

Charity registration number 1155918

Company registration number 08884776 (England and Wales)

WEST SUSSEX MIND
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025



LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Susan Hawker (Chair)	
	Daniel Bird (Joint Treasurer)	
	Matthew Copeland (Joint Treasurer)	
	Nigel Jones	
	Kirk Lord	
	Tanya Marwaha	
	Martin Sherred	
	Robert Smytherman	
	Gavin Atkins	(Appointed 25 July 2024)
	Nicola Gibbins	(Appointed 25 July 2024)
	Rebecca Hills	(Appointed 25 July 2024)
Chief Executive Officer & Secretary	Kerrin Page	
Charity number	1155918	
Company number	08884776	
Registered office	The Gateway 8-10 Durrington Lane West Sussex Worthing BN13 2QG	
Auditor	Sumer Audit Piper House 4 Dukes Court Bognor Road Chichester West Sussex PO19 8FX	
Bankers	HSBC Bank Plc 16 Goring Road Worthing West Sussex BN12 4AW	

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CHAIR'S REPORT

FOR THE YEAR ENDED 31 MARCH 2025

It's been a busy year of significant change, but West Sussex Mind has risen to the challenge and achieved some really important milestones.

I am delighted that we have continued to make significant progress in important strategic areas, including increasing co-production in all our services, and training and involving more peer volunteers in our work. I would particularly like to celebrate the important work we have started engaging with racialised communities – it's essential that we continue to break down barriers, ensuring that everyone gets the mental health support that they need and deserve.

A particular area of focus for us this year has been the development of our new 5-year strategy, and we outline the journey, process and our new strategic aims later in this report. I would like to personally thank everyone who gave their time so generously to engage with the process and genuinely co-produce our new strategy – the journey we went on felt as important as the destination, and it was wonderful to have a series of opportunities to bring together trustees, employees, volunteers and service users. As well as co-producing our new strategy we also worked together to define a new mission to inspire us in our work – "Together with those experiencing mental health problems, we will build inclusive and empowering mental health services, reduce barriers to support and challenge stigma."

During the second half of the year a particular focus for us was preparing for and engaging with the Mind Quality Mark (MQM), a robust quality framework that all local Minds must meet every 3 years to be part of the Mind Federation. The MQM challenged us to reflect through a self-assessment process, prepare a comprehensive evidence portfolio, and host a site visit from a review team. We were absolutely delighted with the feedback that we received. I would like to share a quote from the report that summarises the review teams experience of us. "West Sussex Mind is an innovative organisation with a wealth of strengths.... It is testament to the culture of the organisation that so many staff, volunteers and trustees bring their lived experience to their roles.... The review team were impressed by the passion, commitment, and strong values demonstrated by the whole workforce, and commend what is clearly a positive, inspiring culture." It was a pleasure to share the findings with the organisation at our staff and volunteer conference, and I am delighted that we have been nominated for a number of national Excellence Awards.

Alongside all this it is important to recognise that it is a time of change in the Sussex health system, and also nationally. This has challenged us to work and act differently, but in doing so we have been able to forge stronger relationships with key partners, recognising that (in line with our values) we are stronger together. As a result, we have also been well placed to respond to recent re-commissioning opportunities, leaving West Sussex Mind in a strong position to face the future.

This year we have also worked even more closely with our partners in the Mind Federation, and our Trustees have committed to actively supporting our 'Federation First Strategy', ensuring that Mind is in the strongest possible position in Sussex, and nationally. I am delighted that we have begun working even more closely with our colleagues at Mind in Brighton and Hove, meeting together as Trustees to ensure we meet the needs of the people of Sussex together.

Over 2024-25 we have had some changes to our Trustee group. We said goodbye to Di Medwell at our AGM after many years of support to West Sussex Mind, having joined us when we merged with Shoreham and District Mental Health Association. Dominic also stepped down from our Board having secured employment in a senior role with one of our voluntary sector partners. Although we were very sorry to see him leave, we were delighted that he has taken the next step in his career, and he takes with him our very best wishes and support. After some targeted recruitment we were delighted to welcome 3 new Trustees, Nikki, Gavin and Rebecca. They bring with them a wealth of diverse professional and lived experience which is already having a direct, positive impact on our work.

Finally, I want to say a huge thank you to all of our dedicated staff, trustees, volunteers, members, supporters and funders for their hard work and continuing support for our organisation over the last year. It's been wonderful to have the opportunity to connect with you even more this year through our strategy development work. Your dedication and commitment to our mission has helped us to achieve so much and reach more people who really need us. Thank you!

WEST SUSSEX MIND



CHAIR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

S. L. Hawker

Susan Hawker

Chair and Trustee

Date: *7/11/25*

**TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31 MARCH 2025**

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2019)

Objectives and activities

Our Objects are to:

- Promote the preservation of good mental health in particular around enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.
- Relieve the needs of people with mental health problems by working to increase understanding of mental health and mental health problems, by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

To achieve these Objects:

- We actively promote our website where anyone can access free mental health self-help, on-line learning and development courses, videos and blogs. Once on our website, individuals can also complete a simple e-referral form asking for help.
- We provide telephone and email advice, information and signposting to local support for anyone who contacts us through our website, via email or phone through our Help Point service.
- We offer individual and group mental health and social support in person, by phone and through video call and conference to children and young people, families, adults and older adults who feel they would benefit from this. This support helps people develop the skills and confidence to manage their own mental health and well-being. It also helps people connect socially and to give and receive peer support.
- We offer evening and weekend crisis prevention support in Worthing to support individuals struggling to cope out of hours.
- We offer services across Adur, Arun, Worthing, Chichester and Horsham districts from our buildings in Southwick, Worthing and Littlehampton and from a wide range of community venues in other areas including GP practices, community centres etc. We also work proactively and in partnership with many other health, social care and community organisations to deliver our support.
- We recognise that people who need us most may not easily find or access our support so we reach out to people through outreach and community roles to tackle these health inequalities.
- We also work to raise awareness and to challenge stigma and discrimination in our local communities. We do this by providing online and face-to-face training courses for people working in West Sussex around emotional and mental health issues, and by engaging with members of local communities through campaigning, workshops, activities and events online and using social media and in person.

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit including the guidance "Public Benefit: running a charity (PB2)". The nature of the charity's objectives outlined above help to ensure that all of our activities are undertaken in the public benefit.

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)
FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance

1. Providing Mental health support

During the year we continued to offer our **individual and group mental health and social support** for children and young people, adults, families and older adults provided in person and through phone, email, text, video-call and conference. Our services have flourished, with a growing diversity of services. In 2024- 2025 a total of **7,766 individuals** reached out to us for help (including 2,450 getting advice) which is more people than ever before. For those we went on to support, **we delivered 32,759** individual and group mental health support interventions to these individuals.

In 2024-25 our Help Point, which offers a single access point for all phone and email communication, continued to provide a coherent and effective front door for all our support. Trained staff and volunteers have given advice, information and signposting to local services and into our own support as well as responding to all web referrals and enquiries. During the year we have taken 9,574 phone calls. A total of 2,450 people were given advice, information and signposting and we received 3,553 web and phone referrals in the year – receiving on average around 296 referrals per month.

For adults our social activities programme has continued to offer a varied in person and online programme giving people an opportunity to connect socially, give and receive peer support and develop confidence and skills to engage in wider community services and support. A grant from National Mind gave us the resources to employ a peer role to help people improve their physical wellbeing alongside their mental wellbeing, which has had some fantastic achievements. During the year around 131 activities were offered each month, with 393 individuals benefiting over the whole year. Many of these activities are supported or led by our growing team of volunteers.

One of the developments over the last year has been taking on a plot at Humber Avenue Community Allotments in Durrington. A group of service users, staff and volunteers make use of the accessible plot to grow produce. This is then shared with the allotment users and wider community. Through this project we have raised awareness of mental health to the allotment committee and other users. This project has allowed people to connect to being outdoors.

As demand for support from children and young people grew through 2024-25, we were pleased to continue providing our children and young people's social prescribing service across a range of GP practices. The parenting support service has continued to provide virtual and face-to-face support with parents and carers across West Sussex as well as creating new animations this year. We also received funding to continue to deliver the self-harm learning network. A total of 514 children and young people received support from our team of GP practice-based social prescribers, and 261 parents and carers accessed our parenting support service.

Our Families in Mind service supporting families of children aged nought to five and funded by The National Lottery Community Fund moved into the final year of current funding. Over the past twelve months, the service has reached a total of 185 parents and carers. The partnership work with Dad La Soul progressed this year with a peer support worker recruited to lead on the engagement with male carers through regularly attending Dad La Soul play dates and meet ups to raise awareness of mental health support available and tackle stigma. This also enabled the delivery of the first Unmasking Masculinity event in November 2024 in partnership with Dad La Soul and AudioActive. This was a powerful and inspiring event bringing together mental health experts, youth workers, parents and politicians to explore men's wellbeing today and how we can work together to better support boys/ men. Our very own Sue Hawker participated in one of the panel discussions and a webpage full of resources was launched on our website.

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

Our young people's service, BeOK, has continued to support those aged 16 - 25 through the child to adult transition period with strong connections at sixth forms and colleges across the patch. Regular space has been secured in Chichester and Bognor Regis to see young people, engagement has increased with the group offer and in total the service has supported 372 people this year. A key focus for both the BeOK team and the children and young people's social prescribing team this year has been around trauma informed practice. We secured funding with National Mind to work with a steering group of experts, 5 other local minds and 14 young people with lived experience to consider trauma informed principles and how Mind should use them. The group developed child focused trauma informed principles and an accompanying toolkit which is currently being evaluated. At the end of the year, we also secured funding to participate in the next stage of this project to develop training for local Minds and the wider community around the principles, toolkit and how we can best work with young people in a trauma informed way. This will guide our next steps as an organisation around embedding trauma informed practice more widely.

We were awarded funding in early 2025 from NIHR Applied Research Collaboration Kent, Surrey and Sussex to work on a research project called Catalyst. This funding will enable us to look at piloting a new model of support for youth mental health services in 2025-2026. We are pleased to be working alongside Esteem and AudioActive as part of this project.

Our Worthing **crisis prevention** service continued to operate throughout the year, offering evening and weekend support for people who were struggling the most with their mental health out of hours, predominantly face to face. In the latter part of the year, we worked with Sussex Partnership NHS Foundation Trust to secure a clinical presence in the service, as part of a pan-Sussex initiative. This has significantly enhanced the service we can offer people and confirmed Staying Well's role as a genuine alternative to A&E. During the year the service supported 524 people, with the majority of these being self-referrals.

We launched a new service, Supported Self-Help in October 2023, an exciting initiative which connects us to a wider group of local Minds across England offering this service. The service is a structured 6-week guided programme, supporting areas including anxiety, low mood and depression, managing anger and coping with grief and loss. Since its launch we have supported 507 individuals, with 449 of these being supported during 2024-25. We were also excited to win a contract to work with Sussex Partnership Foundation Trust to embed voluntary sector workers in their Enhanced Community Rehabilitation Service and are looking forward to continuing to develop this partnership in 2025/26.

During 2024-25 we continued to hear that inflation and the national cost of living crisis had a huge impact on people's mental health and well-being. With the help of a legacy from the Flint Will Trust we continued our peer welfare support, to help address financial challenges faced by service users, 139 service users were supported by this service, and once again worked in partnership with WSCC to distribute Household Support Fund vouchers – this year we managed to distribute almost £10,000 worth of vouchers to 178 households, which made a massive difference to them.

All of this work has been supported and enabled by strong and effective partnerships with a wide range of organisations. In 2024-2025 this included:

- Sussex Partnership NHS Foundation Trust and other West Sussex mental health providers involved in the Pathfinder West Sussex Alliance
- Guild Care and Age UK West Sussex & Brighton & Hove
- Carers Support West Sussex
- NHS primary care networks, GP practices and NHS Sussex
- Borough and District councils and West Sussex County Council
- Early Help
- Turning Tides
- Citizens Advice in West Sussex
- YMCA Downslink Group

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TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2025

- Mind
- Sanctuary in Chichester
- Dad la Soul
- AudioActive
- Esteem
- Macmillan
- Chichester Information Shop

We delivered face-to-face support from our three premises – The Corner House in Southwick, The Gateway in Worthing and Maltravers Drive in Littlehampton – as well as in a wide range of other community premises.

In addition, through acting as the West Sussex strategic partner to support the Community Mental Health Transformation (CMHT) in Sussex, and through the Head of Adult Mental Health Services job-sharing a secondment as VCSE Transformation Systems Lead for West Sussex with a colleague from BHT Sussex, we have been well placed to influence and actively support the development of mental health services in West Sussex, and more broadly across Sussex.

Neighbourhood Mental Health Teams (NHMT) have been embedded across West Sussex. This has led to an exciting opportunity for VCSE, including West Sussex Mind, NHS partners and GP surgeries to provide a more streamlined service which ensures people get the right help from the right service. Development of the NHMTs will continue across the next year and other key partners will be brought in to this model.

2. Raising awareness and reaching out into our communities

In 2024-25 our training team continued to offer a wide range of training services and support to help people living and working in West Sussex understand more about mental health. This training continues our work reducing stigma around mental health and seeking support, as well as equipping individuals in our communities to spot signs of crisis and support colleagues, friends, family members or young people they may encounter. The training team also delivers training to staff working with people with mental health problems to help develop their skills, confidence and resilience.

A total of 9,429 (up from 6,111 last year) people benefited from training events and learning opportunities provided by the training team. The following projects and initiatives helped us to achieve this:

- We continued to support **refugees' mental wellbeing**, including a programme for Ukrainian refugees funded by West Sussex County Council and training for refugee hosts and volunteers working with refugees.
- Our **Volunteering in Mind** programme continued to flourish with more peer volunteers receiving training and we now have 36 active peer volunteers in our services.
- We continued to deliver the **Pan-Sussex Self Harm Learning Network** commissioned by West Sussex County Council and delivered across West Sussex, East Sussex and Brighton & Hove. This successful learning programme supports professionals, parents and carers through a series of webinars and peer support sessions as well as an annual conference – with a total of 5,207 reached through the programme. The success of this means it has been commissioned for a further 18 months to end of June 2026.
- We offered **free suicide awareness and prevention training** through giving free licences for the LivingWorks START course throughout the year.
- We continued to provide **Adult and Youth Mental Health First Aid training** to staff in the County Council and partner agencies, funded by West Sussex County Council, Adur and Worthing Council and Friends of Midhurst Community Hospital.
- We were commissioned by West Sussex County Council to deliver two **menopause courses** to staff: one aimed at all levels and one specifically for managers around supporting team members experiencing menopause. This was hugely successful, and we hope to continue this work with them and expand it to other organisations.
- We were successful in bidding to provide Mental Health First Aid training across **primary care in Sussex** for NHS Sussex.

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

- The training team facilitated a range of bespoke training for businesses and organisations within West Sussex, including Mental Health First Aid and programmes designed to promote mental health in the workplace, and supporting staff with poor mental health.

In 2024-25 we continued and extended our work to reach out to communities who were not accessing our services. During 2024-25 we:

- Extended our work with **refugees**, continuing to support Ukrainian refugees, as well as developing our partnership with Sanctuary in Chichester to support refugees and asylum seekers. We delivered 8 weekly drop-ins with our refugee support worker, 33 one-to-one sessions for refugees and asylum seekers and supported people from 23 different nationalities. We have received funding to continue and expand on this work in 2025-26.
- Were successful in securing a contract from West Sussex County Council to provide **mental health support for resettled refugees** for two years.
- Continued our work to reach the **Polish community** and worked with Macmillan to extend our support to the Polish community focusing on both mental health and cancer support. Both the refugee and Polish projects supported people to connect to and navigate local mental health services and have conversations to reduce stigma around getting support in these communities.
- Attended Worthing, Chichester and Witterings Pride events and developed our **LGBTQIA+ peer group** offer with support now offered across our locations as well as online.
- Undertook a project with funding from national Mind to reach **racialised communities** to understand barriers to accessing support. This work will continue in 2025-26 as we continue our journey to become a truly anti-racist organisation.
- Focused on reaching **men** to reduce the disparity in numbers of men being supported (roughly one-third to two-thirds female service users) with teams focusing on building partnerships with other organisations who support men in their local neighbourhoods, work which will be built upon for the next year.

3. Involving people with lived experience of mental health problems in our services

During the year we continued to involve people using our services and people with mental health problems in our work. We carried on holding service user forums and feedback surveys through the year, and have established the Meeting of Minds, an opportunity for forum chairs to meet with the leadership team and trustees every 2 months to discuss key issues from local forums.

During the year we held a series of roadshows for employees, volunteers and service users to coproduce our new strategy. We received lots of positive feedback from service users as to how empowering that process had been.

The children and young people's social prescribing workers co-produced a review of the outcome form for the younger age range they work with resulting in some key changes being made to the form. The BeOK team also worked with young people with lived experience around reviewing risk management plans which resulted in additional columns being added to included useful apps and websites and the development of an optional sensory profile to support neurodivergent people.

Involvement through volunteering also continued to be strong. We are grateful to East Head Impact for their ongoing support of our peer volunteer training programme and increased the number of peer volunteers, with 31 now actively supporting our service users. Our peer volunteers have shared their lived experience and have introduced key documents such as our annual Impact Report. Through this funding we were also able to offer some Peer Sessional Roles that offered our peer volunteers a route to step into or back into employment, these roles have proved a huge success and has further increased the number of peer workers in our organisation.

Our Equality, Diversity and Inclusion activity has been supported by two experts by experience who have led a piece of work to help us understand how we take the next steps to becoming a truly anti-racist organisation.

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2025

Our communication co-production panel is also now well established, with the public and people who use our services. They have delivered some specific pieces of work over the last 12 months including:

- A review of communications around service user forums to increase engagement. Included a review of existing website information and suggestions for social media posts.
- The writing of a new blog about the panel by the chair and co-production of new ads and social media to attract new members.
- Review of West Sussex Mind supporters newsletter with design and content suggestions.
- One of the panel members co-produced a blog about his schizophrenia and neurodivergence with our communications lead, which was published on our website. This member also did a two-day work placement with the comms team for his apprenticeship.

We continued to have strong lived experience representation on our Board of Trustees, which they talk about openly in the website profiles.

4. Staff, volunteers and organisation

Following a year of change over 2023-2024 we have sought greater stability in the organisation, consolidating our new structure. This has been particularly important given the volume of external change and focus on some significant pieces of work including our MQM and responding to commissioning activity.

This year we took an opportunity to develop our online training for staff by rolling out Cornerstone, a new learning portal for our employees, volunteers and trustees. Cornerstone acts as a platform for multiple vendors of training who provide online content this supports different media formats and a wide range of subjects including charity specific content.

As highlighted above our EDI work continued this year. Some key highlights were:

- Focused work exploring the barriers to accessing mental support for racialised communities and beginning to co-produce solutions
- Creating guidance for welcoming service users to ensure trans and non-binary inclusion
- Increasing our knowledge on neurodiversity for line managers, including managing neurodiverse staff, improving our interview processes, raising awareness of tools and adjustments to support neurodiverse employees
- Developing support for men's mental health in our family focused services
- Maintaining our EDI working group membership with recruitment and succession planning, to ensure that all areas of the organisation are included
- Bringing our values into the recruitment process this included Bias and evidencing in recruitment training for all managers.

The well-being of our staff is always high on our agenda. Building on the success of previous in-person events, we continued this into 2024-25 and held a social organisational away day at the Lodge Hill Centre in Pulborough, which brought staff together to learn more about the organisation and services we deliver as well as taking part in some outdoor team building activities. We also held our usual staff and volunteer online conference to bring people together and celebrate our successes which was very well attended. Each service continues to have a separate budget to develop their own team day and a team social event. This enabled a range of activities throughout the year that brought people together.

As usual we reviewed our salaries keeping our lowest paid workers in line with the real living wage and salary increases being reviewed and increased in April 2024.

Over the year we developed 5 new types of role, 44 people left the organisation, 36 people were new to the organisation and a number of people made internal moves, either moving into different teams or being promoted to higher grade roles. At the end of the year, we had 147 employees and sessional workers.

WEST SUSSEX MIND

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2025

In March we undertook a staff survey to gain feedback from our staff team on a number of areas, and we had some great feedback including 100% of our staff team feeling that they are clear in the aims and objectives of West Sussex Mind and 94.6% stated they felt supported by colleagues. Alongside the positives we are taking any area scoring less than an 80% good satisfaction rating and turning this into an action plan for 2025-26.

Volunteers make a significant contribution to the work of West Sussex Mind and we have grown the number of roles in our organisation significantly in the last few years. We currently have 75 volunteers (not including trustees), engaged in all areas of our organisation including fundraising, running activities, providing peer support and much more! We now have 36 peer volunteers who use their lived experience as part of their volunteering role.

5. Communications

Our communications work continued to promote our mental health support and service developments, as well as raise our profile through broader communications pieces.

In 2024-25, we have continued to promote our services through a variety of communications channels, including social media and our website. Our social media posts covered key charity news and developments, regular wellbeing tips and lived experience stories and encouraged people to come forward for support through Help Point – all linked to more in-depth content on our website. The appointment of our communications assistant/videographer in 2023 also enabled us to produce high-quality videos and reels for social media – with the latter, in particular, helping us to reach wider audiences.

There was an increase of 5.56% in visitors to our website on the previous year. In 2024-25, a total of 57,000 people used our website, 55,000 (96.5%) of whom were new visitors. This compared to 54,000 visitors in the previous year, 52,000 (96.3%) of whom were new visitors.

A range of self-help resources, including videos, tips and information about mental health conditions, continue to be available on our website.

During 2024-2025, it remained a high priority to ensure people knew we were here and could help, and to get public and community support for our work and mission.

We used our website, social media, email newsletters and printed materials to share lived experience stories, news updates, advice and information. Some of the developments we publicised included the change of our Staying Well crisis support service to allow walk-ins, participation in the London Marathon by one of our running group service users, our work with Sanctuary supporting asylum seekers and refugees and the Unmasking Masculinity event with Dad La Soul and AudioActive.

The mental health lived experience communications panel that was set up in 2023 to co-produce and inform our communications work, continues to meet regularly and feed into our communications.

Other communications highlights for 2024 to 2025 included:

- A 'move, reset, repeat' campaign about movement for mental health during Mental Health Awareness Week
- Reels about men's mental health and the importance of speaking out (in English, Polish and Ukrainian) as part of a wider campaign
- A news piece about our equality, diversity, inclusion and equity work to date
- A video about our young people's service
- The digitisation of our Impact Report for the first time (with a new format eco-friendly print version), bringing service user stories to the heart of the report
- Press coverage about Staying Well and our service user's London Marathon bid.

The communications team also continued to lead the communications work for the Pathfinder Alliance through the year.

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2025

Financial review

1. Financial performance for the year

In 2024-25, West Sussex Mind spent £3,714,091 (2023/24 £3,300,705) which was a 12.5% increase in 2024/2025. During the year our principal funders have been as follows:

- NHS Sussex Integrated Care Board
- West Sussex County Council & other Local District and Parish Councils
- GP practices and Primary care networks
- National Lottery Community Fund
- Age UK West Sussex & Brighton & Hove
- Mind
- East Head Impact
- Friends of Midhurst Community Hospital

These sources of funding are generally linked to a contract or funding agreement to provide a specific service – for example, NHS contracts are for our main adult mental health services, our Staying Well crisis prevention service and our young people's mental health services.

In 2024-2025, as an organisation, we remained conscious of rising costs within our organisation. We regularly reviewed our commitments and expenditure to monitor the impact of this challenging situation on our finances. The biggest impact we saw has been on our staff and volunteers. Whilst we have always paid good pay rates within our sector, many of our staff are on comparatively low salaries and continuing rising fuel, food and housing costs have had a big impact on them. Because of this, we felt it was important to support our staff and continued our commitment to track the real living wage for our lowest paid staff and gave the same increase to all other staff. This was a new approach, apart from tracking the Real Living wage, and we plan to monitor the situation going forward.

It has been vital for us to support our staff by doing this, but it is very challenging in the context that we had minimal or no increases in our NHS income in 2024-25, but were expected to make 15% efficiencies in these contracts. Fortunately, due to delays, these efficiencies won't take effect until June 2025. However, we did receive a legacy within the year which has enabled us to continue to provide some services that we feel were critical but unfunded.

We are also within a two year programme to upgrade or replace the majority of our IT equipment so it will be compatible with the Microsoft Windows 11 upgrade. This has meant we have had increased capital expenditure, from our reserves, to prepare for this.

2. Fundraising and donations

The 2024-2025 year was a particularly challenging one for fundraising, with grant funding becoming increasingly competitive as well as the cost-of-living crisis effecting our supporters and fundraisers. So we were pleased to raise over £695,000 towards continuing priority services and new business development projects and services for this and the coming year(s).

Some of the community fundraising highlights of the year included:

- Our third Mental Elf 5k Fun Run and Walk which sadly had to be cancelled on the day of the event due to the weather but with most participants completing the event at a later date, independently, still raised just under £9,000, made possible by two generous sponsors from Aspire Residential Estate & Letting Agents and DMH Stallard.
- Jacobs Steel Estate Agents holding a charity ball in aid of Guild Care and WS Mind
- A new event September Swim raised over £6,000
- Other new events including Wreath Making, and Father Christmas at Goddenwick Farm

WEST SUSSEX MIND

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2025

We received grant/trust funding from many organisations this year including:

- Donations from The Rowan Bentall Charitable Trust, Lockwood Charitable Foundation, Ian Askew Charitable Trust and Humber Avenue Community Allotments towards social activities
- Worthing CIL funding to provide Mental Health First Aid Training and weekly support to young people at west Durrington Campus
- Support for our Communities in Mind service from Friarsgate Trust, WG Edwards Charitable Foundation, Simpson Charitable Trust, Charlotte Marshall Charitable Trust, Francis Winham Foundation, Broyst Foundation and the Bonhomie United Charitable Society
- Funding for new chairs from the Morrisons Foundation
- Donation from the Budding Foundation towards our work with young people's power of peer support project
- A contribution from Horsham District Council towards our Volunteers and EDI Coproduction panel running costs
- Sport England funding for our 'Get Active with Mental Health Peer Support' project.
- Continued support from East Head Impact for our Volunteering in Mind project and from the National Lottery Community Fund in supporting our Families in Mind service.

The Trustees are grateful to all the organisations who have so generously supported us financially in 2024-2025, as set out in notes 3 and 4 to the accounts.

3. Reserves policy

West Sussex Mind held free reserves of £1,197,328 at 31 March 2025. The table below details how this figure is calculated.

Balance 31 March	2025	2024
Total charity funds	£3,532,956	£3,621,031
Less: restricted funds	£153,925	£117,288
Less: net book value tangible fixed assets (excluding revaluation reserve) (see note 20)	£1,063,055	£1,122,035
Less: other designated funds (see note 20)	£573,793	£297,529
Less: revaluation reserve	£544,855	£544,855
Free reserves	£1,197,328	£1,539,324

Restricted funds represent amounts which have been received for specific purposes and which have not yet been spent.

Designated funds represent amounts which the trustees have set aside to ensure:

- That any projects with unconfirmed contracts/grants at risk continue to run, providing continuity of care for our service users, whilst options are explored
- That we have contingency to cover major repairs of our buildings
- That we can be responsive to emerging needs and respond by growing or developing new services to meet our charitable objectives or to top up funding gaps in services.

Within designated funds is a tangible fixed assets fund which shows the value of our buildings and equipment which we use to run our services. There is also a revaluation reserve which reflects the change in valuation of our buildings since they were originally acquired. These are not cash reserves because the amounts reflect the value of our buildings and equipment. For clarity, these are both shown separately in the table above.

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)**FOR THE YEAR ENDED 31 MARCH 2025**

The ongoing cost increases have had a critical impact on the financial resilience of West Sussex Mind, particularly for services where commissioners and funders have not provided adequate inflationary uplifts to contract values for several years. Our main NHS contract is also being recommissioned within the next 12 months (the budget for these services is in the region of £1,642,653 for 2024/5) and prior to this, are imposing 15% further efficiency savings. Coupled with increasing demand for our services, these factors have resulted in the Trustees considering it prudent to maintain free reserves of between 3 to 6 months' operating costs to ensure we can remain financially resilient and manage the associated risks appropriately. We start the year with a six months budgeted Expenditure of around £1,981,424 and a forecast deficit of around £259,705 for the same period to 30th September 2025, for which we will be looking to make savings in this time to reduce this and subsequent deficits.

4. Managing Risks to our business

During 2024-2025 we adhered to our risk management policy which follows the risk management model recommended by the Charity Commission in its publication Charities and Risk Management (CC26 - 2010).

The CEO, Deputy CEO, Finance and Resources Manager, People and Governance Manager, and Head of Performance and Impact maintain and update the risk register and are responsible for ensuring that trustees are aware of risks, and that any agreed actions to mitigate risks are undertaken. The risk register is also shared with the wider leadership team for comment and input. Each Finance and Resources Sub-committee reviews the full risk register in detail and a summary of the major risks with mitigating actions being taken is presented at each full Board meeting. Other sub-committees keep oversight of any risks relevant to their areas of responsibility and contribute to the assessment and mitigation of any risks.

For the year 2024-25 the highest risks to the organisation have related to the uncertainty in commissioning, with our main NHS contract being retendered. Alongside this our NHS commissioners have sought 15% efficiencies on most of their contracts, and the Sussex system has sought some of the highest in the country (HSJ by Mimi Launder and Dave West, 16 January 2025). Coupled with the ongoing financial pressure on our business linked to higher-than-normal inflationary pressures, coupled with a lack of adequate inflationary increases in any of our main contracts. Inevitably this has put significant pressure on our finances.

Our mitigation actions have been related to the prudent use of our reserves to avoid a premature reaction to reducing services, impacting our service users and those who need mental health support in West Sussex. Alongside this we have strengthened our partnerships to put us in the strongest possible position for the re-commissioning process. Alongside this the organisation has sought to make efficiencies where possible, and continued to work alongside our voluntary sector partners locally and nationally to lobby for fair increases and to highlight the importance of preventative mental health support work.

In addition, we have reviewed and maintained our Business Continuity Planning process and spent time developing a new disaster recovery planning process to ensure we are able to respond in a timely manner to mitigate risks to our business.

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

Planning for the future 2025 - 2030

As we mentioned in our last report a key focus for us over 2024-25 was co-producing a new 5-year strategy to guide us from 2025-2030. We are proud of the process that we followed to do this. Led by a steering group of trustees and staff we held initial discussions with our staff and volunteers, gathered data and intelligence, surveyed our key commissioners and partners, and commissioned an external consultant who undertook some structured interviews with key individuals. All of this information was synthesised to our Board of Trustees at their early summer away day, in which we considered the information and formed a first view of our priorities. These were then taken to face to face locality (and one online) roadshow events with our service users, volunteers, staff and trustees where we iterated and refined the feedback. We 'played back' the feedback as part of our AGM, and finalised the strategy at our November 2024 Board meeting. Following this the strategy was developed into a launch document, with accompanying video that we were proud to share with our key stakeholders.

The key aims in our new strategy are:

1. **Our mental health services:** Mental health services for adults and children and young people are transforming. We will provide a key leadership role in enabling this, co-producing services that deliver transformative support in our communities.
2. **Addressing health inequalities:** Ensure that everyone has access to the mental health support they need and deserve by working to reduce health inequalities
3. **Tackling mental health stigma:** We will empower people to share their experience and will amplify their voices to help tackle prejudice and stigma.
4. **Our People:** We will build an inclusive organisational culture and supportive workplace where people are proud to be part of West Sussex Mind. We will invest in opportunities for progression.
5. **Our organisation, finance and buildings:** Our organisation will be innovative, efficient and financially secure, minimising any negative impact on the environment.

You can read more about this here: www.westsussexmind.org/about-us/our-strategy-and-plans

In order to achieve both our objects and our strategic aims we work in partnership with local authorities and NHS services and other mental health and community service providers in West Sussex, and increasingly so across Sussex within the Integrated Care System. Through partnership working with these organisations, we can contribute to better support and understanding around mental health across our area of benefit generally as well as reaching more people ourselves.

We are aware that the NHS and local government are currently subject to significant change. With our local Sussex partners, and within the Mind Federation we are working to engage with and influence the system to ensure the best outcome for our beneficiaries and to make sure that no one has to face a mental health problem alone.

In order to achieve our strategy, over 2025-26 we aim to focus on the following key priorities:

- Campaigning and influencing around the Children and Young People (CYP) Social Prescribing model and its adoption in CYP mental health services
- Embedding Trauma Informed Practice across West Sussex Mind
- Transformation of systems and services
- Review of our core outcome measures
- Understand the ethnic disparity in our service offer
- Creating our plan to be a truly anti-racist organisation
- Ensuring that Equality Impact Assessments are used widely in our services and policy/procedures
- Focus on reducing the stigma faced by men in accessing mental health support services
- Creating opportunities to educate and raise awareness of mental health support and build resilience in our communities
- Developing and putting into effect plans for efficiencies, the tender process and creating our people strategy in alignment with our values
- Build on success of our volunteer programmes by improving supervision practice

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

- Developing and implementing a new fundraising strategy, and take steps to diversify and grow our unrestricted income
- Following implementation of the upgrade to our Finance system, continue to realise efficiencies in working & grant reporting
- Social Return on Investment
- Reduce our impact on the environment
- Taking initial steps to implement the Mind federation "Federation First strategy" in Sussex.

Structure, governance and management

The charity is a company limited by guarantee, where all guarantors agree to contribute £1 in the event of a winding up.

The trustees, who are also the directors for the purpose of company law, and who served during the year were:

Susan Hawker (Chair)	
Daniel Bird (Joint Treasurer)	
Fatima Boesdorfer	(Resigned 12 June 2024)
Matthew Copeland (Joint Treasurer)	
Dominic Goodeve (Co-opted 30 March 2023)	(Resigned 19 March 2025)
Nigel Jones	
Kirk Lord	
Tanya Marwaha	
Diane Medwell	(Resigned 8 October 2024)
Martin Sherred	
Robert Smytherman	
Samantha Taylor-Howell	(Resigned 17 July 2025)
Gavin Atkins	(Appointed 25 July 2024)
Nicola Gibbins	(Appointed 25 July 2024)
Rebecca Hills	(Appointed 25 July 2024)

Where there are vacancies on the Board, Trustees are recruited through an external recruitment process. Once recruited, trustees will be co-opted onto the Board and then will stand for election at the next Annual General Meeting. In addition, as outlined in the Memorandum and Articles of Association, a proportion of trustees are required to retire and then stand for re-election (if they wish to) at each Annual General Meeting. There are no appointed trustees to the Board.

In 2024-25 the Trustees recruited 3 new Trustees, targeting specific skills that it was felt would strengthen our Governance – particularly skills and knowledge relating to children and young people due to our growing work in this area, and a Trustee with a clinical qualification due to the complexity of our work. We were delighted by the volume and calibre of the interest in joining our Board, and successfully recruited and appointed Gavin Atkins, Rebecca Hills and Nikki Gibbins.

During 2024-2025 the Board met formally on six occasions, the AGM was held in October 2024 and a Board development workshop was held in July 2024. During 24-25 we have had a mixture of in person, on-line and hybrid (in person but with opportunity to also join online) Board meetings.

The Board's scheme of delegation outlines clearly Board responsibilities and how three Board sub-committees (Finance and Resources, Governance and Operations) aim to provide more in-depth review and scrutiny and then report to Board on their work. These three sub-committees have met throughout the year in advance of and then reported into each Board. Each sub-committee has an annual workplan and a clear framework for their delegated responsibilities. In addition, the Trustees established a time limited Organisational Change Group in early 2025 to support the organisational through a period of transition. This group has been included in the scheme of delegation and reports directly to the Board of Trustees.

TRUSTEES' REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

All trustees have access to WS Mind's internet-based filing system (Sharepoint). This means that trustees can much more easily access a whole range of relevant information and documents enabling easier scrutiny of West Sussex Mind's work by trustees. A number of trustees have undertaken training and development by attending external trustee workshops. As part of their induction all Trustees have been given a copy of the Charity Commission's The Essential Trustee: What You Need to Know and Good Governance: A Code for the Voluntary and Community Sector. Trustees visit projects and actively support events and activities of the charity. On appointment, Trustees are briefed on the activities of the charity, its management and administration by the Chair and the Chief Executive Officer. They are also updated by regular briefings by staff at Board meetings and at Trustee away days.

Statement of trustees' responsibilities

The trustees, who are also the directors of West Sussex Mind for the purpose 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 which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

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; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

Auditors

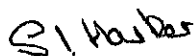
In accordance with the company's articles, a resolution proposing the appointment of an auditor of the company will be put at a General Meeting.

Disclosure of information to auditors

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

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

The trustees' report was approved by the Board of Trustees.



Susan Hawker (Chair)

Trustee

Dated: 7/11/25

WEST SUSSEX MIND

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF WEST SUSSEX MIND

Opinion

We have audited the financial statements of West Sussex Mind (the 'charity') for the year ended 31 March 2025 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the accounts* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the accounts in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

WEST SUSSEX MIND

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF WEST SUSSEX MIND

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- Obtaining an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a direct effect on the financial statements and operations;
- Obtaining an understanding of the charity's policies and procedures on fraud risks, including knowledge of any actual, suspected or alleged fraud; and
- Discussing among the engagement team how and where fraud might occur in the financial statements and any potential indicators of fraud through our knowledge and understanding of the company and our sector-specific experience.

As a result of these procedures, we considered the opportunities and incentives that may exist within the charity for fraud. We are also required to perform specific procedures to respond to the risk of management override. As a result of performing the above, we identified the following areas as those most likely to have an impact on the financial statements: health & safety, employment law, compliance with the UK Companies Act and Charities Act.

WEST SUSSEX MIND

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF WEST SUSSEX MIND

In addition to the above, our procedures to respond to risks identified included the following:

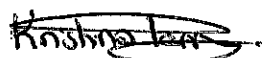
- Making enquiries of management about any known or suspected instances of non-compliance with laws and regulations and fraud;
- Reviewing minutes of meetings of the board and senior management;
- Reading correspondence with regulators;
- Challenging assumptions and judgements made by management in their significant accounting estimates; and
- Auditing the risk of management override of controls, including through testing journal entries and other adjustments for appropriateness.

Due to the inherent limitations of an audit, there is an unavoidable risk that some material misstatements in the financial statements may not be detected, even though the audit is properly planned and performed in accordance with the ISAs (UK). For instance, the further removed non-compliance is from the events and transactions reflected in the financial statements, the less likely the auditor is to become aware of it or to recognise the non-compliance.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Kristina Perry FCCA (Senior Statutory Auditor)
for and on behalf of Sumer Audit

Chartered Accountants
Statutory Auditor

7/11/25

Piper House
4 Dukes Court
Bognor Road
Chichester
West Sussex
PO19 8FX

Sumer Audit is the trading name of Sumer Auditco Limited

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 31 MARCH 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Notes							
Income and endowments from:							
Donations and legacies	3	356,399	70,711	427,110	182,358	48,654	231,012
Charitable activities	4	2,652,254	485,291	3,137,545	2,559,828	372,047	2,931,875
Investments	5	61,361	-	61,361	71,321	-	71,321
Other income	6	-	-	-	3,454	-	3,454
Total income		3,070,014	556,002	3,626,016	2,816,961	420,701	3,237,662
Expenditure on:							
Raising funds	7	155,068	-	155,068	123,612	-	123,612
Charitable activities	8	3,039,658	519,365	3,559,023	2,765,921	411,172	3,177,093
Total expenditure		3,194,726	519,365	3,714,091	2,889,533	411,172	3,300,705
Net income/(expenditure) and movement in funds		(124,712)	36,637	(88,075)	(72,572)	9,529	(63,043)
Reconciliation of funds:							
Fund balances at 1 April 2024		3,503,743	117,288	3,621,031	3,576,315	107,759	3,684,074
Fund balances at 31 March 2025		3,379,031	153,925	3,532,956	3,503,743	117,288	3,621,031

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

WEST SUSSEX MIND



BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	14		1,607,910		1,666,890
Current assets					
Debtors	15	364,545		281,959	
Investments	16	1,388,678		1,546,323	
Cash at bank and in hand		469,369		319,286	
		<u>2,222,592</u>		<u>2,147,568</u>	
Creditors: amounts falling due within one year	17	<u>297,546</u>		<u>193,427</u>	
Net current assets			1,925,046		1,954,141
Total assets less current liabilities			<u>3,532,956</u>		<u>3,621,031</u>
The funds of the charity					
Restricted income funds	19	153,925		117,288	
Designated and unrestricted funds	20	3,379,031		3,503,743	
		<u>3,532,956</u>		<u>3,621,031</u>	

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

The financial statements were approved by the trustees on 31.17.25

S.I. Hawker

Susan Hawker (Chair)
Trustee

Company registration number 08884776 (England and Wales)

WEST SUSSEX MIND**STATEMENT OF CASH FLOWS****FOR THE YEAR ENDED 31 MARCH 2025**

	Notes	2025 £	£	2024 £	£
Cash flows from operating activities					
Cash absorbed by operations	24		(68,923)		(39,340)
Investing activities					
Purchase of tangible fixed assets		-		(48,420)	
Proceeds from disposal of investments		157,645		(205,014)	
Investment income received		61,361		71,321	
Net cash generated from/(used in) investing activities			219,006		(182,113)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			150,083		(221,453)
Cash and cash equivalents at beginning of year			319,286		540,739
Cash and cash equivalents at end of year			469,369		319,286

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

1 Accounting policies

Charity information

West Sussex Mind is a private company limited by guarantee incorporated in England and Wales. The registered office is The Gateway, 8-10 Durrington Lane, West Sussex, Worthing, BN13 2QG.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "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)" (as amended for accounting periods commencing from 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £1.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. The trustees have considered relevant information, including the charity's principal risks and uncertainties, the annual budget, forecast future cash flows and the impact of subsequent events in making their assessment. Based on these assessments and having regard to the resources available to the entity, the trustees have concluded that there is no material uncertainty and that they can continue to adopt the going concern basis in preparing the annual report and financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Grant income from charitable activities is accounted for when performance related conditions have been met and is deferred where it relates to a future period.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025**1 Accounting policies****(Continued)****1.5 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 are allocated on the portion of the asset's use.

All expenditure is dealt with on an accruals basis, and allocated to the appropriated heading in the financial statements.

Governance costs are those costs incurred with constitutional and statutory requirements.

Expenditure is either allocated or is apportioned to individual areas based on staff costs or headcount or by the relevant staff or activity. Funds are transferred from unrestricted funds to fund deficits on restricted areas where no further funding will be forthcoming.

1.6 Tangible fixed assets

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

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	75 years straight line
Leasehold improvements	12 year straight line
Office equipment	20% straight line & 33.3% straight line (IT)

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

Assets below £3,000 are not capitalised.

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks and other short-term liquid investments with original maturities of three months or less.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025**1 Accounting policies****(Continued)****1.9 Financial instruments**

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

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The costs of short-term employee benefits are recognised as a liability and an expense.

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

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

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

2 Critical accounting estimates and judgements

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

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

Key sources of estimation uncertainty

Useful life and valuation of tangible fixed assets

The useful lives of tangible fixed assets are determined by management at the time the asset is acquired and reviewed for appropriateness. The useful lives are based on historical experience with similar assets as well as anticipation of future events, which may impact their life.

Freehold land and buildings are recorded in the financial statements at fair value. Management assess the value of the assets on an annual basis and obtain formal professional valuations every 5 years.

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	114,085	1,000	115,085	149,847	8,219	158,066
Legacies receivable	200,509	-	200,509	-	-	-
Grants receivable for core activities	41,805	69,711	111,516	32,511	40,435	72,946
	<u>356,399</u>	<u>70,711</u>	<u>427,110</u>	<u>182,358</u>	<u>48,654</u>	<u>231,012</u>
Grants receivable for core activities						
Friends of Midhurst	-	40,435	40,435	-	40,435	40,435
Community Hospital	-	-	-	-	-	-
Google Ads	41,805	-	41,805	23,808	-	23,808
Co-op	-	-	-	7,703	-	7,703
Screwfix	-	7,437	7,437	-	-	-
Sports England - ESC	-	-	-	-	-	-
Lottery Fund	-	14,997	14,997	-	-	-
The Budding Foundation	-	1,500	1,500	-	-	-
Morrisons Foundation	-	2,806	2,806	-	-	-
W G Edwards Charitable Foundation	-	1,536	1,536	-	-	-
Other	-	1,000	1,000	1,000	-	1,000
	<u>41,805</u>	<u>69,711</u>	<u>111,516</u>	<u>32,511</u>	<u>40,435</u>	<u>72,946</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

4 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Mental health support						
Project donations and training income	2,601	-	2,601	2,284	-	2,284
Contracts and Performance related grants	2,551,696	403,061	2,954,757	2,460,481	276,844	2,737,325
Charitable rental income	18,792	-	18,792	14,042	-	14,042
Other income	2,315	-	2,315	1,688	-	1,688
Mental health awareness						
Project donations and training income	37,290	-	37,290	43,772	-	43,772
Contracts and Performance related grants	36,090	82,230	118,320	37,561	95,203	132,764
Other income	3,470	-	3,470	-	-	-
	<u>2,652,254</u>	<u>485,291</u>	<u>3,137,545</u>	<u>2,559,828</u>	<u>372,047</u>	<u>2,931,875</u>

Performance related grants analysis

	Mental health support 2025 £	Mental health awareness 2025 £	Total 2025 £	Mental health support 2024 £	Mental health awareness 2024 £	Total 2024 £
NHS Sussex ICB	2,066,130	18,445	2,084,575	2,073,548	15,916	2,089,464
The National Lottery Community Fund	137,059	-	137,059	129,064	-	129,064
West Sussex County Council	6,956	57,985	64,941	15,025	-	15,025
National Mind	155,697	14,800	170,497	78,269	35,450	113,719
Sussex Partnership NHS	76,457	-	76,457	-	-	-
Pathfinder Alliance	322,656	-	322,656	268,151	-	268,151
Groundwork UK	3,000	562	3,562	6,000	1,438	7,438
Age UK	74,992	-	74,992	74,992	-	74,992
Heads On	4,530	9,750	14,280	14,284	24,359	38,643
East Head	60,000	-	60,000	60,000	-	60,000
Worthing Borough Council	41,250	-	41,250	-	-	-
Other	6,030	16,778	22,808	17,992	55,601	73,593
	<u>2,954,757</u>	<u>118,320</u>	<u>3,073,077</u>	<u>2,737,325</u>	<u>132,764</u>	<u>2,870,089</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	61,361	71,321

6 Other income

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Other income	-	3,454

7 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising and publicity		
Other fundraising costs	56,195	39,878
Staff costs	96,890	82,427
Depreciation and impairment	1,983	1,307
	<u>155,068</u>	<u>123,612</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

8 Expenditure on charitable activities

	Mental health support 2025 £	Mental health awareness 2025 £	Total 2025 £	Mental health support 2024 £	Mental health awareness 2024 £	Total 2024 £
Direct costs						
Staff costs	2,461,713	142,929	2,604,642	2,283,199	139,923	2,423,122
Depreciation and impairment	14,557	1,045	15,602	39,185	1,292	40,477
Non staff costs	170,194	63,610	233,804	231,911	73,115	305,026
	<u>2,646,464</u>	<u>207,584</u>	<u>2,854,048</u>	<u>2,554,295</u>	<u>214,330</u>	<u>2,768,625</u>
Share of support and governance costs (see note 10)						
Support	640,948	48,243	689,191	365,894	31,817	397,711
Governance	14,679	1,105	15,784	9,896	861	10,757
	<u>3,302,091</u>	<u>256,932</u>	<u>3,559,023</u>	<u>2,930,085</u>	<u>247,008</u>	<u>3,177,093</u>
Analysis by fund						
Unrestricted funds	2,859,714	179,944	3,039,658	2,623,100	142,821	2,765,921
Restricted funds	442,377	76,988	519,365	306,985	104,187	411,172
	<u>3,302,091</u>	<u>256,932</u>	<u>3,559,023</u>	<u>2,930,085</u>	<u>247,008</u>	<u>3,177,093</u>

9 Description of charitable activities

Mental health support

Services which support achieving our objective around promoting the preservation of good mental health in particular around enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.

Mental health awareness

Services with support achieving our objective around relieving the needs of people with mental health problems by working to increase understanding of mental health and mental health problems, by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

10 Support costs allocated to services

	2025 £	2024 £
Staff costs	477,844	276,639
Depreciation	41,394	12,228
Premises costs	104,078	23,633
Insurances	19,414	15,534
Information technology	15,294	27,220
Other general costs	31,167	42,457
Governance costs	15,784	10,757
	<u>704,975</u>	<u>408,468</u>

Analysed between:

Mental health support	655,627	375,790
Mental health awareness	49,348	32,678
	<u>704,975</u>	<u>408,468</u>

	2025 £	2024 £
Governance costs comprise:		
Audit fees	7,800	5,420
Accountancy	3,100	3,336
Legal and professional	4,884	2,001
	<u>15,784</u>	<u>10,757</u>

Basis of allocation: Support and Governance costs are allocated to Charitable Activities on the basis of the percentage of direct charitable costs.

11 Trustees

None of the trustees (or any persons connected with them) received any remuneration during the year, but one trustee (2024 - none) received reimbursement of expenses of £182 (2024 - £nil).

12 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Staff	<u>136</u>	<u>133</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

12 Employees (Continued)

Employment costs	2025 £	2024 £
Wages and salaries	2,809,312	2,470,396
Social security costs	215,387	182,684
Other pension costs	154,677	129,108
	<u>3,179,376</u>	<u>2,782,188</u>

Redundancy payments totalling £626 (2024 - £nil) were made in the reporting period.

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2025 Number	2024 Number
£60,001 - £70,000	<u>1</u>	<u>1</u>

Contributions totalling £4,067 (2024 - £3,949) were made to defined contribution pension schemes on behalf of employees whose emoluments exceed £60,000.

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2025 £	2024 £
Aggregate compensation	<u>145,874</u>	<u>143,209</u>

13 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

14 Tangible fixed assets

	Freehold land and buildings improvements £	Leasehold improvements £	Office equipment £	Total £
Cost or valuation				
At 1 April 2024	1,500,000	162,951	164,705	1,827,656
At 31 March 2025	1,500,000	162,951	164,705	1,827,656
Depreciation and impairment				
At 1 April 2024	24,869	29,300	106,597	160,766
Depreciation charged in the year	19,950	13,574	25,456	58,980
At 31 March 2025	44,819	42,874	132,053	219,746
Carrying amount				
At 31 March 2025	1,455,181	120,077	32,652	1,607,910
At 31 March 2024	1,475,131	133,651	58,108	1,666,890

Land and buildings for The Gateway, Worthing with a carrying amount of £413,222 were revalued on 11 October 2017 by C.G. Spratt & Son Limited at £460,000, independent valuers not connected with the charity on the basis of market value.

On 22 December 2022, The Gateway was revalued by Cranes Chartered Surveyors at £650,000.

Following the merger with Shoreham & District Mental Health Association, The Cornerhouse was acquired which was valued at £600,000. This valuation was provided by Cranes Chartered Surveyors on 22 January 2019, independent valuers not connected with the charity on the basis of market value.

On 19 December 2022, The Cornerhouse was revalued by Cranes Chartered Surveyors at £850,000.

Both valuations conform to International Valuation Standards and were based on recent market transactions on arm's length terms for similar properties.

In 2022/23, a 12 year lease was entered in to with West Sussex County Council on 23 Maltravers Drive, Littlehampton, BN17 5EY. The leasehold improvements paid for by West Sussex Mind were capitalised at this point.

At 31 March 2025, had the revalued assets been carried at historic cost less accumulated depreciation and accumulated impairment losses, the carrying amount would have been approximately £925,287 (2024 - £939,144).

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

15 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Trade debtors	294,425	194,870
Accrued income	45,228	65,098
Prepayments	24,892	21,991
	<u>364,545</u>	<u>281,959</u>

16 Current asset investments

	2025	2024
	£	£
Cash deposits held for short-term investment purposes	<u>1,388,678</u>	<u>1,546,323</u>

17 Creditors: amounts falling due within one year

	2025	2024
	£	£
	Notes	
Other taxation and social security	51,551	51,073
Deferred income	140,202	63,510
Trade creditors	23,688	29,911
Other creditors	17,701	261
Accruals	64,404	48,672
	<u>297,546</u>	<u>193,427</u>

18 Deferred income

	2025	2024
	£	£
Arising from government grants	138,257	50,272
Other deferred income	1,945	13,238
	<u>140,202</u>	<u>63,510</u>

Deferred income is included in the financial statements as follows:

	2025	2024
	£	£
Deferred income is included within:		
Current liabilities	<u>140,202</u>	<u>63,510</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025
18 Deferred income
(Continued)

Movements in the year:		
Deferred income at 1 April 2024	63,510	59,899
Released from previous periods	(63,510)	(59,899)
Resources deferred in the year	140,202	63,510
	<u>140,202</u>	<u>63,510</u>
Deferred income at 31 March 2025	<u>140,202</u>	<u>63,510</u>

19 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2024 £	Incoming resources £	Resources expended £	At 31 March 2025 £
Worthing BC - Gateway Toilet Refurbishment	-	30,000	(30,000)	-
Horsham DC - Volunteer Support & EDI co-production work	-	2,750	(2,750)	-
Mind	9,707	170,497	(147,401)	32,803
Adur DC - Power of Peer Support Project	-	2,000	(833)	1,167
The National Lottery Community Fund (Reaching Communities)	37,835	137,059	(149,995)	24,899
Worthing CIL - Youth MHFA training at West Durrington campus	-	11,250	(5,063)	6,187
Sports England - ESC Lottery Fund re NT running groups	-	14,997	(14,997)	-
Arun Winter Food Fund	1,200	-	(1,200)	-
Macmillan Cancer Research	-	9,596	(9,596)	-
Sanctuary in Chichester (Refugee & Asylum MH Worker)	1,922	-	(1,922)	-
Friends of Midhurst Community Hospital	17,191	40,435	(30,583)	27,043
Worthing Pride	2,011	-	(2,011)	-
Screwfix - TCH disabled toilet refurbishment	-	7,437	-	7,437
The Budding Foundation	-	1,500	(1,125)	375
Morrisons Foundation	-	2,806	-	2,806
Heads On	-	14,280	(14,280)	-
East Head Impact (Peer Volunteering)	46,189	60,000	(58,078)	48,111
WSCC - Self Harm Learning Network	-	44,656	(44,656)	-
WSCC - Men's Mental Health Campaign	1,233	-	(1,233)	-
WSCC - Refugee Support	-	3,203	(3,203)	-
HSBC SFX Foundation	-	1,000	-	1,000
W G Edwards Charitable Foundation	-	1,536	(439)	1,097
Chichester Pride	-	1,000	-	1,000
	<u>117,288</u>	<u>556,002</u>	<u>(519,365)</u>	<u>153,925</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

19 Restricted funds

(Continued)

Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	At 31 March 2024 £
Mind	40,367	113,719	(144,379)	9,707
The National Lottery Community Fund (Reaching Communities)	29,712	129,064	(120,941)	37,835
Arun Winter Food Fund	-	1,200	-	1,200
Macmillan Cancer Research	-	3,106	(3,106)	-
Sanctuary in Chichester (Refugee & Asylum MH Worker)	-	5,000	(3,078)	1,922
Friends of Midhurst Community Hospital	-	40,435	(23,244)	17,191
Crispa Charitable Trust	-	5,000	(5,000)	-
Worthing Pride	-	3,219	(1,208)	2,011
Heads On	8,284	38,643	(46,927)	-
East Head Impact (Peer Volunteering)	29,396	60,000	(43,207)	46,189
WSCC - Self Harm Learning Network	-	16,384	(16,384)	-
WSCC - Men's Mental Health Campaign	-	4,931	(3,698)	1,233
	<u>107,759</u>	<u>420,701</u>	<u>(411,172)</u>	<u>117,288</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

19 Restricted funds

(Continued)

Worthing Borough Council (CIL)

A grant to refurbish and make inclusive the toilet facilities at The Gateway.

Horsham District Council

A contribution towards the costs of our Volunteer Support & EDI co-production work.

Mind

A collection of grants received to support our work in connection with Outreach projects, getting active, cost of living support, Lived experience development, Trauma Informed Vision, Supported Self Help programme and support for Refugees and Asylum Seekers.

Adur District Council

Funding towards the cost of a Young People's Peer Support Worker to support the power of Peer Support project.

The National Lottery Community Fund (Reaching Communities)

An extension for a third year of funding the Families in Mind project which supports parents.

Worthing CIL & Adur & Worthing Councils

Towards supporting a Youth Peer Support Worker and some Youth Mental Health First Aid training at Northbrook College, West Durrington campus over an 18 month period.

Sports England

ESC Lottery Fund to part fund a 'Get active' with our Mental Health Peer Support worker project

Arun & Chichester Food Partnership

An initiative -Winter Food Fund, to assist those struggling with rising food costs in the Arun and Chichester areas.

Macmillan Cancer Support

A partnership between West Sussex Mind and Macmillan Cancer Support to support each other's aims to reach communities that are not currently accessing services at an expected level, initially focusing on reaching the Polish community.

Sanctuary in Chichester

Match funding towards supporting an additional Mental Health worker position aimed at the support of Refugee and Asylum seekers in the West Sussex area.

Friends of Midhurst Community Hospital

Second year of a two year funding project to provide mental health training, support and targeted PR & marketing for Midhurst and the surrounding areas

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

19 Restricted funds

(Continued)

Worthing Pride 2023

A share of proceeds from the event to go towards West Sussex Mind providing an additional worker to support the LGBTQIA+ in the West Sussex area.

Screwfix

Towards the cost of refurbishment of the disabled toilet at our Southwick site

The Budding Foundation

Funding towards the cost of a Young People's Peer Support Worker to support the Power of Peer Support project.

Morrisons Foundation

Funding towards furniture and equipment needed at our Littlehampton site.

Heads On

The balance of two contracts, one that spans two years and is for a strategic based lead to establish and co-ordinate the development of a West Sussex voluntary, community and social enterprise mental health network. and a second contract to support West Sussex Mind review needs and update our financial recording package.

East Head Impact (Peer Volunteering)

Continuation of funding to support the peer volunteering training programme over a period of 3 years.

West Sussex County Council

Self Harm Learning Network - To establish, maintain and support a range of activities that address the issue of self-harm through a West Sussex programme with online access for the pan-Sussex partnership.

Men's Mental Health Campaign – to complete a short Men's Mental Health Campaign across West Sussex.

Refugee Support – To start a 23 month programme to support Resettled Refugees in the West Sussex area.

Screwfix Foundation

Donation towards improving the indoor and outdoor space at our Worthing site.

W G Edwards Charitable Foundation

Funding for our Communities In Mind project with the specific aspect of 'The Creative Art Workshop' project

Chichester Pride

A donation received in recognition of the invaluable mental Health support and outreach work that West Sussex Mind provides to the LGBTQ+ community. We are using this to continue this support in that area.

The Crispa (Richard Cahn) Charitable Trust

To support the social activities delivery for our Older Peoples service, aged 65 and over, in Arun, Chichester and Adur districts.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

20 Designated, Fixed Asset and Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	Gains and losses £	At 31 March 2025 £
Designated funds						
Bridging fund	244,659	-	(198,284)	383,661	-	430,036
Upkeep of the Cornerhouse building	52,870	-	-	(52,870)	-	-
WSSC - WSM & Homes for Ukraine MH Training Support Programme	-	8,416	(8,416)	-	-	-
Legacy - Flint Will Trust	-	200,509	(56,752)	-	-	143,757
	<u>297,529</u>	<u>208,925</u>	<u>(263,452)</u>	<u>330,791</u>	<u>-</u>	<u>573,793</u>
Fixed Asset fund						
Fixed Asset fund	1,122,035	-	(58,980)	-	-	1,063,055
Revaluation reserve	544,855	-	-	-	-	544,855
	<u>1,666,890</u>	<u>-</u>	<u>(58,980)</u>	<u>-</u>	<u>-</u>	<u>1,607,910</u>
Unrestricted funds						
General funds	1,539,324	2,861,089	(2,872,294)	(330,791)	-	1,197,328
	<u>3,503,743</u>	<u>3,070,014</u>	<u>(3,194,726)</u>	<u>-</u>	<u>-</u>	<u>3,379,031</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025
20 Designated, Fixed Asset and Unrestricted funds (Continued)

Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Gains and losses £	At 31 March 2024 £
Designated funds						
NHS Sussex ICB	2,143	57,500	(59,643)	-	-	-
NHS Sussex ICB (from HEE)	11,403	-	(11,403)	-	-	-
Bridging fund	334,107	-	(89,448)	-	-	244,659
Upkeep of the Cornerhouse building	52,870	-	-	-	-	52,870
WSSC - Ukraine Refugee training programme	-	1,684	(1,684)	-	-	-
	<u>400,523</u>	<u>59,184</u>	<u>(162,178)</u>	<u>-</u>	<u>-</u>	<u>297,529</u>
Fixed Asset fund						
Fixed Asset fund	1,127,627	-	(54,012)	48,420	-	1,122,035
Revaluation reserve	544,855	-	-	-	-	544,855
	<u>1,672,482</u>	<u>-</u>	<u>(54,012)</u>	<u>48,420</u>	<u>-</u>	<u>1,666,890</u>
Unrestricted funds						
General funds	1,503,310	2,757,777	(2,673,343)	(48,420)	-	1,539,324
	<u>3,576,315</u>	<u>2,816,961</u>	<u>(2,889,533)</u>	<u>-</u>	<u>-</u>	<u>3,503,743</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

20 Designated, Fixed Asset and Unrestricted funds

(Continued)

Bridging Fund

To support the cost of some unfunded projects, either until funding is secured or because trustees feel the offer is part of our charity's objectives, growth, sustainability, equality diversion and inclusion and service user wellbeing of the charity. This also now includes the Fund towards Upkeep of The Cornerhouse Building.

Upkeep of The Cornerhouse Building

To maintain the upkeep of The Cornerhouse building over the coming years as this is an older property. Now transferred to be included within our overall sites upkeep and included within Bridging Fund above.

West Sussex County Council

Continuation into this year for West Sussex Mind to deliver a series of training courses aimed at mental health support for Ukraine Refugees

Legacy – Flint Will Trust

A legacy received by West Sussex Mind from which Trustees have decided to use to support a variety of projects over a 3 year period including ongoing Cost Of Living support, Volunteering and a small element towards some equipment.

Fixed Asset Fund - The Gateway, The Cornerhouse, Maltravers & Office Equipment

The fixed asset fund is a total of the amount equivalent to the net book value of The Gateway building, The Cornerhouse building and the office equipment at the balance sheet date, excluding property revaluation of £544,855, which is included in a separate designated fund. The Fixed Asset Fund also now includes the lease Improvements figure, less amortised amounts, for Maltravers, a further building which is on a long term lease to which we have made improvements to in agreement with WSCC who own the building.

Revaluation reserve

The revaluation reserve reflects the change in valuations of our buildings since they were originally acquired. These are not cash reserves because the amounts only reflect the value of the buildings at that specific time. Only when sold would any increased or decreased value be recognised.

Relating to Previous Years:

NHS Sussex ICB

To fund the strategic partnership role.

NHS Sussex ICB (from HEE)

To fund the HEE Autism Professionals training programme which completed September 2023

21 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
Fund balances at 31 March 2025 are represented by:			
Tangible assets	1,607,910	-	1,607,910
Current assets/(liabilities)	1,771,121	153,925	1,925,046
	<u>3,379,031</u>	<u>153,925</u>	<u>3,532,956</u>

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

21 Analysis of net assets between funds

(Continued)

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Fund balances at 31 March 2024 are represented by:			
Tangible assets	1,666,890	-	1,666,890
Current assets/(liabilities)	1,836,853	117,288	1,954,141
	<u>3,503,743</u>	<u>117,288</u>	<u>3,621,031</u>

22 Operating lease commitments

Lessee

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

	2025 £	2024 £
Within one year	2,159	2,878
Between two and five years	-	2,159
	<u>2,159</u>	<u>5,037</u>

23 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

24 Cash generated from operations

	2025 £	2024 £
Deficit for the year	(88,075)	(63,043)
Adjustments for:		
Investment income recognised in statement of financial activities	(61,361)	(71,321)
Depreciation and impairment of tangible fixed assets	58,980	54,012
Movements in working capital:		
(Increase)/decrease in debtors	(82,586)	37,275
Increase in creditors	27,427	126
Increase in deferred income	76,692	3,611
Cash absorbed by operations	<u>(68,923)</u>	<u>(39,340)</u>

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NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) ***FOR THE YEAR ENDED 31 MARCH 2025***

25 Analysis of changes in net funds

The charity had no debt during the year.