



# TRUSTEES'

# ANNUAL REPORT

## 01/06/23 – 31/05/24



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 (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 7<sup>th</sup> 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.



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  
01/06/2023

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 £
<b>A1 Receipts</b>					
Grant income					
- National Lottery Community Fund		31,500		31,500	35,202
- JMF		4,259		4,259	
- LCVS		2,000		2,000	
- P H Holt 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
<b>Sub total (Gross income for AR)</b>	<b>400</b>	<b>49,759</b>		<b>50,159</b>	<b>45,014</b>
<b>A2 Asset and Investment sales, (see table).</b>					
<b>Sub total</b>					
<b>Total receipts</b>	<b>400</b>	<b>49,759</b>		<b>50,159</b>	<b>45,014</b>

<b>A3 Payments</b>					
Project costs		4,109		4,109	11,060
Seasonal workers		38,852		38,852	27,331
Training expenses					700
Rent		5,460		5,460	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		262		262	458
Insurance		599		599	437
Refreshment expenses					
Accountancy fees		200		200	
Professional fees		4,452		4,452	4,753
Publicity & Promotions					318
<b>Sub total</b>	<b>1,205</b>	<b>56,006</b>		<b>57,211</b>	<b>51,902</b>

<b>A4 Asset and Investment purchases, (see table)</b>					
<b>Sub total</b>					



<b>Total payments</b>	1,205	58,008	-	57,211	51,902
<b>Net of receipts/(payments)</b>	(805)	(6,247)	-	(7,052)	(5,888)
<b>A5 Transfers between funds</b>			-	-	-
<b>A6 Cash funds last year end</b>	1,246	26,558	-	26,804	33,692
<b>Cash funds this year end</b>	441	19,311	-	19,752	26,804

## 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>	<div>Bank current account</div> <div>Polly cash</div> <div></div> <div><b>Total cash funds</b></div> <div>(agree balances with receipts and payments accounts)</div>	<div>337</div> <div>104</div> <div>-</div> <div>441</div>	<div>19,311</div> <div>-</div> <div>-</div> <div>19,311</div>	<div>-</div> <div>-</div> <div>-</div> <div>-</div>
<b>B2 Other monetary assets</b>	<div>Details</div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div>	<div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div>	<div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div> <div>-</div>
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<b>B5 Liabilities</b>	<div>Details</div> <div>Accrued expenses</div>	<div>Fund to which liability relates</div> <div></div>	<div>Amount due (optional)</div> <div>1,825</div>	<div>When due (optional)</div> <div></div>

Accountancy accrual		200	

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

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





CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### 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)

#### 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 31/05/2024.

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

<b>Address:</b>	74 Brook Vale
	Liverpool L22 3YB

<b>Section B</b>	<b>Disclosure</b>
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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.

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FOR ENGLAND AND WALES

Charity Name  
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For the period  
from

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CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Independent examiner's report on the accounts

### Section A

### Independent Examiner's Report

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31/05/24

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Signed:

Date:

19/06/2024

Name:

Paul Taylor

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

ACCA

<b>Address:</b>	74 Brook Vale
	Liverpool L22 3YB

**Section B****Disclosure**

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