an essential support for communities.

Big Lottery - Cope

3 year funding from Big Lottery to provide counselling support (bereavement, anxiety including beneficiaries who have recently suffered an abusive relationship). Each client generally offered 6-8 one-hour sessions which can be delivered face to face or remotely, depending on clients request.

National Mind – School and Colleges

Funding from National Mind in partnership with Anna Freud to provide support sessions to young people aged 11-25 years from school and colleges.

National Mind - Cost of Living

RBMind will work within the community to create informal partnership to deliver both training and counselling services supporting volunteers and people in poverty.

National Mind - EFL Legacy

Funding from National Mind to deliver Mental Health First Aid training and Suicide First Aid training to staff/volunteers who are connected to the football club.

Donations and Legacies- All donations and legacies received by Rotherham and Barnsley Mind are used ethically and responsibly to continue our work supporting the resident in local communities both directly and through partnership working. Developing our staff and volunteer skills to empower them in delivering an essential support for communities.

12. Movement of funds (Continued)

National Mind (Supported Self Help, SSH)
18 month project funded by National Mind. Supported self-help is 6-week guided programme. This is a one-to-one guided self-help service, not a counselling service. It incorporates some Cognitive Behavioural Therapy (CBT) style tools but also provides other kinds of support.

National Mind (BCF Grant) Funds from National
Mind to bring additional capacity at SMT level. To support the organisation to respond to potential growth opportunities whilst maintaining the level of service currently hold safely.

National Mind (Box to Beat it)
Funding from National Mind to deliver reflective practice for coaches and leaders delivering England Boxing's Box to Beat it programme.

Childrens Consortium (Smiles for Miles)
Funding for 3 years from Childrens Consortium, offering open access youth groups, activities, drop-ins and 1-to-1 support.

Core Restricted (Garfield Weston Grant)
Funding for 1 year to cover operating and core costs.

ROTHERHAM AND BARNSLEY MIND

England & Wales - Charity number 1147740

Accounts

mind Rotherham and Barnsley

Rotherham and Barnsley Mind Annual Report

2022 – 2023

Contents

3 Introduction from the Chair

5 CEO Report

6 Operations Report

8 Counselling Service

13 Adult Services

15 Children & Young People's Service

18 Professional Training and Workplace Wellbeing

20 Fundraising Activities & Treasurers Report

21 Financial Statements

22 Contact Us

23 Who we work with

Introduction…. From the Chair

As always, the year 2022/23 was an extremely busy and challenging one. As has become customary, however, everyone at Rotherham and Barnsley Mind has contributed to another successful year.

All staff (front line and back office), placement students, and volunteers deserve tremendous thanks and appreciation for their on-going commitment and hard work. I must also thank my fellow trustees for their support and dedication. The efforts of all have helped us to consolidate our position as a go-to provider of mental health support services.

You will find much information in the pages that follow to illustrate the range of services we provide to and for the residents and businesses of the Rotherham and Barnsley areas. I will only draw your attention to a few of these here.

Income from our two main traditional areas of work, Children and Young People's Services in schools and Counselling and related services, continued to grow in 2022/23, as did new and continuing work with Barnsley and Rotherham Colleges.

In April 2022 we began delivering our COPE project, funded to the tune of £317K over 3 years by the National Lottery Community Fund, which aims to address the increase in demand for mental health support arising from the pandemic.

During the year, we were extremely fortunate to receive legacies totaling over £90K from previous service users of the charity. Together with the proceeds of fundraising activities and general donations, legacy funding will be invested in a range of targeted services provided to local communities.

At the end of 2022, following discussion with Mind Retail (the trading arm of Mind) the Board decided to co-invest in establishing new Mind shops in Dinnington and Barnsley. Contributing one third of the cost of establishing and fitting out the shop will entitle Rotherham and Barnsley Mind to a one third share of any profit after the deduction of the running costs of the shop. The Dinnington Mind shop opened at the end of March 2023 and is doing good business. A lease has still to be taken out on shop premises in Barnsley.

During the year improvements were made to our web site and presence on social media, alongside our online shop, where visitors are able to purchase from a selection of branded merchandise. This will be a first for a Local Mind.

Mark Bridges joined us as Services and Development Manager in February 2022 and has provided much needed support to our CEO, Rachel Siddall. Mark has been extremely successful in helping us to continue the diversification of our income streams, develop and promote existing and new services and ensure the effectiveness and efficiency of service delivery. Rachel and Mark have worked hard to ensure that we develop a staffing structure that meets our needs and will enable us to grow and achieve our objectives.

As the accounts demonstrate and the Treasurer's Report confirms, financially we have had another very successful year and have a surplus of some £80K to invest in the organisation to ensure its ongoing growth and development.

Introduction…. From the Chair continued…

That there is a serious growth in demand for mental health support which is outstripping the NHS's capacity has long been accepted by all bodies active in the mental health sector, including the government.

It was extremely encouraging, therefore, that in April 2022 Health Secretary Sajid Javid launched a consultation for a 10-year cross-government mental health plan. The strategy would "form part of the government's wider commitments to 'build back fairer' after the pandemic, working towards putting mental health on a level footing with physical health, and form a key part of the commitments to address health disparities across the country and to improve the mental wellbeing of the nation by 2030."

Mind and the whole mental health sector have been calling for a more joined-up approach to mental health across Government for years. A wealth of evidence was presented to Government showing that tackling the 'social determinants' of mental health – poverty, discrimination, employment, education, housing, transport, access to green space, etc. – can prevent people from becoming unwell in the first place and support people with a mental health problem to live well.

At the end of January 2023, it was announced that the government's standalone mental health plan was being scrapped and absorbed into a much broader strategy covering six health conditions and mainly focused on the next two years, ahead of the next general election. The Government announced that it would be publishing a Major Conditions Strategy, setting out the action it would take on cancers, cardio-vascular disease, chronic respiratory diseases, dementia, musculoskeletal conditions – and mental health.

The new Health Secretary, Steve Barclay, asked for evidence to develop a 'major conditions strategy' by 12 July 2023. An interim report on the strategy was published on 14 August, with the final strategy expected to be published in early 2024.

Three prime ministers, three changes of Secretary of State for Health and three mental health ministers since the initial call for a 10-year cross-government mental health plan, we are really no further forward.

No wonder many doubt the Government's commitment to mental health.

Despite the whims, changing ideologies and levels of commitment to mental health of those in power, we will continue, whenever possible, to invest in our staff and improve the quality and range of services we provide to enable us to respond to and cope with the increased demand for them. Our success in meeting that demand will continue to be dependent upon our ability to identify and access appropriate sources of funding, including grants and contracts, to support service delivery and attract fee-paying individual and corporate clients.

As always, our aim is to continue to deliver timely, appropriate, and effective mental health support to members of the community who need it.

Colin Mace

Chair of the Board of Trustees

Chief Executive's Report

Following the challenges of previous years, and the impact of the Covid-19 pandemic there hasn't been a single person that was not or does not continue to be affected by this in some way or another, whether it be through physical illness, grief and loss, isolation, or financial worries. All of us have felt the effects of uncertainty and worry.

Through hard work and determination Rotherham and Barnsley Mind continues to thrive with optimism and hope and, despite the stresses, strains, and hardships, we know now more than ever our services are needed. I have had pride and pleasure of working alongside our team of Staff, Trustees, Students and Volunteers and witnessed them adapt and pull together to ensure that our communities are supported despite their own individual struggles.

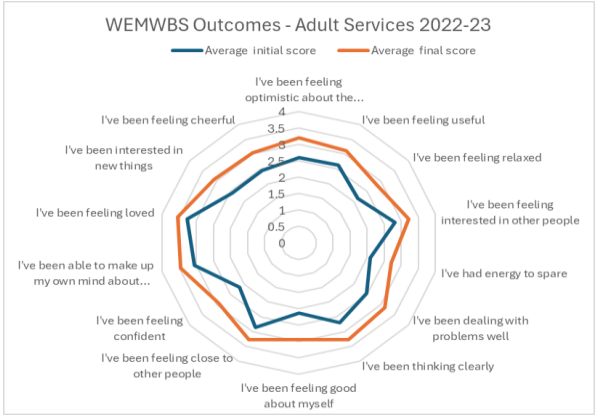
I would like to take the time to say a heartfelt thank you to each and every one of them for their continued efforts in the fight for better mental health.

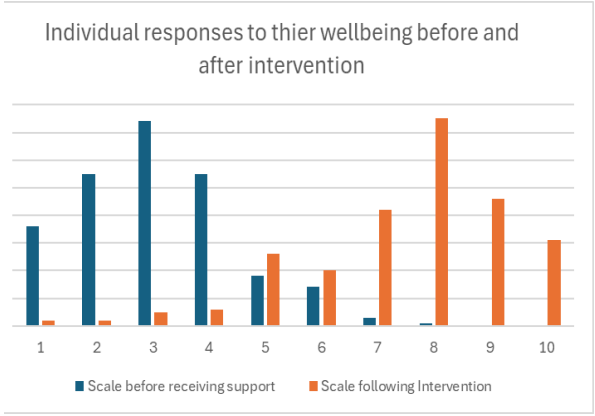
More widely, we have seen an increasing awareness of mental wellbeing, and there is more recognition that mental health difficulties exist in all of us, and not just certain people or communities and our work has become more important than ever. We have expanded our work with the successful outcome of the Supported Self-Help model which will allow us to support those communities further afield and we have seen a huge growth in the work we are doing around the menopause and our efforts to become an accredited menopause friendly organisation.

There is still a way to go but we are seeing more and more people seeking help and we need to focus our efforts not just on therapeutic support but on preventative measures and interventions through training, awareness, and breaking stigma's. This leads me to our amazing supporters and the continued generosity of donations and legacy gifts that we have received over the last 12 months. These, in addition to our funders, commissioners, delivery partners and sign posters have all been an integral part of why we have been able to continue to support those in our communities.

Overall outcomes and feedback across our adult and counselling services

9,201 sessions were delivered throughout this period and the feedback and impact is evidenced below.





Rachel Siddall
Chief Executive Officer

Operations Report

In early 2022 we were approached by Rotherham Metropolitan Borough Council (RMBC) requesting support with a co-produced project. During this period we undertook a series of engagement with our service users through group sessions and a survey to gather feedback on Rotherham residents' views with respect to the mental health provision and in particular the level of services to support people living independently. This work also included feedback of our own colleagues lived experience and their level of knowledge from supporting people living in Rotherham.

The co-production work was promoted as follows:

Rotherham Metropolitan Borough Council

mind Rotherham and Barnsley

Mental Health Support Services in Rotherham – have your say…

We asked the residents of Rotherham to help shape the future of mental health support services in Rotherham. We ~~have~~ partnered with Rotherham Metropolitan Borough Council to gather the thoughts of local people who have used our services to gain their views on the support received in addition to that provided by Rotherham and Barnsley Mind.

We reached over 150 service users further cementing our relationship in our local community and with RMBC. Emerging feedback highlighted three recurring themes.

- Lack of awareness of services available
- Challenges to access services with timescales to access support being a prevalent theme
- Where to access information and support services available to them.

Completion of this work supported RMBC's drive to improve services based on feedback from people living in our communities and we were proud to support this through our established connections.

Awareness

Service users feel that there is a lack of awareness of support services that are available to them and this is particularly relevant following a stay in hospital or when supporting someone living independently.

Attendees talked about a lack of information that is available to know where to turn in a time of need and an over reliance on their GP for support and referrals.

Most commonly service users are heavily reliant on their family or friends for day to day help with their needs.

Access

Many service users have challenges with accessing services or support networks due to a lack of digital capability and are therefore unfamiliar with accessing support through websites or don't have equipment to access support networks.

Timescales and backlogs result in people not being able to access the support they need in a timely fashion. Feedback from all groups commented that time delays were the largest contributor to individuals' mental health challenges.

Information

People expressed their lack of knowledge and that much of their information comes from word of mouth and sharing of experiences from friends, family, and neighbours.

Many service users have challenges accessing information and don't know where to go for support.

It was thought that many services work in isolation and there is a need for a more joined up approach to better connect people to the help they need through a variety of support networks.

Throughout the year we have continued to gather and monitor colleague and client feedback. We are committed to the wellbeing of our colleagues and have engaged in regular meetings and colleague surveys to shape support for our team. We have used this feedback to develop our own internal and external communications which has seen a growth in our social media presence and introduction of monthly staff communications to build engagement and awareness.

Delivery of services

A key highlight has been our work to further develop our relationship with National Mind. We have seen this develop by securing funding opportunities to demonstrate our expertise in delivery. We have further amplified the National Mind and EFL partnership through legacy funding that has enabled us to deliver training for mental health first aid and suicide prevention first aid for the staff of Rotherham United, Barnsley and Huddersfield Town football clubs and have provided mental health hubs for match day supporters.

Additionally, we secured funding for the delivery of National Minds partnership with the Anna Freud Centre and have commenced remote delivery of Schools and Colleges Early Support Services resulting in supporting children, young people and their families with mentoring sessions via digital means.

In March 2023 we partnered with Mind Retail and co-invested in the opening of a new shop in Dinnington. This will further enable us to build local awareness of our services whilst supporting National Mind to grow the retail operations. As we move into the new financial year we will be working with National Mind to further develop this with co-investment in a new Barnsley shop.

We also entered the second year of our Thriving Communities project funded by Barnsley Metropolitan Borough Council (BMBC). This initiative directly supports people facing loneliness and isolation across the boroughs of Barnsley. Our work has seen us establish regular group sessions that are well attended, offering supportive sessions and collaboration with Reds in the Community as a partner in the programme. Our work has enabled us to reach out in the Barnsley Boroughs taking our support through events and opportunities to reach isolated people and it has seen us develop working partnerships with local organisations and maintain strong relationships with stakeholders in BMBC.

Funding through DWP and lead partner Sheffield Futures has resulted in Rotherham and Barnsley Mind undertaking a key role with the Feel Well to Work Well programme for young people. This is aimed at supporting people into work or education and our role has been to support with mental health and counselling services to better equip individuals to take positive steps forward with their lives and potential careers. We have built credible working relationships with key referral partners in Big Ambitions and Rotherham United Football Club who have used our services to support their clients to deliver better outcomes for young people.

Mark Bridges
Services and Development Manager

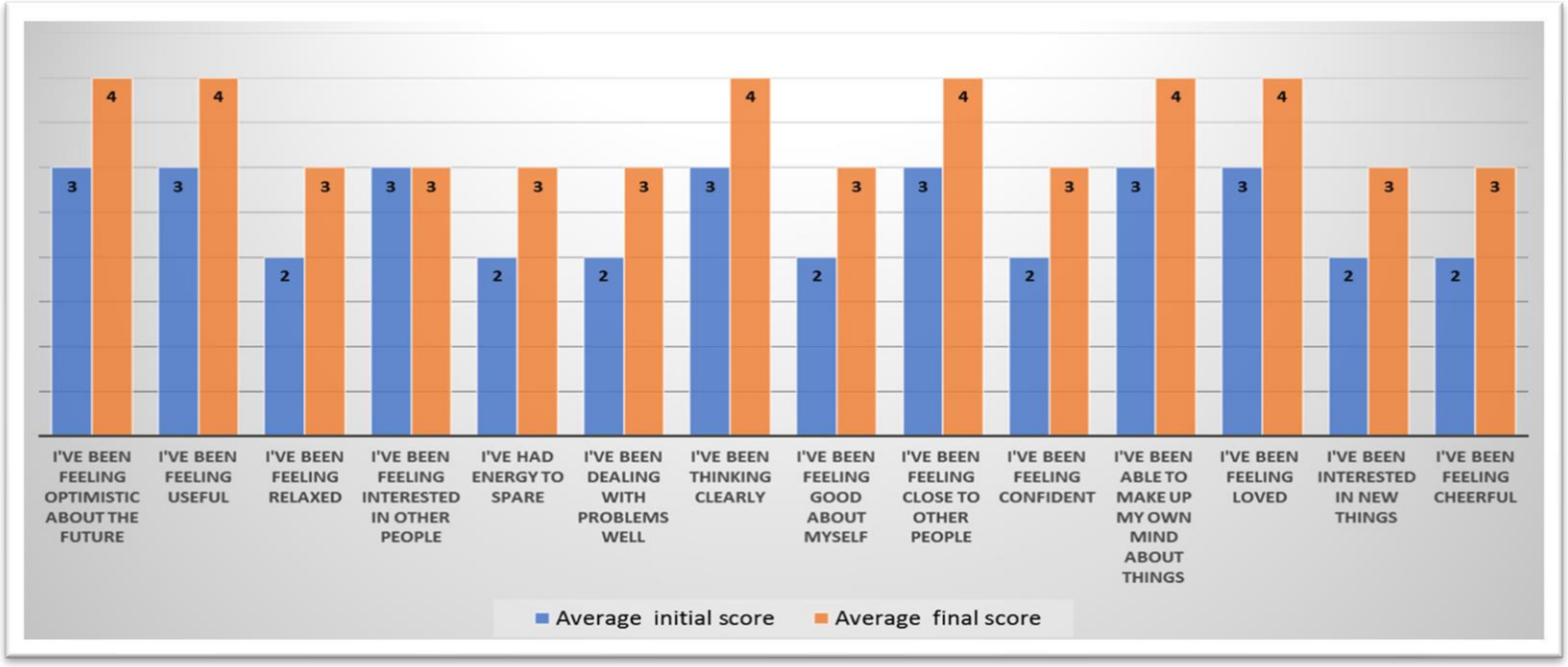
Counselling Service

As mentioned in last year's report we were fortunate enough to be awarded 3 years funding under '**The COPE Project'** via the Big Lottery. In its 2nd year has already commissioned us to support over **160** local people with free 1-1 counselling and has also enabled us to offer therapeutic interventions to couples and families.

The outcomes achieved already with this funding has been impactful.

We record client outcomes by completing **The Warwick-Edinburgh Mental Wellbeing Scale** (WEMWBS) these questions are asked to all clients at the start of intervention and at the end.

WEMWBS Average Outcome Scores (Score 1 – 5)
1 = None of the time, 2 = Rarely, 3 = Some of the time, 4 = Often, 5 = All of the time



Overall an average of 80% of clients saw an increase in their Wellbeing scores after intervention

Some feedback comments from clients who accessed this service.

"I feel I have more tools to help me move forwards, I have been able to speak openly about anything and not felt judged, you have listened to me and said my words back to me and I could then understand myself better and find other positive solutions for how I was feeling. It has been amazing I have had counselling with Mind twice now and both times have helped me. My sessions with you have been life changing."

"I felt a connection with the counsellor where I felt I could be honest and say what I needed to say without feeling embarrassed. I could talk about my emotions and felt listened to and that really helped me to make changes in my life. The full process, from having the door opened and being greeted by the reception staff felt very welcoming, it really made me feel valued when I felt very down on myself. If I hadn't have come to Mind, I don't know where I would be. Thank you"

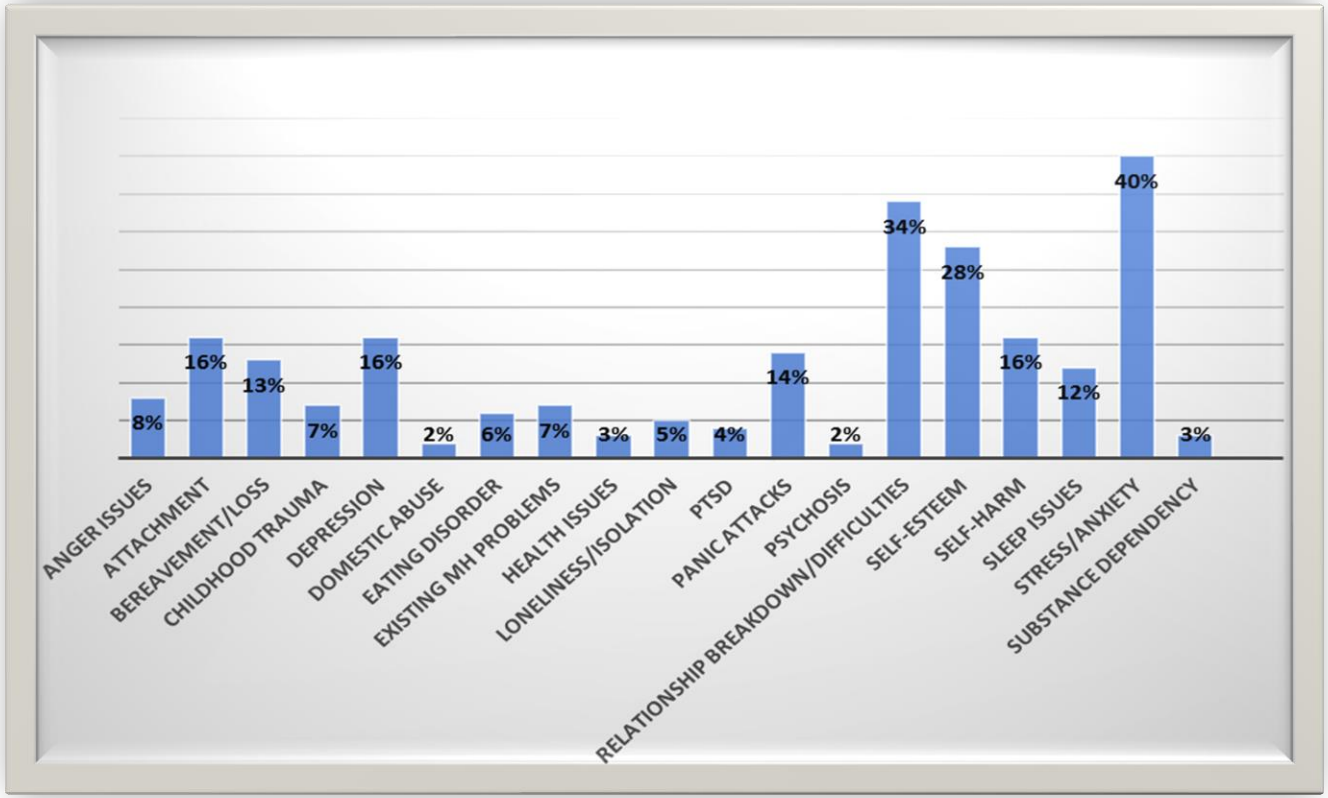
We also continue to provide vital support to clients referred through the **Rotherham Social Prescribing Service** managed by Voluntary Action Rotherham. We are proud to say that this will be the seventh successive year of funding allowing us to continue to deliver essential therapy support to over **100** clients with long term mental and physical conditions.

At the beginning of last year, we secured a contract with **Crossroads Care** in Rotherham, to provide therapy support for 'unpaid' carer's, this was also mirrored by **Making Space** in Barnsley later in the year.
These funded projects enabled our Counselling team to offer invaluable support to over **80** carer's who offer selflessly to care for and support their family and loved ones.

All our projects prove to be invaluable in giving RB Mind a presence in our communities allowing us to work in conjunction with other service providers in the local area and reducing the impact and strain on the NHS.

We were again successful in securing another full academic year contract with **Barnsley College** this year. This contract enables our counselling team to support students 16+ with a wide variety of issues.

Below you can see the percentages of presenting issues with this client group



Some feedback comments from students who accessed this service.

"Counselling has helped me open up about my feelings - my anxiety has improved."

"Time was allowed for me to work through my thoughts and I felt independent about managing my own mental health."

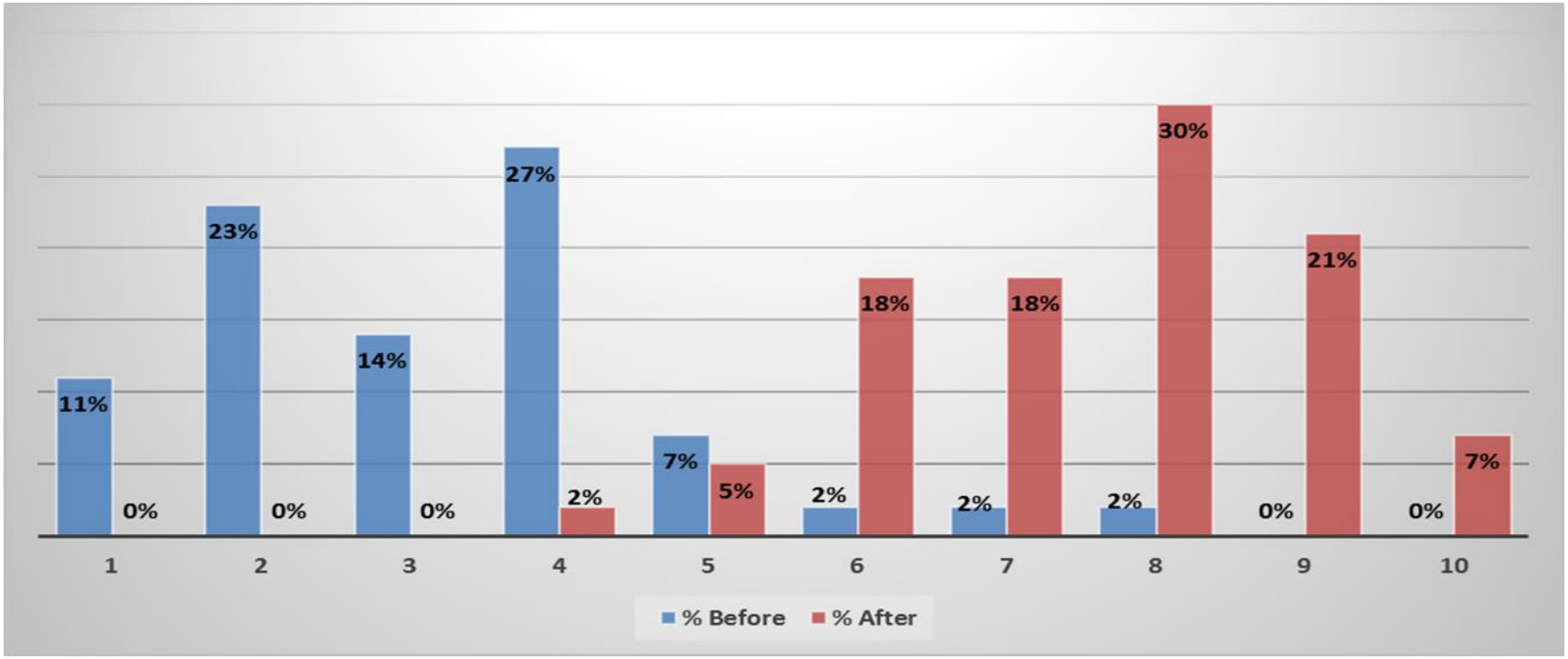
"I found it helped with the grounding techniques and worksheets, these have helped me manage my panic attacks."

Due to the invaluable success of this service, we were approached by **Rotherham College** (RNN Group) to pilot the same provisions for their students. We received the first cohort of referrals at the end of March, and we look forward to supporting these clients.
We are confident this working relationship will continue and hope we have the same success in securing the full academic year contract.

RUSH House is another local charity in Rotherham we continue to work with. This challenging client group are being supported by both our Adult & Young Persons Counselling teams whilst building relationships with other local organisations. We are hoping this is something we will continue to do more of in the future.

We also continue to offer bespoke specialist services including **Couples Therapy** and **Anger Management** which have both grown in demand over the past few years.

We asked our service users to score themselves on a scale of 1 – 10, with 1 being the *worst* they can imagine and 10 the *best* how they would rate their mental health before and after our support?.....



In 2022-2023 we delivered over 2800 therapy sessions across all our counselling projects supporting over 600 individuals.

We continue to pride ourselves on being one of the best placement providers in our local area, offering support, mentoring and regular group supervision resulting in us being inundated with counselling student placement applications each academic year.
This year we are supporting 10 counselling students who are already fitting in with our ethos and gaining valuable experience to enable them to become fantastic therapists. We are fortunate enough that some placements stay on with us post qualification to continue to gain experience which enhances the value to the organisation.

At this point I feel it's important to give a massive shout out to the whole counselling team and supporting staff who, as always continue to offer a high-quality service to our clients, and we wouldn't be able to deliver the impeccable service without them.

Workplace Counselling Service Report 2022-2023

Alongside our counselling service projects we offer 'Workplace Counselling' this service is a bought in service by companies to support employees to access counselling either remotely or onsite to prevent work related stress and support good mental health within the workplace.

We have worked with companies which include Asos (GXO Logistics) & New York Bakery.

This year we delivered over **500** sessions supporting over **100** employees.

Some feedback comments received from employees who accessed this service were:

"I was able to build up a rapport and trust with my counsellor. She picked up on things I hadn't thought of before, helping me put 2 and 2 together. It gave me a new perspective on my situation and was like a breath of fresh air. I am really glad that counselling was available by phone. I know that on some of my lowest days I would not have been able to make it into the office so having counselling on the phone has meant I have been able to access it regularly which has helped"

"I don't think that there's much that needs to change the way things are run. All of the staff I've seen when coming into the building have been polite and very respectful to me so I don't think there is anyway to improve. Just keep up the great work that you all do."

"Having been offered this via work was very helpful not sure I would have asked for help if it was not available at work"

Thank You!!

Kerry Dean

Counselling Service Lead

Adult Services

Thriving Communities Project

Our Thriving Communities Project has continued to be delivered in the local communities of Barnsley to meet the needs of residents experiencing loneliness and isolation. All individuals referred into the service receive a 'needs-led' assessment, to ensure that beneficiaries are placed at the center of what we do. We work together to identify areas of challenge and strength and reflect upon current aims and goals. Creating a co-produced action plan to work towards.

The project supports in the following ways:

1:1 Support

Delivered by qualified staff in person or by telephone with the aim to build confidence in move towards group participation. Allowing individuals to explore reasons behind their own challenges of loneliness.

Befriending support

Volunteer led, which we are extremely proud of and who give their time selflessly to those who benefit. Our volunteer befrienders reach out to those in our communities that don't require as much direct support, providing a friendly listening ear.

Groups

A selection of needs led groups to support those that have already received one to one or befriending support and now have the confidence to attend in person.

Our passion to continue developing local partnerships has shone through in the collaborative work we do.

We are determined that wherever possible we will endeavor to work with other organisations to ensure that our activities to reduce loneliness provide the best possible resources for our communities.

We will continue to increase the number of partners we work with in order to fulfil this important agenda and we have already started to increase our partner directory for the coming year.

What a difference a year makes

Reporting on targets is a great way to assess how well we are progressing towards overall project aims and goals.

	Annual Target	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Annual Actual
One to one sessions delivered.	20	66	87	71	16	240
Group attendance	200	70	108	77	74	329
Total number of socially isolated people supported.			54	52	41	147

Thriving Communities Case Study

Dave lives alone after the break-up of his marriage, he was homeless and sofa surfing for a while until he secured sheltered accommodation through the local council. He is 57 years old but his neighbours are all elderly.

Dave has multiple physical health conditions and had a heart attack, he contracted covid through the pandemic and has since been diagnosed with long covid leaving him unable to work. He has been struggling financially, mentally, and emotionally since. Apart from seeing his daughter he very rarely has any social interaction and rarely leaves the house.

Aims and Objectives from his initial assessment:

- Befriending and build a trusting relationship.
- Signpost to agencies and organisations who can help with debt and benefits.
- Support to achieve small goals designed to improve day to day physical and mental health.

Outcome:
Measurements show an ongoing narrative arc, with positive user feedback, and a request to extend the befriending support provided. We can also evidence improvements in Dave's mental health through the outcomes star.

Key Learning:

- Alleviation of Daves immediate social isolation and loneliness by building a trusting relationship with him allowing him to express his fears and aspirations.
- Signposting and referrals into partner organisations to support with more complex and specific needs.
-

Children and Young People's Service

What another fantastic year for the CYPS team. We have continued to grow, not just the size of our team but in the number of different projects and how we deliver these.

Feel Well to Work Well

The feel-well-to-work-well project was mobilized quickly and after a slow start we started receiving referrals from Big Ambitions in Barnsley and Rotherham United community trust. We have an established relationship with RUFCT trust but the partnership through this project amplified the relationship and has proved to be a successful and productive one.

We hadn't previously worked in partnership with Big Ambitions and this has helped us grow and build a mutual understanding of each of our services and how they complement each other. We have built some great relationships with staff from both these organisations which we aim to continue beyond the life of the project.

The success of this project has produced some great outcomes and working with a slightly older age group has allowed us to showcase the skills within the team to make a real difference in young people's lives and their journey into further education or employment. It has allowed us to deliver sessions with a specific focus.

Smiles for Miles

The smiles for miles project delivered in partnership with the children and young people's consortium and funded through the Big Lottery has gone from strength to strength, this is the second year of the project and seen some really positive results grown from user need sessions and group work.

The project has allowed us to build relationships with new partners such as Camhs, Rotherham Opportunity College and Early Help. The work delivered has also impacted on the demand for our private therapy sessions.

Working in partnership with other charities and organisations has been great, the relationships have been built on trust and have provided us with additional opportunities to work together in other areas.

The CYPS school's project.

This has been another successful year providing support for young people in a school setting, throughout 2022 - 23 we have supported **738** young people and have delivered **3,774** sessions.

New schools came on board with Darton Academy in Barnsley and The Willows in Thurcroft joineing our directory of schools. Sessions are highly sought after and the relationships and communication within the schools is really benefitting the pupils.

Schools we worked with in 2022 -23.

Aston Academy	Milton School
Aston All Saints C of E Primary	Newman School
Bramley Grange Primary School	Oakwood High School
Bramley Sunnyside	St Thomas C of E Primary School
Crags Community School	St Albans
Goldthorpe Primary School	Thrybergh Fullerton
Horizon Community College	Treeton
Kirk Balk Academy	Trinity Croft
Laughton Primary	Willow Tree Academy
Mexborough St John the Baptist C of E Primary	Winterhill Comprehensive School

When we evaluate the support that we have provided we can still see the service is succeeding in its objectives. The young people feel better after receiving support from us.

100% of young people find the sessions worthwhile.

100% agree that they were happy with the service they received.

75% said they would access the service again if needed.

When asked to scale their mental health at the start we had **38%** said it was as low as three and at the end **38%** said it had improved to a 7.

The young people said that the sessions helped because:

"Having someone to talk to."

"Helps me focus on certain problems."

"It's a safe space to talk".

Private therapy is still working well. This reporting year we have delivered **81** sessions to **14** young people. This is across Rotherham and Barnsley.

Some examples of the creativity produced by the children and young people within their sessions, reiterating that people can express themselves not just through talking but through creativity and Lego therapy.

Frankie Parker

Children & Young Peoples Service Lead

Professional Training and Workplace Wellbeing

Training

Our work with CAPITA unfortunately came to an end in March 2023, due to changes within their internal structure but we ended the work on a positive note knowing that throughout 22-23 we delivered various awareness sessions both face to face and online across the nation and beyond, covering topics such as resilience, having a conversation about mental health and mental health in the family unit in addition to training over **600** Mental Health Champions.

MHCC (Mental Health Community Champions)

Our success in securing funding through National Mind has allowed us to deliver Mental Health First Aider Training to volunteers and community leaders within Rotherham, Barnsley and Wakefield. Qualifying **42** members of our communities in Mental Health First Aid holding positions of influence including pastors, teachers, midwives and community volunteers within our communities. Funding was secured for a period of 15 months and we hope to secure additional funding to continue this.

NYB (New York Bakery)

Our work with New York Bakery continued throughout 22-23 and we are looking at innovative ways to support their associates in the workplace.

EFL (English Football League)

Delivery on this project started in 2021-22 and has continued throughout 2022-23. Delivery was a little slow to start due to the season and project timings, we trained over 48 club staff from Barnsley FC, Rotherham United FC and Huddersfield Town FC and their foundations in both Mental Health First Aid and Suicide First Aid. Mental Health will remain as a legacy within all clubs ensuring that match day and office staff are equipped with the skills to identify and support fans, employees, and players when they or someone they know is experiencing a decline in their mental health and wellbeing.

RNN Group

Our work with Rotherham college started in early 2022 where we delivered awareness sessions to their workforce covering menopause and andropause, despite being a new area of delivery these topics are a subject of passion for Rotherham and Barnsley Mind and throughout this time we were working towards becoming a menopause friendly employer. We had over 90 participants over all three sites, Rotherham, Dearne Valley and North Notts which were delivered both face to face and virtually.

Accredited Training

As reported last year due to the impact of COVID-19, Mental Health First Aid England redesigned the MHFAiders course to allow it to be delivered virtually as well as in person. We have seen an uptake for this and it allows participants to attend with a little more flexibility, it also provides us with more capacity to deliver in unsociable hours such as evenings and weekends to allow those who cannot attend during usual working hours.

SFA

In 2022 were able to fund associate SFA instructor training for three members of staff, and this in turn enables us to provide both accredited and non-accredited Suicide First Aid skills to individuals to allow them to identify, support and signpost individuals at risk of suicide to safety and crisis services. Feedback from participants has been extremely positive and we know that our courses stand out from the mainstream as our delivery staff all have a sound knowledge in mental health.

Feedback and quotes received from one of our Mental Health First Aid Courses

" Not having been previously familiar with the course or how it worked, I was so glad to have taken part. Meeting others who had a similar outlook and desire to improve both knowledge and practical ways to improve both personal mental health wellbeing, and extending this into the community has been very uplifting. The structure and the content of the course was both in depth and delivered in a professional and also relaxed way. The role play exercises/case studies and video were helpful. I have already been recommending the course to others! Thank you for the opportunity to take part, and I hope that mental health first aid courses will continue to flourish…for the good of us all".

"Very well planned and presented course, covering all the areas where I felt the need to learn more about mental health. The course leader was very knowledgeable and encouraged a good response from all who attended!

"An excellent course. Lots of information all relatable to everyday life! Would highly recommend!"

"Great course felt welcomed open and honest group, safe space to talk. Very informative session. I feel prepared for supporting and guiding people both at work and the general public".

Claire Rowley

Workplace Wellbeing Trainer

Fundraising Activities

Fundraising activities are always difficult to organise in such a small charity with limited resources and capacity, we have always prided ourselves in the level we commit to participating in community events to raise awareness. This continued to be the case following the lifting of covid restrictions and although these had still not returned to those of previous years, we have seen a small increase in the uptake of community events.

Although donations throughout this period have decreased, we have been fortunate to have received substantial legacy gifts from those that have previously accessed our services. This is a huge testament to staff past and present and really demonstrates the amazing work that we do.

As ever I would like to say a special thanks to all our fundraisers this year including staff and volunteers who continue to support with organised events by pledging their time to supporting Rotherham and Barnsley Mind often outside their working hours.

Financial Statements and Treasurers Report

The last Financial Year saw Rotherham and Barnsley Mind operate successfully from a financial point of view with a surplus of £87,606. A large element of this was an increase of £66,000 in legacy gifts and donations. Taking this into account we still made a reasonable surplus, which in a time of high inflation was noteworthy. We continued to benefit from significant successful funding bids, with a marked increase in funding from National Mind. The senior management team and all staff are due considerable praise for creating the reputation we have gained with them.

The organisation is still completing its full restructure of the management team to match our increased operational activity.

One major change that we have made to our financial operation is to ringfence legacy pots gifted from doners to specific new projects that have been identified as a gap in the community. To ensure this is done ethically and to ensure longevity we have sought to secure match funding.

Special thanks should be given to our finance officer Alla Raka who continues to provide excellent financial controls over our ever-complex income streams.

Michael Marks
Treasurer

ROTHERHAM AND BARNSLEY MIND
Statement of Financial Activities
for the year ended 31st March 2023

	Notes	Unrestricted funds £	Designated fund £	Restricted fund £	Total 2023 £	Total 2022 £
Income from:						
Donations and legacies	2	133	0	95,835	95,969	29,969
Income from charitable activities		317,343	0	254,725	572,068	515,450
Income from charitable trading		5,383	0	0	5,383	6,479
Investment income		882	0	3,424	4,306	1,839
Total		**323,741**	**0**	**353,984**	**677,725**	**553,737**
Expenditure on:	3					
Cost of raising funds		34,635	0	0	34,635	49,725
Charitable activities		259,505	17,018	278,961	555,483	421,785
Total		**294,140**	**17,018**	**278,961**	**590,118**	**471,510**
Net income/(expenditure)		29,601	-17,018	75,024	87,607	82,227
Transfers between funds	12	-67,096	67,096	0	0	0
Net movement in funds after transfers		**-37,495**	**50,078**	**75,024**	**87,607**	**82,227**
Total funds brought forward at 1st April 2022		118,103	468,494	24,237	610,835	528,608
Total funds carried forward 31st March 2023		**80,608**	**518,572**	**99,260**	**698,441**	**610,835**

The above statement includes all gains and loses recognised during the year. All activities are regarded as continuing.

Prior year's income included Restricted Grants of £224,610. All other income was Unrestricted.

Prior years expenditure includes £16,915 depreciation charges to the Designated Funds and the total of £179,170 charges to the Restricted Funds (Staff costs £150,897, Insurance £1,249, Light and heat £1,460, Telephone and internet £258, Room rent £2,293, Advertising £2,448, Repairs and maintenance £5,397, Office supplies £1,936, Staff expense and training £10,681, Volunteer expenses £10, Client support £1,099, Delivered training £1,442). All other expenditure was Unrestricted.

ROTHERHAM AND BARNSLEY MIND

BALANCE SHEET

AS AT 31 MARCH 2022

	Note	£	2022 £	£	2021 £
Fixed assets					
Tangible assets	4	250,432		233,716	
Total fixed assets			250,432		233,716
Current assets					
Debtors	5	70,702		13,275	
Cash at bank and in hand		415,580		359,966	
Total current assets		486,282		373,241	
Current liabilities					
Creditors amounts falling due within one year	6	(125,879)		(78,349)	
Net current assets			360,403		294,892
Creditors amounts falling due after one year			-		-
Net assets			**610,835**		528,608
Funds of the charity	12,14 &15				
General unrestricted funds			118,102		73,203
Designated funds (Fixed Assets)			250,432		233,716
Designated funds (Other)			218,066		218,066
Restricted funds			24,235		3,623
Total funds			**610,835**		528,608

Exemption from audit

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:

- *The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;*
- *The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.*

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Working for better mental health since 1977 & 1979…
…working as one since 2012

Barnsley Office:

BCVS Building

23 Queens Road
Barnsley
S71 1AN
Tel: 01226 211188

Head Office:
Osborne House
1-2 Highfield, Doncaster Road
Rotherham
S65 1DZ
01709 919929

Visit us online or through on the web and social media at www.rbmind.co.uk

www.facebook.com/rotherhamandbarnsleymind/

https://twitter.com/rb_mind

Instagram:RBmind

If you would like to make a donation to enable our work to continue. Then please donate via Facebook, our website or on the following link.
https://www.rbmind.co.uk/get-involved/donate/

Registered Charity Number 1147740

A company limited by guarantee number 3616409

With thanks to our funders, partners and all those that have made donations throughout this year, these include:

ROTHERHAM AND BARNSLEY MIND

Financial statements for the

year ended 31st March 2023

Charity number: 1147740
Registered England and Wales

Company number: 03616409
Company limited by guarantee

ROTHERHAM AND BARNSLEY MIND
Contents of the financial statements
for the year ended 31st March 2023

	Page
Administrative Details	1
Directors (Trustees Report)	2 - 6
Independent Examiners Report	7
Statement of Financial Activities	8
Balance Sheet	9
Statement of Cash Flows	10
Notes to the accounts	11 - 17

ROTHERHAM AND BARNSLEY MIND
Administrative details
for the year ended 31st March 2023

Registered Name	ROTHERHAM AND BARNSLEY MIND
Registered Charity number	1147740
Registered Company number	03616409
Directors (Trustees)	Mrs C Ainsbury Miss A M Bland Mr I J Garlington Mr M A Jones Mr C A Mace Mr M R Marks Mr B Whittles
Chairperson	Mr C A Mace
Treasurer	Mr M R Marks
Chief Executive	Mrs R Siddall
Registered Office	Osbourne House 1-2 Highfields Doncaster Road Rotherham S65 1DX
Bankers	CAF Bank Cambridge & Counties Bank The Cooperative Hampshire Trust Bank Redwood Bank Limited
Independent examiner	HSL Accountancy Solutions Ltd Enterprise House 61a Carr House Doncaster DN1 2BY

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and financial statements for the year ended 31st March 2023. The Trustees have adopted the provisions of the Statement of Recommended Practice 'Accounting and Reporting by Charities' (FRS102) in preparing the annual report and financial statements of the Charity.

Structure, Governance and Management
Rotherham and Barnsley Mind is a registered charity with the Charity Commission and a company limited by guarantee. The affairs of the charity are governed by its Memorandum and Articles of Association, dated March 2012, and most recently amended May 2022. Under those Articles the trustees are responsible for the management of the affairs of the charity, for which purpose they may exercise all powers of the charity.

The Board of Trustees, consisting of a minimum of 3 members, meet every six weeks and under the new Memorandum and Articles of Association are no longer required to hold an AGM. The Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation, approved by the trustees, for operational matters including finance, property issues, employment, and other day to day activities.

Appointment of trustees
The trustees are also directors of the company for the purpose of company law. Recruitment of new trustees is carried out in accordance with our trustee recruitment policy (which is reviewed biennially). Biennial appraisals of the Board are carried out, which include a skills audit to identify areas where the Board could be strengthened. In the Articles of Association, the Board has the authority to appoint any person who is capable and willing to do so to be a trustee. Where necessary trustees will undertake a DBS check at the time of their appointment and undergo subsequent checks periodically throughout their time serving on the Board.

The trustee recruitment process follows current best practice and advice from the Charities Commission, NCVO and National Mind. From the adoption of the new Articles of Association all current and future trustees shall serve a three-year term of office and be eligible for re-appointment for up to two further terms, after which period they shall automatically vacate their office. Trustees then become eligible for re-appointment after a one-year break in service.

Trustee induction and training
New trustees undertake an induction process which involves briefing them on their legal obligations under charity and company law, the contents of the company's Articles of Association, the committee and decision-making processes, the business plan and performance of the charity. During the induction, they will meet employees and spend time with their fellow trustees. All trustees are actively encouraged to attend appropriate training, events, away days and to suggest relevant training to ensure they are supported in their roles and understanding of their responsibilities.

Risk management
The trustees have a duty to identify, review and manage the risks to which the charity is exposed and to ensure that appropriate controls are in place to provide reasonable assurance against fraud and error.

In line with National Mind's Quality Mark standards, the trustees seek to effectively identify and manage organisational risk and take a risk-based approach to planning and managing the organisation's business. This is achieved by ensuring that there is an up-to-date organisation wide risk register which assesses and addresses risks in relation to issues of governance, finance, operational issues, external influences, reputation and the loss of key staff and trustees.

There are plans in place to avoid, mitigate and/or manage serious risk and actions are implemented as appropriate. These plans are monitored on a regular basis. The risk register framework is a working document that informs decisions and plans. It is reviewed at least annually.

Financial and other indicators of the performance of the organisation are monitored on a regular basis by management, quarterly by the finance sub-group and at least every six weeks by the trustees at board meetings. The board assigns responsibility for risk management to a trustee who works alongside the Chief Executive.

The risk management policy comprises:

- A monthly review of the organisation's financial situation and any potential risks faced by it.
- The implementation of systems and procedures to mitigate the risks identified.
- The implementation of procedures designed to minimise any potential impact on the charity should these risks materialise.

Risk management (Continued)
Particular attention is focused on non-financial risks, for example, those related to health and safety including COVID-19. A key element in the management of financial risk is the setting of a Reserves Policy and its regular review by the Treasurer and Finance sub-committee, which also oversees the setting and monitoring of the annual budget.

Related parties
Related party transactions are detailed in the notes to the financial statements (Page 18).

Charitable aims and objectives
Operating primarily in the Boroughs of Rotherham and Barnsley but potentially also in neighbouring areas, the objectives of the charity as set out in its Articles of Association are:

- To promote the preservation of good mental health, in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.

- To relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems, by the gathering and dissemination of information and working to raise awareness, promote understanding and challenge stigma and discrimination.

The charity has a general aim of contributing towards the quality of life of local people with a mental health problem and providing support and information to members of the community. This is done by the provision of a range of training, group work, one-to-one and therapeutic activities.

We review our aims, objectives, and activities each year to help ensure that we remain focused on our stated purposes. We follow the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Activities undertaken for the public benefit
In shaping the objectives for the year, the trustees paid due regard to the public benefit guidance published by the Charity Commission. The charity's activities demonstrate how Rotherham and Barnsley Mind has set out to fulfil its principal charitable objective.

The main objectives of the strategic plan 2020 -23 were to deliver the following services:
- Supporting Children, Young People and Families in schools and local communities
- Therapeutic Counselling Service
- Reducing isolation through Social Sessions and Therapeutic Group Work
- Wellbeing and Inclusion work
- Wellbeing Services for workplaces and our own staff
- Training

The delivery of these services was underpinned by a focussed operational plan for 2022-2023 which also sought to increase the awareness of mental health issues whilst continuing to maintain and improve the quality of our services. The plan was implemented by:-
- Providing opportunities for people of all ages with a mental health problem to get involved in a range of therapeutic activities.
- Providing support to relatives and carers of people with a mental health problem.
- Continue to increase provision of workplace wellbeing and training within all sectors including our own workplace to improve sustainability of our services.
- Securing funding to build up the capacity of free counselling services.
- Developing a CYP service in all areas of operation
- Developing services through joint work with national mind and other local minds
- Consulting with Service Users in all aspects of decision making and co-production of services.
- Regularly monitoring and evaluating provision of all services provided by Rotherham and Barnsley Mind and to make this as transparent as possible.
- Continuing to seek alternative sources of funding to enable the organisation to improve its capacity and enhance the quality and range of its services.
- Seeking to expand our services to cover neighbouring areas that lack Mind support, including Wakefield and Huddersfield.
- Expanding on our skillset to offer a wider range of services to the communities we serve.

Achievement and performance

Charitable activities

The charity's aims and objectives are achieved through the activities described above and progress is monitored by the trustees, staff, volunteers, commissioners, and users of its services.

Thanks to the continued monitoring and improvement of operational processes over recent years; the resourcefulness, hard work, commitment and dedication of all staff, placement students and volunteers; increased success working in schools and obtaining grants from, Big Lottery, National Mind and Anna Freud along with securing new contracts with partners and other local minds, Rotherham and Barnsley Mind continues to prosper.

Increased use of digital and virtual services has facilitated the delivery of training further afield. Alongside this we have seen an increase in local demand for face-to-face delivery of therapeutic services and counselling.

Our plans to expand services both in skillset and geographically to cover neighbouring areas that lack Mind support have seen growth, and with additional funding secured specifically for these areas we envisage this will increase over the next 12 months.

Rotherham and Barnsley Mind's on-going investment in staff development enabled us to expand our training offer to introduce provision of mental health and suicide first aid in 2022.

Rotherham and Barnsley Mind was fortunate to receive further substantial legacy gifts from previous service users of the charity. A steering group was formed to look at key areas of need within our communities and it was agreed that five designated areas would receive equal amounts of funding from the legacy gifts, we would seek to secure match funding for each of these areas to provide some longevity to the delivery.

The five areas were:

- Supporting young males aged 18 -25
- Bereavement support
- Supporting individuals affected by menopause
- Investing into mind retail to generate unrestricted income for later service delivery
- Supporting those experiencing hardship through the cost-of-living crisis.

Rotherham and Barnsley Mind continues to comply with the Mind Quality Framework which requires us to meet or exceed all 24 key standards of best practice and legal compliance in all areas of our activity and undergo a rigorous assessment which includes a thorough appraisal of organisational policies and procedures as well as a visit and interviews with trustees, staff, volunteers, and service users. The Mind Quality Mark is awarded when all standards are fully met.

Local Minds are subject to a full assessment every three years. We are due to undergo our next assessment in 2023.

Plans for the future

Rotherham and Barnsley Mind has been working hard over recent years to seek out and take advantage of new opportunities and partnerships. We will strive to position the organisation so that it can capitalise on new opportunities as they present.

1. Rotherham and Barnsley Mind's Current strategic plan, agreed at Board on 06/02/2020, covers the financial years 2020/21, 2021/22, 2022/23. Recent growth has shown a need to review our current strategy, being in a more sustainable position will allow us to do this for the next five years and will be reported on in future annual reports. Our key strategic priorities will continue to be: To improve financial sustainability by securing a range of funding to cover core costs.

   Improving monitoring of spend against budgets and developing a more robust financial reporting system for stronger governance.

2. To increase diversity of income by
   - seeking new commissioning opportunities
   - engaging with local CCGs and Commissioners
   - seeking to provide services in Wakefield and Kirklees.
   - prioritising strategic bids and fundraising strategy

Plans for the future

3. To identify and develop new opportunities for service delivery by
    - partnering and collaborating with other organisations
    - building up the sliding scale counselling service
    - improving organisational capacity
    - developing a CYP service in all areas of operation

4. To build on and develop our unique selling points by
    - influencing commissioners in all areas of operation
    - collaborating with other providers
    - adopting a targeted approach to marketing and fundraising
    - increasing networking and raising awareness
    - building on our presence in all areas of operation
    - playing a full role in the response to the increase in mental health issues arising because of the Covid-19 pandemic

5. To maintain and expand high quality services by
    - developing robust KPIs and data analysis
    - continuing to develop service user input and feedback.
    - identifying gaps in provision and developing innovative delivery models
    - succession planning
    - achieving relevant accreditations

Financial review

The charity's policy on reserves

As required by Rotherham and Barnsley Mind's policy on reserves, during the financial year, our reserves remained more than sufficient to meet three months' running costs. The reserves policy will be reviewed during 2023/24 and, if necessary, amended to ensure it remains fit for purpose.

Reserves have enabled us to continue investing in professional bid writing support and the management structure to enhance organisational capacity and support service delivery. We still own Osborne House, our major operational site in Rotherham and are working towards purchasing a property in Barnsley again to reduce long term costs of renting.

At the year-end the General Unrestricted Reserve stands at £80,608.(2022: £118,103)

The charity also held the following designated funds at the year-end: 13.09.2022
Funding for staffing commitments £145,000
Buildings cost provision £120,000
Contingency fund £15,000

Detailed annual operation plans are produced setting out the co-ordinated steps to be taken to achieve the strategic priorities.

Investment policy and objectives

The company's investment powers are set out in its revised Articles of Association and allow the trustees to invest funds not immediately required in such manner as they consider most beneficial for the achievement of the charity's objectives. This policy is due to be reviewed during 2022/23.

Overview

Despite the uncertainty of the last few years with Covid-19, we were able to continue to provide the best possible level of service to our clients, without any break in service delivery and through new alternative and innovative ways which will continue to be an alternative method of delivery through digital platforms.

We will continue to strive to achieve our strategic aims and provide the support needed to individuals with mental health issues in Rotherham and Barnsley and neighbouring areas.

Financial position

The financial statements are set out in pages 8 to 10. The total funds at the year-end stand at £698,441 (2022: £610,835) this consists of fixed assets to the value of £238,572 (£250,432: 2022), balances remaining on restricted funding of £99,260 (£24,237: 2022) and a general reserve of £80,608 (£118,103: 2022).

Statement of Directors and Trustees' responsibilities
The trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure of the charitable company and the group for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and of the group and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and the group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions:
This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006. The directors declare that they have approved the directors' report above. Signed on behalf of the company's directors:

The trustees declare that they have approved the above report.

Signed on behalf of the trustees

Signed:

Name and position: B. Whittles Trustee / Vice Chair / DIRECTOR

Date: 17/NOV/2023

Examiner's report to the trustees of
ROTHERHAM AND BARNSLEY MIND
for the year ended 31st March 2023

I report on the accounts of the Rotherham and Barnsley MIND for the year ended 31 March 2023 which are set out on the following pages 8 to 17.

Respective responsibilities of trustees and examiner
The charity's trustees (who are also the directors of the Company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report
My examination was carried out in accordance with the 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
In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
-. any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr Heera Singh FMAAT

Date: 30th November 2023

HSL Accountancy Solutions Ltd
Enterprise House
61a Carr House
Doncaster
DN1 2BY

ROTHERHAM AND BARNSLEY MIND
Statement of Financial Activities
for the year ended 31st March 2023

	Notes	Unrestricted funds	Designated fund	Restricted fund	Total 2023	Total 2022
Income from:		£	£	£	£	£
Donations and legacies	2	133	0	95,835	95,969	29,969
Income from charitable activities		317,343	0	254,725	572,068	515,450
Income from charitable trading		5,383	0	0	5,383	6,479
Investment income		882	0	3,424	4,306	1,839
Total		**323,741**	**0**	**353,984**	**677,725**	**553,737**
Expenditure on:	3					
Cost of raising funds		34,635	0	0	34,635	49,725
Charitable activities		259,505	17,018	278,961	555,483	421,785
Total		**294,140**	**17,018**	**278,961**	**590,118**	**471,510**
Net income/(expenditure)		29,601	-17,018	75,024	87,607	82,227
Transfers between funds	12	-67,096	67,096	0	0	0
Net movement in funds after transfers		**-37,495**	**50,078**	**75,024**	**87,607**	**82,227**
Total funds brought forward at 1st April 2022		118,103	468,494	24,237	610,835	528,608
Total funds carried forward 31st March 2023		**80,608**	**518,572**	**99,260**	**698,441**	**610,835**

The above statement includes all gains and loses recognised during the year. All activities are regarded as continuing.

Prior year's income included Restricted Grants of £224,610. All other income was Unrestricted.

Prior years expenditure includes £16,915 depreciation charges to the Designated Funds and the total of £179,170 charges to the Restricted Funds (Staff costs £150,897, Insurance £1,249, Light and heat £1,460, Telephone and internet £258, Room rent £2,293, Advertising £2,448, Repairs and maintenance £5,397, Office supplies £1,936, Staff expense and training £10,681, Volunteer expenses £10, Client support £1,099, Delivered training £1,442). All other expenditure was Unrestricted.

ROTHERHAM AND BARNSLEY MIND
Balance sheet
As at 31st March 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	4	238,572	250,432
Current assets			
Debtors	5	40,729	70,702
Cash at bank and in hand	6	571,236	415,580
		611,965	486,282
Creditors (amounts falling due in one year)		-152,097	-125,879
Net current assets		459,868	360,403
Net assets		**698,441**	**610,835**
Reconciliation of Funds	12		
Unrestricted funds		80,608	118,103
Designated funds - Fixed assets		238,572	250,432
Designated funds - Other		280,000	218,064
Restricted funds		99,260	24,237
Total funds		**698,441**	**610,835**

For the period ended 31st March 2023, the company is entitled to the audit exemption under section 477 (2) of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:
a) ensuring the company keeps accounting records which comply with section 386; and
b) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and its profit or loss for the financial year, in accordance with the requirement of the companies Act 2006 relating to accounts, so far as is applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

The directors declare that they have approved the accounts above.

Signed on behalf of the company's directors:

Signed:

Name and position: B. WHITTLES TRUSTEE/VICE CHAIR / DIRECTOR

Date: 14/NOV/2023

The accounting policies and notes on pages 11 to 17 form part of these financial statements.

ROTHERHAM AND BARNSLEY MIND
Statement of Cash Flows
As at 31st March 2023

	Total 2023	Total 2022
Cash flows from operating activities:	**£**	**£**
Net income/(expenditure) per SoFA	87,606	82,227
Depreciation	17,018	16,915
(Increase)/decrease in assets	-5,159	-33,631
(Increase)/decrease in debtors	29,973	-57,427
Increase/(decrease) in creditors	26,218	47,530
	68,050	55,614
Cash flows from investing activities:		
Investment income	0	0
Net increase/(decrease) in cash:	**155,656**	**55,614**
Total cash as at 01 April 2022	415,580	359,966
Total cash as at 31 March 2023	**571,236**	**415,580**

The accounting policies and notes on pages 11 to 17 form part of these financial statements.

1 Accounting policies

1.1 Basis of preparation

These accounts (financial statements) have been prepared under the historic cost convention, with items recognised at cost or transaction value, unless otherwise stated in the relevant note(s), in accordance with:
(a) The Charities Act 2011
(b) The Companies Act 2006
(c) The Financial Reporting Standard applicable in the UK and the Republic of Ireland: FRS102
(d) Accounting & Reporting by Charities: Statement of Recommended Practice (Charities SORP FRS102) (effective January 2015)

The charity meets the definition of a public benefit entity as defined by FRS 102. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.2 Incoming resources

These are included in the Statement of Financial Activities (SoFA). Incoming resources are recognised when:
(a) The company becomes entitled to the resources
(b) The directors are virtually certain they will receive the resources; and
(c) The monetary value can be measured with sufficient reliability

Where incoming resources have related expenditure (as with fund-raising or contract income) the incoming resources and related expenditure are reported gross in the SoFA. Grants and donations are only included in the SoFA when the company has unconditional entitlement to the resources. Contractual income is only included in the SoFA once the related goods or performance related services have been delivered. Investment income is included in the accounts when receivable.

1.3 Expenditure

Expenditure is charged to the statement of financial activities on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure is classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable expenditure comprises those costs incurred in the delivery of the charity's activities and services for its beneficiaries, including both direct and support costs.

Governance costs include those costs associated with meeting constitutional and statutory requirements, including Accountancy fees.

1.4 Fund accounting

Restricted funds are funds received from donors which are subject to restrictions on the purposes for which they may be used of which have been raised for a specific project.

Unrestricted funds are those where there are no externally imposed restrictions. These include funds freely available to the charity for expenditure or appropriation to reserves for internally designated purposes.

1.5 Assets

Tangible assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributed to making the asses capable of operating as intended.

Depreciation is provided on all fixed assets at rates calculated to write off the cost, less estimated residual value, of each asset on a straight line basis over the shorter of the relevant period or, where the asset has been obtained via funding, the length of the project/funding stream as follows:

Freehold property	- 2% on costs
Fixtures, fittings and equipment	- 25% on costs
Computer equipment	- 33% on costs

Freehold property is initially recognised in the financial statements at historic cost. The fair value of the freehold property, in the opinion of the Trustees, cannot be measured reliably without undue cost or effort due to the specialised nature of the buildings. As such the freehold property is accounted for using the cost model. The Trustees undertake regular impairment reviews.

1.6 Taxes

The company is not VAT registered. As a Charity the company is exempt from taxation on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of chargeable gains Act section 505 of the Taxes Act 1988 or s256 of the Taxation of chargeable gains Act 1992 to the extent that these are applied to its charitable objects.

1.7. Creditors

Creditors 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 are normally recognised at their settlement amount, usually the invoice amount. Accrued charges are normally valued at their settlement amount.

1.8. Debtors

Debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

1.9. Leases

Rentals payable and receivable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

1.10. Pension costs

The charity operates a defined pension contribution pension scheme for employees. Pension costs are charged to the SoFA represent the contributions payable by the charity in the year.

1.11. Going concern

The financial statements have been prepared on a going concern basis. The Trustees have considered the level of funds held and the expected income and expenditure for the 12 months following the authorising of these financial statements and consider the going concern basis appropriate. There are no material uncertainties at the Balance Sheet date. The Trustees continue to pursue all known sources and means of funding that may be available to them in order to finance the charity's activities.

2. Income from:

	General Fund	Restricted Fund	Total 2023	Total 2022
Donations and Legacies	£	£	£	£
General donations	133	2,455	2,589	29,969
Legacy	0	93,380	93,380	0
	133	95,835	95,969	29,969
Charitable activities				
Provision of training	20,550	0	20,550	30,124
Schools income	189,753	0	189,753	164,657
Counselling and services	96,989	0	96,989	92,677
Big Lottery - Cope	0	100,828	100,828	0
BMBC - Thriving Communities Project	0	29,689	29,689	39,433
Children in need	0	-375	-375	31,400
Dept of Health and Social Care	0	0	0	47,279
Grants				
National Mind - Cost of Living	0	1,734	1,734	0
National Mind - EFL Legacy	0	8,111	8,111	0
National Mind - Mental health Champion	0	6,391	6,391	13,488
National Mind - Whole School	0	13,965	13,965	23,000
Sheffield Futures ESF	0	48,877	48,877	13,217
Sheffield Mind - Families in Mind	0	1,578	1,578	5,850
VAR PCN Link	0	5,957	5,957	22,260
VAR Smiles for Miles	0	13,585	13,585	6,293
VAR Social Prescribing	0	24,385	24,385	22,390
Kickstart Grant	10,051	0	10,051	3,382
	317,343	**254,725**	**572,067**	**515,450**

2. Income from (Continued):

	General Fund	Restricted Fund	Total 2023	Total 2022
Income from Charitable Trading	£	£	£	£
Rent receivable	2,961	0	2,961	6,384
Room hire	2,422	0	2,422	95
Other trading	0	0	0	0
	5,383	**0**	**5,383**	**6,479**
Investment income				
Bank interest	882	3,424	4,306	1,839
Total income	**323,741**	**353,984**	**677,725**	**553,737**

Prior year's income included Restricted Grants of £224,610. All other income was Unrestricted.

3. Expenditure on:

	General Fund	Designated Fund	Restricted Fund	Total 2023	Total 2022
Cost of raising funds	£	£	£	£	£
Bid Writing costs	34,635		0	34,635	49,725
Total	**34,635**	**0**	**0**	**34,635**	**49,725**
Cost of Charitable Activities					
Direct costs					
Staff costs	152,184	0	259,084	411,267	293,617
Rates and water	2,139	0	0	2,139	2,629
Insurance	5,443	0	0	5,443	4,619
Light and heat	3,249	0	0	3,249	3,610
Telephone and Internet	3,509	0	358	3,866	3,101
Room rent	10,158	0	7,394	17,552	9,426
Advertising and publicity	3,175	0	705	3,880	5,957
Sundry expenses	74	0	99	172	628
Repairs and maintenance	12,234	0	0	12,234	13,172
Office supplies	9,744	0	5,287	15,031	11,276
Staff expense and training	1,944	0	2,288	4,232	14,354
Affiliation and fees	2,489	0	0	2,489	516
Volunteer expenses	0	0	838	838	101
Client support	540	0	257	797	1,103
Delivered training	0	0	2,136	2,136	1,887
Cleaning and hygiene costs	7,919	0	0	7,919	7,397
Depreciation	0	17,018	0	17,018	16,915
	214,799	**17,018**	**278,445**	**510,263**	**390,308**
Support costs					
Interest and charges	454	0	0	454	612
Independent Examination fee	1,050	0	0	1,050	950
Salaries costs - Admin and management	41,766	0	0	41,766	28,817
Legal and professional fees	1,435	0	515	1,950	1,098
	44,705	**0**	**515**	**45,220**	**31,477**
Total	**294,140**	**17,018**	**278,961**	**590,118**	**471,510**

Prior years expenditure includes £16,915 depreciation charges to the Designated Funds and the total of £179,170 charges to the Restricted Funds (Staff costs £150,897, Insurance £1,249, Light and heat £1,460, Telephone and internet £258, Room rent £2,293, Advertising £2,448, Repairs and maintenance £5,397, Office supplies £1,936, Staff expense and training £10,681, Volunteer expenses £10, Client support £1,099, Delivered training £1,442). All other expenditure was Unrestricted.

4. Tangible fixed assets

	Freehold Property	Fittings & Equipment	Computer Equipment	Total
	£	£	£	£
Cost	269,384	49,214	59,714	378,312
Additions	5,158	0	0	5,158
Disposals	0	0	0	0
At 31st March 2023	274,542	49,214	59,714	383,470
Depreciation				
At 1st April 2022	47,263	29,309	51,308	127,880
Charge this period	5,491	7,325	4,203	17,018
At 31st March 2023	52,754	36,634	55,511	144,898
Net book value at 31st March 2023	**221,788**	**12,580**	**4,203**	**238,572**
Net book value at 31st March 2022	**222,121**	**19,908**	**8,406**	**250,435**

5. Debtors – amounts falling due within one year

	2023	2022
	£	£
Accounts receivable	40,400	53,751
Accrued income	0	15,517
Prepayments	328	1,434
	40,729	**70,702**

6. Creditors – amounts falling due within one year

	2023	2022
	£	£
Accounts payable	4,322	47,701
Accruals	2,188	2,868
Income received in advanced	145,273	74,136
VAT Liability	314	1,174
	152,097	**125,879**

7. Staff costs

	2023	2022
	£	£
Salaries	428,347	300,627
Social security costs	17,419	16,302
Pension	7,268	5,505
	453,033	**322,434**

Average number of employees during the period was:	28	24

No person received emoluments of more than £60,000.in the year.

8. Analysis of net assets by fund

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2023 £
Tangible fixed assets	0	238,572	0	238,572
Current assets	299,801	212,904	99,260	611,965
Current liabilities	-152,097	0		-152,097
	147,703	**451,476**	**99,260**	**698,440**

	Unrestricted Funds	Designated Funds	Restricted Funds	Total 2022
Tangible fixed assets	0	250,432	0	250,432
Current assets	243,981	218,066	24,235	486,282
Current liabilities	-125,879	0	0	-125,879
	118,102	**468,498**	**24,235**	**610,835**

9. Trustee remuneration, benefits and expenses

There was no remuneration, benefits or expenses during this year and in the previous year.

10. Related party transactions

Mrs K Whittles, the wife of Mr B Whittles (Trustee) was employed by the charity during the year and received a monthly salary.

11. Independent examination and accountancy services

During the period of accounts, the cost of the Independent Examination and accountancy services was £1,050 (2022: £950).

12. Movement of funds

	Opening 01.04.2022 £	Incoming resources £	Expended resources £	Transfers £	Closing 31.03.2023 £
Unrestricted funds					
General funds	118,103	323,741	-294,140	-67,096	80,608
Designated funds					
Fixed assets	250,432	0	-17,018	5,158	238,573
Staffing commitments	148,064	0	0	-3,062	145,000
Building costs provision	55,000	0	0	65,000	120,000
Contingency fund	15,000	0	0	0	15,000
	468,496	0	-17,018	67,096	518,572
Restricted funds					
Children in need	375	-375	0	0	0
VAR PCN Link	172	5,957	-6,129	0	0
VAR Smiles for miles	24	13,585	-13,609	0	0
VAR Social Prescribing	1,091	24,385	-25,476	0	0
BMBC Thriving communities	8,859	29,689	-38,548	0	0
Sheffield Mind - Families in mind	226	1,578	-1,804	0	0
National Mind - Mental Health Champion	13,488	6,391	-19,879	0	0
Donations and Legacies	0	99,260	0	0	99,260
Big Lottery - Cope	0	100,828	-100,828	0	0
National Mind - Cost of Living	0	1,734	-1,734	0	0
National Mind - EFL Legacy	0	8,111	-8,111	0	0
National Mind – Schools and Colleges	0	13,965	-13,965	0	0
Sheffield Futures ESF	0	48,877	-48,877	0	0
	24,237	353,984	-278,961	0	99,260
	610,835	**677,725**	**-590,118**	**0**	**698,441**

12. **Movement of funds (Continued)**

Transfer between funds

A sum of £5,158 was transferred from Unrestricted Funds to the designated fixed asset fund. The net amount of £61,938 was transferred between designated funds in line with the Reserves policy outlined below.

Designated Funds

Designated funds are unrestricted funds that have been set aside by the trustees for a particular purpose/need.

The value of the fixed assets is held in the designated funds, against which depreciation is charges.

The trustees have also designated funds to support the charity's operational needs, future commitments and statutory obligations. Designated operational and strategic funds at the yearend include:

- Funds for future staffing £145,000
- Building cost provision, for the upkeep of the building and future running costs £120,000
- Contingency fund, for unforeseen events/expenses £15,000

Restricted funds

Children in need

A grant from the Youth Investment Fund for capital costs.

VAR – Social prescribing

Grant funding from Voluntary Action Rotherham to support the following project:
Person-centred counselling, delivered in-house by telephone or in the clients own home. Each client generally offered six 1-hour sessions which can be increased if required, dependant on need.

VAR – PCN (Primary Care Network) Links

Grant funding from Voluntary Action Rotherham to provide one to one support for people who are experiencing emotional distress and who are referred by PCN Link Workers.

VAR –Smiles for miles

Grant funding from Voluntary Action Rotherham to provide small group workshops for children and young people.

BMBC –Thriving communities

A 2 year grant from the Central Area Isolation Challenge Fund to develop community initiatives with the aim of creating networks of support for marginalised and isolated communities. Activities include one to one support, group based learning, signposting and a range of group/community initiatives.

Sheffield Futures – ESF Grant

Funding from the ESF Young Peoples Mental Health and Employability Support Programme to provide one to one counselling support, group therapeutic sessions and a 6-week wellbeing programme, with the aim of supporting young people to become more resilient young adults and improve general mental wellbeing.

Sheffield Mind – Families in mind

Funding to provide therapy across Rotherham and Barnsley to support the delivery of this service.

National Mind – Mental Health Champions

A grant to support the workplace wellbeing programme.

National Mind – IT Fund

A grant from the Emergency IT fund, for the purchase of IT equipment to enable the organisation to better support service users during the Coronavirus pandemic.

Donations and Legacies

All donations and Legacies received by Rotherham and Barnsley Mind are used ethically and responsibly to continue our work supporting the residents in our local communities both directly and through partnership working.

ROTHERHAM AND BARNSLEY MIND

Financial statements for the

year ended 31st March 2023

Charity number: 1147740
Registered England and Wales

Company number: 03616409
Company limited by guarantee

ROTHERHAM AND BARNSLEY MIND
Contents of the financial statements
for the year ended 31st March 2023

	Page
Administrative Details	1
Directors (Trustees Report)	2 - 6
Independent Examiners Report	7
Statement of Financial Activities	8
Balance Sheet	9
Statement of Cash Flows	10
Notes to the accounts	11 - 17

ROTHERHAM AND BARNSLEY MIND
Administrative details
for the year ended 31st March 2023

Registered Name	ROTHERHAM AND BARNSLEY MIND
Registered Charity number	1147740
Registered Company number	03616409
Directors (Trustees)	Mrs C Ainsbury Miss A M Bland Mr I J Garlington Mr M A Jones Mr C A Mace Mr M R Marks Mr B Whittles
Chairperson	Mr C A Mace
Treasurer	Mr M R Marks
Chief Executive	Mrs R Siddall
Registered Office	Osbourne House 1-2 Highfields Doncaster Road Rotherham S65 1DX
Bankers	CAF Bank Cambridge & Counties Bank The Cooperative Hampshire Trust Bank Redwood Bank Limited
Independent examiner	HSL Accountancy Solutions Ltd Enterprise House 61a Carr House Doncaster DN1 2BY

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and financial statements for the year ended 31st March 2023. The Trustees have adopted the provisions of the Statement of Recommended Practice 'Accounting and Reporting by Charities' (FRS102) in preparing the annual report and financial statements of the Charity.

Structure, Governance and Management
Rotherham and Barnsley Mind is a registered charity with the Charity Commission and a company limited by guarantee. The affairs of the charity are governed by its Memorandum and Articles of Association, dated March 2012, and most recently amended May 2022. Under those Articles the trustees are responsible for the management of the affairs of the charity, for which purpose they may exercise all powers of the charity.

The Board of Trustees, consisting of a minimum of 3 members, meet every six weeks and under the new Memorandum and Articles of Association are no longer required to hold an AGM. The Chief Executive is appointed by the trustees to manage the day-to-day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation, approved by the trustees, for operational matters including finance, property issues, employment, and other day to day activities.

Appointment of trustees
The trustees are also directors of the company for the purpose of company law. Recruitment of new trustees is carried out in accordance with our trustee recruitment policy (which is reviewed biennially). Biennial appraisals of the Board are carried out, which include a skills audit to identify areas where the Board could be strengthened. In the Articles of Association, the Board has the authority to appoint any person who is capable and willing to do so to be a trustee. Where necessary trustees will undertake a DBS check at the time of their appointment and undergo subsequent checks periodically throughout their time serving on the Board.

The trustee recruitment process follows current best practice and advice from the Charities Commission, NCVO and National Mind. From the adoption of the new Articles of Association all current and future trustees shall serve a three-year term of office and be eligible for re-appointment for up to two further terms, after which period they shall automatically vacate their office. Trustees then become eligible for re-appointment after a one-year break in service.

Trustee induction and training
New trustees undertake an induction process which involves briefing them on their legal obligations under charity and company law, the contents of the company's Articles of Association, the committee and decision-making processes, the business plan and performance of the charity. During the induction, they will meet employees and spend time with their fellow trustees. All trustees are actively encouraged to attend appropriate training, events, away days and to suggest relevant training to ensure they are supported in their roles and understanding of their responsibilities.

Risk management
The trustees have a duty to identify, review and manage the risks to which the charity is exposed and to ensure that appropriate controls are in place to provide reasonable assurance against fraud and error.

In line with National Mind's Quality Mark standards, the trustees seek to effectively identify and manage organisational risk and take a risk-based approach to planning and managing the organisation's business. This is achieved by ensuring that there is an up-to-date organisation wide risk register which assesses and addresses risks in relation to issues of governance, finance, operational issues, external influences, reputation and the loss of key staff and trustees.

There are plans in place to avoid, mitigate and/or manage serious risk and actions are implemented as appropriate. These plans are monitored on a regular basis. The risk register framework is a working document that informs decisions and plans. It is reviewed at least annually.

Financial and other indicators of the performance of the organisation are monitored on a regular basis by management, quarterly by the finance sub-group and at least every six weeks by the trustees at board meetings. The board assigns responsibility for risk management to a trustee who works alongside the Chief Executive.

The risk management policy comprises:

- A monthly review of the organisation's financial situation and any potential risks faced by it.
- The implementation of systems and procedures to mitigate the risks identified.
- The implementation of procedures designed to minimise any potential impact on the charity should these risks materialise.

Risk management (Continued)
Particular attention is focused on non-financial risks, for example, those related to health and safety including COVID-19. A key element in the management of financial risk is the setting of a Reserves Policy and its regular review by the Treasurer and Finance sub-committee, which also oversees the setting and monitoring of the annual budget.

Related parties
Related party transactions are detailed in the notes to the financial statements (Page 18).

Charitable aims and objectives
Operating primarily in the Boroughs of Rotherham and Barnsley but potentially also in neighbouring areas, the objectives of the charity as set out in its Articles of Association are:

- To promote the preservation of good mental health, in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.

- To relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems, by the gathering and dissemination of information and working to raise awareness, promote understanding and challenge stigma and discrimination.

The charity has a general aim of contributing towards the quality of life of local people with a mental health problem and providing support and information to members of the community. This is done by the provision of a range of training, group work, one-to-one and therapeutic activities.

We review our aims, objectives, and activities each year to help ensure that we remain focused on our stated purposes. We follow the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Activities undertaken for the public benefit
In shaping the objectives for the year, the trustees paid due regard to the public benefit guidance published by the Charity Commission. The charity's activities demonstrate how Rotherham and Barnsley Mind has set out to fulfil its principal charitable objective.

The main objectives of the strategic plan 2020 -23 were to deliver the following services:
- Supporting Children, Young People and Families in schools and local communities
- Therapeutic Counselling Service
- Reducing isolation through Social Sessions and Therapeutic Group Work
- Wellbeing and Inclusion work
- Wellbeing Services for workplaces and our own staff
- Training

The delivery of these services was underpinned by a focussed operational plan for 2022-2023 which also sought to increase the awareness of mental health issues whilst continuing to maintain and improve the quality of our services. The plan was implemented by:-
- Providing opportunities for people of all ages with a mental health problem to get involved in a range of therapeutic activities.
- Providing support to relatives and carers of people with a mental health problem.
- Continue to increase provision of workplace wellbeing and training within all sectors including our own workplace to improve sustainability of our services.
- Securing funding to build up the capacity of free counselling services.
- Developing a CYP service in all areas of operation
- Developing services through joint work with national mind and other local minds
- Consulting with Service Users in all aspects of decision making and co-production of services.
- Regularly monitoring and evaluating provision of all services provided by Rotherham and Barnsley Mind and to make this as transparent as possible.
- Continuing to seek alternative sources of funding to enable the organisation to improve its capacity and enhance the quality and range of its services.
- Seeking to expand our services to cover neighbouring areas that lack Mind support, including Wakefield and Huddersfield.
- Expanding on our skillset to offer a wider range of services to the communities we serve.

Achievement and performance

Charitable activities

The charity's aims and objectives are achieved through the activities described above and progress is monitored by the trustees, staff, volunteers, commissioners, and users of its services.

Thanks to the continued monitoring and improvement of operational processes over recent years; the resourcefulness, hard work, commitment and dedication of all staff, placement students and volunteers; increased success working in schools and obtaining grants from, Big Lottery, National Mind and Anna Freud along with securing new contracts with partners and other local minds, Rotherham and Barnsley Mind continues to prosper.

Increased use of digital and virtual services has facilitated the delivery of training further afield. Alongside this we have seen an increase in local demand for face-to-face delivery of therapeutic services and counselling.

Our plans to expand services both in skillset and geographically to cover neighbouring areas that lack Mind support have seen growth, and with additional funding secured specifically for these areas we envisage this will increase over the next 12 months.

Rotherham and Barnsley Mind's on-going investment in staff development enabled us to expand our training offer to introduce provision of mental health and suicide first aid in 2022.

Rotherham and Barnsley Mind was fortunate to receive further substantial legacy gifts from previous service users of the charity. A steering group was formed to look at key areas of need within our communities and it was agreed that five designated areas would receive equal amounts of funding from the legacy gifts, we would seek to secure match funding for each of these areas to provide some longevity to the delivery.

The five areas were:

- Supporting young males aged 18 -25
- Bereavement support
- Supporting individuals affected by menopause
- Investing into mind retail to generate unrestricted income for later service delivery
- Supporting those experiencing hardship through the cost-of-living crisis.

Rotherham and Barnsley Mind continues to comply with the Mind Quality Framework which requires us to meet or exceed all 24 key standards of best practice and legal compliance in all areas of our activity and undergo a rigorous assessment which includes a thorough appraisal of organisational policies and procedures as well as a visit and interviews with trustees, staff, volunteers, and service users. The Mind Quality Mark is awarded when all standards are fully met.

Local Minds are subject to a full assessment every three years. We are due to undergo our next assessment in 2023.

Plans for the future

Rotherham and Barnsley Mind has been working hard over recent years to seek out and take advantage of new opportunities and partnerships. We will strive to position the organisation so that it can capitalise on new opportunities as they present.

1. Rotherham and Barnsley Mind's Current strategic plan, agreed at Board on 06/02/2020, covers the financial years 2020/21, 2021/22, 2022/23. Recent growth has shown a need to review our current strategy, being in a more sustainable position will allow us to do this for the next five years and will be reported on in future annual reports. Our key strategic priorities will continue to be: To improve financial sustainability by securing a range of funding to cover core costs.

   Improving monitoring of spend against budgets and developing a more robust financial reporting system for stronger governance.

2. To increase diversity of income by
   - seeking new commissioning opportunities
   - engaging with local CCGs and Commissioners
   - seeking to provide services in Wakefield and Kirklees.
   - prioritising strategic bids and fundraising strategy

Plans for the future

3. To identify and develop new opportunities for service delivery by
    - partnering and collaborating with other organisations
    - building up the sliding scale counselling service
    - improving organisational capacity
    - developing a CYP service in all areas of operation

4. To build on and develop our unique selling points by
    - influencing commissioners in all areas of operation
    - collaborating with other providers
    - adopting a targeted approach to marketing and fundraising
    - increasing networking and raising awareness
    - building on our presence in all areas of operation
    - playing a full role in the response to the increase in mental health issues arising because of the Covid-19 pandemic

5. To maintain and expand high quality services by
    - developing robust KPIs and data analysis
    - continuing to develop service user input and feedback.
    - identifying gaps in provision and developing innovative delivery models
    - succession planning
    - achieving relevant accreditations

Financial review

The charity's policy on reserves

As required by Rotherham and Barnsley Mind's policy on reserves, during the financial year, our reserves remained more than sufficient to meet three months' running costs. The reserves policy will be reviewed during 2023/24 and, if necessary, amended to ensure it remains fit for purpose.

Reserves have enabled us to continue investing in professional bid writing support and the management structure to enhance organisational capacity and support service delivery. We still own Osborne House, our major operational site in Rotherham and are working towards purchasing a property in Barnsley again to reduce long term costs of renting.

At the year-end the General Unrestricted Reserve stands at £80,608.(2022: £118,103)

The charity also held the following designated funds at the year-end: 13.09.2022
Funding for staffing commitments £145,000
Buildings cost provision £120,000
Contingency fund £15,000

Detailed annual operation plans are produced setting out the co-ordinated steps to be taken to achieve the strategic priorities.

Investment policy and objectives

The company's investment powers are set out in its revised Articles of Association and allow the trustees to invest funds not immediately required in such manner as they consider most beneficial for the achievement of the charity's objectives. This policy is due to be reviewed during 2022/23.

Overview

Despite the uncertainty of the last few years with Covid-19, we were able to continue to provide the best possible level of service to our clients, without any break in service delivery and through new alternative and innovative ways which will continue to be an alternative method of delivery through digital platforms.

We will continue to strive to achieve our strategic aims and provide the support needed to individuals with mental health issues in Rotherham and Barnsley and neighbouring areas.

Financial position

The financial statements are set out in pages 8 to 10. The total funds at the year-end stand at £698,441 (2022: £610,835) this consists of fixed assets to the value of £238,572 (£250,432: 2022), balances remaining on restricted funding of £99,260 (£24,237: 2022) and a general reserve of £80,608 (£118,103: 2022).

Statement of Directors and Trustees' responsibilities
The trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and the group and of the incoming resources and application of resources, including the income and expenditure of the charitable company and the group for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and of the group and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and the group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions:
This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006. The directors declare that they have approved the directors' report above. Signed on behalf of the company's directors:

The trustees declare that they have approved the above report.

Signed on behalf of the trustees

Signed:

Name and position: B. Whittles Trustee / Vice Chair / DIRECTOR

Date: 17/NOV/2023

Examiner's report to the trustees of
ROTHERHAM AND BARNSLEY MIND
for the year ended 31st March 2023

I report on the accounts of the Rotherham and Barnsley MIND for the year ended 31 March 2023 which are set out on the following pages 8 to 17.

Respective responsibilities of trustees and examiner
The charity's trustees (who are also the directors of the Company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report
My examination was carried out in accordance with the 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
In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that, in any material respect, the requirements:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
-. any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

have not been met; or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Mr Heera Singh FMAAT

Date: 30th November 2023

HSL Accountancy Solutions Ltd
Enterprise House
61a Carr House
Doncaster
DN1 2BY

ROTHERHAM AND BARNSLEY MIND
Statement of Financial Activities
for the year ended 31st March 2023

	Notes	Unrestricted funds	Designated fund	Restricted fund	Total 2023	Total 2022
Income from:		£	£	£	£	£
Donations and legacies	2	133	0	95,835	95,969	29,969
Income from charitable activities		317,343	0	254,725	572,068	515,450
Income from charitable trading		5,383	0	0	5,383	6,479
Investment income		882	0	3,424	4,306	1,839
Total		**323,741**	**0**	**353,984**	**677,725**	**553,737**
Expenditure on:	3					
Cost of raising funds		34,635	0	0	34,635	49,725
Charitable activities		259,505	17,018	278,961	555,483	421,785
Total		**294,140**	**17,018**	**278,961**	**590,118**	**471,510**
Net income/(expenditure)		29,601	-17,018	75,024	87,607	82,227
Transfers between funds	12	-67,096	67,096	0	0	0
Net movement in funds after transfers		**-37,495**	**50,078**	**75,024**	**87,607**	**82,227**
Total funds brought forward at 1st April 2022		118,103	468,494	24,237	610,835	528,608
Total funds carried forward 31st March 2023		**80,608**	**518,572**	**99,260**	**698,441**	**610,835**

The above statement includes all gains and loses recognised during the year. All activities are regarded as continuing.

Prior year's income included Restricted Grants of £224,610. All other income was Unrestricted.

Prior years expenditure includes £16,915 depreciation charges to the Designated Funds and the total of £179,170 charges to the Restricted Funds (Staff costs £150,897, Insurance £1,249, Light and heat £1,460, Telephone and internet £258, Room rent £2,293, Advertising £2,448, Repairs and maintenance £5,397, Office supplies £1,936, Staff expense and training £10,681, Volunteer expenses £10, Client support £1,099, Delivered training £1,442). All other expenditure was Unrestricted.

ROTHERHAM AND BARNSLEY MIND
Balance sheet
As at 31st March 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	4	238,572	250,432
Current assets			
Debtors	5	40,729	70,702
Cash at bank and in hand	6	571,236	415,580
		611,965	486,282
Creditors (amounts falling due in one year)		-152,097	-125,879
Net current assets		459,868	360,403
Net assets		**698,441**	**610,835**
Reconciliation of Funds	12		
Unrestricted funds		80,608	118,103
Designated funds - Fixed assets		238,572	250,432
Designated funds - Other		280,000	218,064
Restricted funds		99,260	24,237
Total funds		**698,441**	**610,835**

For the period ended 31st March 2023, the company is entitled to the audit exemption under section 477 (2) of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:
a) ensuring the company keeps accounting records which comply with section 386; and
b) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and its profit or loss for the financial year, in accordance with the requirement of the companies Act 2006 relating to accounts, so far as is applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

The directors declare that they have approved the accounts above.

Signed on behalf of the company's directors:

Signed:

Name and position: B. WHITTLES TRUSTEE/VICE CHAIR / DIRECTOR

Date: 14/NOV/2023

The accounting policies and notes on pages 11 to 17 form part of these financial statements.

ROTHERHAM AND BARNSLEY MIND
Statement of Cash Flows
As at 31st March 2023

	Total 2023	Total 2022
Cash flows from operating activities:	**£**	**£**
Net income/(expenditure) per SoFA	87,606	82,227
Depreciation	17,018	16,915
(Increase)/decrease in assets	-5,159	-33,631
(Increase)/decrease in debtors	29,973	-57,427
Increase/(decrease) in creditors	26,218	47,530
	68,050	55,614
Cash flows from investing activities:		
Investment income	0	0
Net increase/(decrease) in cash:	**155,656**	**55,614**
Total cash as at 01 April 2022	415,580	359,966
Total cash as at 31 March 2023	**571,236**	**415,580**

The accounting policies and notes on pages 11 to 17 form part of these financial statements.

1 Accounting policies

1.1 Basis of preparation

These accounts (financial statements) have been prepared under the historic cost convention, with items recognised at cost or transaction value, unless otherwise stated in the relevant note(s), in accordance with:
(a) The Charities Act 2011
(b) The Companies Act 2006
(c) The Financial Reporting Standard applicable in the UK and the Republic of Ireland: FRS102
(d) Accounting & Reporting by Charities: Statement of Recommended Practice (Charities SORP FRS102) (effective January 2015)

The charity meets the definition of a public benefit entity as defined by FRS 102. The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

1.2 Incoming resources

These are included in the Statement of Financial Activities (SoFA). Incoming resources are recognised when:
(a) The company becomes entitled to the resources
(b) The directors are virtually certain they will receive the resources; and
(c) The monetary value can be measured with sufficient reliability

Where incoming resources have related expenditure (as with fund-raising or contract income) the incoming resources and related expenditure are reported gross in the SoFA. Grants and donations are only included in the SoFA when the company has unconditional entitlement to the resources. Contractual income is only included in the SoFA once the related goods or performance related services have been delivered. Investment income is included in the accounts when receivable.

1.3 Expenditure

Expenditure is charged to the statement of financial activities on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure is classified under headings that aggregate all costs related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Charitable expenditure comprises those costs incurred in the delivery of the charity's activities and services for its beneficiaries, including both direct and support costs.

Governance costs include those costs associated with meeting constitutional and statutory requirements, including Accountancy fees.

1.4 Fund accounting

Restricted funds are funds received from donors which are subject to restrictions on the purposes for which they may be used of which have been raised for a specific project.

Unrestricted funds are those where there are no externally imposed restrictions. These include funds freely available to the charity for expenditure or appropriation to reserves for internally designated purposes.

1.5 Assets

Tangible assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributed to making the asses capable of operating as intended.

Depreciation is provided on all fixed assets at rates calculated to write off the cost, less estimated residual value, of each asset on a straight line basis over the shorter of the relevant period or, where the asset has been obtained via funding, the length of the project/funding stream as follows:

Freehold property	- 2% on costs
Fixtures, fittings and equipment	- 25% on costs
Computer equipment	- 33% on costs

Freehold property is initially recognised in the financial statements at historic cost. The fair value of the freehold property, in the opinion of the Trustees, cannot be measured reliably without undue cost or effort due to the specialised nature of the buildings. As such the freehold property is accounted for using the cost model. The Trustees undertake regular impairment reviews.

1.6 Taxes

The company is not VAT registered. As a Charity the company is exempt from taxation on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of chargeable gains Act section 505 of the Taxes Act 1988 or s256 of the Taxation of chargeable gains Act 1992 to the extent that these are applied to its charitable objects.

1.7. Creditors

Creditors 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 are normally recognised at their settlement amount, usually the invoice amount. Accrued charges are normally valued at their settlement amount.

1.8. Debtors

Debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

1.9. Leases

Rentals payable and receivable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

1.10. Pension costs

The charity operates a defined pension contribution pension scheme for employees. Pension costs are charged to the SoFA represent the contributions payable by the charity in the year.

1.11. Going concern

The financial statements have been prepared on a going concern basis. The Trustees have considered the level of funds held and the expected income and expenditure for the 12 months following the authorising of these financial statements and consider the going concern basis appropriate. There are no material uncertainties at the Balance Sheet date. The Trustees continue to pursue all known sources and means of funding that may be available to them in order to finance the charity's activities.

2. Income from:

	General Fund	Restricted Fund	Total 2023	Total 2022
Donations and Legacies	£	£	£	£
General donations	133	2,455	2,589	29,969
Legacy	0	93,380	93,380	0
	133	95,835	95,969	29,969
Charitable activities				
Provision of training	20,550	0	20,550	30,124
Schools income	189,753	0	189,753	164,657
Counselling and services	96,989	0	96,989	92,677
Big Lottery - Cope	0	100,828	100,828	0
BMBC - Thriving Communities Project	0	29,689	29,689	39,433
Children in need	0	-375	-375	31,400
Dept of Health and Social Care	0	0	0	47,279
Grants				
National Mind - Cost of Living	0	1,734	1,734	0
National Mind - EFL Legacy	0	8,111	8,111	0
National Mind - Mental health Champion	0	6,391	6,391	13,488
National Mind - Whole School	0	13,965	13,965	23,000
Sheffield Futures ESF	0	48,877	48,877	13,217
Sheffield Mind - Families in Mind	0	1,578	1,578	5,850
VAR PCN Link	0	5,957	5,957	22,260
VAR Smiles for Miles	0	13,585	13,585	6,293
VAR Social Prescribing	0	24,385	24,385	22,390
Kickstart Grant	10,051	0	10,051	3,382
	317,343	**254,725**	**572,067**	**515,450**

2. Income from (Continued):

	General Fund	Restricted Fund	Total 2023	Total 2022
Income from Charitable Trading	£	£	£	£
Rent receivable	2,961	0	2,961	6,384
Room hire	2,422	0	2,422	95
Other trading	0	0	0	0
	5,383	**0**	**5,383**	**6,479**
Investment income				
Bank interest	882	3,424	4,306	1,839
Total income	**323,741**	**353,984**	**677,725**	**553,737**

Prior year's income included Restricted Grants of £224,610. All other income was Unrestricted.

3. Expenditure on:

	General Fund	Designated Fund	Restricted Fund	Total 2023	Total 2022
Cost of raising funds	£	£	£	£	£
Bid Writing costs	34,635		0	34,635	49,725
Total	**34,635**	**0**	**0**	**34,635**	**49,725**
Cost of Charitable Activities					
Direct costs					
Staff costs	152,184	0	259,084	411,267	293,617
Rates and water	2,139	0	0	2,139	2,629
Insurance	5,443	0	0	5,443	4,619
Light and heat	3,249	0	0	3,249	3,610
Telephone and Internet	3,509	0	358	3,866	3,101
Room rent	10,158	0	7,394	17,552	9,426
Advertising and publicity	3,175	0	705	3,880	5,957
Sundry expenses	74	0	99	172	628
Repairs and maintenance	12,234	0	0	12,234	13,172
Office supplies	9,744	0	5,287	15,031	11,276
Staff expense and training	1,944	0	2,288	4,232	14,354
Affiliation and fees	2,489	0	0	2,489	516
Volunteer expenses	0	0	838	838	101
Client support	540	0	257	797	1,103
Delivered training	0	0	2,136	2,136	1,887
Cleaning and hygiene costs	7,919	0	0	7,919	7,397
Depreciation	0	17,018	0	17,018	16,915
	214,799	**17,018**	**278,445**	**510,263**	**390,308**
Support costs					
Interest and charges	454	0	0	454	612
Independent Examination fee	1,050	0	0	1,050	950
Salaries costs - Admin and management	41,766	0	0	41,766	28,817
Legal and professional fees	1,435	0	515	1,950	1,098
	44,705	**0**	**515**	**45,220**	**31,477**
Total	**294,140**	**17,018**	**278,961**	**590,118**	**471,510**

Prior years expenditure includes £16,915 depreciation charges to the Designated Funds and the total of £179,170 charges to the Restricted Funds (Staff costs £150,897, Insurance £1,249, Light and heat £1,460, Telephone and internet £258, Room rent £2,293, Advertising £2,448, Repairs and maintenance £5,397, Office supplies £1,936, Staff expense and training £10,681, Volunteer expenses £10, Client support £1,099, Delivered training £1,442). All other expenditure was Unrestricted.

4. Tangible fixed assets

	Freehold Property	Fittings & Equipment	Computer Equipment	Total
	£	£	£	£
Cost	269,384	49,214	59,714	378,312
Additions	5,158	0	0	5,158
Disposals	0	0	0	0
At 31st March 2023	274,542	49,214	59,714	383,470
Depreciation				
At 1st April 2022	47,263	29,309	51,308	127,880
Charge this period	5,491	7,325	4,203	17,018
At 31st March 2023	52,754	36,634	55,511	144,898
Net book value at 31st March 2023	**221,788**	**12,580**	**4,203**	**238,572**
Net book value at 31st March 2022	**222,121**	**19,908**	**8,406**	**250,435**

5. Debtors – amounts falling due within one year

	2023	2022
	£	£
Accounts receivable	40,400	53,751
Accrued income	0	15,517
Prepayments	328	1,434
	40,729	**70,702**

6. Creditors – amounts falling due within one year

	2023	2022
	£	£
Accounts payable	4,322	47,701
Accruals	2,188	2,868
Income received in advanced	145,273	74,136
VAT Liability	314	1,174
	152,097	**125,879**

7. Staff costs

	2023	2022
	£	£
Salaries	428,347	300,627
Social security costs	17,419	16,302
Pension	7,268	5,505
	453,033	**322,434**

Average number of employees during the period was:	28	24

No person received emoluments of more than £60,000.in the year.

8. Analysis of net assets by fund

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total 2023 £
Tangible fixed assets	0	238,572	0	238,572
Current assets	299,801	212,904	99,260	611,965
Current liabilities	-152,097	0		-152,097
	147,703	**451,476**	**99,260**	**698,440**

	Unrestricted Funds	Designated Funds	Restricted Funds	Total 2022
Tangible fixed assets	0	250,432	0	250,432
Current assets	243,981	218,066	24,235	486,282
Current liabilities	-125,879	0	0	-125,879
	118,102	**468,498**	**24,235**	**610,835**

9. Trustee remuneration, benefits and expenses

There was no remuneration, benefits or expenses during this year and in the previous year.

10. Related party transactions

Mrs K Whittles, the wife of Mr B Whittles (Trustee) was employed by the charity during the year and received a monthly salary.

11. Independent examination and accountancy services

During the period of accounts, the cost of the Independent Examination and accountancy services was £1,050 (2022: £950).

12. Movement of funds

	Opening 01.04.2022 £	Incoming resources £	Expended resources £	Transfers £	Closing 31.03.2023 £
Unrestricted funds					
General funds	118,103	323,741	-294,140	-67,096	80,608
Designated funds					
Fixed assets	250,432	0	-17,018	5,158	238,573
Staffing commitments	148,064	0	0	-3,062	145,000
Building costs provision	55,000	0	0	65,000	120,000
Contingency fund	15,000	0	0	0	15,000
	468,496	0	-17,018	67,096	518,572
Restricted funds					
Children in need	375	-375	0	0	0
VAR PCN Link	172	5,957	-6,129	0	0
VAR Smiles for miles	24	13,585	-13,609	0	0
VAR Social Prescribing	1,091	24,385	-25,476	0	0
BMBC Thriving communities	8,859	29,689	-38,548	0	0
Sheffield Mind - Families in mind	226	1,578	-1,804	0	0
National Mind - Mental Health Champion	13,488	6,391	-19,879	0	0
Donations and Legacies	0	99,260	0	0	99,260
Big Lottery - Cope	0	100,828	-100,828	0	0
National Mind - Cost of Living	0	1,734	-1,734	0	0
National Mind - EFL Legacy	0	8,111	-8,111	0	0
National Mind – Schools and Colleges	0	13,965	-13,965	0	0
Sheffield Futures ESF	0	48,877	-48,877	0	0
	24,237	353,984	-278,961	0	99,260
	610,835	**677,725**	**-590,118**	**0**	**698,441**

12. **Movement of funds (Continued)**

Transfer between funds

A sum of £5,158 was transferred from Unrestricted Funds to the designated fixed asset fund. The net amount of £61,938 was transferred between designated funds in line with the Reserves policy outlined below.

Designated Funds

Designated funds are unrestricted funds that have been set aside by the trustees for a particular purpose/need.

The value of the fixed assets is held in the designated funds, against which depreciation is charges.

The trustees have also designated funds to support the charity's operational needs, future commitments and statutory obligations. Designated operational and strategic funds at the yearend include:

- Funds for future staffing £145,000
- Building cost provision, for the upkeep of the building and future running costs £120,000
- Contingency fund, for unforeseen events/expenses £15,000

Restricted funds

Children in need

A grant from the Youth Investment Fund for capital costs.

VAR – Social prescribing

Grant funding from Voluntary Action Rotherham to support the following project:
Person-centred counselling, delivered in-house by telephone or in the clients own home. Each client generally offered six 1-hour sessions which can be increased if required, dependant on need.

VAR – PCN (Primary Care Network) Links

Grant funding from Voluntary Action Rotherham to provide one to one support for people who are experiencing emotional distress and who are referred by PCN Link Workers.

VAR –Smiles for miles

Grant funding from Voluntary Action Rotherham to provide small group workshops for children and young people.

BMBC –Thriving communities

A 2 year grant from the Central Area Isolation Challenge Fund to develop community initiatives with the aim of creating networks of support for marginalised and isolated communities. Activities include one to one support, group based learning, signposting and a range of group/community initiatives.

Sheffield Futures – ESF Grant

Funding from the ESF Young Peoples Mental Health and Employability Support Programme to provide one to one counselling support, group therapeutic sessions and a 6-week wellbeing programme, with the aim of supporting young people to become more resilient young adults and improve general mental wellbeing.

Sheffield Mind – Families in mind

Funding to provide therapy across Rotherham and Barnsley to support the delivery of this service.

National Mind – Mental Health Champions

A grant to support the workplace wellbeing programme.

National Mind – IT Fund

A grant from the Emergency IT fund, for the purchase of IT equipment to enable the organisation to better support service users during the Coronavirus pandemic.

Donations and Legacies

All donations and Legacies received by Rotherham and Barnsley Mind are used ethically and responsibly to continue our work supporting the residents in our local communities both directly and through partnership working.

ROTHERHAM AND BARNSLEY MIND

England & Wales - Charity number 1147740

Accounts

mind Rotherham and Barnsley

Rotherham and Barnsley Mind Annual Report

2021 – 2022

Contents

3 Introduction from the Chair

5 CEO Report

6 Counselling Service

9 Adult Services

14 Children & Young People's Service

18 Workplace Wellbeing and Training Service

20 Case Study

21 Fundraising Activities

22 Financial Statements & Treasurers Report

23 Contact Us

24 Who we work with

Introduction…. From the Chair

In April 2021, as the financial year began, the country was beginning a phased exit from the Covid-19 lockdown measures. We continued, however, to face unprecedented challenges and an increased demand for our services. Although it would take many months before circumstances could be considered to have returned to 'normal', we found ourselves in the position of having weathered the storm and being well-placed to consolidate our position as a go-to provider of mental health support services.

That we found ourselves in such a position was down to the magnificent way in which staff, placement students, volunteers and trustees had adapted to the ever-changing challenges thrown up by the pandemic in 2020/21. Much of what we learnt during that period would be applied during 2021/22, as the effects of the pandemic continued to be felt.

Although the digital and virtual services introduced during the pandemic continue to be an option post COVID-19, we have seen an anticipated increase in demand for face-to-face delivery. Our on-going investment in staff development enabled us to introduce provision of Couples Therapy in April 2021 – an area of work that grew steadily during the year. Additional investment in Suicide First Aid training meant that by the end of the year we were in a position to start rolling out training to local businesses.

Unsurprisingly, fundraising activity and training delivery remained adversely affected during the year, although we did start to see increased activity in the latter part of the year. When the disruption that the pandemic had caused to the programmes of funding and grant-awarding bodies eventually abated, we were able to re-submit an application for funding of our COPE project to the National Lottery Community Fund. We received an early Christmas present when, on 16th December 2021, we received notification that funding of £317K over three years until March 2025 had been approved for our project addressing the increase in demand for mental health support arising from the pandemic. Applications for grant funding to the Department for Culture, Media and Sport, the Department for Health and Social Care, the European Social Fund and National Mind were also successful.

Much of the success of our funding applications was down to the fact that we continued to invest from our reserves in professional bid writing support from Competitive Solutions, with whom we have established a close and mutually beneficial working relationship.

Unfortunately, Liz Hopkinson, who had been recruited as Services and Development Manager in April 2021, left us in January 2022. We were, however, fortunate to appoint Mark Bridges to the post a month later to provide much needed support to our CEO, Rachel Siddall, to continue the diversification of our income streams, develop and promote existing and new services and ensure the effectiveness and efficiency of service delivery.

External recognition of the effectiveness of our work was received in December 2021, when Rotherham and Barnsley Mind was Highly Commended in the Mind Network Excellence Awards for its creation of bespoke workplace wellbeing packages for local employers, delivering mental health training in the workplace and to community groups, and its partnership working with the Rotherham Ethnic Minority Alliance and the YMCA young refugee and migrant service.

Last year I reported that, despite the inevitable impact of the pandemic on our activities, thanks partly to Covid Business Support Grants, the HMRC Covid Job Retention Scheme and the increase in income from our work in schools, we had managed to achieve a surplus of income over expenditure of £25,000. This year, we have increased our work with schools to bring in a total income of £164,567 *in comparison to £130,296 the previous year.* Increases in income from counselling work and grants amounted to £320,669, up from £196,290 on the previous year.

You will find much information in the pages that follow to illustrate the range of services we provide to and for the residents and businesses of the Rotherham and Barnsley areas.

Given the difficulties faced and overcome during the course of the year, all our staff, front line and back office, counselling students and volunteers deserve tremendous thanks and appreciation. I must also thank my fellow trustees for their support and dedication.

The much-evidenced growth in demand for mental health support is still out-stripping the NHS's capacity. Although spending on mental health is slowly increasing, it is highly variable across the country, and neither the Government nor NHS England determines exactly how much funding goes to mental health services in local areas. This is because each local NHS Clinical Commissioning Group (CCG) determines its own mental health budget from its overall funding allocation. The NHS Long-Term Plan includes a 'new ring-fenced investment fund worth at least £2.3 billion a year by 2023/24', but, like all spending commitments, timing and amounts are subject to both the whims and changing ideologies of those in power and the impact of national and global economic factors, including inflation.

In February 2022, in the light of the growing demand for mental healthcare, Dr Adrian James, President of the Royal College of Psychiatrists, said: "We urgently need a fully funded mental health recovery plan, backed by a long-term workforce plan, to ensure everyone with a mental illness can get the help they need when they need it. Millions of children, young people and adults are seeking help from mental health services that are over-stretched and under-resourced. The situation is critical. The Government cannot afford to neglect mental health recovery any longer."

How long have we been hearing this?

We will continue, whenever possible, to invest in our staff and improve the quality and range of services we provide to enable us to respond to and cope with the increased demand for them. Our success in meeting that demand will be dependent upon our ability to identify and access appropriate sources of funding, including grants and contracts, to support service delivery and attract fee-paying individual and corporate clients.

As always, our aim is to continue to deliver timely, appropriate, and effective mental health support to members of the community who need it.

Colin Mace

Chair of the Board of Trustees

Chief Executive's Report

2021 – 22 was a much more positive year for Rotherham and Barnsley Mind where we saw people attending our offices once again was a welcomed return. Whilst we learnt a great deal through the pandemic by adapting the way we work and moving to digital platforms, welcoming people back into face-to-face appointments is at the heart of what we do. Whilst remote delivery was a huge success and will remain a part of our delivery model bringing people out of isolation is a key part of moving forward post pandemic.

Since my time in post with Rotherham and Barnsley Mind I find that each year we continue to experience continued and new challenges for the charity and until a reform of mental health services takes place, I don't foresee this improving. Yet despite this we continue to grow and support more and more people each year.

This year has been our most successful in diversifying income and securing new funding. In particular the children and young peoples service which has seen a growth in our school's portfolio and also new funding streams secured to support these and new schools for both students and school staff with training interventions.

Funding received in the last financial year which helped us to upgrade parts of Osborne House in Rotherham allowed us to designate additional money to continue those upgrades into other areas of the building making it more efficient and sustainable. Replacing the boiler and re decorating the counselling rooms provided a much more welcoming atmosphere.

As we move into the next financial year we plan to continue with our growth and diversification so that we can offer a timetable of varied interventions with more group work and community activities.

As ever our success is built on great teamwork and commitment, without this it would be impossible to have achieved so much. My thanks go to every member of the team staff, volunteers, trustees, and student placements.

Rachel Siddall

Chief Executive Officer

Counselling Service

Due to the huge impact the pandemic has had on people's mental health we are pleased to say that this year we were successful in securing funding for various counselling projects across both boroughs which has meant our counselling service has more than doubled which we hope will continue…..

Alongside our ongoing **Sliding Scale Service**, we continue to provide support to clients referred through the **Rotherham Social Prescribing Service** managed by Voluntary Action Rotherham. We are proud to say that this will be the fifth successive year of funding allowing us to continue to deliver essential therapy support to clients with long term conditions. As a result of our client success and outcomes on the SPS project we have been given the opportunity to deliver a trial as a similar service to clients referred via 'PCN Link Workers.' Both these projects continue to prove invaluable in giving RBMind a presence in Rotherham and allowing us to work in conjunction with other service providers in the local area and reducing the already stretched resources of the NHS.

In early 2022 we began working in partnership with **Crossroads Care Rotherham**, to provide therapy support for 'unpaid' carer's' in the Rotherham area. The success of this project also saw brought us a new partnership with **Making Space in Barnsley** to deliver counselling for carers.

These funded projects have enabled our Counselling team to offer invaluable support to over **70** carer's who offer selflessly to care for and support their family and loved ones.

Some feedback comments from clients who accessed this service.

"I really valued the session's; they gave me time to talk about thoughts and feelings with someone who wasn't directly connected in a family or friend relationship."

~~~~~~~

"Having someone not connected to me to open up and offload to. I have felt confident to open up and not feel weak. I feel like a weight has been lifted for the rest of the day"

We also ran a 6-month funded pilot supporting Students 16+ from **Barnsley College**. The college had found the counselling provisions already in place simply could not cope with the escalation of referrals and reached out to us for additional support, during this period we supported **30** students and also offered 'crisis' intervention to **3** members of staff. The success of the pilot allowed us to continue our partnership with Barnsley college and we look forward to the continued success over the next 12 months.

Some feedback comments from students who accessed this service.

"I liked the way you left it completely up to me to decide what I wanted to talk about in each session. In other counselling sessions I have had, I have felt pressured to talk about certain things, but this was good because you didn't put me under any pressure at all or bombard me with loads of questions. It just felt like my time"

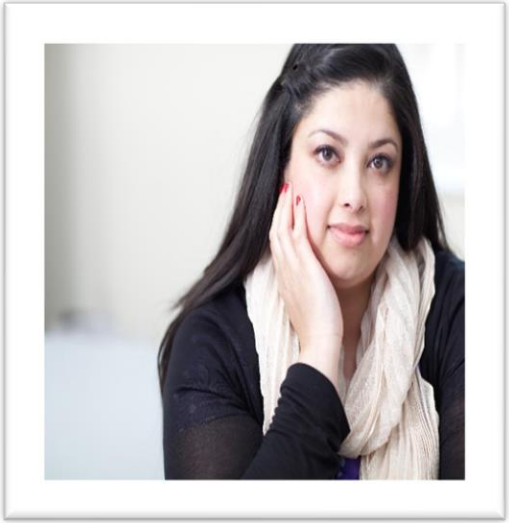
~~~~~~

"This has been perfect for me. I feel like it has turned me around. I was so down in the dumps but you have listened to me and let me say anything I needed to say without it feeling embarrassing. I'm ready to go now. I'm excited about the future and I'm going to smash it. Thank you very, very much"

RUSH House is another local charity in Rotherham we began working with in 2021. This challenging client group are being supported by both our Adult counselling and Children and Young Peoples Counselling teams due to the varied age groups.

Our **MOD: Keeping Families in Mind** being delivered in partnership with both Sheffield and Doncaster Mind's has once again proven to be invaluable for those individuals who would otherwise have slipped through the usual pathways of mental health services which requires more complex and longer-term therapy.

As reported last year we were fortunate enough to be awarded Emergency Covid Funding via the **Big Lottery** to support **70** local people over a 6-month period during the pandemic. The counselling and support provided has been predominantly for bereavement and loss. Bereavement through death, bereavement for those that have elderly relatives in care that cannot be supported directly by loved ones.



Isolation and loneliness have also been a major factor with many having had their stabilizers removed. Stabilizers being family and friends, social activities and groups through ours and other services that were no longer able to run face to face or that have required to take on a new platform for safety. Groups that were once outside socializing abruptly ended.

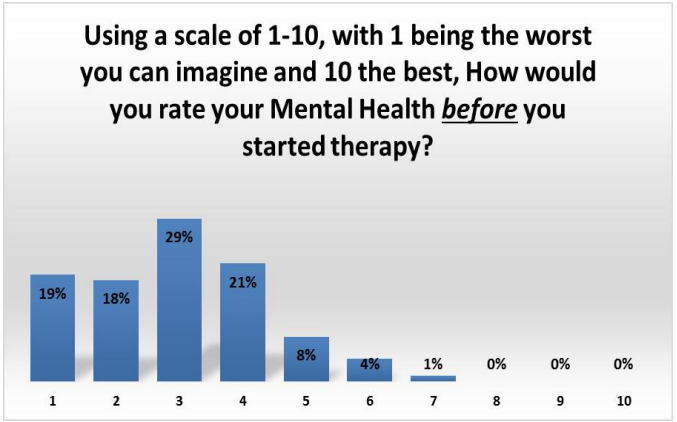
With this and other funding we were able to increase the number of people supported to 108 on this project alone.

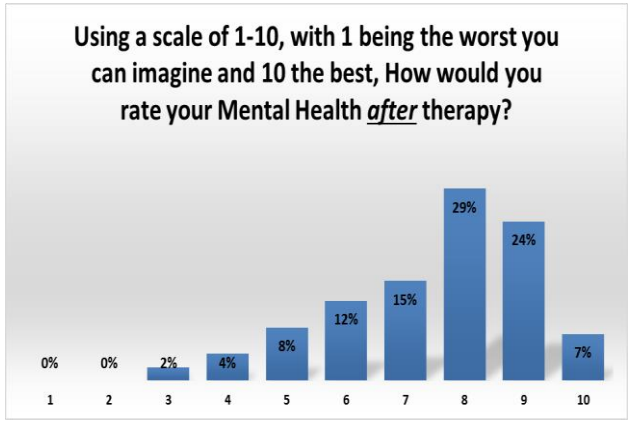
The outcomes we achieved with this funding supporting our communities through this very challenging time provided us with valuable learning in the way we worked and allowed us to expand our delivery platforms from face to face delivery only to telephone and online platforms increasing our reach within the communities and identify the change in individual needs. This learning also supported us in our main grant application to the Big Lottery for the 'Cope Project'. We are extremely proud to announce that we were successful in this application and will begin delivery from the 1st April 2022, continuing to offer funded counselling support to those in our communities via one to one and group sessions.

We also continue to offer bespoke specialist services including **Couples Therapy** and **Anger Management** which have both grown in demand over the past two years.

In 2021-2022 we delivered over 2,300 therapy sessions across all our counselling projects supporting over 1000 individuals.

We asked our counselling clients to score themselves out of 10 how they would rate their mental health before and after our support





In addition to the great services we offer to our client group, we also pride ourselves on being the provider of choice for students within our boroughs and further afield who are completing their counselling qualifications. Students working towards their qualification must complete a work placement in a relevant setting to gain competency and the required skills to qualify. Each year we offer opportunities for these students to apply for a tailored and bespoke work experience placement, which is supportive, safe and monitored providing mentoring, coaching and regular group and one to one clinical supervision.

Unfortunately, we only have the capacity to support a small number of placements each year and those that are lucky enough to secure one tell us how different and supported their experience is compared to those of other providers.

Throughout 2021 – 22 we offered 10 counselling students a placement all of whom are well on their way to achieving their level 4 qualification. It is important to give recognition to our counselling team and support staff who ~~as~~ always continue to offer a high-quality service to our clients, and we wouldn't be able to deliver the impeccable service without them. We look forward to seeing what 2022-2023 has to bring, as we strive to continue growing our amazing counselling service and support more people in our community.

Tracey Stephenson

Counselling Service Lead

Adult Services

In January 2022 we welcomed Audra to the team to lead on the Adult Services and particularly the new Thriving Communities Project.

Hello, my name is Audra, and I had the honor of being welcomed into the Rotherham and Barnsley Mind family part way through this financial year. Looking back over my time in post, it has been a real privilege to be part of what has been an undoubtedly successful year.

I joined Adult Services at a pivotal time, as £78,000 in funding had been secured through the Barnsley Central Area Council Challenge Fund. These monies enabled us to extend our core adult services and build a project with a strong emphasis on co-production and co-design.

Thriving Communities Project

Evidence shows that severe loneliness and poor mental health are often interlinked and experiencing either can impact the other in a detrimental way (Mental Health Foundation 2022). Here at Rotherham and Barnsley Mind we believe that no one should have to face a mental health problem alone.

Therefore, in April 2021 we set an ambitious agenda to provide a multi-faceted, accessible, inclusive, and welcoming service to those living lonely or isolated lives.

As a result, the Thriving Communities Project was created and has steadfastly adhered to its commitment to reach out to our communities and ensuring individuals receive the support they need.

Needs led assessment.

Every individual that requests support within our services are offered a needs led assessment. This ensures the beneficiary is put right in the centre of their own care. We work together to identify areas of challenge and strength and reflect upon current aims and goals. An action plan is then co-produced which captures the plan of support that has been agreed.

1:1 Support

Is currently staffed by qualified counsellors. Beneficiaries receive up to 6 support sessions either via telephone or in person with the aim to build confidence in moving towards group support. This also provides a chance to explore the reasons behind loneliness and create opportunities for people to discover their own solutions whilst being encouraged and supported to build individual networks of support.

One of our many beneficiaries was kind enough to share these words with us:

"I cannot thank Jane enough for the support she has given me. When we first started speaking, I was afraid of nearly everything. I have found the strength to start an online course to help my mental health, also registered for 2 more. Because of Janes continued support after years of staying in my home, I have been able to travel to see my grandchildren and also after a number of years I have also made 2 trips to the supermarket alone.... this was never something I thought I would be able to do. Thanks to this support my life is slowly improving. This support is absolutely invaluable to people like myself, but a massive thanks to Jane, she's been a superstar helping me when I had almost given up! This service will be of invaluable help to people in the future, thank you again".

Names have been changed to protect identities.

Befriending support

The befriending element of the project is volunteer led, and we are amazingly proud of our volunteers who selflessly give up their own time to help others. Our fabulous team of volunteer befrienders reach out to those in our communities that require a friendly listening ear. Some of those accessing our befriending service rarely leave their homes and may go days without speaking to another person. The service has been extremely well received and feedback suggests that those accessing the service look forward to their weekly check in and chat and appreciate that someone takes the time to call and listen.

Group offer

An identified area of need while co-producing this project was the lack of support for female only and male only groups to provide relevant support for those who attend. We now have a well-established group for females only that meet centrally on a weekly basis. The group is needs led and as such offers a diverse mixture of activities including social sessions, outside speakers and workshops, arts and crafts, meditation and resilience sessions and visits to other services for more specialist ventures such as flower arranging and cake decorating.

There is also a fortnightly men's group that was extended to meet weekly from April 2022 as part of our newly established Eco Gym community initiative. This gives participants access to green space and will include a gardening plot to work and the opportunity to attend other green/Eco workshops.

We will also be addressing the needs of those who find it difficult to leave the house by offering an online support group. This is currently in the planning stages and anticipated to begin in May 2022.

Here's what one of our group beneficiaries had to say about their experience on project:

"I was in a very, very dark place and saw no way of getting out of the hole- sad tearful. Mixing with other ladies who have the same problems makes me feel safe and at ease because they understand my issues, my mental health problems and I have been supported throughout from Rotherham and Barnsley Mind.

I can talk about anything (with people who care) and I look forward to my ladies group on Wednesday and could almost call it my lifeline. I am treated as a human being. Other therapy over the years has not worked for me. I always felt nervous going to these sessions and it was one to one, nobody in these sessions ever understood me.

I feel now that I am getting to a better place accepting the person I am now. But the caring I have had from Rotherham and Barnsley Mind has been invaluable. I would recommend to anyone with mental health problems to contact them. The support you get is brilliant.

I remember when I first picked up the phone and Jane answered, I could feel the warmth coming from her voice and it made me feel better. I have become a much more confident person, feel safe and knowing that if I feel I am going down again I can call Rotherham and Barnsley Mind. Talking helps, opening up, I know everything is confidential so I can say whatever I want.

If I couldn't have phoned Rotherham and Barnsley Mind, who would I have phoned? I was in such a dark hole, in bed, curtains closed, crying, feeling that nobody cared, but as soon as Jane answered the phone and said a few words my upwards journey began".

Names have been changed to protect identities.

Community workshops

We offer a variety of standalone workshops that we deliver both in house to beneficiaries and to stakeholders and partner agencies including:

Isolation workshop: This workshop contains concise information that helps others to understand loneliness and isolation and the impact that this has on people's lives.

CBT workshops: Our CBT group sessions explore the links between thoughts, feelings, and behaviours in relation to how we relate to and interact with others. Strategies are given to help change negative patterns and improve overall emotional wellbeing.

Mindfulness and wellbeing workshop: Our Mindfulness workshop helps the attendees to gather a toolbox of strategies to support their wellbeing. This includes practicing mindfulness and meditation and how to incorporate these on a regular basis.

Eco workshop: This workshop includes a brief informational overview on eco themes to generate discussions and ideas about how as individuals we can play our part and together make a positive impact in this area.

Signposting service

Our signposting service works with beneficiaries at all stages of their journey, from initial request for service through to warm transfer. We support people to access other external groups and services, make referrals as appropriate, and provide opportunity for other agencies to come into groups and meet participants before they move on. This provides a holistic approach to care and ensures that beneficiaries get the right support at the right time.

Volunteers

We currently have 5 volunteers who share their skills and experience to support our project, making a real difference to people's lives.

We actively promote volunteering opportunities across Barnsley and have a robust recruitment process in place for volunteers which include recruitment, induction, training, support, and evaluation.

Our volunteers who are looking for employment are supported to explore paid work and job opportunities as a direct impact of their volunteering. We have already facilitated this transition into paid employment for one of our volunteers who has been supported to secure a position with another voluntary organisation.

We are proud to say that currently 22% of the staff force at Rotherham and Barnsley Mind began their employment journey as a volunteer with us. This represents substantial added value to the project and local labor market.

Here's what one of our volunteers has to say about their experience of working within the project:

"I enjoy volunteering for R B Mind as it gives me the chance to help others by listening to their worries in life and being a friendly face in which they can trust.

The knowledge and skills that I have gained whilst volunteering have allowed me to better understand the wants and needs of others. I feel this helps me in my life.

R B Mind have also provided lots of training opportunities. The recent Suicide First Aid training I attended was excellent."

Added value.

During our first year we have managed to attract corporate sponsorships through high street retailer Primark (Barnsley) as part of their Staff Charity of the Year scheme. This sponsorship will continue into our second year providing more funds to support our work. Primark staff have also expressed an interest in volunteering within the project and attended one of our recent promotion events (photo below). This is a testament to their passion to champion the work we do.

Collaborative working

Our passion to develop local partnerships has shone through in the collaborative work we do.

We are determined that wherever possible we will endeavor to work with other organisations to ensure that our activities to reduce loneliness provide the best possible resources for our communities. This has clearly been shown through our partnerships with The Recovery College and South West Yorkshire NHS Partnership Trust.

We will continue to increase the number of partners we work with in order to fulfil this important agenda. With this in mind we are currently partnering with 17 other agencies to bring together an event for World Mental Health Day. This will provide an excellent opportunity to work together for the collective good of our communities.

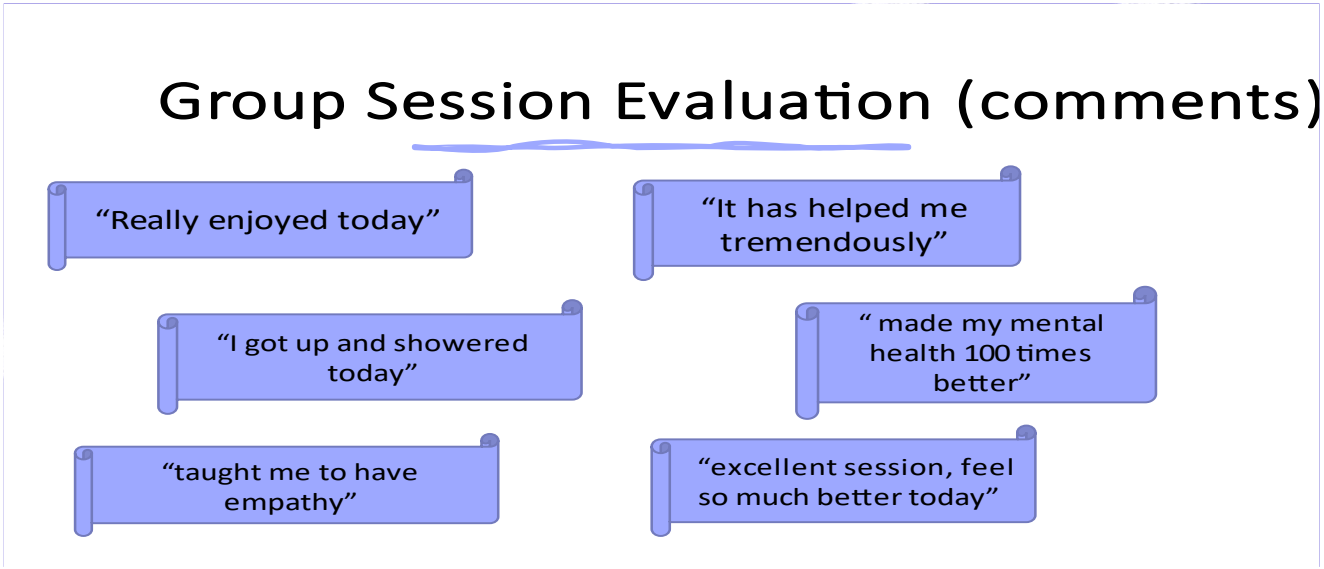
Quality as a priority

We champion the use of routine outcome measures to ensure beneficiaries receive maximum gains from the support on offer. Our desire to provide the best service possible to our clients drives the use of our measures. We measure loneliness and isolation at entry into service and re measure 6 weeks into intervention. We also use session rating scales across all our group and individual work to constantly ensure we are making a difference and providing a good fit for the client. We also periodically undertake client satisfaction questionnaires to capture the voice of those accessing project. Provided below is a selection of these completed measures.

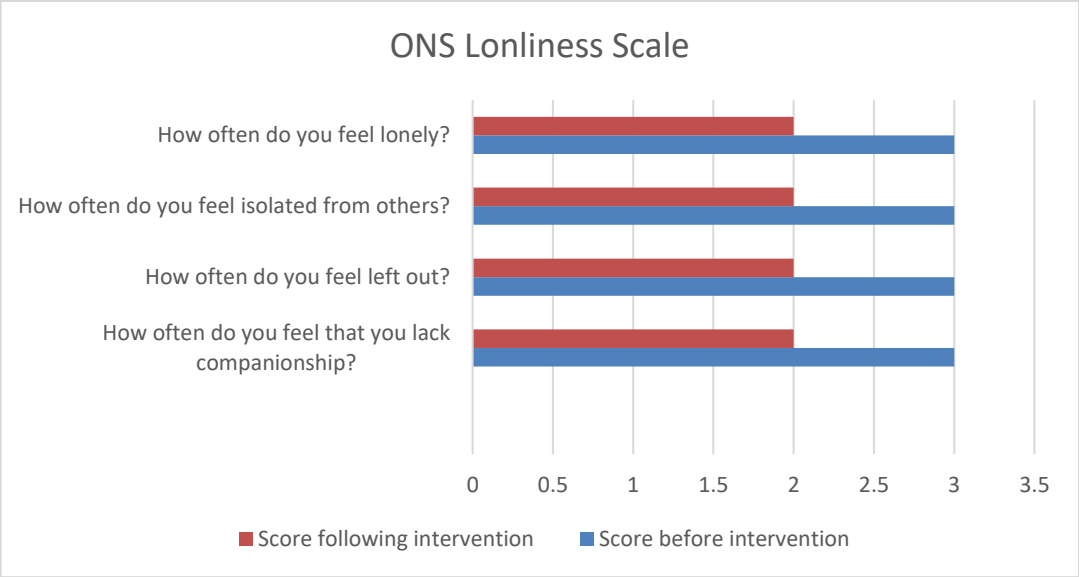
What a difference a year makes

Reporting on targets is a great way to assess how well we are progressing towards overall project aims and goals.

I could not be more satisfied by all that we have managed to achieve in our first year of commissioning. A fantastic team effort and the unwavering support of our volunteers and beneficiaries has enabled us to deliver an accomplished performance. Please see the data below:



Client 1

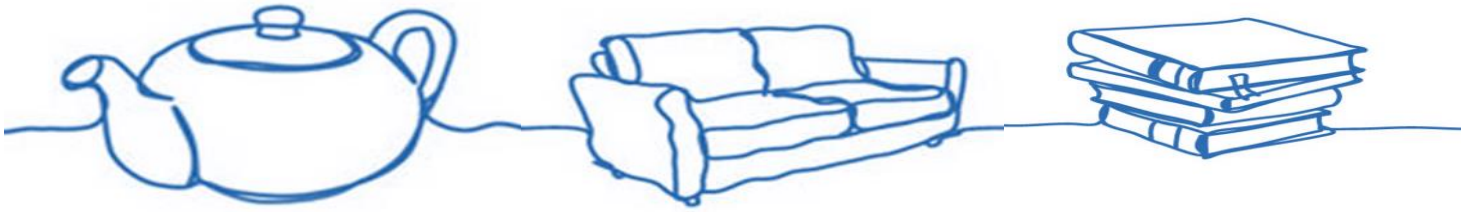


University of California Los Angeles loneliness scale (ONS recommended measure)

1-4 low indication of loneliness/isolation 5-8 moderate indication of loneliness/isolation 9-12 high indication of loneliness/isolation

Results from a recent client satisfaction questionnaire are as follows:

- **100% of clients said they would rate the quality of service they received as excellent**
- **88% of clients said R B Mind's support had helped them feel less lonely/isolated, with 12% saying they felt somewhat less isolated/lonely.**
- **88% of clients said they were very satisfied with the overall service they received, with 12% saying they felt somewhat satisfied.**
- **100% of clients said they would recommend our service to others who were feeling lonely or isolated.**



Children and Young People's Service

Demand for our CYP services has continued to grow throughout the year. We successfully maintained all school contracts throughout the pandemic by adapting our provision to meet the needs of schools with delivery undertaken remotely. Additionally, we worked closely with our school's contacts to ensure face to face delivery adhered to covid regulations. The increasing need for children and young people's mental health support has seen us grow the number of schools we support, and the previous year has seen us deliver sessions to more children than previous years.

In addition to retaining those schools as in previous years we have also welcomed new schools on board which are detailed below.

The feedback we receive from schools remains very positive from both the children and young people and the staff who we develop relationships with, this is key to our success. This is largely thanks to the staff who are the face of the service on a daily basis.

As reported last year our CYP lead, Frankie went on maternity leave and returned in November 2021. During this the staff remained committed and pulled together to continue to make the service a continued success.

Whilst other services returned to almost pre pandemic delivery the CYP service continued to experience challenges with so many government rules in schools. With the introduction of daily testing and class bubbles we needed to ensure that additional measures were introduced to ensure continued support and safety. The team worked well in embracing and adapting to the changes in covid rules and restrictions and I cannot thank them enough for all their hard work during this difficult time.

Referrals for children's private counselling reduced during the initial impact of the pandemic due to young people preferring to be seen face to face however we adapted our offer to provide remote support at individuals time of need. As restrictions eased and we could see young people face to face again, the number of referrals returned to normal levels. We saw an increase in levels of referrals due to anxiety around covid or coming back into 'normal life'. The young people and family appreciated the support and it being back to face to face. We delivered 3,787 to 570 children and young people across all our youth projects through the period of April 2021 and March 2022.

In our previous annual report, we reported the success of our joint partnership with the consortium for the Smiles for Miles project. This has been a very successful project and we have supported many young people through 1:1 and group sessions around self-esteem, confidence, and social media. We have also been able to adapt our offer working with children and young people attending schools that we have not previously been engaged with. This has been very beneficial to the schools to get an idea of how we work and how we can support them in the future.

The young people have benefited from the group sessions, especially with the impact which covid has had on them, realising that they are not alone in their feelings and there is support available.

Funding from the European Social fund was also secured through our partnership with Sheffield Futures and the Feel Well Work Well project was developed. This began in October 2021 and runs through to 2023. The aim is to support young people aged 18-24 who are struggling with their mental health, to return to work or to access college or higher education.

Schools we worked with in 2021 - 22.

Aston Academy	Oakwood High School
Aston All Saints C of E Primary	Rosehill
Bramley Grange Primary School	St Mary's Catholic Primary, Maltby
Bramley Sunnyside	St Thomas C of E Primary School
Crags Community School	St Albans
Goldthorpe Primary School	Thrybergh Fullerton
Horizon Community College	Treeton
Kirk Balk Academy	Trinity Croft
Laughton Primary	Wath Central Primary School
Mexborough St John the Baptist C of E Primary	Willow Tree Academy
Milton School	Winterhill Comprehensive School
Newman School	

As part of our service evaluation, we surveyed the children and young people who access our service the following questions.

1. Did you get to access R B Mind's service quickly? – 85% said yes
2. Did you feel comfortable with your worker? – 93% said yes
3. Were you able to speak openly and honestly with your worker? – 98% said yes
4. Would you be happy to access the service again if needed? – 100% said yes
5. Would you tell your friends how much the service helped you? – 84% said yes
6. Do you feel better now that you have spoken to us? – 98% said yes
7. Do you feel better about attending school now? – 81% said yes

Kirsty Hargadon

Children & Young Peoples Service Lead

Quotes from our young people:

"It has been helpful sharing my problems and not coping alone."

"The sessions have helped me understand my anger and know how to control it."

"I feel less anxious and better about coming into school."

It has been helpful sharing my problems and not coping alone.

"It was useful to chat to Marie as she just accepted me as I am. She sometimes made me look at stuff from another angle which did help. She has been easy to chat to."

"Before coming to the sessions, I had been struggling to sleep and having nightmares. After the sessions I know what to do to help me sleep and calm down before bed."

Professional Training and Workplace Wellbeing

Training

Despite the lack of demand in our training services over the pandemic we are pleased to report that we were able to continue our arrangement with some of our local employers. Our partnership with CAPITA throughout 2021 -22 flourished and we delivered more sessions throughout this financial year than in previous years. The relationship with their customer management team grew and improved as our understanding of their needs developed and we were able to create bespoke interventions for their employees. Over the last 2 years we have trained over 300 mental health champions within the CAPITA group, alongside delivering workshops to their call handler colleagues, as the first point of contact for many of their customers.

Delivering sessions on resilience, mental health at work, self-care and children and young people's mental health in the family unit. All these sessions had fantastic feedback with CAPITA colleagues joining the workshops from as far as India and South Africa. We were also asked to support colleagues living and working in Poland following the outbreak of the Ukrainian war by delivering sessions on anxiety and bereavement.

EFL and Mind Partnership.

As reported over the last 3 seasons the EFL has sponsored National Mind, unfortunately at the finish of this season that partnership has come to an end. This was a great opportunity for us as a charity to raise awareness amongst fans at football matches but also by visiting clubs community trusts, it has strengthened our relationships with the clubs for support and any future funding that may come our way to work in partnership. We would like to say a great thank you to all 3 clubs for their support over that period.

Accredited Training

Throughout this period and learning from the pandemic Mental Health First Aid England re designed all their packages to online or face to face delivery. This has provided us with greater reach and opportunities to cater for those who want to use a mental health provider and also a greater scope to deliver evening and weekend sessions, which are proving to be successful, and we plan to deliver more of these in the future.

SFAUSI

We are very proud to now offer Suicide First Aid – Lite which is a half day course and Suicide First Aid - Understanding Suicide Interventions which is a full day course accredited by city and guilds.

Despite the demand being low for mental health awareness over the pandemic we are starting to see the backlash of this in recent months and employers are now seeing the impact of isolation in their workforces.

Feedback and quotes received from one of our Mental Health First Aid Courses

Confidence before	6.43
Confidence after	9.86
Knowledge before	5.71
Knowledge after	10.00
Lead instructor rating	10.00
Co-instructor rating	10.00
2 Likelihood of recommending the course	10.00

“Claire was an awesome tutor and made the course very enjoyable.”

“I would really like to thank Claire for her help and support throughout the whole course. I believe she has helped us all to have a greater understanding of the effects of mental health and more awareness of dealing with all the different types of Mental health issuesand also taking good care of our own health. I would fully recommend this course to anyone. Once again, I would like to say a big thank you to Claire.”

“The instructor was very good and a lot of knowledge very informative content, Claire is a great trainer, personable and engaging.”

“Very well-presented course from a Lady who is so passionate about the training she is delivering and keeps you constantly engaged.”

“This course has helped me to reflect on situations where I have dealt with a mental health crisis; understanding what went well and what could have been done better. Now I understand the steps to help people, some of which I have already been doing without knowing.”

Claire Rowley

Workplace Wellbeing Trainer

Below is a case study that follows a beneficiary's journey from assessment through to intervention outcomes.

Mavis was referred to the Thriving Communities Project due to the loneliness and isolation she was feeling after losing her husband just before the pandemic. She said they had been together 27 years and did not do anything without each other.

Mavis has a sister, that she sees once a week, who helps her with her bills and sorting things out. Mavis was lonely at home by herself most of the time and therefore had come to us hoping to meet new people and get out and about a bit more.

Mavis enjoys walking and gardening, but unfortunately as she lives in a flat this is not possible. Mavis was very anxious about mixing with others due to the pandemic. also saying she lacked confidence in herself and her abilities and would like to address this.

During her assessment with us Mavis decided that she would like some 1-1 sessions over the telephone. Within a few weeks of having these sessions she also started attending our ladies' group. Her confidence grew so much in that group, and she decided to attend our workshops so that she could further build her resilience and wellbeing. We were also able to make a referral to Walking for Health, and she now attends a walking group some Fridays. Mavis also attends the Coffee, Cake and Confidence group that runs in her local community.

Mavis told us she feels better from all the interventions that have been put in place and that she is getting out and meeting more people. Mavis found that one of the other members of our Ladies Group lived near her and they now walk to the session together. It has been a real pleasure to support Mavis in her journey and to see how much she has grown in confidence over the past few months.

Fundraising Activities

Fundraising activities are always difficult to organise in such a small charity and in pre pandemic times Rotherham and Barnsley Mind have always been willing to participate in and support community events to raise awareness. This continued to be the case following the lifting of covid restrictions and although these have still not returned to that of previous years, we have seen a small increase in awareness events.

Although a slow start in offers of donations, we have seen an uplift in enquiries towards the end of the year from kind donors saying they had experienced a better understanding of mental health due to being isolated through the lock down and we continue to be hopeful for the future as public donations really do make a big difference.

As ever I would like to say a special thanks to all our fundraisers this year including staff and volunteers who continue to support with organised events by pledging their time to supporting Rotherham and Barnsley Mind often in addition to their working hours.

We were also really pleased to take part in this years Rotherham show.

Financial Statements and Treasurers Report

ROTHERHAM AND BARNSLEY MIND

STATEMENT OF FINANCIAL ACTIVITIES
(Incorporating an Income & Expenditure Account)
YEAR ENDED 31 MARCH 2022

	Note	Unrestricted Funds £	Designated Funds £	Restricted Funds £	2022 Total Funds £	2021 £
Income						
Donations and legacies	2a	29,969	-	-	29,969	31,249
Income from charitable activities	2b	290,840	-	224,610	515,450	353,724
Income from trading activities:	2c	6,479	-	-	6,479	13,226
Investment income	2d	1,839	-	-	1,839	2,289
Other income	2e	-	-	-	-	74
Total income		329,127	-	224,610	553,737	400,562
Expenditure						
Cost of raising funds	3a	49,725	-	-	49,725	32,580
Expenditure on charitable activities	3b	225,700	16,915	179,170	421,785	342,507
Other expenditure	3c	-	-	-	-	-
Total expenditure		275,425	16,915	179,170	471,510	375,087
Net income/expenditure		53,702	(16,915)	45,440	82,227	25,475
Transfers between funds	13	(8,803)	33,631	(24,828)	-	-
Net income/expenditure for the year		**44,899**	**16,716**	**20,612**	**82,227**	25,475
Other recognised gains and losses		-	-	-	-	-
Net movement in funds		**44,899**	**16,716**	**20,612**	**82,227**	25,475
Total funds brought forward		73,203	451,782	3,623	528,608	503,133
Total funds carried forward	12	**118,102**	**468,498**	**24,235**	**610,835**	**528,608**

The Statement of Financial Activities includes all gains and losses recognised in the year.

All the activities of the charitable company are classed as continuing.

Prior year income includes restricted income from charitable activities (grants received) of £131,211. All other prior year income is unrestricted.

Prior year expenditure includes expenditure on charitable activities of £134,398 from restricted funds and £7,458 from designated funds. All other prior year expenditure is unrestricted.

ROTHERHAM AND BARNSLEY MIND

BALANCE SHEET

AS AT 31 MARCH 2022

	Note	£	2022 £	£	2021 £
Fixed assets					
Tangible assets	4	250,432		233,716	
Total fixed assets			250,432		233,716
Current assets					
Debtors	5	70,702		13,275	
Cash at bank and in hand		415,580		359,966	
Total current assets		486,282		373,241	
Current liabilities					
Creditors amounts falling due within one year	6	(125,879)		(78,349)	
Net current assets			360,403		294,892
Creditors amounts falling due after one year			-		-
Net assets			**610,835**		528,608
Funds of the charity	12,14 &15				
General unrestricted funds			118,102		73,203
Designated funds (Fixed Assets)			250,432		233,716
Designated funds (Other)			218,066		218,066
Restricted funds			24,235		3,623
Total funds			**610,835**		528,608

Exemption from audit

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:

- *The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;*
- *The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.*

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial year again proved a trying one for us to deliver effective mental health services and be financially successful with the aftermath of covid and inflation being on the rise. We have been very successful in our financial operations showing a surplus of £44,899 in unrestricted funds. This was due to an increase in grant funding due significantly to our bidding support team Competitive Solutions. There were also good contributions from our work in Schools, charged services training activity and donations. This success has enabled us to strengthen our Senior Management team by employing a Services and Development Manager to support and improve the delivery of our services to clients and satisfy our Funders.

Thanks are due to staff, management and trustees for their work throughout the year

Michael Marks

Treasurer

Working for better mental health since 1977 & 1979…
…working as one since 2012

Barnsley Office:

BCVS Building

23 Queens Road
Barnsley
S71 1AN
Tel: 01226 211188

Head Office:
Osborne House
1-2 Highfield, Doncaster Road
Rotherham
S65 1DZ
01709 919929

Visit us online or through on the web and social media at

www.rbmind.co.uk

www.facebook.com/rotherhamandbarnsleymind/

https://twitter.com/rb_mind

If you would like to make a donation to enable our work to continue. Then please donate via Facebook, our website or on the following link.

www.cafonline.org/system/charity-search-results (Type in Rotherham & Barnsley Mind)

Registered Charity Number 1147740

A company limited by guarantee number 3616409

With thanks to our funders, partners and all those that have made donations throughout this year, these include:

ROTHERHAM AND BARNSLEY MIND

England & Wales - Charity number 1147740

Accounts

Company Number. 03616409 (England and Wales)
Charity Number. 1147740

ROTHERHAM AND BARNSLEY MIND

REPORT AND ACCOUNTS

YEAR ENDED 31 MARCH 2021

ROTHERHAM AND BARNSLEY MIND

REPORT AND ACCOUNTS

YEAR ENDED 31 MARCH 2021

CONTENTS

	Page
Legal and Administrative Information	3
Trustees' Report	4 - 9
Independent Examiner's report	10
Statement of Financial Activities	11
Balance Sheet	12
Notes to the Financial Statements	13 - 24

ROTHERHAM AND BARNSLEY MIND

LEGAL AND ADMINISTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2021

Full name:	**Rotherham And Barnsley Mind**
Registered charity number:	1147740
Registered company number:	03616409
Registered office & principal address:	Osbourne House 1-2 Highfield Doncaster Road Rotherham S65 1DZ
Trustees & Directors:	Mrs C Ainsbury - *appointed 02/03/2021* Miss A M Bland Mrs H J Eadson - *resigned 02/11/2020* Mr I J Garlington - *appointed 02/03/2021* Mr M A Jones Mr C A Mace Mr M R Marks Mr B Whittles
Chairperson:	Mr C A Mace
Treasurer:	Mr M R Marks
Chief Executive:	R L Siddall
Bankers:	The Co-operative Bank PLC 11 Peel Square Barnsley South Yorkshire S70 2QU
Independent Examiner:	Angela Hayes Community Accountant BCVS Services Limited Priory Campus Pontefract Road Lundwood Barnsley S71 5PN

The trustees submit their annual report and accounts 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 charity.

Structure, governance and management

Rotherham and Barnsley Mind is a registered charity with the Charity Commission and a company limited by guarantee. The affairs of the charity are governed by its Memorandum and Articles of Association, dated August 1998 and most recently amended March 2012. Under those Articles the trustees are responsible for the management of the affairs of the charity, for which purpose they may exercise all powers of the charity.

The Board of Trustees, consisting of a minimum of 3 members, meets every six weeks, excluding the AGM. The Chief Executive is appointed by the trustees to manage the day to day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation, approved by the trustees, for operational matters including finance, property issues, employment and other day to day activities.

Appointment of trustees

The trustees are also directors of the company for the purpose of company law. Recruitment of new trustees is carried out in accordance with our trustee recruitment policy (which is reviewed biennially). Biennial appraisals of the Board are carried out, which include a skills audit to identify areas where the Board could be strengthened. As set out in the Articles of Association, trustees are either nominated and elected at the Annual General Meeting or appointed by the Board of Trustees and subject to election at the next AGM. Where necessary trustees will undertake a DBS check at the time of their appointment and undergo subsequent checks periodically throughout their time serving on the Board.

The trustee recruitment process follows current best practice and advice from the Charity Commission, NCVO and National Mind.

The trustees who served during the year, and to the date of signing of these accounts, are listed on page 3 of this report.

Induction and training of trustees

New trustees undertake an induction process that involves briefing them on their legal obligations under charity and company law, the contents of the company's Articles of Association, the committee and decision-making processes, the business plan and performance of the charity. During the induction, they will meet employees and spend time with their fellow trustees. All trustees are actively encouraged to attend appropriate training events and away days and to suggest relevant training to ensure they are supported in their roles and understanding of their responsibilities.

Risk management

The trustees have a duty to identify, review and manage the risks to which the charity is exposed and to ensure that appropriate controls are in place to provide reasonable assurance against fraud and error.

In line with National Mind's Quality Mark standards, the trustees seek to effectively identify and manage organisational risk and take a risk-based approach to planning and managing the organisation's business. This is achieved by ensuring that there is an up-to-date organisation wide risk register which assesses and addresses risks in relation to issues of governance, finance, operational issues, external influences, reputation and the loss of key staff and trustees.

There are plans in place to avoid, mitigate and/or manage serious risk and actions are implemented as appropriate. These plans are monitored on a regular basis. The risk register framework is a working document that informs decisions and plans. It is reviewed at least annually.

Financial and other indicators of the performance of the organisation are monitored on a regular basis by management and at least every six weeks by the trustees at board meetings. The board assigns responsibility for risk management to a trustee who works alongside the Chief Executive.

The risk management policy comprises:

- A monthly review of the organisation's financial situation and any potential risks faced by it.
- The implementation of systems and procedures to mitigate the risks identified.
- The implementation of procedures designed to minimise any potential impact on the charity should these risks materialise.

Particular attention is focused on non-financial risks, for example, those related to health and safety, and legislative regulations that may affect the organisation as a landlord. A key element in the management of financial risk is the setting of a Reserves Policy and its regular review by the Treasurer and Finance sub-committee, which also oversees the setting and monitoring of the annual budget.

Related parties

Related party transactions are detailed in the notes to the financial statements (page 21).

Charitable aims and objectives

Operating primarily in the boroughs of Rotherham and Barnsley but potentially also in neighbouring areas, the objectives of the charity as set out in its Articles of Association are:

- To promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.

- To relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems, by the gathering and dissemination of information and working to raise awareness, promote understanding and challenge stigma and discrimination.

The charity has a general aim of contributing towards the quality of life of local people with a mental health problem and providing support and information to relatives and carers. This is done by the provision of a range of group work, one-to-one and therapeutic activities.

We review our aims, objectives and activities each year to help ensure that we remain focused on our stated purposes. We follow the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Activities undertaken for the public benefit

In shaping the objectives for the year, the trustees have paid due regard to the public benefit guidance published by the Charity Commission. The charity's activities demonstrate how Rotherham and Barnsley Mind has set out to fulfil its principal charitable objective.

The main objectives of the strategic plan 2020 -21 were to deliver the following services:

- Supporting Children, Young People and Families in schools and local communities
- Therapeutic Counselling Service
- Social Sessions and Therapeutic Group Work
- Wellbeing and Inclusion work
- Workplace Wellbeing and Mental Health First Aid Training

By implementing a focussed operational plan for 2020-2021 and promoting the awareness of mental health issues and to continue to maintain and improve the quality of our services. We aim to do this by:

1. Providing opportunities for people of all ages with a mental health problem to get involved in a range of therapeutic activities.
2. Providing support to relatives and carers of people with a mental health problem.
3. Continue to increase provision of workplace wellbeing within the private sector to improve sustainability of our services.
4. Building up the capacity of the sliding scale counselling service
5. Developing a CYP service in all areas of operation
6. Developing services through joint work with other local Minds
7. Consulting with Service Users in all aspects of decision making and co-production of services.
8. Regularly monitoring and evaluating provision of all services provided by Rotherham and Barnsley Mind and to make this as transparent as possible.
9. Continuing to seek alternative sources of funding to enable the organisation to improve its capacity and enhance the quality and range of its services.
10. Expanding our services to cover neighbouring areas that lack Mind support, including Wakefield and Kirklees.

Achievement and performance

Charitable activities

The charity's aims and objectives are achieved through the activities described above and progress is monitored by the trustees, staff, volunteers, commissioners, and users of its services.

As highlighted in last year's Trustees' Report, at the end of 2020 we faced unprecedented and difficult times due to the Covid-19 pandemic. We had never faced such challenges in our efforts to provide mental health support for those within our communities.

Thanks to the operational changes introduced in recent years; the resourcefulness, hard work, commitment and dedication of all staff, placement students and volunteers; emergency financial support from the government and Rotherham and Barnsley Councils and success in obtaining grants from the Big Lottery, Children in Need, South Yorkshire Community Foundation and winning new contracts for work with private sector companies, Rotherham and Barnsley Mind not only managed to survive and, relatively speaking, prosper.

Although digital and virtual service delivery was more successful than initially envisaged, the pandemic did, however, have an adverse effect on fundraising, training delivery, building up the sliding scale counselling service and expanding our services to cover neighbouring areas that lack Mind support.

Plans for the future

Rotherham and Barnsley Mind has undergone significant organisational change over recent years and now has to position itself correctly to make the most of any new opportunities to increase support to more individuals with mental health issues in Rotherham and Barnsley.

Rotherham and Barnsley Mind has a medium-term strategic plan covering the period 2020-2023 which identifies 5 strategic priorities for the organisation.

1. To improve financial sustainability by
   - securing a range of funding to cover core costs.
   - improving monitoring of spend against budgets and developing a more robust financial reporting system for stronger governance.

2. To increase diversity of income by
   - seeking new commissioning opportunities
   - engaging with local CCGs and Commissioners
   - exploring opportunities to develop and provide services in Wakefield and Kirklees.
   - prioritising strategic bids and fundraising strategy

3. To identify and develop new opportunities for service delivery by
   - partnering and collaborating with other organisations
   - building up the sliding scale counselling service
   - improving organisational capacity
   - developing a CYP service in all areas of operation

4. To build on and develop our unique selling points by
   - influencing commissioners in all areas of operation
   - collaborating with other providers
   - adopting a targeted approach to marketing and fundraising
   - increasing networking and raising awareness
   - building on our presence in all areas of operation
   - playing a full role in the response to the increase in mental health issues arising because of the Covid-19 pandemic

5. To maintain and expand high quality services by
   - developing robust KPIs and data analysis
   - continuing to develop service user input and feedback.
   - identifying gaps in provision and developing innovative delivery models
   - succession planning
   - achieving relevant accreditations

Detailed annual operation plans are produced setting out the co-ordinated steps to be taken to achieve the strategic priorities.

Financial review

The charity's policy on reserves
The trustees have reviewed the reserves policy for this financial year. The aim of the policy is to ensure that sufficient and appropriate designated and general reserves are available to meet the charity's needs and future commitments.

At the year-end, the General Unrestricted Reserve stands at £73,203. The charity also held the following designated funds at the year-end:

- Fund for staffing commitments - £148,066
- Buildings cost provision - £55,000
- Contingency fund - £15,000

Reserves have enabled the charity to invest in professional bid writing support and the creation of the post of a Services and Development Manager to enhance organisational capacity and service delivery. The charity still owns Osborne House, the major operational site in Rotherham.

The reserves policy will be reviewed during 2021/22 and, if necessary amended to ensure it remains fit for purpose.

Investment policy and objectives
The company's investment powers are set out in its Articles of Association and allow the trustees to invest funds not immediately required in such manner as they consider most beneficial for the achievement of the charity's objectives. This policy is due to be reviewed during 2021/22.

Overview
Although, as noted above, our operation in 2020/21 was significantly impacted by the effects of the Covid-19 pandemic, we were able to weather the storm and continue to provide the best possible level of service to our clients, albeit in alternative and innovative ways.

The way in which our staff, placement students and volunteers rose to the challenges presented by the pandemic was truly remarkable and has shown us that we are an effective agile organisation.

While the threat from Covid-19 may have receded, it has not disappeared entirely. The experience of the last 12 months, however, gives us confidence that we shall be able to rise to any future challenges by reflecting on lessons learnt.

We will continue to strive to achieve our strategic aims and provide the support needed to individuals with mental health issues in Rotherham and Barnsley and neighbouring areas.

Financial position
The financial statements are set out in pages 11 to 24. The total funds at the year-end stand at £528,608 (2020: £503,133). Funds consist of fixed assets to the value of £233,716, unrestricted designated funds of £218,066, balances remaining on restricted funding of £3,623 and a general reserve of £73,203.

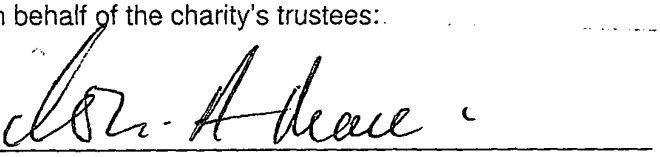
Exemptions
The trustees have taken advantage of the exemptions available to small companies, including the audit exemption.

Statement of trustee's responsibilities
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 at the end of the year and of the surplus or deficiency for the year then ended. In preparing those financial statements, the trustees are required to: select suitable accounting policies and then apply them on a consistent basis, making judgements and estimates that are prudent and reasonable. The trustees must also prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose, with reasonable accuracy at any time, the financial position of the charity, and enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud or other irregularities.

Small company provisions:
This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

The trustees declare that they have approved the trustees' report above.
Signed on behalf of the charity's trustees:

Signed  Date: 12 August 2021

CA Mace, Chair/ Director

ROTHERHAM AND BARNSLEY MIND

INDEPENDENT EXAMINER'S REPORT

YEAR ENDED 31 MARCH 2021

I report on the accounts of the charity, which are set out on pages 11 to 24.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

The charity's gross income exceeded £250,000 in this financial year. I am qualified to undertake the examination, being a qualified member of the Association of Accounting Technicians.

Basis of independent examiner's report

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 the 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

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have no concerns and I 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.

Signed A Hayes Date: 12 August 2021

Angela Hayes, FMAAT
Community Accountant
BCVS Services Limited
Priory Campus, Pontefract Road, Lundwood, Barnsley, S71 5PN

ROTHERHAM AND BARNSLEY MIND

STATEMENT OF FINANCIAL ACTIVITIES
(Incorporating an Income & Expenditure Account)

YEAR ENDED 31 MARCH 2021

	Note	Unrestricted Funds £	Designated Funds £	Restricted Funds £	2021 Total Funds £	2020 £
Income						
Donations and legacies	2a	31,249	-	-	31,249	59,423
Income from charitable activities	2b	222,513	-	131,211	353,724	316,334
Income from trading activities:	2c	13,226	-	-	13,226	23,538
Investment income	2d	2,289	-	-	2,289	1,261
Other income	2e	74	-	-	74	19,203
Total income		269,351	-	131,211	400,562	419,759
Expenditure						
Cost of raising funds	3a	32,580	-	-	32,580	19,023
Expenditure on charitable activities	3b	200,651	7,458	134,398	342,507	389,728
Other expenditure	3c	-	-		-	4,112
Total expenditure		233,231	7,458	134,398	375,087	412,863
Net income/expenditure		36,120	(7,458)	(3,187)	25,475	6,896
Transfers between funds	13	(223,662)	226,342	(2,680)	-	-
Net income/expenditure for the year		**(187,542)**	**218,884**	**(5,867)**	**25,475**	6,896
Other recognised gains and losses		-	-	-	-	-
Net movement in funds		**(187,542)**	**218,884**	**(5,867)**	**25,475**	6,896
Total funds brought forward		260,745	232,898	9,490	503,133	496,237
Total funds carried forward	12	**73,203**	**451,782**	**3,623**	**528,608**	503,133

The Statement of Financial Activities includes all gains and losses recognised in the year.

All the activities of the charitable company are classed as continuing.

Prior year income includes restricted income from charitable activities (grants received) of £58,245. All other prior year income is unrestricted.

Prior year expenditure includes expenditure on charitable activities of £49,553 and other expenditure of £204 from restricted funds. All other prior year expenditure is unrestricted.

ROTHERHAM AND BARNSLEY MIND

BALANCE SHEET

AS AT 31 MARCH 2021

	Note	£	2021 £	£	2020 £
Fixed assets					
Tangible assets	4	233,716		232,898	
Total fixed assets			233,716		232,898
Current assets					
Debtors	5	13,275		23,124	
Cash at bank and in hand		359,966		282,597	
Total current assets		373,241		305,721	
Current liabilities					
Creditors	6				
amounts falling due within one year		(78,349)		(35,486)	
Net current assets			294,892		270,235
Creditors					
amounts falling due after one year			-		-
Net assets			528,608		503,133
Funds of the charity	12,14 &15				
General unrestricted funds			73,203		260,745
Designated funds (Fixed Assets)			233,716		232,898
Designated funds (Other)			218,066		-
Restricted funds			3,623		9,490
Total funds			528,608		503,133

Exemption from audit

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:

- *The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476;*
- *The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.*

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The trustees declare that they have approved the accounts above.
Signed on behalf of the charity's trustees:

Signed _____ Date: 12 August 2021

M R Marks, Trustee/ Director

1. Accounting policies

Basis of the preparation of the accounts

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 (FRS102) (effective 1 January 2019) – (Charities SORP (FRS102)) and the Companies Act 2006.

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

Funds

Unrestricted funds are funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise of unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements (page 23). The value of fixed assets is held in a designated fund against which depreciation is charged.

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. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Income recognition

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.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102). Further detail is given in the Trustees' Annual Report.

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.

Income from government and other grants is 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. These grants and voluntary income are included in incoming resources when these are receivable and allocated appropriately between unrestricted and restricted income depending upon restrictions imposed.

Donations and legacies are accounted for when they are receivable.

Investment income is earned through holding assets for investment purposes such as shares and property. It includes dividends, interest and rent. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. It is included when the amount can be measured reliably. Interest income is recognised using the effective interest method and dividend and rent income is recognised as the charity's right to receive payment is established.

Expenditure recognition
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.

Charitable activities include expenditure associated with helping people with mental health problems, their carers and relatives. This includes both the direct costs and support costs relating to these activities.

Fund-raising costs are those incurred in seeking voluntary contributions.

Support costs allocation
Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with use of the resources.

Tangible fixed assets
Tangible fixed assets are stated at cost (or deemed cost) or valuation less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a straight line basis over the shorter of the relevant period or, where the asset has been obtained via a funded project, the length of the project/funding stream as follows:

Freehold property	2% on cost
Fixtures, fittings & equipment	25% on cost
Computer equipment	33% on cost

Freehold property is initially recognised in the financial statements at historic cost. The fair value of the freehold property, in the opinion of the trustees, cannot be measured reliably without undue cost or effort due to the specialised nature of the buildings. As such the freehold property is accounted for using the cost model. The trustees undertake regular impairment reviews.

Debtors and creditors receivable/payable within one year
Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

Provisions
Provisions are recognised when the charity has an obligation at the balance sheet date as a result of a past event, it is probable that an outflow of economic benefits will be required in settlement and the amount can be reliably estimated.

Leases
Rentals payable and receivable under operating leases are charged to the SoFA on a straight line basis over the period of the lease.

Pension costs
The charity operates a defined contribution pension scheme for employees. Pension costs charged to the Statement of Financial Activities represent the contributions payable by the charity in the year.

Tax
The charity is exempt from corporation tax on income from its charitable activities.

Going concern
The financial statements have been prepared on a going concern basis. The trustees have considered the level of funds held and the expected level of income and expenditure for the 12 months following the authorising of these financial statements and consider the going concern basis appropriate.

The trustees continue to pursue all known sources and means of funding that may be available to them in order to finance the charity's activities.

2. Analysis of Income

	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	2020 £
2a Donations and Legacies				
Donations & fundraising	30,302	-	30,302	41,627
Legacy	947	-	947	17,796
Total Donations and Legacies	31,249	-	31,249	59,423
2b Income from Charitable Activities				
Provision of training	27,138	-	27,138	49,764
Schools income	130,296	-	130,296	119,560
Counselling and services	30,057	-	30,057	58,809
Grants:				
BMBC - Covid Business Support Grant	10,000	-	10,000	-
RMBC - Covid Business Support Grant	10,000	-	10,000	-
HMRC - Coronavirus Job Retention Scheme	9,322	-	9,322	-
Edward Gosling Foundation	5,000	-	5,000	-
The National Lottery Community Fund	-	63,132	63,132	-
Children in Need	-	19,453	19,453	-
National Mind - Pears Foundation	-	9,323	9,323	-
SYCF -Covid Response Grant	-	5,000	5,000	-
RMBC - Infection Control Grant	-	5,472	5,472	-
VAR Social Prescribing	-	21,000	21,000	12,000
Sheffield Mind - Families in Mind Grant	-	3,412	3,412	-
BMBC Mental Health Grant	-	-	-	6,115
BMBC Development Grant	-	-	-	8,310
BMBC Community Liaison (inclusion)	-	-	-	11,603
NGC Coop Fund	-	-	-	3,000
The National Lottery - Awards for All	-	-	-	6,429
RMBC Direct Payments	700	-	700	928
VAR Creative Minds	-	-	-	6,000
CAMHS Moving on Project	-	-	-	9,645
National Mind - Connector Fund	-	3,419	3,419	19,171
National Mind - Mindful Monday Grant	-	500	500	-
Mind IT grant	-	500	500	5,000
Total income from charitable activities	222,513	131,211	353,724	316,334

	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	2020 £
2c Income from Other Trading Activities				
Rent receivable	12,732	-	12,732	21,190
Room Hire	45	-	45	2,348
Other trading	449	-	449	-
Total income from other trading activities	13,226	-	13,226	23,538
2d Investment Income				
Deposit account interest	2,289	-	2,289	1,261
Total investment income	2,289	-	2,289	1,261
2e Other Income				
Miscellaneous income	74	-	74	582
Gain on the sale of assets	-	-	-	18,621
Total miscellaneous income	74	-	74	19,203
Total Income	269,351	131,211	400,562	419,759

Prior year income includes restricted grants of £58,245. All other prior year income is unrestricted.

3. Analysis of expenditure

	Note	Unrestricted Funds £	Designated Funds £	Restricted Funds £	2021 Total Funds £	2020 £
3a Cost of Raising Funds						
Bid-writing fees		32,580	-	-	32,580	19,023
Total cost of raising funds		32,580	-	-	32,580	19,023
3b Cost of Charitable Activities						
Direct costs of charitable activities:						
Staff costs	7	152,434	-	109,626	262,060	282,395
Rates and water		2,334	-	-	2,334	5,103
Insurance		3,606	-	238	3,844	5,123
Light and heat		3,254	-	-	3,254	7,259
Telephone and internet		559	-	3,075	3,634	4,950
Room rent		9,257	-	-	9,257	13,611
Advertising and publicity		766	-	4,550	5,316	1,393
Sundries and miscellaneous		164	-	-	164	1,391
Repairs and maintenance		6,979	-	-	6,979	8,689
Office supplies		6,825	-	10,090	16,915	12,162
Staff expenses and training		4,151	-	1,633	5,784	5,854
Affiliation and fees		903	-	-	903	1,840
Volunteer expenses		404	-	-	404	557
Client support		16	-	1,200	1,216	693
Delivered training		774	-	-	774	5,050
Cleaning and hygiene costs		6,187	-	-	6,187	7,358
Covid-19 adaptations		247		3,901	4,148	-
Depreciation		-	7,458	-	7,458	5,388
		198,860	7,458	134,313	340,631	368,816
Support costs:						
Interest and charges payable		908	-	-	908	972
Auditors'/ Independent Examiner's fee		765	-	85	850	850
Connector project (Doncaster expenses)		-	-	-	-	4,942
Legal and Professional fees		118	-	-	118	14,148
		1,791	-	85	1,876	20,912
Total cost of charitable activities		200,651	7,458	134,398	342,507	389,728
3c Other Expenditure						
Redundancy		-	-	-	-	535
Relocation costs		-	-	-	-	3,373
Grant returned		-	-	-	-	204
Total other costs		-	-	-	-	4,112
Total Expenditure		233,231	7,458	134,398	375,087	412,863

Prior year expenditure includes £5,388 depreciation charged to designated funds and a total of £49,757 charged to restricted funds (Staff costs £37,237; Office Supplies £768; Expenses/training £2,694; Fees £20; Client Support £411; Legal & Professional Fees £3,000; Connector Project costs £4,942; Grant Returned £204; Sundries £481). All other prior year expenditure is unrestricted.

4. Tangible fixed assets

	Freehold Property	Fixtures, Fittings & Equipment	Computer Equipment	Total
	£	£	£	£
Cost				
as @ 01-Apr-2020	269,384	19,916	47,105	336,405
Additions	-	8,276	-	8,276
Disposals	-	-	-	-
as @ 31-Mar-2021	269,384	28,192	47,105	344,681
Depreciation				
as @ 01-Apr-2020	36,486	19,916	47,105	103,507
Disposals	-	-	-	-
Charge this period	5,389	2,069	-	7,458
as @ 31-Mar-2021	41,875	21,985	47,105	110,965
Net book value				
as @ 31-Mar-2021	227,509	6,207	-	233,716
as @ 31-Mar-2020	232,898	-	-	232,898

5. Debtors: amounts falling due within one year

	2021	2020
	£	£
Trade debtors	11,533	16,285
Accrued income (grants)	-	5,000
Prepayments	1,687	1,815
VAT refund due	55	24
	13,275	23,124

6. Creditors: amounts falling due within one year

	2021	2020
	£	£
Trade creditors	3,324	3,826
Accruals	3,916	1,192
Income received in advance	71,109	30,468
	78,349	35,486

7. Staff costs

	2021	2020
	£	£
Salaries	246,127	265,261
Social security costs	12,588	13,926
Pension cost	3,345	3,208
Redundancy cost	-	535
	262,060	282,930

No employee received emoluments of more than £60,000.

The average number of employees was 21 (2020: 23).

The redundancy payment in the prior year was in relation to the former Caretaker at Arcadia House. The role became redundant upon the sale of the building in 2019.

8. Analysis of net assets by fund

	Unrestricted funds £	Designated funds £	Restricted funds £	Total funds £
As at 31 March 2021:				
Fixed assets	-	233,716	-	233,716
Current assets	151,552	218,066	3,623	373,241
Current liabilities	(78,349)	-	-	(78,349)
	73,203	451,782	3,623	528,608
As at 31 March 2020:				
Fixed assets	-	232,898	-	232,898
Current assets	296,231	-	9,490	305,721
Current liabilities	(35,486)	-	-	(35,486)
Long term liabilities		-	-	-
	260,745	232,898	9,490	503,133

9. Trustees' remuneration, benefits and expenses

There was no trustee remuneration, benefits or expenses during this and in the previous financial year.

10. Related party transactions

Mrs K Whittles, the wife of Mr B Whittles (Trustee) was an employee of the charity during the year and received a monthly salary.

There were no other related party transactions in this or the previous financial year.

11. Independent examination and accountancy services

During the period, the cost of the independent examination and accountancy services was £850 (2020: £850).

12. Movements in funds

	Opening balance £	Incoming resources £	(Resources expended) £	Transfers £	Closing balance £
Unrestricted funds					
General Fund	260,745	269,351	(233,231)	(223,662)	73,203
	260,745	**269,351**	**(233,231)**	**(223,662)**	**73,203**
Designated funds					
Fixed Assets	232,898	-	(7,458)	8,276	233,716
Staffing Commitments	-	-	-	148,066	148,066
Building Costs Provision	-	-	-	55,000	55,000
Contingency Fund	-	-	-	15,000	15,000
	232,898	**-**	**(7,458)**	**226,342**	**451,782**
Restricted funds					
The National Lottery Community Fund	-	63,132	(63,132)	-	-
Children in Need	-	19,453	(18,453)	(1,000)	-
VAR - Social Prescribing	-	21,000	(21,000)	-	-
The National Lottery - Awards for All	5,371	-	(2,395)	-	2,976
SYCF - Bereavement Group	-	5,000	(5,000)	-	-
RMBC - Infection Control	-	5,472	(5,472)	-	-
Sheffield Mind - Families in Mind	-	3,412	(1,585)	(1,680)	147
National Mind -Connector Fund	(281)	3,419	(3,138)	-	-
National Mind - Pears Foundation	-	9,323	(9,323)	-	-
National Mind IT Fund	4,400	500	(4,400)	-	500
National Mind - Mindful Monday	-	500	(500)	-	-
	9,490	**131,211**	**(134,398)**	**(2,680)**	**3,623**
TOTAL FUNDS	**503,133**	**400,562**	**(375,087)**	**-**	**528,608**

13. Fund Transfers

A sum of £2,680 was transferred from restricted projects to the general fund to cover the cost of room hire and overheads.

£8,276 was transferred from the General Fund to the Designated Fixed Assets Fund to fund the capital additions, in accordance with the Fixed Asset Policy.

A total of £218,066 was transferred from the General Fund to the Designated revenue funds, in line with the revised Reserves Policy.

14. Designated Funds

Designated funds are unrestricted funds that have been set aside by the trustees for particular purposes/needs.

The value of fixed assets is held in a designated fund, against which depreciation is charged.

The trustees have also designated funds to support the charity's operational needs, future commitments and statutory obligations. Designated operational and strategic funds at the year end include:

- Funds for future staffing commitments (£148,066).
- Buildings cost provision, for the upkeep of the building and future running costs (£55,000).
- Contingency fund, for unforeseen events/expenditure.

15. Restricted Funds

The National Lottery Community Fund
A grant from the Coronavirus Community Support Fund, to provide the Covid-19 Emergency Counselling Response service.

Children in Need
A grant from BBC Children in Need's Covid-19 Next Steps Programme, to deliver one-to-one counselling and group work to young people in Rotherham and Barnsley who are experiencing poor mental health.

VAR –Social Prescribing
Restricted grant funding was received from Voluntary Action Rotherham (Social Prescribing) to support the following project:

Person-centred counselling, delivered in-house, by telephone or in the client's own home. Each client is generally offered six 1-hour sessions which can be increased if required, dependent on need.

The overall aim of the project is to increase independence and to improve physical and psychological wellbeing of referred clients who have long term health conditions. The Social Prescribing Service (SPS) aims to be a pathway for these clients to move into sustainable services/activities following the SPS funded intervention.

The National Lottery Awards for All
A small grant awarded through the National Lottery 'Awards for All' to deliver an arts and crafts group to those living in Rotherham. The group was set up in memory of a former service user and volunteer who was passionate about his art work. Rotherham and Barnsley Mind, along with his peers, wanted to continue his legacy by providing a safe space to others who have a similar passion for arts and crafts, to support their expression of feelings, as an alternative to talking therapies.

SYCF – Bereavement Support
A Covid-19 Response grant from the South Yorkshire Community Foundation (SYCF) to provide bereavement support.

RMBC – Infection Control
A grant from Rotherham Metropolitan Borough Council's Infection Control Discretionary fund for additional Covid-19 related costs, including additional cleaning and sanitising of High Touch Points.

Sheffield Mind – Families in Mind
Funding from the Ministry of Defence to deliver the Keeping Families in Mind service, providing therapy sessions across Rotherham and Barnsley.

National Mind - Connector Fund
Funding from National Mind to help the organisation achieve sustainability through a possible merger with Doncaster Mind and development of a Workplace Wellbeing Service. The Workplace Wellbeing service is already growing in Rotherham and Barnsley but would benefit from increased development and resource. The funding received will allow both organisations to expand and develop a successful service with increased geographical coverage and income streams. Rotherham, Barnsley & Doncaster Mind aim to provide both accredited and non-accredited training and counselling services for businesses of all sectors and size. Promoting a healthy working environment for employees and reducing unnecessary absenteeism through lack of knowledge around mental health in the workplace.

National Mind – Pears Foundation
A grant from the Pears Foundation/DCMS Emergency fund for the 'Check-in and Chat' project.

National Mind - IT Fund
A grant from the Emergency IT Fund, for the purchase of IT equipment to enable the organisation to better support service users during the Coronavirus pandemic.

National Mind – Mindful Monday
A grant to host a physical activity session with a mindfulness element on Monday 21st September 2020.