



TRUSTEES'

ANNUAL REPORT

01/06/24 – 31/05/25



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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



CHARITY COMMISSION
FOR ENGLAND AND WALES

Kindred Minds

1161849

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))			

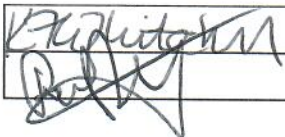
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	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)
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
	PAUL REID	18.09.25
	KEITH LEAD	12.9.2025



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.