



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



Kindred Minds - CIO registered in England and Wales (1161849) Kindred Minds, The Activity Room, 1<sup>st</sup> Floor, Lee Valley Millennium Centre, Childwall Valley Road, Liverpool L25 2PR - Email [kindredmindsliverpool@gmail.com](mailto: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 8<sup>th</sup> 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 £
<b>B1 Cash funds</b>	Bank current account	1,019	25,558	-
	Petty cash	227		-
		-	-	-
	<b>Total cash funds</b>	1,246	25,558	-
(agree balances with receipts and payments account(s))		OK	OK	OK

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

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

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

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

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



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
**Kindred Minds**

No (if any)  
**1161849**

## Receipts and payments accounts

**CC16a**

For the period  
from

Period start date  
01/06/2022

To

Period end date  
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 £
<b>A1 Receipts</b>					
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
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>1,424</b>	<b>43,590</b>	<b>-</b>	<b>45,014</b>	<b>48,092</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>1,424</b>	<b>43,590</b>	<b>-</b>	<b>45,014</b>	<b>48,092</b>
<b>A3 Payments</b>					
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
	-	-	-	-	-
<b>Sub total</b>	<b>453</b>	<b>51,449</b>	<b>-</b>	<b>51,902</b>	<b>38,325</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>453</b>	<b>51,449</b>	<b>-</b>	<b>51,902</b>	<b>38,325</b>
<b>Net of receipts/(payments)</b>	<b>971</b>	<b>(7,859)</b>	<b>-</b>	<b>(6,888)</b>	<b>9,767</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>275</b>	<b>33,417</b>	<b>-</b>	<b>33,692</b>	<b>23,925</b>
<b>Cash funds this year end</b>	<b>1,246</b>	<b>25,558</b>	<b>-</b>	<b>26,804</b>	<b>33,692</b>



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)

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)  
body (if any):

or

ACCA

IER

1

Oct 2018

Address:

74 Brook Vale

Liverpool 1.22 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.