



Anxious Minds End of Year Report 2022

MAY 2023

Presented by
Edward Dean

Inside this report, we set out the progress we have made during 2022 and the impact we have had on the Community we serve, thanks to our amazing funders, **Trusthouse Charitable Foundation, The Veterans Foundation, Community Foundation, Awards4All, Garfield Weston Foundation**, and the list goes on everyone who has donated and funded our work has helped change the lives of people across the North East.

Here at Anxious Minds, we believe everyone should have access to quality mental health support.

We are here to ensure people, in crisis who are struggling with mental health, addiction, and abuse get the support they need to recover and move forward in life, and that people affected by mental health, complex issues, and abuse receive the support they need to live a fulfilling life through support, recovery, and discovery.

Page 4 and 5 of this report provides an overview from the Chairman and CEO about the work we are providing across the organisation and beyond over the past 12 months.



THE FIRST
STEP
IS
ALWAYS
THE
HARDEST



THE STORY SO FAR?

CHAIRMAN'S STATEMENT.....	PAGE 4
A LETTER FROM OUR CEO.....	PAGE 6
HIGHLIGHTS OF VETERANS & FAMILIES PROJECT.....	PAGE 11
ANXIOUS MINDS VETERANS AWARDS. 2022.....	PAGE 9
OUTCOMES.....	PAGE 31
VETERANS & FAMILIES RECOVERY COLLEGE.....	PAGE 8 - 23
ADDICTION SUPPORT.....	PAGE 14
THE WOMEN'S CRISIS CENTRE.....	PAGE 26 -28
COUNSELLING SERVICES.....	PAGE 25
OUTDOOR THERAPY & ACTIVITIES.....	PAGE 17
TESTIMONIALS.....	PAGE 22
THANK YOU.....	PAGE 34

An Introduction from our Chairman

As the Chair of the Board of Trustees, I am deeply concerned about the long waiting times for NHS mental health services. Despite the hard work of our team and other mental health charities, the demand for mental health services has never been greater. According to recent data, the number of people contacting the NHS seeking help for mental health problems is now at a record high.

This is a worrying trend that requires immediate action. The waiting times for mental health services in the NHS have been a long-standing issue. Patients are often left waiting for months before they can receive the support they need. This is unacceptable, and it can have devastating consequences for those struggling with mental health issues.

It can exacerbate their condition, leading to further problems down the line. The pandemic has only made this problem worse, as more and more people seek help for mental health issues.

As a mental health charity, we know firsthand how important it is to receive timely support. That is why we have been working hard to ensure that our services reach as many people as possible. However, we cannot do this alone and without funding so thank you to everyone who has funded the charity's work over the past year and to all the people who have donated time and money to help.

The challenges posed by the COVID-19 pandemic were unprecedented, and yet, our team rose to the occasion, ensuring that our services continued to reach those in need, whether through phone, online, or in-person support.

Our charity's growth and evolution in the face of adversity have been a source of inspiration to me. Despite the hurdles and lack of funding, we expanded our offerings, increasing the number of people we support and help.

The need for our services has increased due to the pandemic's impact on mental health and long NHS waiting times and veteran families' work. Our financial success this year, with an increase in donations, has enabled us to continue striving towards our goal of being the leading mental health charity across our area. Yet, our work is far from over.

The need for our services has increased due to the pandemic's impact on mental health and the veteran families we work with.

We need to grow even more financially to keep up with the demand for our services and significantly increase our income and unrestricted funding.

The success of our Veteran Recovery College and Blyth Women's Centre, winning six national awards, has been a testament to the difference we can make when we work together. As we begin a new year, I am hopeful that our fundraising events and face-to-face training will resume, allowing us to connect with our supporters and partners once again.

The recent data indicating a record high in the number of people seeking help for mental health problems is alarming, and it only emphasises the importance of our work. I want to express my heartfelt thanks to our volunteers, supporters, partners, professionals, and employees for their unwavering support and dedication to our cause.

Together, we can continue to make a difference in the lives of those struggling with mental health issues and work towards a brighter future.

Dr Chris Bowman

A Letter to Our Funders

From The CEO

The past 12 months have been an incredibly challenging time for all of us. We have encountered unforeseen difficulties and obstacles that have deeply affected our lives. The devastating impact of Covid-19 has left lasting scars on our health, finances, and emotions, and unfortunately, there seems to be no end in sight with the cost of living crisis.

On top of that, the mounting pressure on mental health services due to growing NHS waiting lists has only amplified the strain we are facing. Families are being hit hard by the cost of living crisis, and it feels like we are constantly struggling to keep up with the overwhelming demand for our services.

We are witnessing a much higher number of vulnerable individuals reaching out for our support than ever before an increase of 50%. It is truly heart-wrenching to see so many people in desperate need, and yet securing funding has become an even more daunting task.

The NHS is increasingly funding social prescribing services, which redirect patients to our services without providing any financial support for the crucial work that needs to be done. This lack of recognition for our efforts and the challenges we face in meeting the needs of those who rely on us is disheartening.

Moreover, the recent decision by the police to no longer attend to individuals struggling with mental health issues has added to my growing concern. Our workload has significantly increased with a rise in the number of children seeking our services. These young souls have been burdened with anxiety due to school closures, leading to social isolation, disconnection from friends, and uncertainty about their future prospects.

As a charity, we are struggling to keep our centers running. Our staff all work tirelessly on minimum wage and the management team, including me, volunteer six days a week.

Unless there is more investment and funding in local grassroots services like Anxious Minds, I simply don't know what people will do. It is crucial that we receive the support and resources we need to continue providing essential life-changing services to those who rely on us.

Our communities are counting on us, and together, we can make a real difference in the lives of those facing mental health challenges.

Edward Dean CEO



ANXIOUS MINDS
THE FEEDBACK YOU GIVE MAY APPEAR ON OUR WEBSITE.
How likely are you to recommend this organisation to others if they need a similar service?

Extremely likely
Likely
Unlikely
Don't know

How would you rate your overall experience?

Tell us about your experience

Feedback: care from staff, would highly recommend. Couldn't have lived without this service.

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Tell us about your experience

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How would you rate your overall experience?

poor 1 2 3 4 5 good

Tell us about your experience

From when I first started counselling sessions I felt quite hopeless and couldn't do things. Now I am at the end of this journey. I'm starting to enjoy life again. Looking forward instead of looking back. I'm massively grateful to Leanne for helping me this journey and will be eternally grateful that she has helped me towards this. Thank you so much Leanne I mean from the bottom of my heart.

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NORTH EAST

Veteran

RECOVERY COLLEGE







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AWARDS WON 2022

- *Best Mental Health Support Provider - North East in the Northern Enterprise Awards 2022*
- *Healthcare and Pharmaceutical Awards Winner Best Charitable Counselling & Support Service - North East England 2022*
- *English Veteran Awards Role Model of the Year - Silver Award 2022*
- *English Veteran Awards Health and Well-being – Gold Award 2022*
- *Best Veteran-Focused Mental Health Service - North East England GHP Mental Health Awards 2022*
- *Armed Forces Covenant Gold Award 2022*
- *The Soldiering on Award 2021 (Healthcare and Rehabilitation)*
- *Best Vulnerable People Support Provider North East England Healthcare & Pharmaceutical Awards 2021*
- *VODA Charity of the Year Anxious Minds was Highly Commended in 2022*
- *The UK's Mental Health and Wellbeing Award 2022*
- *Best Mental Health Support Services of the Year 2022*
- *Healthcare and Pharmaceutical Awards and winning Best Charitable Counselling & Support Service 2022*
- *Best Veteran-Focused Mental Health Service - North East England GHP Mental Health Awards 2022*



Our Support

HIGHLIGHT'S FOR THE VETERANS & FAMILIES PROJECT

250 Veterans Joined Our Online Community

300+ Veterans
(or Family members)
into Counselling Services

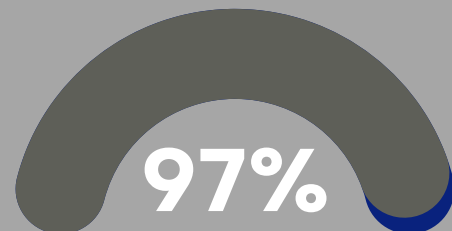
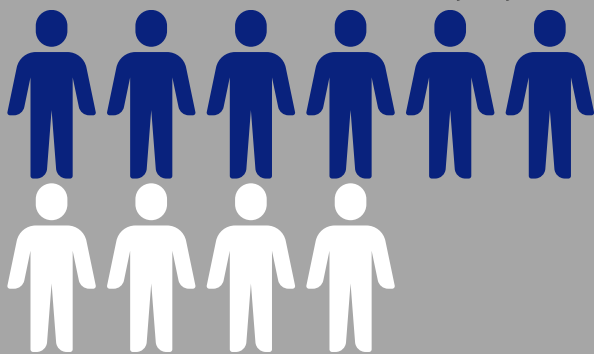
45 Veterans accessed Outdoor Therapy

58 Veterans Accessed SMART Recovery Groups For Addiction Support

600+ Welfare Phone Calls made throughout Lock-Down

160+ Veterans Accessed our Welfare Support and Advice Services

300+ Veterans & Families Supported 2022



FIVE STAR FEEDBACK



WINNER OF
SIX NATIONAL
AWARDS

The Veteran Recovery College



97%

**Veterans
Completed
Counselling**

250

**Veterans
Supported**

100%

**Positive
Feedback**

100%

**Seen within
TWO weeks**

40%

**Increase in
Veterans
treated for
addiction**

The Veteran Recovery College

The Veterans Recovery College is dedicated to providing support, resources, and education to veterans and their families. It serves as a crucial platform for veterans to access a wide range of services, including counselling, addiction support, housing assistance, and various other forms of support.

The college was established with the objective of addressing the unique challenges and needs faced by veterans as they transition back into civilian life.

It offers a holistic approach to recovery and well-being, recognising that veterans require comprehensive support to navigate the physical, mental, and emotional aspects of their journey.

At the Veterans Recovery College, individuals have swift access to counselling services provided by experienced professionals who specialise in working with veterans and their families.

These services aim to address a variety of mental health concerns, including post-traumatic stress disorder (PTSD), anxiety, depression, and other related issues. Additionally, the college places a strong emphasis on addiction support, recognising the prevalence of substance abuse and addiction among veterans.

The Veteran Recovery College

Changing the lives of North East Veterans and their families

During the first half of 2022, we managed to move our location from Scotswood Road in Newcastle to The Memorial Hall in Wallsend, North Tyneside and re-named our function as the Veterans Recovery College.

We achieved this in a very short time frame and were set up and ready to provide a service within 2 days of moving. In addition, we have recruited another member of staff as the Veterans & Families Support Worker who provides additional advice and guidance around any claims for UC / PIP and other legal-related issues.

We also have two more volunteers (both ex-forces), who help out every week in support of the daily activities we run, and any other tasks or projects we currently have ongoing.

A massive thank you to them for giving their time to support our project. In fact, one of the volunteers facilitates the SMART Recovery programme as a fully qualified facilitator. The counselling services, and the two dedicated veterans and families counsellors, are continuing to provide a first-class service and the general feedback and comments are exceeding our expectations, a huge well done to those involved. The next page will provide a more detailed overview of the recovery college. (Below is a short but outstanding feedback/comments from one of our Veterans)





Through partnerships with organisations such as SMART Recovery UK, the college offers evidence-based programs and resources to help veterans overcome addiction and develop healthy coping strategies.



The UK's Mental Health and Wellbeing Awards 2022

Education and skills development are also key components of the recovery college. Partnerships with institutions like the Learning Curve Group and REED in Partnership enable the college to offer courses designed to enhance employability and assist veterans in transitioning into meaningful careers after their service.

Furthermore, the college recognises the importance of fostering a sense of community and belonging among veterans. It organises outdoor activities and provides opportunities for veterans and their families to connect with one another, fostering a supportive network where they can share experiences and build strong bonds.



The Veterans Recovery College operates with the understanding that traditional healthcare systems may face limitations in meeting the specific needs of veterans. By providing tailored support and specialised services, it aims to complement existing mental health and addiction services, filling crucial gaps and ensuring that veterans receive the comprehensive care they deserve.



Soldiering On Awards
2021 **WINNER**

Overall, the Veterans Recovery College serves as a beacon of hope and support for veterans and their families, empowering them to embark on a path of recovery, growth, and successful reintegration into civilian life.

Plus Courses....

The Recovery College, also offers over 15 educational courses and groups about Mental Health and Well-Being, to help aid recovery, and to increase knowledge and skills to help people feel more confident to manage their own Mental Health and Well-Being.

We deliver a program of courses, workshops, and meetings to support and promote Mental Health, wellness, and recovery to Veterans and their Families across the Northeast. We now have over 900 members on our Facebook group.

The Recovery College has been a lifeline for hundreds of people over the past two years, enabling them to access educational and well-being support groups to help and improve their mental health.



We thank you for your
continued support
towards our projects

Making the North East a
better place to
Live and Work

Start Recovery Today



SMART
Veterans

At the Veteran Recovery College
in Wallsend North Tynside

**Veterans
Support up by**

70%

Start Recovery Today



SMART
Veterans

At the Veteran Recovery College
in Wallsend North Tynside

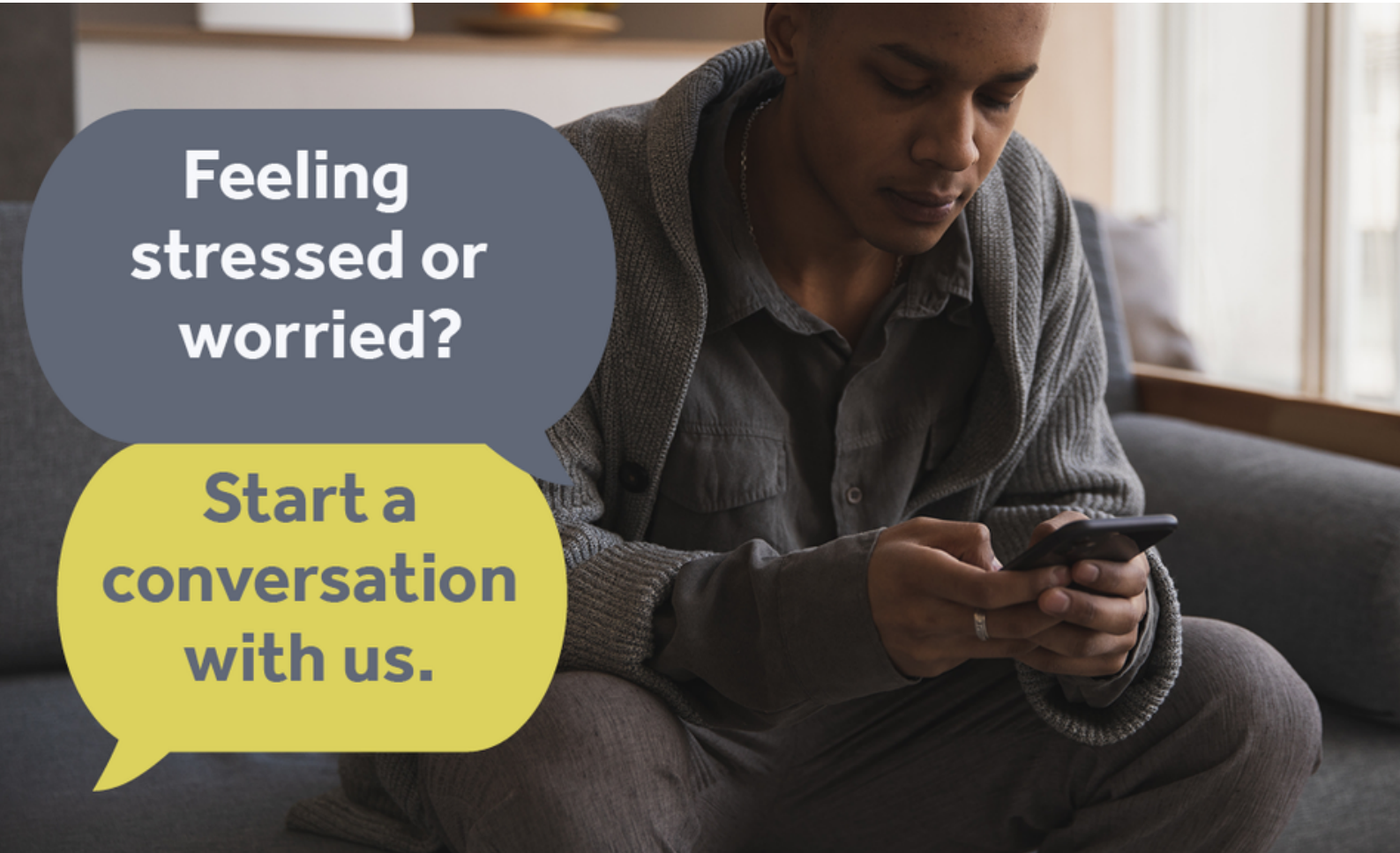
**Addiction Support
up by**

40%

Addiction Support Services

Anxious Minds partnership with **SMART Recovery UK** is developing and growing the addiction support network for veterans and their families getting bigger with more online groups than ever before we got SMART Recovery UK to sign the Armed Forces Covenant last year and recommended them for the Bronze award for supporting the veteran community. This year we will be supporting them to reach Silver award standards

24 HOURS 7 DAYS A WEEK



Feeling
stressed or
worried?

Start a
conversation
with us.

Text '**QRF**' to **85258**

Free, confidential support, 24/7

The Veteran Recovery College Support does not stop at the door we are here **24/7 for our veteran** and their families.

You're never alone

Supported 24/7
with addiction and
mental health

in partnership with
shout



VETERANS COMMUNITY KITCHEN

It serves as a vital resource for veterans who may be experiencing homelessness, food insecurity, or struggling to adjust to civilian life. The Veteran Community Kitchen plays a crucial role in addressing the unique needs of veterans. Many veterans face difficulties transitioning back into society, and the kitchen provides them with more than just a warm meal. It offers a sense of camaraderie, support, and a place where they can find solace and understanding.

Services Provided by the Veteran Community Kitchen

The services provided by the Veteran Community Kitchen extend far beyond serving meals. Veterans can access job placement assistance, counselling services, educational resources, and connections to other support organisations.

Feeding the Veteran
Community

Safe Space During The
Cost of Living Crisis



Outdoor Therapy & Activities

We also provided outdoor well-being support as part of the recovery program helping get people active after COVID-19. We worked with the WinG Outdoor Club and our Hill Walking project (Newcastle Hiking) to provide canoeing, hiking, rock climbing, forestry skills, and mountain biking. It was and still is a massive success with over 30+ veterans and their families attending and hundreds of people from the wider community enjoyed the activities, and the feedback was all very positive.

We are looking at expanding this service into the Veteran Recovery College whilst continuing to provide it to the local community. The charity also purchased 2 acres of 200 acres of woodland as a base for our outdoor therapy program. It is located in Stocksfield with access to Prudhoe National Park.

OUTDOOR THERAPY ACTIVITIES

Anxious Minds has got hundreds of people outdoors over 2022, we delivered over 20 outdoor activities over the past year for the benefit of the community we serve here in the North East.

The activities included the following:

- Hiking / Hill Walking Skills / Map Reading
- Canoeing
- Mountain Biking
- Forestry Skills

This exciting and worthwhile project has been beneficial for the veterans and their families and people from the local community, it's helping people with mental health and addiction start the recovery process. It improves their mental well-being, helping people learn new skills, and meet new people to explore and connect with the wonderful community and nature.

The outdoor facilitator managed up to 10 people for each event and includes the following:

- All equipment/safety supplied
- Transport supplied (minibus - drop off and pick up)
- New skills developed or improved

It was free for all to enjoy

There were activities planned every fortnight between July and October 2022 for anyone interested in taking part. We advertise this via our social media platforms and send out flyers as required.



Testimonials

I will be forever grateful

I will be forever be grateful for Anxious Minds and my counsellor. For the first time in my life I actually felt heard. I always felt I was in a safe place, where I was never judged and could put my full trust into the service. I now have many coping mechanisms I will carry with me forever. Thank you

Counselling Group Support

I was able to work through my problem effectively with this service, I am my 'old' self with happiness in my heart, I would recommend this service to anyone, The Group Support has helped too.

Safe Haven

Brilliant Support and Guidance, It is like a safe haven. My counsellor was brilliant kind and gave me just the right amount of support. Thank you.

Glad I went

After talking about my issues was given strategies to manage and talk further about them. Because of various reasons, my meds, motivation etc. Have not fully put into action strategies suggested yet. No reflection on the counsellor just me needing to adopt a little more to my current situation + use the tools I have been given.



THANK YOU FOR YOUR
SUPPORT



Supporting Our Community Across The North East With Our SIX Centres



We have 18 dedicated fully trained Counsellors, and 7
Addiction Support Workers (SMART Recovery
trained), and now have 46 Volunteer

Multi Award-Winning Talking Therapy



Counselling Services

Our Counselling Services continue to grow and have anything from 32 to 40 counsellors a year delivering support six days a week from two centres. Our charity now has 21 paid staff and offers trainee placements and clinical supervision to 20+ trainee counsellors a year from all of the Northeast Universities and Colleges.

We are the biggest provider of counselling services outside of the NHS North of the Tyne - supporting hundreds of people every week. Even though we are organisational members of several counselling awarding bodies, we have invested in the Quality Network for Veterans Mental Health Services (QNVMHS), and have recently had our review on all our services and successfully achieved a **94%** outcome result during our developmental review moving to accreditation 2023.

We were also very proud to have successfully won six awards for our work with the Veterans and their Families over the past 18 months. And more recently, we are delighted to have been awarded the Employer Recognition Scheme **GOLD Award 2022**, and as a result, we will be developing our support to Veterans & Families struggling with mental health and addiction.

Multi Award-Winning Talking Therapy



Childrens Counselling Services

We support children and young people with their mental health and wellbeing, what we know is that one in ten children has a diagnosable mental health condition -that's roughly three children in every classroom.

It can be tough growing up. Many thousands of young people go through periods of mental ill health. When this happens, it can be difficult for them to make and keep friends, manage at school and feel good about themselves. It can also be bewildering for their families.

Many children may not be diagnosed as having mental health issues, but lack confidence and feel unhappy much of the time.

No child should be left to cope with mental ill health alone. We are here for children and young people when they need us to listen to them, support them, counsel them, guide them, and nurture them.

No child should be put on a waiting list

Anxious Minds believe in early intervention before a child or young person's mental health becomes a problem.

We run many services supporting young people's emotional health and well-being, from one-to-one counselling to group work and school-based counselling

We have centres where children and young people can visit and have trained workers they can trust and talk to. We help them build their confidence and get to the root of their difficulties.

We work closely with children and young people's parents - making sure they feel supported too. We also stay in close contact with other professionals giving the best support possible to the children we serve





Women's Crisis Centre

Blyth Women's Crisis Centre is for the benefit of
Female Veterans, Local Women & Girls

The charity opened the Blyth Women's Centre in 2021, and is based in Market St, Blyth Town Centre to provide support to women across Northumberland delivering counselling, addiction support, well-being support groups, support back into education and work, and support with domestic violence. The project was featured on BBC's Look North and is already making a massive difference in the community.

Over 110 Women
Supported

Safe Space for
Women in Crisis

The charity, known for its commendable efforts in supporting vulnerable individuals, took a significant step forward in 2021 by establishing the Blyth Women's Centre. This invaluable resource is conveniently located in Market St, Blyth Town Centre, allowing it to reach out and extend its support to women across the entirety of Northumberland.

At the heart of the Blyth Women's Centre is a mission to empower and uplift women by providing a wide range of essential services. One of the key offerings is counselling, which allows women to openly discuss and address their emotional and psychological challenges. This professional support helps them navigate through difficult circumstances, overcome personal obstacles, and build resilience.

Recognising the impact of addiction on individuals and their families, the centre also extends addiction support services. Through specialised programs and trained professionals, women dealing with addiction are offered guidance, rehabilitation, and the tools necessary to reclaim control over their lives.

By addressing the root causes of addiction and promoting a holistic approach to recovery, the centre plays a vital role in breaking the cycle of substance abuse. Understanding the significance of overall well-being, the Blyth Women's Centre hosts support groups where women can connect with others facing similar experiences. These groups provide a safe and nurturing environment where individuals can share their stories, find solace, and build a strong support network.

The collective strength and understanding gained from these groups enhance emotional well-being and foster a sense of community among participants. The centre also recognises the importance of education and career opportunities in empowering women to achieve their full potential. With this in mind, it offers support to women who wish to return to education or re-enter the workforce.

Through guidance, mentorship, and access to educational resources, the centre helps women gain the skills and confidence necessary to pursue their desired academic or career paths. Additionally, the Blyth Women's Centre takes a firm stance against domestic violence, acknowledging the urgent need to address this pervasive issue. It provides comprehensive support to women who have experienced domestic abuse, offering a safe haven and assistance in navigating legal and protective measures.

By actively working to break the cycle of violence, the centre empowers women to reclaim their lives, free from fear and harm. The impact of the Blyth Women's Centre has been widely recognised, earning it a notable spotlight on BBC's Look North.

Through its range of vital services and compassionate approach, the centre has already begun making a tremendous difference in the community it serves. Its positive influence extends beyond women alone, reaching out to support veterans and their families within the community.

By catering to the unique needs of these individuals, the centre ensures that no one is left behind and that support is extended to all those who require it. In summary, the establishment of the Blyth Women's Centre in 2021 has provided a beacon of hope and support for women across Northumberland.

Through its counselling, addiction support, well-being groups, education and career assistance, and aid for domestic violence survivors, the centre addresses a wide range of needs. Its recognition on BBC's Look North serves as a testament to the transformative impact it has already made in the community.

Supporting Women
In the time of need

You are not alone



COMMUNITY MENTAL HEALTH SERVICES

Anxious Minds often offers Community mental health services aimed to support individuals in their local communities who are experiencing mental health challenges.

These services typically focus on providing accessible and holistic care to individuals of all ages, backgrounds, and levels of need.

Here are some common components of community mental health services:

We don't signpost
we support

Here for you
6 days a week

Counselling and Therapy: Community mental health services often provide counselling and therapy sessions to individuals experiencing mental health difficulties. These sessions can be conducted one-on-one or in group settings, depending on the preferences and needs of the individuals involved.

Support Groups: Support groups bring together individuals facing similar mental health issues. These groups provide a safe space for individuals to share their experiences, seek support, and learn coping strategies from others who can relate to their challenges.

Crisis Intervention: Community mental health we have the Drop-in and Recovery Centre for individuals who require immediate assistance during a mental health crisis. This can include access to our 24/7 text service, crisis support centre, our team can respond to emergencies in the community.

Peer Support: Peer support programs involve individuals with lived experience of mental health challenges providing support, guidance, and understanding to others who are going through similar experiences. Peer support can be a valuable component of community mental health services as it promotes empathy, connection, and hope.

Education and Workshops: Many community mental health services offer educational programs and workshops to raise awareness about mental health, reduce stigma, and provide individuals with tools and knowledge to manage their mental well-being. These programs may cover topics such as stress management, coping skills, self-care practices, and early intervention strategies.

Referrals and Collaboration: Community mental health services often collaborate with other healthcare providers and community organisations to ensure individuals receive comprehensive care.

**Women
Supported**

230

**Children
Supported**

212

**Adults
Supported**

1213

**Veterans
Supported**

250

TOTAL PEOPLE SUPPORTED 2022

We have had a big increase in people attending our services over 2022, our organisation experienced a significant surge in the number of individuals seeking assistance from our services. This notable increase in attendance can be attributed to several factors that impacted people's mental well-being during that time.

Global Pandemic: The COVID-19 pandemic continued to have a profound impact on people's lives, causing widespread uncertainty, fear, and anxiety. The prolonged period of social isolation, economic instability, and health concerns contributed to a rise in mental health issues.

Lockdown Measures: Many regions implemented various lockdown measures and restrictions to curb the spread of the virus. These restrictions disrupted people's daily routines, limited social interactions, and resulted in feelings of loneliness, stress, and depression.

Economic Challenges: The pandemic also led to financial hardships for many individuals and families. Job losses, reduced income, and financial uncertainty placed an additional burden on people's mental well-being, leading them to seek support and guidance from mental health organisations like Anxious Minds.

Increased Awareness: Over the past few years, there has been a growing recognition of the importance of mental health and destigmatizing seeking help. This increased awareness has encouraged more individuals to reach out for support, leading to a rise in the number of people attending our services.

To address the increased demand for mental health services, Anxious Minds worked diligently to expand our resources, enhance our online presence, and ensure accessibility to individuals in need. We hired additional staff, recruited more volunteers, and collaborated with other mental health organisations to provide a wide range of support services, including counselling, therapy, helplines, and educational programs.

Our primary goal during this period was to provide a safe and inclusive space where individuals could access the necessary support to manage their anxiety, depression, and other mental health challenges.





**THANK YOU
FOR YOUR
SUPPORT**

Anxious Minds

Trustees Report and Financial Statements
For The Year Ended 31 October 2022

Charity No. 1164040

Legal and Administrative Information

Name: **Anxious Minds**

Reg'd Charity No: 1164040

Trustees: Dr Chris Bowman
Shoaib Mazhar
Tony Wright
Janice Wilkinson
Bryan Craggs
Andrew Swan

Address: The Vault
Station Road
Wallsend

Bankers: Lloyds Bank

Independent
Examiner: Mark Thompson MAAT
VODA

The trustees present their report and accounts for the year ended 31 October 2022

Structure

The charity was registered as a CIO on 20 October 2015. Trustees for the financial year are listed on the previous page.

Governance and Management

The trustees all hold individual roles, i.e. chair, treasurer etc. they also attend appropriate training courses. The trustees have assessed the major risks to which the charity is exposed, and are satisfied that the systems are in place to mitigate exposure to the assessed risks. All trustees and staff have been DBS checked.

Financial Review and Reserves Policy

The organisation regularly reviews its financial position and systems. **Trustee Selection** The trustees are drawn from a wide range of backgrounds and must have an interest in mental health issues and/or relevant skills/experience. A number of trustees must be service users. Potential new trustees must be proposed and seconded by members of Anxious Minds board and must complete an application form and provide one written reference. If a reference is difficult to obtain, trustees can be co-opted by the Board on a six-month trial period to enable inclusion. New trustees are voted on to the Trustee Board at any board meeting.

All trustees may offer themselves for re-election at the Annual General Meeting for up to a maximum of seven years. After standing down, members are ineligible to stand for re-election for a minimum of one year. Officers of the Charity may serve for up to five years as officers, after which they may continue to serve on the committee until the seven year's service is completed.

All trustees must retire by rotation once every three years and are eligible for re-election.

Induction and training of new trustees

1. Our process is intended to ensure inclusion, provide the right skills mix and provide a balanced functional Board. Our recruitment process forms part of induction to our organisation.
2. Application pack, including the Charity Commission publication "The Essential Trustee", is provided.
3. Application form and reference(s) received. For people unable to provide a reference, a six-month probationary period is used (to enable service users equal opportunity).
4. Trustee co-opted onto Board at a Board meeting or voted on at the Annual General Meeting.
5. Chief Executive and Chair provide regular support and learning opportunities to new trustees.
6. Trustee training is incorporated into the Board meetings.
7. Trustees undertake a self-appraisal with the Chair on an annual basis.

OBJECTIVES AND ACTIVITIES

The objectives of Anxious Minds are stated in our Constitution as follows: The objects of the Charity shall be to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment, in association with Anxious Minds in accordance with the aims and objects of Anxious Minds.

VISION, MISSION AND VALUES

Our Values are to:

- Put our service users at the forefront of our development
- Make support services easier to access
- Treat every service user as an individual
- Build a trusting and safe environment for service users to achieve
- Help and support each service user to reach their individual potential
- See a person beyond their diagnosis

Accessing Support: We offer several ways in which local people can access support from us, including referrals from local GPs, Crisis and Mental Health Teams, Other Charities, Local Authorities and Self-Referral.

We directly provide help and support to those who need it most through a range of targeted services designed specifically to address the local need:

Chair of Board of Trustee's Statement

As the Chair of the Board of Trustees, I am deeply concerned about the long waiting times for NHS mental health services. Despite the hard work of our team and other mental health charities, the demand for mental health services has never been greater. According to recent data, the number of people contacting the NHS seeking help for mental health problems is now at a record high. This is a worrying trend that requires immediate action. The waiting times for mental health services in the NHS have been a long-standing issue. Patients are often left waiting for months before they can receive the support they need. This is unacceptable, and it can have devastating consequences for those struggling with mental health issues. It can exacerbate their condition, leading to further problems down the line. The pandemic has only made this problem worse, as more and more people seek help for mental health issues. As a mental health charity, we know firsthand how important it is to receive timely support. That is why we have been working hard to ensure that our services reach as many people as possible. However, we cannot do this alone and without funding.

throughout the past year. The challenges posed by the COVID-19 pandemic were unprecedented, and yet, our team rose to the occasion, ensuring that our services continued to reach those in need, whether through phone, online, or in-person support. Our charity's growth and evolution in the face of adversity has been a source of inspiration to me.

Despite the hurdles, we expanded our offerings, increasing the number of people we support and help. The need for our services has increased due to the pandemic's impact on mental health and the veteran families we work with. Our financial success this year, with an increase in donations, has enabled us to continue striving towards our goal of being the leading mental health charity across our area. Yet, our work is far from over. We need to grow even more financially to keep up with the demand for our services and significantly increase our income and unrestricted funding. The success of our Veteran Recovery College and Blyth Women's Centre, winning six national awards, has been a testament to the difference we can make when we work together.

As we begin a new year, I am hopeful that our fundraising events and face-to-face training will resume, allowing us to connect with our supporters and partners once again. The recent data indicating a record high in the number of people seeking help for mental health problems is alarming, and it only emphasises the importance of our work. I want to express my heartfelt thanks to our volunteers, supporters, partners, professionals, and employees for their unwavering support and dedication to our cause. Together, we can continue to make a difference in the lives of those struggling with mental health issues and work towards a brighter future.

Dr Chris Bowman
Chair of Anxious Minds

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of

Anxious Minds

On accounts for
the year ended

31 October 2022

Charity no 1164040

Respective
responsibilities of
trustees and
examiner

The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the Act)) and that an independent examination is needed.

It is my responsibility to

- examine the accounts (under section 43 of the Act),
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the Act), and
- state whether particular matters have come to my attention.

Basis of
independent
examiner's
statement

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

Independent
examiner's
statement

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
 - proper accounting records are kept (in accordance with section 41 of the Act); and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 16th May 2023.

Name: Mark Thompson MAAT
Address: VODA

Anxious Minds

Statement of Financial Activities for the year ended 31 October 2022

		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		2022	2022	2022	2021
				£	£
Receipts					
Grants	5	24630	93970	118600	106540
Donations		74646		74646	61810
Workshop & Sessional Fees		73661		73661	53093
Increase in Fixed Assets Value		10433		10433	53093
Total Receipts		183370	93970	277340	274536
Payments					
Salary Costs		58847	163276	222123	152348
Rent & Room Hire		13002	15520	28522	20205
General Running Costs	6	29628	8545	38173	31381
Fundraising Costs		1915		1915	230
Total Payments		103392	187341	290733	204164
Surplus / deficit for the year		79978	-93371	-13393	70372
Transfers Between Funds					
Funds as at 1 November 2021		22029	93371	115400	98121
Funds at 31 October 2022		102007	0	102007	168493

Anxious Minds
Balance Sheet as at 31 October 2022

		2022 £	2021 £
Current Assets	Notes		
Fixed Assets	7	28000	17567
Cash at Bank		74007	97833
Total Cash Balances		102007	115400
Current Liabilities		0	0
For The Year Ended 31 October 2022		102007	115400
Represented By:			
Restricted Funds		0	93371
Unrestricted Funds		102007	22029
		102007	115400

Signed Position

Signed Position

Date

Anxious Minds

Notes to the accounts, 2022

1. Basis of accounts

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

Anxious Minds meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2. Grants Received:	Unrestricted	Restricted	Total
Charles Robert Bell	4800		
Newcastle Building Society Foundation	3000		
Squires Foundation	3000		
Blyth Town Council	11830		
Groundwork UK	2000		
Ron and Louise Bowey Fund		21970	
Garfield Weston		10000	
Charles Robet Bell		5000	
The Veterans Foundation		15000	
North Tyneside Council		5000	
Trusthouse		33000	
Albert Hunt		4000	
Total Grants	24630	93970	118600

3. Trustees and Staff

Salary cost for the year were £222,123
Total no of employees: 16

4. Costs of financial services

The cost for the Independent Examination for the financial period will be £450.

5. Restricted Funds balance at 31 October 2022

	Balance 31/10/21	Income	Expend	Balance 31/10/22
Blyth Womens Centre	5479		5479	0
Community Foundation Covid 19 Fund	9540		9540	0
Enterprise Development Fund	6500		6500	0
National Lottery	10000		10000	0
Armed Forces Covenant Trust	41647		41647	0
Veterans Foundation	15767	15000	30767	0
North Tyneside Council (Counsellor Sessions)	4438	5000	9438	0
Ron and Louise Bowey Fund		21970	21970	0
Garfield Weston		10000	10000	0
Trusthouse		33000	33000	0
Charles Robert Bell		5000	5000	0
Albert Hunt		4000	4000	0
Total	93371	93970	187341	0

6. General Running Costs

Adverising & Promotional	2954
Computer Costs	490
Insurances	840
Office & General Administration	132
Professional Services	19004
Phone Costs	383
Print, Post & Stationery	1351
Purchases	4000
Travel Costs	2316
Utilities	6703

Total General Running Costs	38173
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7. Fixed Assets

This was a purchase of land in Prudhoe for a Woodland Project.

Total cost £17,567.

This was revalued in the financial year with an increase of £10,433 to £28,000.

Anxious Minds

Trustees Report and Financial Statements
For The Year Ended 31 October 2022

Charity No. 1164040

Legal and Administrative Information

Name: **Anxious Minds**

Reg'd Charity No: 1164040

Trustees: Dr Chris Bowman
Shoaib Mazhar
Tony Wright
Janice Wilkinson
Bryan Craggs
Andrew Swan

Address: The Vault
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Bankers: Lloyds Bank

Independent
Examiner: Mark Thompson MAAT
VODA

The trustees present their report and accounts for the year ended 31 October 2022

Structure

The charity was registered as a CIO on 20 October 2015. Trustees for the financial year are listed on the previous page.

Governance and Management

The trustees all hold individual roles, i.e. chair, treasurer etc. they also attend appropriate training courses. The trustees have assessed the major risks to which the charity is exposed, and are satisfied that the systems are in place to mitigate exposure to the assessed risks. All trustees and staff have been DBS checked.

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The organisation regularly reviews its financial position and systems. **Trustee Selection** The trustees are drawn from a wide range of backgrounds and must have an interest in mental health issues and/or relevant skills/experience. A number of trustees must be service users. Potential new trustees must be proposed and seconded by members of Anxious Minds board and must complete an application form and provide one written reference. If a reference is difficult to obtain, trustees can be co-opted by the Board on a six-month trial period to enable inclusion. New trustees are voted on to the Trustee Board at any board meeting.

All trustees may offer themselves for re-election at the Annual General Meeting for up to a maximum of seven years. After standing down, members are ineligible to stand for re-election for a minimum of one year. Officers of the Charity may serve for up to five years as officers, after which they may continue to serve on the committee until the seven year's service is completed.

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1. Our process is intended to ensure inclusion, provide the right skills mix and provide a balanced functional Board. Our recruitment process forms part of induction to our organisation.
2. Application pack, including the Charity Commission publication "The Essential Trustee", is provided.
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4. Trustee co-opted onto Board at a Board meeting or voted on at the Annual General Meeting.
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Chair of Board of Trustee's Statement

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Dr Chris Bowman
Chair of Anxious Minds

INDEPENDENT EXAMINER'S REPORT

Report to the
trustees of

Anxious Minds

On accounts for
the year ended

31 October 2022

Charity no 1164040

Respective
responsibilities of
trustees and
examiner

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Basis of
independent
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statement

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 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 16th May 2023.

Name: Mark Thompson MAAT
Address: VODA

Anxious Minds

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Anxious Minds
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Cash at Bank		74007	97833
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Represented By:			
Restricted Funds		0	93371
Unrestricted Funds		102007	22029
		102007	115400

Signed Position

Signed Position

Date

Anxious Minds

Notes to the accounts, 2022

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