

KINDRED MINDS

England & Wales · Charity number 1161849

Details

Status Registered

Legal form CIO

Registered 2015-05-27

Register [View on the Charity Commission register](#)

Contact

Address Kindred Minds
The Activity Room 1st Floor
Lee Valley Millennium Centre
Childwall Valley Road
Liverpool
L25 2PR

Phone 07379892793

Email kindredmindsliverpool@gmail.com

Website <https://www.kindredmindsmerseyside.org/>

Activities

Objects: TO RELIEVE THE NEEDS AND TO PROMOTE AND PRESERVE THE GOOD MENTAL AND PHYSICAL HEALTH OF THOSE SUFFERING FROM ANY FORM OF MENTAL ILL HEALTH RESIDENT IN THE MERSEYSIDE AREA, IN PARTICULAR, BUT NOT EXCLUSIVELY BY: A) THE PROVISION OF HELP, SUPPORT AND ADVICE THROUGH PEER SUPPORT; B) THE PROMOTION OF SOCIAL INCLUSION BY PROVIDING ACCESS TO CREATIVE HEALTH AND WELLBEING ACTIVITIES; C) TO PROVIDE A "SAFE PLACE" WHERE INFORMATION, PROBLEMS AND EXPERIENCE CAN BE EXCHANGED AND DISCUSSED; AND D) PROMOTING A BETTER UNDERSTANDING OF MENTAL HEALTH AND HELPING TO REDUCE THE STIGMA, OPPRESSIVE ATTITUDES AND BEHAVIOURS ASSOCIATED WITH IT.

Activities: Kindred Minds is a user led organisation created in 2012 by and for people with mental ill health to meet and offer each other support. We provide activities e.g. walking, excursions, ukulele, therapies, yoga, crafts etc, a buddy scheme, all of which supports our service users with their mental health recovery and wellness, which enables them to lead more positive, confident and active lives.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** People With Disabilities

Geography

- Liverpool City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£71,544	£54,980	-	-
2024-05-31	£50,159	£57,211	-	-
2023-05-31	£45,014	£51,902	-	-
2022-05-31	£48,092	£38,325	-	-
2021-05-31	£43,822	£31,060	-	-

Trustees

Name	Role	Appointed
Julie Patricia Johnson		2023-01-10
KATHLEEN WHITEHEAD BSC		2014-12-01
Marrissa Tia Thorpe		2026-02-10
PAUL REID		2023-04-25
Sakthi Siva Ganesh		2025-03-18
Valerie Jean Jenkins		2023-01-10

KINDRED MINDS

England & Wales - Charity number 1161849

Accounts



TRUSTEES'

ANNUAL REPORT

01/06/24 – 31/05/25



Funded by
UK Government

Pilkington
Charities' Fund



TOGETHER
FOR LIVERPOOL
FOR GOOD



COMMUNITY
FUND

Eleanor
Rathbone
Charitable
Trust

jmf John Moores
Foundation

P. H. HOLT
FOUNDATION

Kindred Minds - CIO registered in England and Wales (1161849) Kindred Minds, The Activity Room, 1st Floor, Lee Valley Millennium Centre, Childwall Valley Road, Liverpool L25 2PR - Email kindredmindsliverpool@gmail.com

Facebook Kindred Minds Merseyside.

1. INTRODUCTION AND PERFORMANCE/ACTIVITIES

CHARITABLE STATUS AND OBJECTS

The organisation was first constituted in April 2012. The charity was incorporated as a Charitable Incorporated Organisation with the Charity Commission on 27/05/2015, under the terms of the Memorandum and Articles of Association dated 23/03/2015

The objects of the charity are:

To relieve the needs and to promote and preserve the good mental and physical health of those suffering from any form of mental ill health resident in the Merseyside area but not exclusively by:

A) The provision of help, support, and advice through peer support;

B) The promotion of social inclusion by providing access to creative health and wellbeing activities;

C) To provide a "safe place" where information, problems and experience can be exchanged and discussed; and

D) Promoting a better understanding of mental health and helping to reduce the stigma, oppressive attitudes and behaviours associated with it.

PRINCIPAL ACTIVITY

Our organisation was born out of the need to provide a safe place where people with poor mental health could meet to offer each other support.

We are based in Liverpool and run activities using space and facilities from our base in Lee Valley Millennium Centre Belle Vale L25. We also deliver from time-to-time activities at other sites across Liverpool and visit various locations as part of the excursions/walking activities.

Overall, our work assists our service users with their mental health recovery and wellness, which enables them to lead more positive, confident, and active lives both in society and with their families.

REVIEW OF THE BUSINESS/OPERATIONS

Organisation and administration

The charity's board of Trustees meet every 6 weeks. The charity employed one part-time staff member in the year under review as well as engaging freelancers/self-employed workers to support the trustees with the development of the charity and its programme and to provide sessions/workshops/courses as part of the programme of activity. The charity is significantly volunteer-led and has in-kind support from various stakeholders including Lee Valley Millennium Centre.

The trustees of the charity during the year under review were:

- Kathleen Whitehead (Vice Chair)
- Rosemary Kay (retired November 2024)
- Liz DuBuisson
- Val Jenkins (Honorary Vice-Treasurer)
- Julie Johnson (Honorary Treasurer)
- Paul Reid (Chair)
- Sakthi Gayathri Selvakumaran (appointed March 2025)

Members

All Trustees are the members – there is currently no wider membership. The charity is limited by guarantee and does not have share capital, and therefore the trustees have no beneficial interest in the share capital of the charity. All Trustees are members of the Board of Trustees, and do not receive remuneration for their services in this capacity.

Training and capacity: In the period, trustees have attended training delivered by EAEL on the new handbook of policies and procedures to support their new role as direct employers of Activities and Volunteer Coordinator. Induction training was delivered remotely to our newly appointed Trustee Sakthi. Trustees also built on their outward facing duties, representing the charity at Rotary function, coordinating activities for Christmas Party and supporting Ukelele group at outside performances.

During this period, we held a Strategic Planning Day on 17th December 2024 which focussed on strategies to continue business delivery during a period of transition between funding sources. They confirmed plans for continuing fundraising as well as contingency in the shape of a pro-rata programme in the event of reduced revenue. Trustees carried out their annual review of Kindred Minds' risk register.

ACTIVITIES AND ACHIEVEMENTS JUN 2024– MAY 2025

Our charitable work and programme in this period were supported by **John Moores Foundation, Suicide Prevention Grant, Eleanor Rathbone Charity, National Lottery Community Fund, PH Holt Foundation, Pilkington Charity Fund, LCVS, Rotary Liverpool South**. We held a Summer Fayre in July 2024 and a Christmas Party fundraiser in December 2024.

We offered a varied programme of support and activities (a mix of former, adapted and pilot) in the period of reporting. By the end of the reporting period, we had 257 registered service users, an increase of 86 registered service users over the 12-month reporting period. 103 unique individuals attended activities.

Details of our activities are as follows:

- Yoga – delivered by a qualified Yoga instructor in person, 44 weeks x 1.15hrs in person weekly sessions.
- Tai Chi – delivered by a qualified Tai Chi instructor online, 44 weeks x 2x1hr weekly sessions
- Weekly peer support groups providing space for mutual support and problem solving, 48 x 2hrs
- Pottery and Arts & Craft – 96 sessions covering a wide range of media including acrylics, glass painting, and pottery 2 x 2hr sessions/week
- Peer-led arts project resulting in online videos of people’s stories, 8 x 2hr weekly sessions
- Ukulele/Sing-along weekly sessions x 2hrs
- Walk & Talk – weekly 34 weeks x 2hrs per walk
- Cookery club – 6 x 2hr weekly sessions featuring healthy, affordable meals
- Coffee mornings – weekly x 48 weeks x 2hrs per coffee morning
- 1 x Kindred Explorers trip to Bowness on Windermere
- 1 x Christmas Party including Kindred Creatives Art Exhibition (see Figure 1)



Figure 1

An independent evaluation has been carried out to gauge the positive impact these activities have on the mental health of Kindred Minds service users. Below are verbatim quotes provided by service users who made use of the “comments” section after the questions in two surveys, grouped under the overarching outcomes of the project to illustrate how the outcomes are being met.

1. Improved mental health recovery and wellness, enabling service users to lead more positive, confident and active lives both in society and with their families.

- Kindred Minds does improve my general well-being, I now feel happy to go out and meet my friends and family more often.
- My mental health feels so much better
- Attending helps me de-stress.

- It helps my social anxiety.
- I suffer with anxiety and low mood and I always feel better after attending KM events.
- Weekly yoga and weekly tai chi have really helped reduce anxiety and depression.
- Gets me out physically and makes me feel better mentally.
- It has helped me so much with my mental health issues.

2. Reduced boredom, isolation and reduce self-isolation through uptake of activities and support services and the formation of self-help and user led clubs generating a sense of purpose, unity and togetherness.

- Nice to connect with people in similar circumstances.
- Meeting people and enjoying the companionship has helped enormously.
- I feel less alone.
- I have met some lovely people who are an inspiration.
- Having activities in my diary every Wed and Fri gives much needed structure to my week.
- The social side is important. Service users have formed friendships and "check in" with each other.
- I can say "I've struggled this week" and others understand immediately and "get" it.

3. Increased energy levels, mood and motivation - Often those with enduring mental health conditions both the medication or the symptoms of their condition can suppress energy levels, activity levels, experience low mood or motivation, anxiety etc.

- Something to look forward to
- My classes make me feel so much better
- Laughter helps with my anxiety and I laugh a lot with the people who attended Kindred Minds.
- I do sometimes get anxious but I push myself to attend the activities I wish to participate in.
- Always lifts my mood.
- Talking to others who understand alongside trying new activities like art have improved my sense of well being.

4. Facilitating the forging of new friendships and building of relationships

- Part of a new friend group through attending Kindred Minds events
- Meeting with the same people regularly means being easy with them and can share worries.

- I have made friends through Kindred Minds, we have trust and understanding of each other.
- Belonging to a group is what helps make my mental health improve.
- Meeting new people has helped me feel less intimidated.

5. Increased self-confidence and self-worth

- I have met people who understand me.
- I feel accepted.
- I find Kindred Minds has built my confidence as there is no one who is judging me.
- Even when I'm depressed or anxious I can show this. I don't have to pretend to be happy if I'm not.
- A lot of like-minded people attend which makes it easier to open up and be myself.
- I feel I can definitely be open about my issues without judgement from staff and members. Very different from my day-to-day life..
- My self-esteem has improved....particularly after participating in the art courses.
- I suggested creative writing and this has been organised to start in a week or so.

VOLUNTEERS & BENEFICIARIES

In total we had 2 volunteers delivering support to members alongside workshop facilitators and offering self-led creative writing and needlework opportunities to fellow members.

100% of our beneficiaries were people living with a mental health condition or have/are experiencing mental ill health.

We have captured most of the ages of our service users, the majority are over 55 years of age.

Promotion and sharing of our work: we have maintained our relationships with sector organisations, including local NHS commissioners, LCVS, Healthwatch, Richmond Fellowship, and PSS amongst others. We've continued to engage with social prescribers and take referrals through this pathway, including Citizen's Advice Liverpool, Life Rooms, and local GP practices. This is enabling us to reach new service users which is evident in the increase in engaged service users.

Kindred Minds continues to promote our work via targeted mailings, Facebook, and Instagram. Our own dedicated website has been updated and flyers, posters, word of mouth, health directories and informal community feedback networks are used to reach out to our beneficiaries.

THANKS & ACKNOWLEDGEMENTS

We would like to thank all the people involved in keeping the charity relevant and successful at meeting the needs of our beneficiaries. Andy Kerr (Programme Manager) and Carol Soutar (Activity and Volunteer Coordinator) have provided continuity and insightful support to our offer.

We also give thanks to all the brilliant team of sessional workers that have successfully and productively provided services throughout the year, including Cath (Yoga), Angela (Tai Chi), Narissa (Arts & Crafts), Clare (Peer Led Art), Alex (Pottery), Elaine (Ukulele), Kath (Pinto Art) Viv (Cookery Club and Bread Making) and all who support our community through their time and talent.

Thanks also go to Denise Bernard (Momentum Expedite Consultancy LTD) who continues to support Kindred Minds in a consultancy capacity, following 4 years spent as our development worker. Her support, insight and continued commitment to the charity have been invaluable in moving the charity forward.

We'd like to give thanks to Christine (Belle Vale centre manager) and Viv, Faye, Joe, Ryan and all the team (Valley Community Food hub) for their support, in particular regarding supporting our coffee mornings and positive promotion of our work.

Our sincere thanks also go to our funders for their continued support of our mission and core work: John Moores Foundation, Eleanor Rathbone Charity, PH Holt Foundation, National Lottery Community Fund, Pilkington Charity Fund, Rotary Liverpool South. Additional thanks to Liverpool City Council Community Impact Fund and Suicide Prevention Grant for supporting additional add-on projects.

Finally, our thanks go to our fellow trustees for their tireless efforts, commitment, and tenacity.

2. 2024-25 TREASURER'S FINANCIAL REPORT INCLUDING INDEPENDENT EXAMINERS REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS

FINANCE

Income/funds are generated through:

- Applying for grants to support the delivery of our activity programme
- We hold an annual fund raiser with our members and stakeholders which contributes towards core costs
- We accept donations

YEAR UNDER REVIEW

The Receipts and Payments Accounts appended show a total income for the year of £71,544, a total expenditure of £54,980.

At 31/05/2025 the charity carries forward £37,458 which represents a restricted fund balance of £36,764, all of which is for committed spend in the 25/26 financial year; and an unrestricted fund balance of £694.

FUTURE STRATEGY

The charity holds a planning event annually. As well as the usual focus on the needs of our beneficiaries, evaluation of our work and our ability to manage the charity effectively, we have developed a detailed funding strategy to support the delivery of our activities over the coming 5 years. We are reliant on securing grants and donations to support our work. The charity was successful in being awarded The National Lottery Community fund grant funding for 5 years for the period Apr 25 – Mar 30 representing a significant portion of the resources needed. A plan to build up matched funding to fulfil our proposed programme is underway, with significant funds already secured for expenditure in the coming financial year.

RESERVES POLICY

The charity's reserves policy is to build up the equivalent of 3-months' running costs. Since the charity has no trading income, the focus is on donations and our own fundraising events (Summer Fair and Christmas Party) to assist in achieving this policy. The trustees are continuing to review this strategy and to identify additional ways in how this can be achieved over the next 3 years.

RISK REVIEW

The charity can only deliver its activity programme if grants or donations are secured. Our 5-year grant funding award from The National Lottery Community Fund award for 2025 to 2030 has mitigated the risk to Kindred Minds and a robust match funding plan is underway. Activities have been pro rated to fit within the funds secured and additional activities will be added to the programme as match funds continue to be secured.

The charity will continue to identify alternative funders in the event any of the applications for succession funding, are unsuccessful. The priority in 2025-2026 is therefore to secure funding for the continuation of core programme.

Julie Johnson
Honorary Treasurer



Receipts and payments accounts

CC16a

For the period
from

01/06/2024

To

31/05/2025

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Suicide Prevention Grant	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grant Income	-	-	-	-	-
- National Lottery Community Fund	-	35,052	-	35,052	31,500
- JMF	-	4,344	-	4,344	4,259
- LCVS	-	2,809	-	2,809	2,000
- P H Holt Foundation	-	10,000	-	10,000	9,000
- Suicide Prevention Grant	-	-	6,808	6,808	-
- Pilkington Charity Fund	-	3,000	-	3,000	-
- EL Rathbone	-	3,000	-	3,000	3,000
- Allen Lane Foundation	-	6,000	-	6,000	-
Donations	531	-	-	531	400
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	531	64,205	6,808	71,544	50,159
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	531	64,205	6,808	71,544	50,159
A3 Payments					
Project costs	-	-	-	-	4,109
Sessional workers	-	34,269	3,899	38,168	38,852
Training expenses	-	72	-	72	-
Rent	-	2,610	360	2,970	5,460
Telephone & Internet	-	100	-	100	365
Event costs	1,083	1,327	123	2,533	1,349
Equipment	-	192	462	654	487
Travel & subsistence	-	1,071	-	1,071	1,056
Printing, postage & stationery	-	-	-	-	282
Insurance	-	632	-	632	599
Accountancy fees	-	100	-	100	200
Professional fees	-	8,007	-	8,007	4,452
Publicity & Promotions	-	314	359	673	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,083	48,694	5,203	54,980	57,211
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,083	48,694	5,203	54,980	57,211
Net of receipts/(payments)	(552)	15,511	1,605	16,564	(7,052)
A5 Transfers between funds					
- Prior year SPG expenditure	-	1,605	(1,605)	-	-
A6 Cash funds last year end					
	1,246	19,648	-	20,894	26,804
Cash funds this year end	694	36,764	-	37,458	19,752

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank current account		36,764	-
	Petty cash	694		-
		-		-
	Total cash funds	694	36,764	-
(agree balances with receipts and payments account(s))				

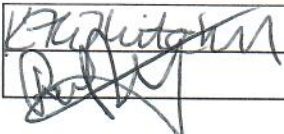

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Accrued expenses		1,200	
	Accountancy accrual		100	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	RF WHITFIELD	12.9.2025
	PAUL REID	18.09.25



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
Kindred Minds

On accounts for the year
ended

31/05/25

Charity no
(if any)

1161849

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/05/2025.

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed:

Date:

24/09/2025

Name:

Paul Taylor

Relevant professional
qualification(s) or body
(if any):

ACCA

Address:

74 Brook Vale

Liverpool L22 3YB

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

KINDRED MINDS

England & Wales - Charity number 1161849

Accounts



TRUSTEES'

ANNUAL REPORT

01/06/23 – 31/05/24



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Facebook Kindred Minds Merseyside.

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A) The provision of help, support, and advice through peer support;

B) The promotion of social inclusion by providing access to creative health and wellbeing activities;

C) To provide a "safe place" where information, problems and experience can be exchanged and discussed; and

D) Promoting a better understanding of mental health and helping to reduce the stigma, oppressive attitudes and behaviours associated with it.

PRINCIPAL ACTIVITY

Our organisation was born out of the need to provide a safe place where people with poor mental health could meet to offer each other support.

We are based in Liverpool and run activities using space and facilities from our base in Lee Valley Millennium Centre Belle Vale L25. We also deliver from time-to-time activities at other sites across Liverpool and visit various locations as part of the excursions/walking activities.

Overall, our work assists our service users with their mental health recovery and wellness, which enables them to lead more positive, confident, and active lives both in society and with their families.

REVIEW OF THE BUSINESS/OPERATIONS

Organisation and administration

The charity's board of Trustees meet every 6 weeks. The charity did not have any employees in the year under review however did engage freelancers/self employed workers to support the trustees with the development of the charity and its programme and to provide sessions/workshops/courses as part of the programme of activity. The charity is largely volunteer-led and has in-kind support from various stakeholders including Lee Valley Millennium Centre

The trustees of the charity during the year under review were:

- Kathleen Whitehead (Vice Chair)
- Ruth Worthington (Retired May 2024)
- Rosemary Kay (Honorary Treasurer)
- Paula Harrison – (Retired April 2024)
- Liz DuBuisson
- Val Jenkins
- Julie Johnson
- Paul Reid - Chair

Members

All Trustees are the members – there is currently no wider membership. The charity is limited by guarantee and does not have share capital, and therefore the trustees have no beneficial interest in the share capital of the charity. All Trustees are members of the Board of Trustees, and do not receive remuneration for their services in this capacity.

Training and capacity: In the period, trustees attended training on trustee roles and responsibilities delivered by Momentum Expedite Ltd on site. Going forward, Equality and Employment Law have developed an Employee Handbook with associated policies and a training session on the handbook. Further ongoing training on being an effective trustee and safeguarding training are to be arranged.

During this period, we held a Strategic Planning Day on 7th November 2023 which resulted in actions including further development of fundraising strategy, continuing development of board skills and expertise, development of business continuity arrangements in the event of disruption to service delivery. Trustees carried out regular review of Kindred Minds' risk register. Health and Safety, privacy and data protection were all reviewed and updated where necessary.

ACTIVITIES AND ACHIEVEMENTS JUN 2023– MAY 2024

Our charitable work and programme in this period were supported by **The National Lottery Community Fund; Liverpool Community Impact Fund; Eleanor Rathbone Charitable Trust and John Moores Foundation. We had a successful application to Suicide Prevention Grant Fund to fund peer support group going forward.** We held a Summer Fayre in July 2023 and a Christmas Party fundraiser in December 2023.

We offered a varied programme of support and activities (a mix of former, adapted and pilot) in the period of reporting.

We offered a varied programme of support and activities (a mix of former, adapted and pilot) in the period of reporting. By the end of the reporting period, we had 171 registered service

users, an increase of over 30% over the 12-month reporting period. 84 unique individuals attended activities.

Community Impact Fund from Liverpool City Council enabled a project specifically to provide access to arts and crafts by Kindred Minds services users to continue into the reporting period.

Details of our activities are as follows:

- Yoga – delivered by a qualified Yoga instructor in person, 44 weeks x 1.15hrs in person weekly sessions.
- Tai Chi – delivered by a qualified Tai Chi instructor online, 44 weeks x 2x1hr weekly sessions
- 10 x 2hr creative writing workshops delivered by experienced dramaturg and community theatre specialist
- Weekly peer support groups from September onwards providing space for mutual support and problem solving.
- Pottery and Arts & Craft – 48 sessions covering a wide range of media including acrylics, glass painting, and pottery, delivered in person and online
- Ukulele/Sing-along weekly sessions x 2hrs
- Walk & Talk – weekly 34 weeks x 2hrs per walk
- Coffee mornings – weekly x 48 weeks x 2hrs per coffee morning
- 1 x Kindred Explorers trip to Shrewsbury
- 1 x Christmas Party



An independent evaluation has been carried out to gauge the positive impact these activities have on the mental health of Kindred Minds service users which can be seen below:

1. Improved mental health recovery and wellness, enabling service users to lead more positive, confident and active lives both in society and with their families.

Kindred Minds does improve my general well-being, I now feel happy to go out and meet my friends and family more often.

My mental health feels so much better

Attending helps me de-stress.

It helps my social anxiety.

I suffer with anxiety and low mood and I always feel better after attending KM events.

Weekly yoga and weekly tai chi have really helped reduce anxiety and depression.

Gets me out physically and makes me feel better mentally.

It has helped me so much with my mental health issues.

2. Reduced boredom, isolation and reduce self-isolation through uptake of activities and support services and the formation of self-help and user led clubs generating a sense of purpose, unity and togetherness.

Nice to connect with people in similar circumstances.

Meeting people and enjoying the companionship has helped enormously.

I feel less alone.

I have met some lovely people who are an inspiration.

Having activities in my diary every Wed and Fri gives much needed structure to my week.

The social side is important. Service users have formed friendships and "check in" with each other.

I can say "I've struggled this week" and others understand immediately and "get" it.

3. Increased energy levels, mood and motivation - Often those with enduring mental health conditions both the medication or the symptoms of their condition can suppress energy levels, activity levels, experience low mood or motivation, anxiety etc.

Something to look forward to

My classes make me feel so much better

Laughter helps with my anxiety and I laugh a lot with the people who attended Kindred Minds.

I do sometimes get anxious but I push myself to attend the activities I wish to participate in.

Always lifts my mood.

Talking to others who understand alongside trying new activities like art have improved my sense of well being.

4. Facilitating the forging of new friendships and building of relationships

Part of a new friend group through attending Kindred Minds events

Meeting with the same people regularly means being easy with them and can share worries.

I have made friends through Kindred Minds, we have trust and understanding of each other.

Belonging to a group is what helps make my mental health improve.

Meeting new people has helped me feel less intimidated.

5. Increased self-confidence and self-worth

I have met people who understand me.

I feel accepted.

I find Kindred Minds has built my confidence as there is no one who is judging me.

Even when I'm depressed or anxious I can show this. I don't have to pretend to be happy if I'm not.

A lot of like-minded people attend which makes it easier to open up and be myself.

I feel I can definitely be open about my issues without judgement from staff and members.

Very different from my day to day life..

My self esteem has improved....particularly after participating in the art courses.

I suggested creative writing and this has been organised to start in a week or so.

VOLUNTEERS & BENEFICIARIES

In total we had 3 volunteers delivering support to members alongside workshop facilitators and offering self-led creative writing and needlework opportunities to fellow members.

100% of our beneficiaries were people living with a mental health condition or have/are experiencing mental ill health.

We have captured most of the ages of our service users, the majority are over 55 years of age.

Promotion and sharing of our work: we have maintained our relationships with sector organisations, including local NHS commissioners, LCVS, Healthwatch, Richmond Fellowship, and PSS amongst others. We've engaged with social prescribers and take referrals through this pathway, including Citizen's Advice Liverpool, Life Rooms, and local GP practices. This is enabling us to reach new service users which is evident in the increase in engaged service users.

Kindred Minds continues to promote our work via targeted mailings, Facebook, and Twitter. Our own dedicated website has been updated and flyers, posters, word of mouth, health directories and informal community feedback networks are used to reach out to our beneficiaries.

THANKS & ACKNOWLEDGEMENTS

We would like to thank all the people involved in keeping the charity relevant and successful at meeting the needs of our beneficiaries. Andy Kerr (Programme Manager) and Carol Soutar (Activity and Volunteer Coordinator) have provided continuity and insightful support to our offer.

We also give thanks to all the brilliant team of sessional workers that have successfully and productively provided services throughout the year, including Cath (Yoga), Angela (Tai Chi), Narissa (Arts & Crafts), Marc (mindfulness), Kath (Pinto Arts), Alex (Pottery) Jane (Sketch Club), Altar Pottery

Thanks also goes to Denise Bernard (Momentum Expedite Consultancy LTD) who continues to support Kindred Minds in a consultancy capacity, following 4 years spent as our development worker. Her support, insight and continued commitment to the charity has been invaluable in moving the charity forward.

We'd like to give thanks to Christine (Belle Vale centre manager) and Viv, Joe, Ryan, Gill, Shirley and all the team (Valley Community Food hub) for their support, in particular regarding supporting our coffee mornings and positive promotion of our work.

Our sincere thanks also go to our funders for their continued support of our mission and core work: The National Lottery Community Fund; John Moore's Foundation and Eleanor Rathbone Charitable Trust, without whom we could not have supported our service users

throughout this year. Additional thanks to Liverpool City Council Community Impact Fund and Suicide Prevention Grant for supporting additional add-on projects.

Finally, our thanks go to our fellow trustees for their tireless efforts, commitment, and tenacity.

2. 2023-24 TREASURER'S FINANCIAL REPORT INCLUDING INDEPENDENT EXAMINERS REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS

FINANCE

Income/funds are generated through:

- Applying for grants to support the delivery of our activity programme
- We hold an annual fund raiser with our members and stakeholders which contributes towards core costs
- We accept donations

YEAR UNDER REVIEW

The Receipts and Payments Accounts appended show a total income for the year of £50,159, a total expenditure of £57,211.

At 31/05/2024 the charity carries forward £19,752 which represents a restricted fund balance of £19,311, all of which is for committed spend in the 24/25 financial year; and an unrestricted fund balance of £441.

FUTURE STRATEGY

The charity holds a planning event annually. Our annual planning event usually focuses on the needs of our beneficiaries, evaluation of our work and our ability to manage the charity effectively and income generation and fundraising plan. In order to deliver our activities, we are reliant on securing grants and donations. The charity was successful in being awarded grant funding for 5 years for the period Apr 20 – Mar 25. A plan for succession funding beyond March 25 has been devised and applications for succession funding are underway.

RESERVES POLICY

The charity's reserves policy is to build up the equivalent of 3-months' running costs. Since the charity has no trading income, the focus is on donations and our own fundraising events (Summer Fair and Christmas Party) to assist in achieving this policy. The trustees are continuing to review this strategy and to identify additional ways in how this can be achieved over the next 3 years.

RISK REVIEW

The charity can only deliver its activity programme if grants or donations are secured. Our 5-year grant funding award from The National Lottery Community Fund expires in March 2025. With current funding the Charity can deliver its full programme until 31/3/25 and a scaled back programme for April and May 2025. An application for a small grant has been applied for which would enable us to deliver our full programme until the end of the financial year being 31/5/25. In tandem, all applications for succession funding will have been submitted to 3 identified funders by the end of June 2024 with outcomes expected by 31/3/25.

The charity will continue to identify alternative funders in the event any of the applications for succession funding, are unsuccessful. The priority in 2024 is therefore to secure funding for the continuation of core programme and not on add-on projects.



Receipts and payments accounts



For the period from	Period start date 01/06/2023	To	Period end date 31/05/2024
---------------------	---------------------------------	----	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant Income					
- National Lottery Community Fund		31,500		31,500	35,202
- JMF		4,259		4,259	
- LCVS		2,000		2,000	
- P H Hall Foundation		9,000		9,000	
- Mental Health Sustainability Fund					
- LCCares					
- EL Rathbone		3,000		3,000	
- LCC Community Mental Health Fund					
Donations	400			400	8,388
Funds Introduced					897
Fundraising					527
Sub total (Gross income for AR)	400	49,759		50,159	45,014
A2 Asset and Investment sales, (see table).					
Sub total					
Total receipts	400	49,759		50,159	45,014
A3 Payments					
Project costs		4,109		4,109	11,060
Seasonal workers		38,852		38,852	27,331
Training expenses					708
Rent		5,480		5,480	2,700
Telephone & Internet		365		365	62
Event costs	1,205	144		1,349	2,440
Equipment		487		487	625
Travel & subsistence		1,056		1,056	1,020
Printing, postage & stationery		282		282	458
Insurance		599		599	437
Refreshment expenses					
Accountancy fees		200		200	
Professional fees		4,452		4,452	4,753
Publicity & Promotions					318
Sub total	1,205	56,006		57,211	51,502
A4 Asset and Investment purchases, (see table).					
Sub total					

Accountancy accrual		200	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	P. REID	12/16/23
	J.P. JOHNSON	14/6/24



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
Kindred Minds

**On accounts for the year
ended**

31/05/24

**Charity no
(if any)**

1161849

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/05/2024.

**Responsibilities and
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed:

Date:

19/06/2024

Name:

Paul Taylor

**Relevant professional
qualification(s) or body
(if any):**

ACCA

Address:

74 Brook Vale

Liverpool L22 3YB

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

--



Receipts and payments accounts



For the period from	Period start date 01/06/2023	To	Period end date 31/05/2024
---------------------	---------------------------------	----	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant Income					
- National Lottery Community Fund		31,500		31,500	35,202
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Sub total	1,205	56,006		57,211	51,502
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Sub total					

Accountancy accrual		200	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	P. REID	12/16/23
	J.P. JOHNSON	14/6/24



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
Kindred Minds

On accounts for the year
ended

31/05/24

Charity no
(if any)

1161849

Set out on pages

(remember to include the page numbers of additional sheets)

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basis of report

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Signed:

Date:

19/06/2024

Name:

Paul Taylor

Relevant professional
qualification(s) or body
(if any):

ACCA

Address:

74 Brook Vale

Liverpool L22 3YB

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

--

KINDRED MINDS

England & Wales - Charity number 1161849

Accounts



TRUSTEE'S ANNUAL REPORT 01/06/22 – 31/05/23



Kindred Minds - CIO registered in England and Wales (1161849) Kindred Minds, The Activity Room, 1st Floor, Lee Valley Millennium Centre, Childwall Valley Road, Liverpool L25 2PR - Email kindredmindsliverpool@gmail.com

Facebook Kindred Minds Merseyside.

1. INTRODUCTION AND PERFORMANCE/ACTIVITIES

CHARITABLE STATUS AND OBJECTS

The organisation was first constituted in April 2012. The charity was incorporated as a Charitable Incorporated Organisation with the Charity Commission on 27/05/2015, under the terms of the Memorandum and Articles of Association dated 23/03/2015

The objects of the charity are:

To relieve the needs and to promote and preserve the good mental and physical health of those suffering from any form of mental ill health resident in the Merseyside area but not exclusively by:

- A) The provision of help, support, and advice through peer support;
- B) The promotion of social inclusion by providing access to creative health and wellbeing activities;
- C) To provide a "safe place" where information, problems and experience can be exchanged and discussed; and
- D) Promoting a better understanding of mental health and helping to reduce the stigma, oppressive attitudes and behaviours associated with it.

PRINCIPAL ACTIVITY

Our organisation was born out of the need to provide a safe place where people with poor mental health could meet to offer each other support.

We are based in Liverpool and run activities using space and facilities from our base in Lee Valley Millennium Centre Belle Vale L25. We also deliver from time-to-time activities at other sites across Liverpool and visit various locations as part of the excursions/walking activities.

Overall, our work assists our service users with their mental health recovery and wellness, which enables them to lead more positive, confident, and active lives both in society and with their families.

REVIEW OF THE BUSINESS/OPERATIONS

Organisation and administration

The charity's board of Trustees meet every 6 weeks. The charity did not have any employees in the year under review however did engage freelancers/self employed workers to support the trustees with the development of the charity and its programme and to provide sessions/workshops/courses as part of the programme of activity. The charity is largely volunteer-led and has in-kind support from various stakeholders including Lee Valley Millennium Centre

The trustees of the charity during the year under review were:

- Kathleen Whitehead (Chair)
- Ruth Worthington
- Rosemary Kay
- Anj Anwar - Retired October 2022
- David Stevenson - Retired August 2022
- Paula Harrison - Appointed July 2022
- Liz DuBuisson - Appointed November 2022
- Val Jenkins - Appointed January 2023
- Julie Johnson - Appointed January 2023
- Paul Reid - Appointed April 2023

Members

All Trustees are the members – there is currently no wider membership. The charity is limited by guarantee and does not have share capital, and therefore the trustees have no beneficial interest in the share capital of the charity. All Trustees are members of the Board of Trustees, and do not receive remuneration for their services in this capacity.

Training and capacity: In the period, trustees attended training on trustee roles and responsibilities delivered by Momentum Expedite Ltd on site. Going forward, Equality and Employment Law are developing an Employee Handbook with associated policies and a training session on the handbook. Further training on being an effective trustee and safeguarding training are to be arranged.

During this period, we held a Strategic Planning Day on 8th November 2022 which resulted in actions including further development of peer support, continuing to forge links with partner agencies, particularly in neighbouring boroughs to Liverpool as our charity's area of benefit is Merseyside. Trustees carried out regular review of Kindred Minds' risk register.

ACTIVITIES AND ACHIEVEMENTS JUN 2022– MAY 2023

Our charitable work and programme in this period were supported by **The National Lottery Community Fund; Liverpool City Council (Liverpool Community Mental Health Grant); Ford Foundation**. We held a Summer Fayre in September 2022 and a Christmas Party fundraiser in December 2022

We offered a varied programme of support and activities (a mix of former, adapted and pilot) in the period of reporting.

Although the year saw a complete end to restrictions associated with Covid19 we continued to offer a hybrid programme of in-person (80%) and online activities (20%) and support in response to service user preference. While online activities are highly valued by those who take part, a distinct preference for in-person support was demonstrated by the pattern of service user attendance.

We offered a varied programme of support and activities (a mix of former, adapted and pilot) in the period of reporting. By the end of the reporting period, we had 171 registered service users, an increase of 11% over the 12-month reporting period. 90 unique individuals attended activities.

Community Mental Health Grant Funding from Liverpool City Council enabled a project specifically to provide access to arts and crafts by Kindred Minds services users to continue into the reporting period. These were independently evaluated and indicated significant positive impact on the mental health of all participants.

Details of our activities are as follows:

- Mindfulness and meditation – delivered by a volunteer, 32 weeks x 1 hr online weekly sessions
- Yoga – delivered by a qualified Yoga instructor in person, 44 weeks x 1.15hrs in person weekly sessions.
- Tai Chi – delivered by a qualified Tai Chi instructor online, 44 weeks x 2x1hr weekly sessions
- Pottery and Arts & Craft – 48 sessions covering a wide range of media including acrylics, glass painting, and pottery, delivered in person and online
- Ukulele/Sing-along weekly sessions x 2hrs
- Walk & Talk – weekly 34 weeks x 2hrs per walk
- Coffee mornings – weekly x 48 weeks x 2hrs per coffee morning
- 1 x Kindred Explorers trip to Hebden Bridge
- 3 x Winter Cultural Outings
- 1 x Christmas Party



An independent evaluation has been carried to gauge the positive impact these activities have on the mental health of Kindred Minds service users which can be seen below:

Improved mental health recovery and wellness, enabling service users to lead more positive, confident, and active lives both in society and with their families;

Yoga is the next activity that I'd like to try as it combines exercise with breathing techniques something I need to work on for physical and mental wellbeing. Coffee morning is good as it brings people together in a relaxed, neighbourhood setting, everyday people who connect and chat and find out about other activities Kindred Minds provides and listens to what people would like to do for the future.

I'm used to coming here now, if you don't like it you don't have to stay, you can try things out without having to make a commitment. It's easier to come to a building you already know.

increased energy levels, mood, and motivation - Often those with enduring mental health conditions both the medication or the symptoms of their condition can suppress energy levels, activity levels, experience low mood or motivation, anxiety etc.

Meeting people and having somewhere to go without feeling judged. That's what they mean to me. Personally, I like the company and being stretched to learn something as well.

I would definitely recommend all the activities, as they are so beneficial, Carol and Andy, Viv and Marc are wonderful caring people.

I like having something to focus on, as well as time to just chat with people.

I would recommend the activities and courses to people I know. I think a 2hr session without a break is a long time to stay focused and remain relaxed, for some people with mental health.



facilitating the forging of new friendships and building of relationships;

I've met some good people, none of us agree on everything all the time but listening and thinking of not just what you need/enjoy to what helps others on their journey and knowing good people are around us in all walks of life wherever we go and being part of activities, we enjoy is so beneficial. I feel this happens at Kindred Minds.

increased self-confidence and self-worth;

It's welcoming here. Carole's great at remembering names, your story, welcoming you, a sense of empathy. Text messages from Carole if someone doesn't come or is late – these are really helpful. Nice to have someone check up on you.

The first session is hard – going somewhere when you don't know anyone.

A varied programme is on offer. I love the yoga and the tai chi. That art courses have been fantastic for building self-esteem.

They are currently doing a brilliant job for me, and I would highly recommend.



To assess the unique benefit of attending Kindred Minds activities, beneficiaries were asked where they would go if Kindred Minds did not exist. Their replies were as follows:

I think I'd probably go to my GP more often

Very few places out there so probably nowhere

I don't know anywhere to go that why it's a crucial service

There isn't anywhere else who offer this type of support

I khonestly don't know I would hope there wooul be an alternative in existence

I'd have to pay at least £8 a yoga session.

VOLUNTEERS & BENEFICIARIES

In total we had 3 volunteers delivering the weekly mindfulness sessions, alternative therapies, and buddy scheme/event support.

100% of our beneficiaries where people living with a mental health condition or have/are experiencing mental ill health.

We have captured most of the ages of our service users, the majority are over 55 years of age.

Promotion and sharing of our work: we have maintained our relationships with sector organisations, including local NHS commissioners, LCVS, Healthwatch, Richmond Fellowship, and PSS amongst others. We've engaged with social prescribers and take referrals through this pathway, including Citizen's Advice Liverpool, Life Rooms, and local GP practices. This is enabling us to reach new service users which is evident in the increase in engaged service users.

Kindred Minds continues to promote our work via targeted mailings, Facebook, and Twitter. Our own dedicated website has been updated and flyers, posters, word of mouth, health directories and informal community feedback networks are used to reach out to our beneficiaries.

THANKS & ACKNOWLEDGEMENTS

We would like to thank all the people involved in keeping the charity relevant and successful at meeting the needs of our beneficiaries. Andy Kerr (Programme Manager) and Carol Soutar (Activity and Volunteer Coordinator) have provided continuity and insightful support to our offer.

We also give thanks to all the brilliant team of sessional workers that have successfully and productively provided services throughout the year, including Cath (Yoga), Angela (Tai Chi), Narissa (Arts & Crafts), Marc (mindfulness), Kath (Pinto Arts), Alex (Pottery) Jane (Sketch Club), Altar Pottery

Thanks also goes to Denise Bernard (Momentum Expedite Consultancy LTD) who continues to support Kindred Minds in a consultancy capacity, following 4 years spent as our development worker. Her support, insight and continued commitment to the charity has been invaluable in moving the charity forward.

We'd like to give thanks to Christine (Belle Vale centre manager) and Viv, Joe, Ryan and all the team (Valley Community Food hub) for their support, in particular regarding supporting our coffee mornings and positive promotion of our work.

Our sincere thanks also go to our funders for their continued support of our mission and core work: The National Lottery Community Fund; John Moore's Foundation and Eleanor Rathbone Charitable Trust, without whom we could not have supported our service users throughout this year. Additional thanks to Liverpool City Council Community Mental Health Grant for our add-on project.

Finally, our thanks go to our fellow trustees for their tireless efforts, commitment, and tenacity.

2. 2022-23 TRUSTEES FINANCIAL REPORT INCLUDING INDEPENDENT EXAMINERS REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS

FINANCE

Income/funds are generated through:

- Applying for grants to support the delivery of our activity programme
- We hold an annual fund raiser with our members and stakeholders which contributes towards core costs
- We accept donations

YEAR UNDER REVIEW

The Receipts and Payments Accounts appended show a total income for the year of £45,014, a total expenditure of £51,902. The charity carried over from 21/22 financial period £33,692 of which £33,417 was restricted grant funds to be spent in the 22/23 financial year.

At 31/05/2022 the charity carries forward £26,804 which represents a restricted fund balance of £25,558, all of which is for committed spend in the 22/23 financial year; and an unrestricted fund balance of £1246.

FUTURE STRATEGY

The charity holds a planning event annually. Our annual planning event usually focuses on the needs of our beneficiaries, evaluation of our work and our ability to manage the charity effectively and income generation and fundraising plan. The charity's core fixed costs are low, however in order to deliver activities we are reliant on securing grants and donations. The charity was successful in being awarded grant funding for 5 years for the period Apr 20 – Mar 25. A plan for succession funding beyond March 25 is currently in development.

RESERVES POLICY

The charity currently has no employees or long-term liabilities and therefore our current reserves policy is to build up the equivalent of 3-months' worth of core fixed costs/ liabilities. The trustees are devising a strategy as to how this can be achieved over the next 3 years.

RISK REVIEW

The charity can only deliver its activity programme if grants or donations are secured. Our 5-year grant funding award from The National Lottery Community Fund expires in March 2025. A strategy to secure match funding for existing grants was implemented with most of the match funding now in place to 31/05/25 with 1 application pending for the balance. This will ensure the continuity of all existing activities and support until March 2025 allowing the charity time focus on scoping and applying for succession funding.

The charity will continue to identify additional funding for add-on projects as well as to enhance and increase core activities in respect of ongoing and increasing unmet need, identified through independent evaluation and service user feedback.

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank current account	1,019	25,558	-
	Petty cash	227		-
		-		-
	Total cash funds	1,246	25,558	-

(agree balances with receipts and payments account(s))

Details	OK Unrestricted funds to nearest £	OK Restricted funds to nearest £	OK Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B2 Other monetary assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B3 Investment assets

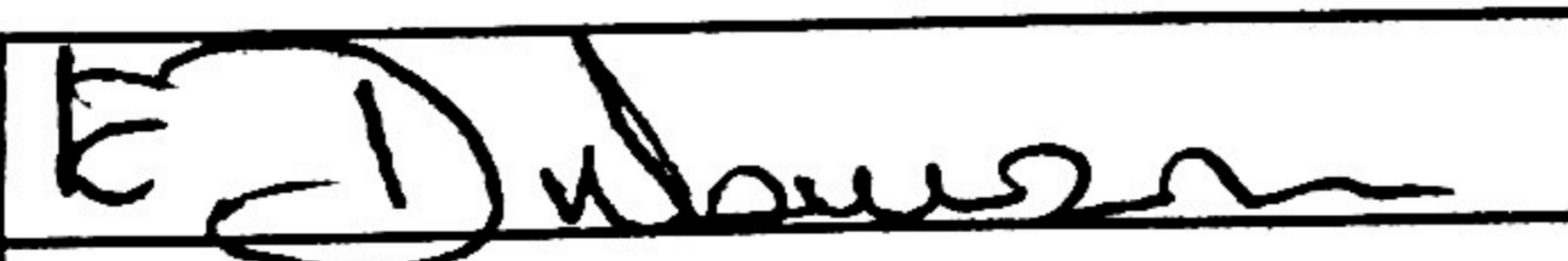
Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Creditors and accrued expenses		5,741	
Accountancy accrual		200	
		-	
		-	
		-	

B5 Liabilities

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	E Dubuisson	2.10.23
V. Jenkins	V. Jenkins	6/10/23

23



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Kindred Minds

No (if any)
1161849

CC16a

Receipts and payments accounts

For the period from **01/06/2022** To **31/05/2023**

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant Income	-	-	-	-	-
- National Lottery Community Fund		35,202		35,202	31,500
- JMF					4,259
- Yapp CT					-
- Foyle Foundation					-
- Mental Health Sustainability Fund					-
- LCCares					-
- EL Rathbone					3,000
- LCC Community Mental Health Fund		8,388		8,388	8,388
Donations	897			897	900
Funds Introduced					-
Fundraising	527			527	45
					-
					-
					-
Sub total (Gross income for AR)	1,424	43,590	-	45,014	48,092
A2 Asset and investment sales, (see table).					
Sub total					
Total receipts	1,424	43,590	-	45,014	48,092
A3 Payments					
Project Costs		11,060		11,060	-
Sessional workers		27,331		27,331	25,232
Training expenses		700		700	2,049
Rent		2,700		2,700	2,700
Telephone		62		62	62
Event costs		2,440		2,440	1,446
Equipment	453	172		625	210
Travel & subsistence		1,020		1,020	824
Printing, postage & stationery		458		458	356
Insurance		437		437	456
Refreshment expenses					141
Accountancy fees					100
Professional fees		4,753		4,753	4,485
Publicity & Promotions		316		316	264
					-
Sub total	453	51,449	-	51,902	38,325
A4 Asset and investment purchases. (see table)					
Sub total					
Total payments	453	51,449	-	51,902	38,325
Net of receipts/(payments)	971	(7,859)	-	(6,888)	9,767
A5 Transfers between funds					
A6 Cash funds last year end	275	33,417	-	33,692	23,925
Cash funds this year end	1,246	25,558	-	26,804	33,692



AND WALES

CHARITY
COMMISSION
FOR ENGLAND

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees	Kindred Minds		
On accounts for the year ended	31/05/23	Charity no (if any)	1161849

Set out on pages

	to the ržac:e numbers of additional sheets)
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I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/05/2023.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 201 1 ("the

Independent examiner's statement

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 201 1 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that

disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or ● the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

Signed:

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

Name:

* Please delete the words in the brackets if they do not apply.

Charity Name



Paul Taylor

09/10/23

Relevant professional qualification(s) or body (if any):

ACCA

IER

1

Oct 2018

Address:

74 Brook Vale

Liverpool L12 3YB

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and

guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying the central portion of the page. It is intended for the user to provide details as requested in the text above.

KINDRED MINDS

England & Wales - Charity number 1161849

Accounts



TRUSTEE'S ANNUAL REPORT 01/06/21 – 31/05/22



1. INTRODUCTION AND PERFORMANCE/ACTIVITIES

CHARITABLE STATUS AND OBJECTS

The organisation was first constituted in April 2012. The charity was incorporated as a Charitable Incorporated Organisation with the Charity Commission on 27/05/2015, under the terms of the Memorandum and Articles of Association dated 23/03/2015

The objects of the charity are:

To relieve the needs and to promote and preserve the good mental and physical health of those suffering from any form of mental ill health resident in the Merseyside area, in particular, but not exclusively by:

A) The provision of help, support and advice through peer support;

B) The promotion of social inclusion by providing access to creative health and wellbeing activities;

C) To provide a "safe place" where information, problems and experience can be exchanged and discussed; and

D) Promoting a better understanding of mental health and helping to reduce the stigma, oppressive attitudes and behaviours associated with it.

PRINCIPAL ACTIVITY

Our organisation was born out of the need to provide a safe place where people with poor mental health could meet to offer each other support.

We are based in Liverpool and run activities using space and facilities from our base in Lee Valley Millennium Centre Belle Vale L25. We also deliver from time to time activities at other sites across Liverpool and visit various locations as part of the excursions/walking activities.

Overall, our work assists our service users with their mental health recovery and wellness, which enables them to lead more positive, confident and active lives both in society and with their families.

REVIEW OF THE BUSINESS/OPERATIONS

Organisation and administration

The charity's board of Trustees meet every 6 weeks. The charity did not have any employees in the year under review however did engage freelancers/self employed workers to support the trustees with the development of the charity and its programme and to provide

sessions/workshops/courses as part of the programme of activity. The charity is largely volunteer-led and has in-kind support from various stakeholders including PSS.

The trustees of the charity during the year under review were:

- Kathleen Whitehead (Chair)
- Veronica Hughes (retired 9th March 2022)
- Anj Anwar
- David Stevenson
- Rosemary Kay
- Ruth Worthington (appointed 4th February 2022)

Members

All Trustees are the members – there is currently no wider membership. The charity is limited by guarantee and does not have share capital, and therefore the trustees have no beneficial interest in the share capital of the charity. All Trustees are members of the Board of Trustees, and do not receive remuneration for their services in this capacity.

Training and capacity: In the period, trustees attended training on trustee roles and responsibilities delivered by LCVS on site; safeguarding training; minute taking training needed to be postponed. Forthcoming training includes roles and responsibility of employer vs client, further training on being an effective trustee and a bespoke package of safeguarding training.

During this period, we held a Strategic Planning Day on 11th November 2021 which resulted in actions including further strengthening the skill base of the Board of Trustees, and identifying areas of potential growth for charitable activities. Trustees reviewed Kindred Minds' risk register and reviewed and updated a number of policies. Partnership working was identified, and scoped opportunities enabled by additional in year funding. A strategy to secure matched funding for existing grants was planned.

ACTIVITIES AND ACHIEVEMENTS JUN 2021– MAY 2022

Our charitable work and programme in this period were supported by **The National Lottery Community Fund; Liverpool City Council (Liverpool Community Mental Health Grant) Eleanor Rathbone Charitable Trust; Foyle Foundation; Ford Foundation.** We held a Christmas Party fundraiser in December 2021

We offered a varied programme of support and activities (a mix of former, adapted and pilot) in the period of reporting. By the end of the reporting period, we had 154 registered service users, an increase of 37% over the 12 month reporting period. 119 unique individuals attended activities, an increase of just under 20%.

We embarked on the year with some key priorities which were to continue to deliver our programme of activities. We continued to offer a hybrid programme of in-person and online activities and support in response to service user preference after government guidelines were removed. Over 80% of our programme reverted to in person delivery in the course of the reporting period.

Community Mental Health Grant Funding from Liverpool City Council enabled a project specifically to provide access to arts and crafts by Kindred Minds services users. These have been delivered in a variety of media by qualified instructors and have proved immensely popular.

Details of our activities are as follows:

- Mindfulness and meditation – delivered by a volunteer, 34 x 1 hr online weekly sessions
- Yoga – delivered by a qualified Yoga instructor in person, 46 x 1.15hrs in person weekly sessions.
- Tai Chi – delivered by a qualified Tai Chi instructor online 2x1hr weekly sessions accessed by 5 Kindred Minds service users
- Pottery and Arts & Craft – 45 sessions covering a wide range of media including acrylics, photography and pottery, delivered in person and online
- Walk & Talk – weekly 22 weeks x 2hrs per walk
- Coffee mornings – weekly x 48 weeks x 2hrs per coffee morning
- Buddy scheme – on demand – resumed Feb 2022 – 1 service user referral - this was due to DWP not holding face to face interviews until Jan 22 resumption. The scope of this service is now under review
- Massage therapies – volunteer therapist, resumed Aug 21 – 3 x1hr appointments a week delivered over 18 weeks
- 2 x Kindred Explorer outings to Llangollen (Sept 21) and Chester (Dec 21)
- 1 x Christmas Party

Evidence has been collated over the year to reflect the positive impact these activities have on the mental health of Kindred Minds service users. Quotations below are drawn from their feedback via questionnaires and online forms.

Improved mental health recovery and wellness, enabling service users to lead more positive, confident and active lives both in society and with their families;

'Kindred Minds is outstanding in looking after our mental health wellbeing. The staff put on so many activities & group sessions that there is always something to suit everyone. Their kindness & support is truly appreciated. I have been helped immensely & for this I am so grateful.' Christmas party feedback

'Yoga with Cath is excellent. I have tried lots of different types of yoga over the years but this is the one that has given me the greatest confidence and flexibility.' Yoga participant

'I feel less lonely, depressed, improved my mood and I felt less anxious' – Pottery course participant



'Just by being out with other people helped me with my anxiety and emotional feelings' – Llangollen trip participant

reduced boredom, isolation and reduce self-isolation through uptake of activities and support services and the formation of self-help and user led clubs generating a sense of purpose, unity and togetherness;

'Good to share with friends and meet new people' – Christmas party feedback

'Really lovely workshop - I learned a lot and made new connections' – Pottery feedback

'I became closer to some people I didn't know very well which was nice' – Llangollen trip feedback

increased energy levels, mood and motivation - Often those with enduring mental health conditions both the medication or the symptoms of their condition can suppress energy levels, activity levels, experience low mood or motivation, anxiety etc.

Many of our service users report that the activities support their energy levels, mood and motivation. Yoga, in particular, is one of our most well attended activities and 90% of yoga attendees surveyed reported that this activity improved their energy levels and mood.

*'Helps me a lot the yoga and definitely have noticed an improvement in my overall health'–
yoga participant*

facilitating the forging of new friendships and building of relationships;

'I've made some friends in the class and I feel less lonely, depressed, improved my mood and I felt less anxious.' – Pottery course feedback

'It was enjoyable to take in the atmosphere Of Chester. Especially having all been so restricted with lockdowns. Good to socialise with familiar faces. Seemed to take years off me, even though it was just one day.' – Chester Christmas markets trip

increased self-confidence and self-worth;



'Thoroughly enjoyed being creative . In past I've never had confidence to be creative as thought everyone else's work was better than mine . Really enjoyed it . Thankyou'

'A sense of achievement doing something new.'

'Given my confidence to mix more outside with small groups.' – Trip to Llangollen participant

VOLUNTEERS & BENEFICIARIES

In total we had 3 volunteers delivering the weekly mindfulness sessions, alternative therapies and buddy scheme/event support. The buddy scheme is now under review to broaden the role of volunteers to provide broader based support.

100% of our beneficiaries where people living with a mental health condition or have/are experiencing mental ill health.

We have not captured all of the ages of our service users, however from those we have the majority are over 40 years of age.

Promotion and sharing of our work: we have maintained our relationships with sector organisations, including CCG, LCVS, Healthwatch, Richmond Fellowship, and PSS amongst others. We've engaged with social prescribers and take referrals through this pathway, including Citizen's Advice Liverpool, and local GP practices. This is enabling us to reach new service users which is evident in the increase in engaged service users.

Kindred Minds continues to promote our work via targeted mailings, Facebook, Twitter, our own dedicated website and blog, flyers, posters, word of mouth, health directories and informal community feedback networks. To reach a wider audience we have linked with local media partners such as BBC Radio Merseyside, most recently with our programme manager promoting mental wellbeing on the Helen Jones drive time show, generating positive feedback and increased referrals.

THANKS & ACKNOWLEDGEMENTS

Throughout this period, we said our goodbyes to Helen Osborne, former Programme Manager in early March 2022 and welcomed current Programme Manager at that same time.

We would like to thank Helen for her dedicated contribution to the work of our charity and wish her the very best in her new role. The Trustees were very pleased to appoint Andy, who brings with him a broad scope of experience in the area of mental health and wellbeing. They were also glad of the continued dedication and resourcefulness of Carol Soutar in her role as Activity and Volunteer Coordinator as well as providing moral support and encouragement to all our service users.

We also give thanks to all the brilliant team of sessional workers that have successfully and productively provided services throughout the year, including Cath (Yoga), Angela (Tai Chi), Narissa (Arts & Crafts), Marc (mindfulness), Kath (Pinto Arts), Alex (Pottery).

Thanks also goes to Denise Bernard (Momentum Expedite Consultancy LTD) who continues to support Kindred Minds in a consultancy capacity, following 4 years spent as our development worker. Her support, insight and continued commitment to the charity has helped support us through this difficult year.

We'd like to give thanks to Christine (Belle Vale centre manager) and Viv (Valley Community Food hub) for their support, in particular regarding supporting our coffee mornings and positive promotion of our work.

Our sincere thanks also go to our funders who have supported us throughout the pandemic, The Yapp Charitable Trust, Liverpool City Council Community Mental Health Grant; The National Lottery Community Fund; Foyle Foundation and the Ford Foundation, without whom we could not have supported our service users throughout this year.

Our penultimate thanks goes to PSS and their personnel for their continued support and partnership work. Together we have collaborated to provide positive services for those in need within the community.

Finally our thanks goes to our fellow trustees for their tireless efforts, commitment and tenacity.

2. 2021-22 TRUSTEES FINANCIAL REPORT INCLUDING INDEPENDENT EXAMINERS REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS

FINANCE

Income/funds are generated through:

- Applying for grants to support the delivery of our activity programme
- We hold an annual fund raiser with our members and stakeholders which contributes towards core costs
- We accept donations

YEAR UNDER REVIEW

The Receipts and Payments Accounts appended show a total income for the year of £48,092, a total expenditure of £38,325 resulting in a total net income of £33,692 (including 2021 funds carried forward). The charity carried over from 20/21 financial period £23,925 of which £23,795 was restricted grant funds to be spent in the 21/22 financial year and £130 unrestricted.

At 31/05/2022 the charity carries forward £33,692 which represents a restricted fund balance of £33,414, all of which is for committed spend in the 22/23 period; and an unrestricted fund balance of £275. The restricted fund balance includes a grant from John Moores Foundation of £4,259 was received in advance and is wholly for spend in the 22/23 financial year.

FUTURE STRATEGY

The charity holds a planning event annually. Our annual planning event usually focuses on the needs of our beneficiaries, evaluation of our work and our ability to manage the charity effectively and income generation and fundraising plan. The charity's core fixed costs are low, however in order to deliver activities we are reliant on securing grants and donations. The charity was successful in being awarded grant funding for 5 years for the period Apr 20 – Mar 25.

RESERVES POLICY

The charity currently has no employees or long term liabilities and therefore our current reserves policy is to build up the equivalent of 3-months' worth of core (non grant funded) fixed costs/ liabilities. The trustees are devising a strategy as to how this can be achieved.

RISK REVIEW

The charity has relatively low fixed core costs but can only deliver its activity programme if grants or donations are secured. The charity achieved its strategy to identify multi-year funders for revenue with the 5 year grant funding award from The National Lottery Community Fund in Dec 2019. The Trustees' strategy switched from applying for annual match-funding grants to identifying multi-year match funding grants. We are glad to report that in April 2022 and May 2022 we secured three year matched funding for core programme from Eleanor Rathbone Charitable Trust and John Moores Foundation. The charity will continue to identify additional funding for add-on projects as well as to enhance and increase core activities in respect of ongoing and increasing unmet need, identified through independent evaluation and service user feedback.

	145	47,947	-	48,092	43,822
Total receipts					
A3 Payments					
Tutors					
Sessional workers		25,232		25,232	21,457
Training expenses		2,049		2,049	-
Rent		2,700		2,700	3,600
Telephone		62		62	-
Event costs		1,446		1,446	438
Equipment		210		210	214
Travel & subsistence		824		824	77
Printing, postage & stationery		356		356	296
Insurance		456		456	456
Refreshment expenses		141		141	56
Accountancy fees		100		100	100
Professional fees		4,485		4,485	3,424
Publicity & Promotions		264		264	942
Sub total		38,325		38,325	31,060
A4 Asset and investment purchases..(see table)					
Sub total					
Total payments		38,325		38,325	31,060
Net of receipts/(payments)	145	9,622		9,767	12,762
A6 Transfers between funds					
A6 Cash funds last year end	130	23,795		23,925	11,163
Cash funds this year end	275	33,417		33,692	23,925

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
------------	---------	--------------------	------------------	-----------------

B1 Cash funds

Bank current account	to nearest £	to nearest £	to nearest £
Petty cash	140	33,201	-
	135	216	-
	-	-	-
Total cash funds	275	33,417	-

(agree balances with receipts and payments account(s))

B2 Other monetary assets

	Unrestricted funds	Restricted funds	Endowment funds
Details	to nearest £	to nearest £	to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

	Fund to which asset belongs	Cost (optional)	Current value (optional)
Details			
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

	Fund to which asset belongs	Cost (optional)	Current value (optional)
Details			
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Accountancy accrual		100	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>Rosemary L. Kat</i>	K F WHITEHEAD ROSEMARY L. KAT	30-9-22 6/10/22



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Kindred Minds

**On accounts for the year
ended**

31 May 2022

**Charity no
(if any)**

1161849

Set out on pages

1-4

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 05 / 2022**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

20/11/22

Name:

P Taylor

**Relevant professional
qualification(s) or body
(if any):**

ACCA

Address:

74 Brook Vale
Liverpool L22 3YB

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

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Total receipts	145	47,947	-	48,092	43,822
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(agree balances with receipts and payments account(s))

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	Unrestricted funds	Restricted funds	Endowment funds
Details	to nearest £	to nearest £	to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

	Fund to which asset belongs	Cost (optional)	Current value (optional)
Details			
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

	Fund to which asset belongs	Cost (optional)	Current value (optional)
Details			
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Accountancy accrual		100	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>Rosemary L. Kat</i>	K F WHITEHEAD ROSEMARY L. KAT	30-9-22 6/10/22



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Kindred Minds

**On accounts for the year
ended**

31 May 2022	Charity no (if any)	1161849
-------------	--------------------------------	---------

Set out on pages

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(remember to include the page numbers of additional sheets)

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** Please delete the words in the brackets if they do not apply.*

Signed: 

Date: 20/11/22

Name: P Taylor

**Relevant professional
qualification(s) or body
(if any):**

ACCA

Address:

74 Brook Vale
Liverpool L22 3YB

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

KINDRED MINDS

England & Wales - Charity number 1161849

Accounts



TRUSTEE'S ANNUAL REPORT

01/06/20 – 31/05/21



Kindred Minds - CIO registered in England and Wales (1161849) Kindred Minds, The Activity Room, 1st Floor, Lee Valley Millennium Centre, Childwall Valley Road, Liverpool L25 2PR - Email kindredmindsliverpool@gmail.com

Facebook Kindred Minds Merseyside.

1. INTRODUCTION AND PERFORMANCE/ACTIVITIES

- CHARITABLE STATUS AND OBJECTS

The organisation was first constituted in April 2012. The charity was incorporated as a Charitable Incorporated Organisation with the Charity Commission on 27/05/2015, under the terms of the Memorandum and Articles of Association dated 23/03/2015

The objects of the charity are:

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A) The provision of help, support and advice through peer support;

B) The promotion of social inclusion by providing access to creative health and wellbeing activities;

C) To provide a "safe place" where information, problems and experience can be exchanged and discussed; and

D) Promoting a better understanding of mental health and helping to reduce the stigma, oppressive attitudes and behaviours associated with it.

- PRINCIPAL ACTIVITY

Our organisation was born out of the need to provide a safe place where people with poor mental health could meet to offer each other support.

We are based in Liverpool and run activities using space and facilities from our base in Lee Valley Millennium Centre Belle Vale L25. We also deliver from time to time activities at other sites across Liverpool and visit various locations as part of the excursions/walking activities.

Overall, our work assists our service users with their mental health recovery and wellness, which enables them to lead more positive, confident and active lives both in society and with their families.

- REVIEW OF THE BUSINESS/OPERATIONS

Organisation and administration

The charity's board of Trustees meet every 6 weeks. The charity did not have any employees in the year under review however did engage freelancers/self employed workers to support the trustees with the development of the charity and its programme and to provide sessions/workshops/courses as part of the programme of activity. The charity is largely volunteer-led and has in-kind support from various stakeholders including PSS.

The trustees of the charity during the year under review were:

- Kathleen Whitehead (Chair)
- Veronica Hughes
- Corinne Jones
- Anj Anwar
- David Stevenson
- Rosemary Kay

Members:

All Trustees are the members – there is currently no wider membership. The charity is limited by guarantee and does not have share capital, and therefore the trustees have no beneficial interest in the share capital of the charity. All Trustees are members of the Board of Trustees, and do not receive remuneration for their services in this capacity.

Training and capacity: In the period, trustees attended training on social prescribing and managing finances. These were held face to face. The following training was postponed due to coronavirus restrictions – safeguarding, minute taking and roles and responsibilities for trustees. These are programmed in for the coming months.

During this period, we did not hold our usual strategic planning day due to coronavirus restrictions. Instead, we added additional agenda items to the board meetings which allowed the board to consider specific areas, such as risk review, stakeholder relationships and funding opportunities.

- **ACTIVITIES AND ACHIEVEMENTS JUN 2020– MAY 2021**

Our charitable work and programme in this period were supported by **The Yapp Charitable Trust, The National Lottery Community Fund; Mental Health Sustainability Fund, LCR Cares, Foyle Foundation (received May 2021, applicable for spend in 21/22 financial year)**. Due to coronavirus restrictions we were unable to hold our annual summer fete fundraiser.

We offered a varied programme of support and activities (a mix of former, adapted and pilot) in the period of reporting.

We embarked on the year with some key priorities which were to continue to deliver our programme of activities. In line with government guidelines, we offered a hybrid programme of in-person and online activities and support.

By the end of the reporting period, we had 112 registered service users with 100 attending activities/support.

From the 1st June, until 6th July, all our activities remained remote. Activities included, mindfulness, yoga, coffee mornings with quiz and tai chi. We also offered befriending calls weekly.

From 6th July, we were able to resume in person weekly walks and in person coffee mornings. Yoga was delivered both in-person and online. Tai Chi remained online for all of this period. F

In August 2020, we introduced in person history talks. Following on from the success of this, a history walk was held in September 2020.

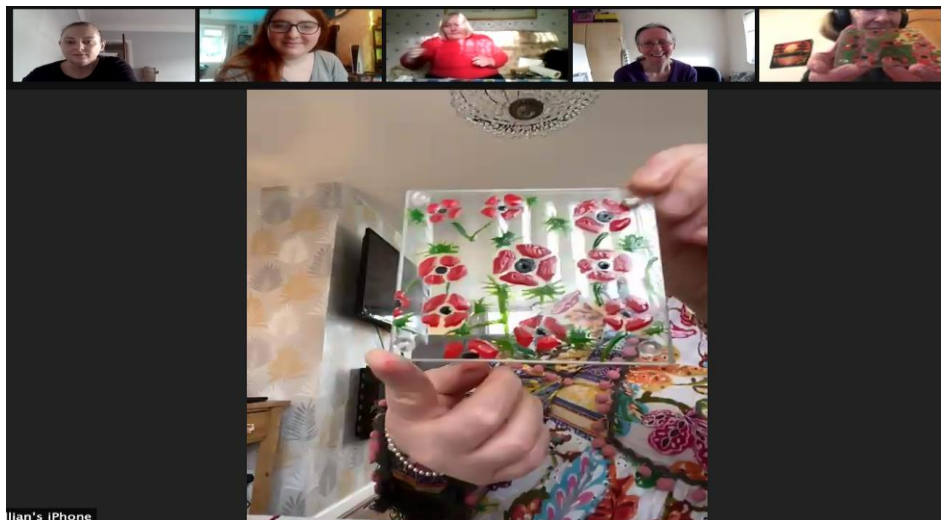
Throughout the winter and up until the easing of restrictions on April 12th, all our activities were delivered online; with the exception of 1-2-1 walks which were permitted throughout the 3rd lockdown. Group walks resumed with a maximum of 6 from the 29th March. From April 12th, we held outdoor coffee mornings, until 17th May, after which we could arrange them indoors.

Yoga was offered both face-to-face and online from 7th May.

We provided the following June 20 - Mar 21:

Services:

- Mindfulness 44 x 1hr sessions ran online, delivered by one of our volunteers, Marc. With 8 unique attendees joining as regular service users
- Yoga – delivered by a qualified Yoga instructor – we ran 48 x 1.15hr sessions, all online and 1/2 in person. 22 unique attendees, service users attending on a regular basis.



Online craft session – January 2021

- Arts & Craft – we ran 12 x 1hr online craft sessions with 12 unique attendees, with most attending on a regular basis. In May 2021, we started calligraphy online with 10 unique attendees in the first week. This programme runs into the new financial year.



- Walk & Talk – Group walks recommenced in July 2020. We held 26 x 2hr weekly group walks, with the opportunity for refreshment and a chat during the period until May 2021. We held 11 one-to-one walks between January and March 2021, in line with coronavirus restrictions. Group walks had 13 unique attendees.



- History Walk & Talk – In September 2020 we also held a history walk & talk around Gateacre with 5 attendees.

- Coffee mornings – we held online coffee mornings from 1st June-Mid September and resumed in person coffee mornings at Belle Vale community centre café from September until November lockdown. We reverted back to online coffee mornings until April 2021, when we started back outdoor coffee mornings. We resumed indoor, face to face coffee mornings. We ran 48 online/face to face coffee mornings with quiz and other activities. Coffee mornings had 14 x unique attendees.



January 2021 online coffee morning



May 2021 face to face coffee morning

- Media studies – we held a handful of media studies workshops in September 2020, with 4 unique attendees, learning how to podcast.
- Welfare/befriendly calls – during the times that restrictions were in place or members were isolating, we provided 2hrs a week of welfare calls, to an average of 3 service users a week. There were 15 unique service users who accessed this support on a regular basis.
- VOLUNTEERS & BENEFICIARIES

In total we had 1 volunteer delivering the weekly mindfulness sessions. The buddy scheme was not required due to DWP not holding in person assessments during this period. We are resuming the buddy scheme from summer 2021.

100% of our beneficiaries were people living with a mental health condition or have/experiencing mental ill health.

From our postcode mapping beneficiaries are from across the city from more than 22 postcodes.

We have not captured all of the ages of our service users, however from those we have the majority are over 40 years of age.

Through supporting people in their mental health recovery and wellbeing our aim is to improve their quality of life. We believe we achieved this through our programme of activities and services and from the feedback from service users and evaluation of our activity programme.

- Promotion and sharing of our work: we have maintained our relationships with sector organisations, including CCG, LCVS, Health Watch, Richmond Fellowship, The Brain Charity and PSS amongst others. We've engaged with social prescribers and take referrals through this pathway, including CAB and local GP practices. This is enabling us to reach new service users which is evident in the increase in engaged service users.

In early 2021, Kindred Minds launched a new website. This offers broader access for potential service users and partners to find information about us. This will be developed over the coming months, with a view to start blogging with service users again. The website is complementary to our continued Facebook and Twitter platforms.

- THANKS & ACKNOWLEDGEMENTS

Throughout this period, we said our goodbyes to Janet (former activity co-ordinator) and wished her the best for the future. We welcomed Carol Soutar who took over the role in November 2020.

We would like to thank Janet & Carol for their contributions to Kindred Minds during this period.

We also said our goodbyes to Paula Harrison (former programme manager) who worked tirelessly and creatively during one of the toughest years we have seen. We wish Paula the very best in her new role.

At the very end of this report's period, we welcomed Helen Osborne, our new programme manager. We are looking forward to great things from Helen in supporting the great work that Kindred Minds does.

We also give thanks to all the brilliant team of sessional workers that have successfully and productively provided services throughout the year, including Cath (Yoga), Angela (Tai Chi), Narissa (Arts & Crafts), Marc (mindfulness), Howard (media) and Steve (History).

Thanks also goes to Denise Bernard (Momentum Expedite Consultancy LTD) who continues to support Kindred Minds in a consultancy capacity, following 4 years spent as our development worker. Her support, insight and continued commitment to the charity has helped support us through this difficult year.

We'd like to give thanks to Christine (Belle Vale centre manager) and Viv (Valley Community Food hub) for their support, in particular regarding supporting our coffee mornings and positive promotion of our work.

Our sincere thanks also go to our funders who have supported us throughout the pandemic, The Yapp Charitable Trust, The National Lottery Community Fund; Mental Health Sustainability Fund, LCR Cares, Foyle Foundation (received May 2021, applicable for spend in 21/22 financial year), without whom we could not have supported our service users throughout this year.

Our penultimate thanks goes to PSS and their personnel for their continued support and partnership work. Together we have collaborated to provide positive services for those in need within the community.

Finally our thanks goes to our fellow trustees for their tireless efforts, commitment and tenacity.

2. 2020-21 TRUSTEES FINANCIAL REPORT INCLUDING INDEPENDENT EXAMINERS REPORT AND RECEIPTS AND PAYMENTS ACCOUNTS

FINANCE:

Income/funds are generated through:

- Applying for grants to support the delivery of our activity programme
- We hold an annual fund raiser with our members and stakeholders which contributes towards core costs (not held due to the pandemic)
- We accept donations

YEAR UNDER REVIEW:

The Receipts and Payments Accounts appended show a total income for the year of £43,822, a total expenditure of £31,060 resulting in a total net income of £12,762. However the charity carried over from 19/20 financial period £11,163 of which £11,033 was restricted grant funds to be spent in the 19/20 financial year and £130 unrestricted.

At 31/05/2021 the charity carries forward £23,925 which represents a restricted fund balance of £23,795 and an unrestricted fund balance of £130.

FUTURE STRATEGY

The charity holds a planning event annually. Our annual planning event usually focuses on the needs of our beneficiaries, evaluation of our work and; our ability to manage the charity effectively and income generation and fundraising plan. The charity's core fixed costs are low, however in order to deliver activities we are reliant on securing grants and donations. The charity was successful in being awarded grant funding for 5 years for the period Apr 20 – Mar 25.

RESERVES POLICY

The charity currently has no employees or long term liabilities and therefore our current reserves policy is to build up the equivalent of 3-months' worth of core (non grant funded) fixed costs/ liabilities. The trustees will devise a strategy as to how this can be achieved.

RISK REVIEW

The charity has relatively low fixed core costs but can only deliver its activity programme if grants or donations are secured. The charity achieved its strategy to identify multi-year funders for revenue with the 5 year grant funding award from The National Lottery Community Fund in Dec 2019. Annually the charity will identify and apply for the small percentage of match funding it needs as part of this award.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Kindred Minds	No (if any) 1161849
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CC16a

Receipts and payments accounts

For the period from	Period start date 01/06/2020	To	Period end date 31/05/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant Income	-	-	-	-	
- National Lottery Community Fund		30,750		30,750	17,500
- JMF				-	6,000
- Yapp CT		2,000		2,000	2,000
- Foyle Foundation		4,000		4,000	
- Mental Health Sustainability Fund		344		344	
- LCR Cares		6,728		6,728	
- EL Rathbone				-	1,000
Donations			-	-	700
Funds Introduced			-	-	-
Fundraising			-	-	204
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	43,822	-	43,822	27,404
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	43,822	-	43,822	27,404

B1 Cash funds

Bank current account		23,727	-
Petty cash	130	68	-
	-	-	-
Total cash funds	130	23,795	-

(agree balances with receipts and payments account(s))

OK OK OK

Unrestricted funds to nearest £ **Restricted funds to nearest £** **Endowment funds to nearest £**

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-

		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Accountancy accrual		100	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>A. Anwar</i>	A. ANWAR	15-10-21
<i>K. Whitehead</i>	K. WHITEHEAD	15-10-21



**Report to the trustees/
members of**

Charity Name
Kindred Minds

**On accounts for the year
ended**

31 May 2021

**Charity no
(if any)**

1161849

Set out on pages

1

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 May 2021**

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

28/10/21

Name:

P Taylor

**Relevant professional
qualification(s) or body (if
any):**

ACIE

Address: 74 Brook Vale

Liverpool L22 3YB

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

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Give here brief details of any items that the examiner wishes to disclose.

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CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Kindred Minds	No (if any) 1161849
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CC16a

Receipts and payments accounts

For the period from	Period start date 01/06/2020	To	Period end date 31/05/2021
------------------------	---------------------------------	----	-------------------------------

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grant Income	-	-	-	-	
- National Lottery Community Fund		30,750		30,750	17,500
- JMF				-	6,000
- Yapp CT		2,000		2,000	2,000
- Foyle Foundation		4,000		4,000	
- Mental Health Sustainability Fund		344		344	
- LCR Cares		6,728		6,728	
- EL Rathbone				-	1,000
Donations			-	-	700
Funds Introduced			-	-	-
Fundraising			-	-	204
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	43,822	-	43,822	27,404
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	43,822	-	43,822	27,404

Section B Statement of assets and liabilities at the end of the period

	Categories		Details	
	Unrestricted funds to nearest £	Restricted funds to nearest £	Unrestricted funds to nearest £	Restricted funds to nearest £
A3 Payments				
Tutors	-	-	-	-
Sessional workers	21,457	21,457	-	12,891
Training expenses	-	-	-	-
Rent	-	3,600	-	3,900
Room hire	-	-	-	-
Event costs	-	-	-	-
Equipment	438	438	-	1,638
Travel & subsistence	214	214	-	315
Printing, postage & stationery	77	77	-	617
Insurance	296	296	-	135
Refreshment expenses	456	456	-	456
Accountancy fees	56	56	-	177
Professional fees	100	100	-	100
Publicity & Promotions	3,424	3,424	-	2,367
Sub total	31,060	31,060	-	22,596
A4 Asset and investment purchases. (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	-	31,060	-	22,596
Net of receipts/(payments)	-	12,762	-	4,808
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	130	11,163	-	6,355
Cash funds this year end	130	23,925	-	11,163

B1 Cash funds

Bank current account		23,727	-
Petty cash	130	68	-
	-	-	-
Total cash funds	130	23,795	-

(agree balances with receipts and payments account(s))

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Unrestricted funds to nearest £ **Restricted funds to nearest £** **Endowment funds to nearest £**

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-

		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Accountancy accrual		100	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>A. Anwar</i>	A. ANWAR	15-10-21
<i>K. Whitehead</i>	K. WHITEHEAD	15-10-21



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Charity Name
Kindred Minds

**On accounts for the year
ended**

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Date:

28/10/21

Name:

P Taylor

**Relevant professional
qualification(s) or body (if
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