
KIDS IN MIND
(A Company Limited by Guarantee)

UNAUDITED
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

KIDS IN MIND
(A Company Limited by Guarantee)

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KIDS IN MIND
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TRUSTEES' REPORT
FOR THE YEAR ENDED 29 FEBRUARY 2024

The Trustees present their annual report together with the financial statements of the Kids in Mind for the year 1 March 2023 to 29 February 2024. The Annual Report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual Report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic Report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Objectives and activities

a. Policies and objectives

To ensure that the public are aware of the charities focus, it was deemed essential by the Trustees to change the name of the charity from "The Paskin Children's Trust" to "Kids in Mind" which better reflects the charities highest priorities.

Vision: Be the UK's leading charity bringing well-being and mental health support into the lives of disadvantaged children who have escaped serious domestic violence and found sanctuary in a Women's refuge.

Mission: Through mental health programmes Kids in Mind helps children to cope with the emotional and physical scars of domestic violence and to restore their wellbeing and self esteem. It also partners with other agencies and individual professionals to provide a holistic approach to mental health and wellbeing for domestic abuse victims. Kids in Mind believes that every child deserves a chance to heal and thrive.

Aim: Year on year, through our services, provide mental health support to more disadvantaged children and young people who have escaped domestic violence and found sanctuary in a refuge or safe house.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Objectives and activities (continued)

b. Strategies for achieving objectives

By end of financial year 2024/25, the charity will be supporting 500 refugee children through well-being and mental health sessions, which aims to support, inform and inspire them.

By end of financial year 2024/25, provide on-line well-being training for volunteer helpers in order to conduct communal child-safe well-being activities for refugee children.

By end of financial year 2024/25, provide every child in a Kids in Mind refuge with specific individual toys aimed at supporting the wellbeing play therapy sessions.

By end of 2026/27, supporting 100 refugees with well-being and/or mental health classes/workshops on a regular basis.

By end of financial year 2026/27, provide every 7+ year old child arriving in a supported refuge with the opportunity to attend a counselling session and attend in-house regular well-being sessions.

By end of financial year 2026/27, fund a reserve to meet the previous Charity Commission's recommended policy of 6 months staff costs, funds to meet a year's children services and the loss of a major fund raising event.

Working with mental health partners, develop services to support refugee children who have personally suffered serious abuse in order to provide long term counselling and support to those in greatest need.

Government reports and independent studies have consistently identified that disadvantaged children benefit greatly from sharing positive experiences with other children suffering from the same disadvantage. They tend to share experiences in a matter of fact way with each other whereas they will not engage or believe an adult/carer etc. Vitrally they learn they are not alone and/or not at fault, even though adults may well have told them this many times. The aim of our mental health and well-being sessions is to provide small groups of refugee children with positive reinforcement (and Fun!) in a safe environment. Nationally we will be unique.

Measurable outcome: increase the number of children attending a well-being or mental health session:

Year 1	500
Year 2	1,500
Year 3	3,000

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Objectives and activities (continued)

c. Activities undertaken to achieve objectives

Building a network of professionals and volunteers who are trained and supported in providing well-being and mental health support to children in refuge.

Working closely with other mental health charities.

Source free or heavily discounted toys and games to provide fun activities within refuge.

Work closely and gain partnerships with corporate companies and organisations such as Rotary in order for them to provide volunteering time to support the children, refuge and well-being sessions.

As from 31 March 2024, Kids in Mind will be providing wellbeing and mental health support, art therapy, music therapy and play therapy sessions into refuges.

Domestic abuse is a widespread issue that can have devastating and long-lasting effects on its victims. It can have a particularly severe impact on children who witness and/or experience abuse in the home. Women's refuges provide a safe haven for women and children escaping domestic abuse, but these children need additional support to help them overcome the trauma they have experienced.

The NSPCC state that one in five children in the UK has been exposed to domestic abuse, and this exposure can result in long-term emotional, psychological and behavioural problems. According to Birmingham Crisis Centre, over 50% of children that have found sanctuary in a Women's Refuge have personally suffered abuse (mainly sexual) - 70% at the hands of their father. Children that have suffered sexual abuse and have gone through the refuge system have the highest rate of suicide, excluded from school and runaways of any group.

Between 2010 and 2012, due to council funding difficulties, the first casualties were the funded children workers in refuge; unfortunately, in 2020, the impact of Covid again impacted on funding streams, which resulted in a further reduction in the number of children workers in refuge. As of 2023, the number of refuges providing mental health or well-being support for the children has dramatically fallen to around 30% of refuges; this is an area that needs urgent attention.

d. Refuge Children

Children who have experienced domestic abuse often suffer from a range of mental health issues, including anxiety, depression, post-traumatic stress disorder (PTSD), and behavioural problems. These children also struggle with trust issues, have difficulty forming attachments and with school and social relationships, and struggle with self-esteem and self-worth. Domestic abuse can also affect children's physical health, including causing sleep disturbances, eating problems, and increased susceptibility to illness.

Living in a women's refuge can be a significant change for children who have fled abusive households, and the transition causes additional stress and anxiety. Children in these situations may feel isolated from their peers, have difficulty adjusting to new routines and rules, and may feel unsafe or unsure of their new environment. They may also feel guilt or responsibility for the abuse that they have witnessed or experienced.

Refuges offer practical support such as temporary accommodation, safety planning, and access to legal and financial advice. However, children in women's refuges also need emotional support to help them overcome the trauma they have experienced.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Objectives and activities (continued)

e. The Importance of Mental Health Support

Mental health support is essential for children who have experienced domestic abuse. A recent report by Women's Aid found that children living in women's refuges are more likely to experience mental health issues such as depression and anxiety than their peers. The report also found that children who have experienced domestic abuse are at increased risk of developing mental health problems in later life, such as post-traumatic stress disorder (PTSD).

Mental health support can help children to process their experiences and emotions, build resilience, and develop coping strategies. This support can take many forms, including one-to-one counselling, group therapy, and art therapy. The Women's Aid report recommends that all children living in women's refuges should have access to mental health support.

f. The Benefits of Well-being Sessions

Well-being classes, such as yoga and mindfulness, are also beneficial for children who have experienced domestic abuse. These classes can help children to regulate their emotions, reduce stress and anxiety, and improve their overall well-being. A recent report by the Centre for Mental Health found that yoga can be particularly effective for children who have experienced trauma, as it can help them to feel more grounded and present in their bodies.

The Women's Aid report recommends that women's refuges should provide a range of well-being classes for children, including yoga, mindfulness, and other forms of exercise. These classes can be delivered by trained professionals or volunteers and can be tailored to the needs of individual children.

g. Main activities undertaken to further the Company's purposes for the public benefit

The Trustees follow the Charity commission guidance on public benefit and use holistic approach to encapsulate the types of activities provided.

The trustees have paid due regard to guidance issued by charity commission in deciding what activities the Company undertake.

h. Partnerships

The Trustess intend to partner organisations that will support our wellbeing and mental health services.

Achievements and performance

a. Main achievements of the Company

Standardised wellbeing, art, music and play sessions have been produced and a team of wellbeing practitioners have been identified.

Refuges have signed up to receive the Kids in Mind services.

Fund raising to achieve the ambitious first year target of supporting 500 refuge children with wellbeing and mental health support has started.

Financial review

KIDS IN MIND
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

By end of financial year 2026/27, fund a reserve to meet the previous Charity Commission's recommended policy of 6 months staff costs, funds to meet a year's children services and the loss of a major fund raising event.

c. Principal funding

The principle funding sources were donations of toys amounting to £309,946 together with income generated through fundraising.

Medium term funding by the Philip Gower Foundation has been secured to support staff costs which in turn enables the delivery of wellbeing and mental health services.

Structure, governance and management

a. Constitution

Kids in Mind is registered as a charitable company limited by guarantee.

b. Methods of appointment or election of Trustees

The management of the Company is the responsibility of the Trustees.

c. Financial risk management

The Trustees have assessed the major risks to which the Company is exposed, in particular those related to the operations and finances of the Company, and are satisfied that systems and procedures are in place to mitigate exposure to the major risks.

Reference and administrative details of the Company, its trustees and advisers

Trustees

Simon Mann, Chairman
Christina Beaver (appointed 7 February 2024)
Chris Lavender (appointed 7 February 2024)
Andrea Margolin (appointed 7 February 2024)
Air Commodore Gordon Moulds CBE DL (RAF Rtd)
Chris Osborne (appointed 7 February 2024)
Simon Kosky (resigned 7 February 2024)
Stuart Paskin (resigned 7 February 2024)

KIDS IN MIND
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 29 FEBRUARY 2024

Company registered number	08389165
Charity registered number	1151610
Registered office	Unit 13 Breasy Place Burroughs Gardens Hendon London NW4 4AT
Chief Executive Officer	Julian Margolin

Approved by order of the members of the board of Trustees and signed on their behalf by:

.....
Simon Mann

Date: 10 April 2024

KIDS IN MIND
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STATEMENT OF TRUSTEES' RESPONSIBILITIES
FOR THE YEAR ENDED 29 FEBRUARY 2024

The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' 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. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, 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 of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) 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 Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

KIDS IN MIND
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INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 29 FEBRUARY 2024

Independent Examiner's Report to the Trustees of Kids in Mind ('the Company')

I report to the charity Trustees on my examination of the accounts of the Company for the year ended 29 February 2024.

Responsibilities and Basis of Report

As the Trustees of the Company (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Company's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

This report is made solely to the Company's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Company's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Company and the Company's Trustees as a body, for my work or for this report.

Signed:

Dated: 10 April 2024

Stephen Sampson

Milton Avis LLP
120 Baker Street
London
W1U 6TU

KIDS IN MIND
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**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 29 FEBRUARY 2024**

	Note	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:				
Donations and legacies	3	364,146	364,146	9,720
Other trading activities	4	33,933	33,933	-
Total income		398,079	398,079	9,720
Expenditure on:				
Raising funds	5	2,382	2,382	2,436
Charitable activities	6	20,553	20,553	435
Total expenditure		22,935	22,935	2,871
Net movement in funds		375,144	375,144	6,849
Reconciliation of funds:				
Total funds brought forward		63,170	63,170	56,321
Net movement in funds		375,144	375,144	6,849
Total funds carried forward		438,314	438,314	63,170

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 12 to 19 form part of these financial statements.

KIDS IN MIND
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REGISTERED NUMBER: 08389165

BALANCE SHEET
AS AT 29 FEBRUARY 2024

	Note	29 February 2024 £	28 February 2023 £
Current assets			
Stocks	10	309,946	-
Debtors	11	-	9,720
Cash at bank and in hand		128,368	53,450
		<u>438,314</u>	<u>63,170</u>
Net current assets		<u>438,314</u>	<u>63,170</u>
Total assets less current liabilities		<u>438,314</u>	<u>63,170</u>
Net assets excluding pension asset		<u>438,314</u>	<u>63,170</u>
Total net assets		<u><u>438,314</u></u>	<u><u>63,170</u></u>
Charity funds			
	13	-	-
Unrestricted funds	13	438,314	63,170
Total funds		<u><u>438,314</u></u>	<u><u>63,170</u></u>

The Company was entitled to exemption from audit under section 477 of the Companies Act 2006.

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

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

KIDS IN MIND
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REGISTERED NUMBER: 08389165

BALANCE SHEET (CONTINUED)
AS AT 29 FEBRUARY 2024

.....
Simon Mann

Date: 10 April 2024

The notes on pages 12 to 19 form part of these financial statements.

KIDS IN MIND
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

1. General information

The company is incorporated in the UK with its registered office at Unit 13 Breasy Place Burroughs Gardens, Hendon, London NW4 4AT. The company is limited by guarantee, not having share capital. The company is a charity providing support to children suffering from domestic abuse.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Kids in Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

2.2 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on raising funds includes all expenditure incurred by the Company to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Company's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

2. Accounting policies (continued)

2.4 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2.5 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

2.6 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.7 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

2.8 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

3. Income from donations and legacies

	Unrestricted funds 2024 £	Total funds 2024 £
Donations		
Donation of Toys	309,946	309,946
Donation of Services	4,200	4,200
Grants		
Philip Gower Foundation	50,000	50,000
	<hr/> 364,146 <hr/>	<hr/> 364,146 <hr/>

KIDS IN MIND
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024**

3. Income from donations and legacies (continued)

	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Donations		
London Marathon Donation	9,720	9,720
	<u>9,720</u>	<u>9,720</u>
Subtotal detailed disclosure	<u>9,720</u>	<u>9,720</u>

4. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Cash Donations	33,933	33,933	-
	<u>33,933</u>	<u>33,933</u>	<u>-</u>

5. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2024 £	Total funds 2024 £
Fundraising - London Marathon	2,220	2,220
Donations to Other Charities	162	162
	<u>2,382</u>	<u>2,382</u>

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024**

5. Expenditure on raising funds (continued)

Costs of raising voluntary income (continued)

	<i>Unrestricted funds 2023 £</i>	<i>Total funds 2023 £</i>
Fundraising - London Marathon	2,220	2,220
Donations to Other Charities	216	216
	<u>2,436</u>	<u>2,436</u>

6. Analysis of expenditure on charitable activities

Summary by fund type

	Unrestricted funds 2024 £	Total 2024 £
Support Costs	<u>20,553</u>	<u>20,553</u>

	<i>Unrestricted funds 2023 £</i>	<i>Total 2023 £</i>
Support Costs	<u>435</u>	<u>435</u>

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**NOTES TO THE FINANCIAL STATEMENTS
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7. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Support costs 2024 £	Total funds 2024 £
Support Costs	8,990	11,563	20,553

	Support costs 2023 £	Total funds 2023 £
Support Costs	435	435

8. Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examiner fee of £4,200 (2023 - £nil). No fee charged as services were donated free of charge to benefit the charity.

9. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 29 February 2024, no Trustee expenses have been incurred (2023 - £NIL).

10. Stocks

	29 February 2024 £	28 February 2023 £
Stocks	309,946	-

All stocks are held by the charity and comprise of donated toys and vouchers.

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024**

11. Debtors

	29 February 2024	<i>28 February 2023</i>
	£	£
Other debtors	-	9,720
	<hr/>	<hr/>
	-	9,720
	<hr/>	<hr/>
	-	9,720
	<hr/> <hr/>	<hr/> <hr/>

12. Financial instruments

	29 February 2024	<i>28 February 2023</i>
	£	£
Financial assets		
Financial assets measured at fair value through income and expenditure	128,368	53,450
	<hr/> <hr/>	<hr/> <hr/>

KIDS IN MIND
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024**

13. Statement of funds

Statement of funds - current year

	Balance at 1 March 2023 £	Income £	Expenditure £	Balance at 29 February 2024 £
Unrestricted funds				
Unrestricted Fund	63,170	398,079	(22,935)	438,314

Statement of funds - prior year

	Balance at 1 March 2022 £	Income £	Expenditure £	Balance at 28 February 2023 £
Unrestricted funds				
Unrestricted Fund	56,321	9,720	(2,871)	63,170

14. Analysis of net assets between funds

Analysis of net assets between funds - current period

	Unrestricted funds 29 February 2024 £	Total funds 29 February 2024 £
Current assets	438,314	438,314
Total	438,314	438,314

KIDS IN MIND
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 29 FEBRUARY 2024

14. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior period

	<i>Unrestricted funds 28 February 2023 £</i>	<i>Total funds 28 February 2023 £</i>
Debtors due after more than one year	9,720	9,720
Current assets	53,450	53,450
Total	63,170	63,170