

mind Rotherham and Barnsley



Rotherham & Barnsley Mind Annual Report 2023 -2024

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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”

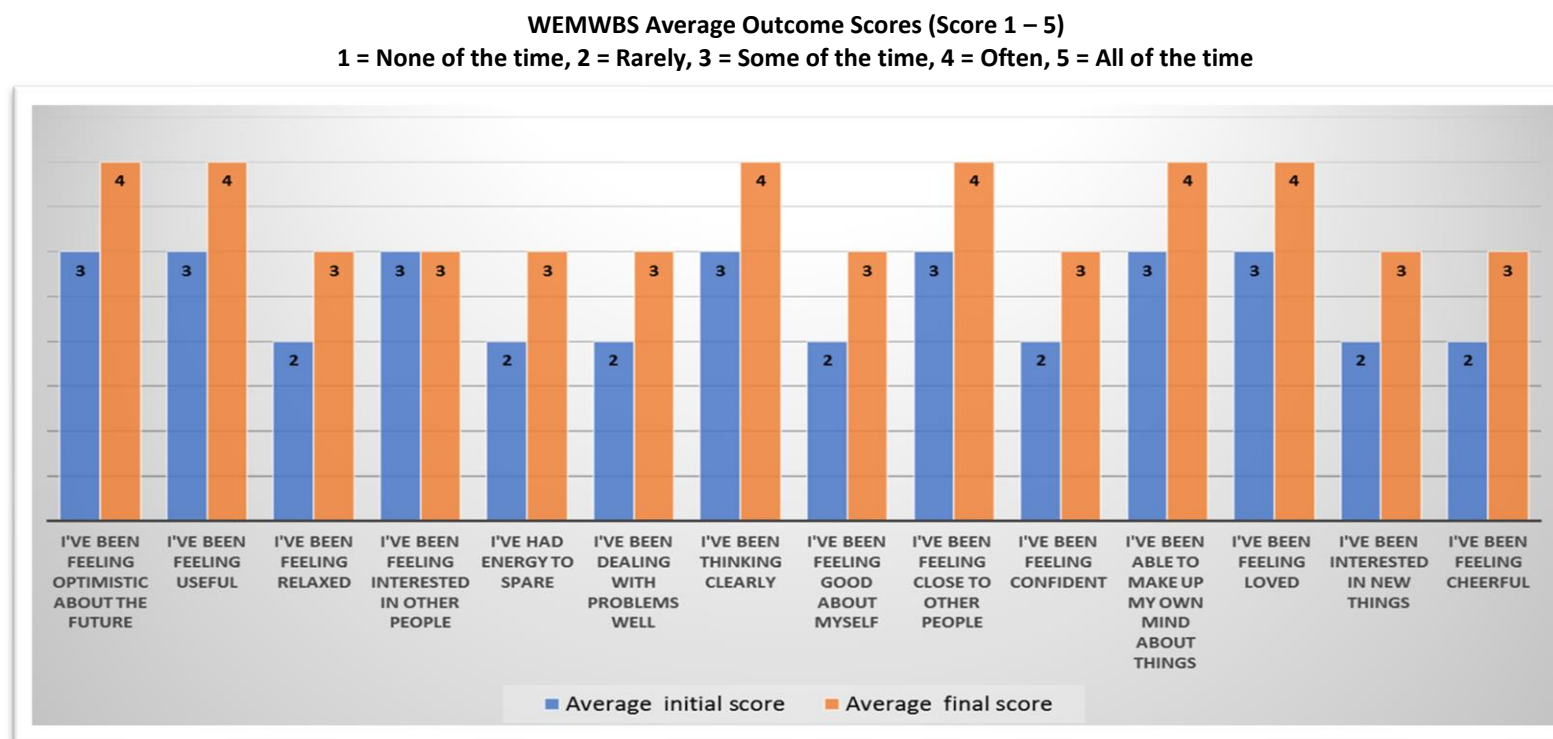
“The type of therapy I received was excellent and the calming environment helped. Overall, my counsellor was amazing.”

“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.



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

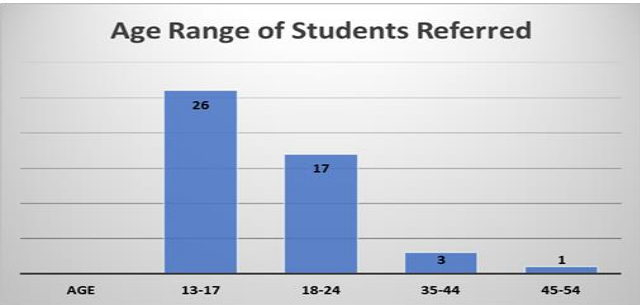
After successfully piloting a project with Barnsley College we were invited to tender for the contract in 2023 of which was successful and we have secured this for the next three years. This allows our counselling team to support students aged 14+ with a wide variety of issues.

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)

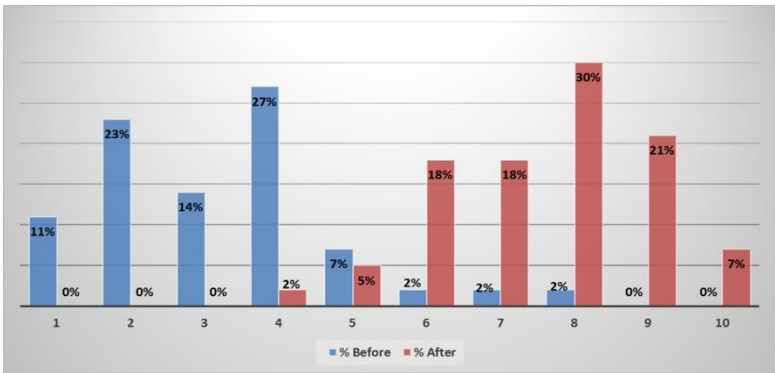
We also continue to offer bespoke specialist services including **Couples Therapy** and **Anger Management** which both continue to grow in demand.

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.	5	3	5	6	4	
Total volunteer hours.		49 hours	96 hours	99 hours	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 feel listened to

**Having the support in
school makes it easier
for me**



**Having someone to listen and not
judging has been great**

**I love all the
coloring that we**

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

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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 include 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 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 were 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 BARNSELEY MIND Statement of Financial Activities for the year ended 31st March 2024

		Unrestricted funds	Designated fund	Restricted fund	Total 2024	Total 2023
	Notes	£	£	£	£	£
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 losses 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.

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

Rotherham and Barnsley Mind Annual Report 2023 - 2024

ROTHERHAM AND BARNSELEY 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.

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 BARNSELEY 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 BARNSELY MIND
Contents of the financial statements
for the year ended 31st March 2024

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

Registered Name	ROTHERHAM AND BARNESLEY 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

ROTHERHAM AND BARNSELEY MIND
The Directors (trustees) present their annual report
for the year ended 31st March 2024

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

ROTHERHAM AND BARNSELEY MIND

The Directors (trustees) present their annual report (continued) for the year ended 31st March 2024

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.

ROTHERHAM AND BARNSELEY MIND

The Directors (trustees) present their annual report (continued) for the year ended 31st March 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

ROTHERHAM AND BARNSELEY MIND

The Directors (trustees) present their annual report (continued) for the year ended 31st March 2024

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. It 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 to be able 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 BARNSELY 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 BARNSELY MIND
Statement of Financial Activities
for the year ended 31st March 2024

		Unrestricted funds	Designated fund	Restricted fund	Total 2024	Total 2023
	Notes	£	£	£	£	£
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Net movement in funds after transfers		45,881	-15,964	1,070	30,986	87,607
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ROTHERHAM AND BARNSELY 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
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Creditors (amounts falling due in one year)	-96,466	-152,097
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Unrestricted funds	126,489	80,608
Designated funds - Fixed assets	222,608	238,572
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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 BARNESLEY MIND
Statement of Cash Flows
As at 31st March 2024

	Total	Total
	2024	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
	<u>-48,310</u>	<u>68,050</u>
Cash flows from investing activities:		
Investment income	<u>0</u>	<u>0</u>
Net increase/(decrease) in cash:	-17,324	155,656
Total cash as at 01 April 2023	<u>571,236</u>	<u>415,580</u>
Total cash as at 31 March 2024	<u>553,911</u>	<u>571,236</u>

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 assets 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.

ROTHERHAM AND BARNSELEY MIND
Notes to the financial statements
for the year ended 31st March 2024

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

ROTHERHAM AND BARNSELEY MIND
Notes to the financial statements
for the year ended 31st March 2024

2. Income from (Continued):

	General Fund £	Restricted Fund £	Total 2024 £	Total 2023 £
Income from Charitable Trading				
Rent receivable	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 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 BARNSELEY MIND
Notes to the financial statements
for the year ended 31st March 2024

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 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 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 BARNESLEY 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 BARNSELY MIND
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for the year ended 31st March 2024

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

Registered Name	ROTHERHAM AND BARNESLEY 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

ROTHERHAM AND BARNSELEY MIND
The Directors (trustees) present their annual report
for the year ended 31st March 2024

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

ROTHERHAM AND BARNSELEY MIND

The Directors (trustees) present their annual report (continued) for the year ended 31st March 2024

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.

ROTHERHAM AND BARNSELEY MIND

The Directors (trustees) present their annual report (continued) for the year ended 31st March 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

ROTHERHAM AND BARNSELEY MIND

The Directors (trustees) present their annual report (continued) for the year ended 31st March 2024

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. It 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 to be able 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 BARNSELY 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 BARNSELY MIND
Statement of Financial Activities
for the year ended 31st March 2024

		Unrestricted funds	Designated fund	Restricted fund	Total 2024	Total 2023
	Notes	£	£	£	£	£
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 losses 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 BARNSELY 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:

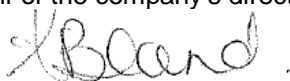
- a) ensuring the company keeps accounting records which comply with section 386; and
- b) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and its profit or loss for the financial year, in accordance with the requirement of 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 BARNESLEY MIND
Statement of Cash Flows
As at 31st March 2024

	Total	Total
	2024	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 assets 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.

ROTHERHAM AND BARNSELEY MIND
Notes to the financial statements
for the year ended 31st March 2024

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

ROTHERHAM AND BARNSELEY MIND
Notes to the financial statements
for the year ended 31st March 2024

2. Income from (Continued):

	General Fund £	Restricted Fund £	Total 2024 £	Total 2023 £
Income from Charitable Trading				
Rent receivable	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 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 BARNSELEY MIND
Notes to the financial statements
for the year ended 31st March 2024

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 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 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.