



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.

Total receipts		145	47,947	-	48,092	43,822
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)						
A5 Transfers between funds	145		9,622		9,767	12,762
A6 Cash funds last year end	-		-		-	-
Cash funds this year end	130		23,795		23,925	11,163
	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
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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

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>Rosemary L. Kay</i>	K F WHITEHEAD	30-9-22
	ROSEMARY L. KAY	6/10/22



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

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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A3 Payments						
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	135	216	-
	-	-	-
Total cash funds	275	33,417	-

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

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>Rosemary L. Kay</i>	K F WHITEHEAD	30-9-22
	ROSEMARY L. KAY	6/10/22



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

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Charity Name
Kindred Minds

**On accounts for the year
ended**

31 May 2022

**Charity no
(if any)**

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- the accounts do not accord with the accounting records

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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.