



# **SUPPORTING PEOPLE IN CRISIS ACROSS THE NORTH EAST**

**Annual Report  
2023**

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# CEO Report

## Edward Dean

This year marks my ninth anniversary as a volunteer Chief Officer at Anxious Minds, a charity dedicated to supporting mental health in the North East. Over these years, I have witnessed the escalating challenges we face. The waiting times for NHS mental health services have continued to lengthen, creating significant barriers for individuals in desperate need of support. Despite our best efforts, charities like Anxious Minds struggle to fill this widening gap, often hampered by limited funding. Our committed staff members consistently go above and beyond, working tirelessly despite minimal pay and often exceeding their contracted hours on a voluntary basis. Yet, the demand for our services grows unabated, putting immense strain on our resources day by day.

For the third year running, we find ourselves grappling with overspending due to the overwhelming demand for our services. Meeting this demand has become an increasingly daunting task. Securing funding for our counselling services has also become progressively challenging, compounded by the fact that more charities and General Practitioners (GPs) are referring individuals to us. This underscores the urgent need for additional support, both in terms of funding and resources, to sustain our vital mission of providing essential mental health services to those in need.

"I wish to extend my heartfelt gratitude to the **Trusthouse Foundation** for their invaluable support. Their decision to expedite a grant payment during a financial shortfall has been pivotal in averting the closure of all four of our centres. This includes our two counselling centres, which offer crucial support to over 150- 200 individuals per week who are in dire need of assistance."

Without adequate support from funders and other charitable organisations, we may be compelled to increase charges for our counselling services. Unfortunately, this could further impede access to support for the most vulnerable members of our community. The North East is currently grappling with a mental health crisis, witnessing the highest suicide rate in the UK. This crisis is exacerbated by annual budget cuts impacting the NHS, driving more individuals to seek assistance from the charity sector. Yet, charities face an ongoing struggle to secure the funding necessary to sustain their operations.

The importance of mental health cannot be overstated. Investing in high-quality mental health support, such as the counselling services provided by Anxious Minds, has a profound and positive impact on people's lives. As we look towards 2024, we remain hopeful for a brighter future. We extend our sincere gratitude to all those who supported and funded Anxious Minds throughout 2023.

Edward Dean  
CEO of Anxious Minds

# Chair Of The Board

## Dr Chris Bowman

Dear Friends and Supporters,

As we embark on our ninth year as a charity, I find myself reflecting on the incredible journey we've undertaken in supporting mental health in the North East. It's with a deep sense of commitment and gratitude that I share this message with you today. Nine years ago, Anxious Minds began its mission to support people with mental health challenges, driven by a profound dedication to provide quality mental health support in our community. In these years, I've witnessed both the challenges we face and the extraordinary impact we've had on countless lives.

Unfortunately, the hurdles continue to intensify. Waiting times for NHS mental health services have grown longer, making access to support even more daunting for individuals who desperately need it. In this climate, charities like Anxious Minds have stepped up, striving to bridge the gap with the limited funding we have. Our dedicated staff members, who often exceed their paid hours on a voluntary basis while earning minimum wage, exemplify the unwavering commitment to our mission. Each day, the demand for our services consistently grows, emphasising the critical need for accessible and reliable mental health support.

For the third consecutive year, we find ourselves grappling with budgetary constraints due to the overwhelming number of people seeking our assistance. Securing funding for our counselling services has become increasingly challenging, despite the increasing referrals from other charities and GPs and the ever growing list of Social Prescribing Projects. Yet, in the face of these challenges, our resilience remains unshaken. We remain determined to provide essential mental health services to those who need them most.

It's disheartening to note that without support from funders and other charities for essential services like counselling, we are compelled to implement charges. Unfortunately, this practice hinders access to support for the most vulnerable members of our community.

Together, we can continue making a difference in the lives of those battling mental health challenges, and ensure that no one feels alone in their journey towards healing.

With gratitude and dedication,  
Dr. Chris Bowman Chair of Anxious Minds



## WELCOME TO ANXIOUS MINDS

We are dedicated to offering a range of vital services aimed at assisting individuals who find themselves in crisis and grappling with mental health challenges, substance abuse issues or experiences of abuse. Our early intervention programs are designed to swiftly respond to individuals in crisis, offering immediate assistance and guidance to help them navigate the difficulties they face.



**EDWARD DEAN**  
Chief Officer

"Our mental health support services have witnessed a remarkable surge in demand, experiencing an increase of over 50% in the past year. This marks the second consecutive year in which we have exceeded our budget due to the overwhelming demand for our services.

The counselling services are currently grappling with a significant backlog, leading to a waiting list of up to four months."



## Challenges in Securing Funding for Mental Health Services

Mental health services in the charity sector play a crucial role in supporting individuals experiencing mental health difficulties. However, securing adequate funding for these services remains a significant challenge in many regions. This report aims to explore the difficulties associated with obtaining funding for mental health services and the implications of these challenges.



### Supporting People in Crisis

Read about our impact and the positive change we are having on the community we serve

**Current Landscape:** In the United Kingdom, mental health services have historically faced funding shortages despite growing recognition of the importance of mental health and well-being. According to research conducted by leading mental health charities such as Mind and the Mental Health Foundation, funding shortfalls have been consistently identified as a barrier to delivering high-quality mental health care.

Factors Contributing to Funding Challenges:  
Several factors contribute to the difficulty in securing funding for mental health services:

- ✓ **Stigma and Prioritisation:** Mental health has often been stigmatised, leading to it being deprioritised in funding allocation compared to physical health services. This stigma can perpetuate misconceptions about the prevalence and severity of mental health conditions, impacting funding decisions.
- ✓ **Complexity of Needs:** Mental health needs vary widely, and addressing them effectively requires a range of services including therapy, medication, community support and crisis intervention. Meeting these diverse needs within limited budgets poses a significant challenge.
- ✓ **Long-term vs. Short-term Outcomes:** The benefits of mental health interventions may not always be immediately apparent, making it difficult to justify long-term funding commitments to decision-makers focused on short-term outcomes.
- ✓ **Fragmentation of Services:** Mental health services are often fragmented across different sectors, including healthcare, social services and community organisations. Coordinating funding across these sectors can be challenging, leading to inefficiencies and gaps in service provision.

# Understanding the problem



“The importance of mental health support cannot be overstated. Mental health is an essential aspect of overall well-being, impacting every facet of our lives - from personal relationships to professional success. Yet, stigma, lack of awareness and limited access to resources often prevent individuals from seeking the support they need.”

“Mental health support plays a crucial role in addressing these challenges. It provides a safe space for individuals to express their emotions, share their experiences and receive guidance from trained professionals. Through therapy, counselling, and other interventions, people can learn coping strategies, develop resilience and manage their mental health conditions effectively.”



## More Funding more Services

Securing additional funding for mental health services presents an opportunity to address the existing gaps and challenges within the system. This report outlines potential strategies and initiatives that can be implemented with increased funding to improve mental health services in the United Kingdom.



### **Reducing Waiting Times:**

Additional funding can be allocated to increase staffing levels and resources, thereby reducing waiting times for mental health assessments and treatments.



### **Community Outreach Programs:**

Investing in community-based services, such as mobile clinics and outreach programs, can improve access to mental health support in underserved areas.



### **Telehealth Services:**

Utilising technology to deliver mental health services remotely can enhance access for individuals who may face barriers such as transportation or mobility issues.



### **Enhanced Facilities:**

Upgrading and expanding mental health facilities can create a more conducive environment for treatment and recovery, promoting better outcomes for service users.

Increased funding presents a valuable opportunity to enhance our mental health services, addressing existing challenges and improving outcomes for individuals experiencing mental health difficulties. By prioritising access, quality, prevention and collaboration, we can build a more resilient and responsive mental health system that meets the diverse needs of our communities.

# Average Service Users Time in Support

We provide assistance to hundreds of individuals on a weekly basis through our network of four centres.

Our support typically spans over a duration of 8 to 12 weeks for counselling sessions. However, due to high demand, there is currently a waiting period of four months for our services.

At our community mental health support centres, we cater to a thriving community of over 2,000 members.

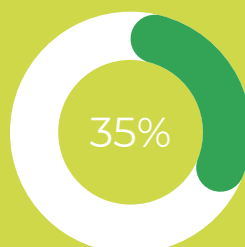
The support groups, which typically consist of more than 20+ individuals a session, offer a vital lifeline for those in need. It's not uncommon for our service users to remain engaged with our programmes for six months or even longer, as they navigate their journey towards better mental well-being.

## Community Mental Health



52% increase in service users staying on average 8 weeks

## Veterans & Families



35% increase in service users staying on average 18 weeks

## Counselling Services



50% increase in service users staying on average 10 weeks



Note :

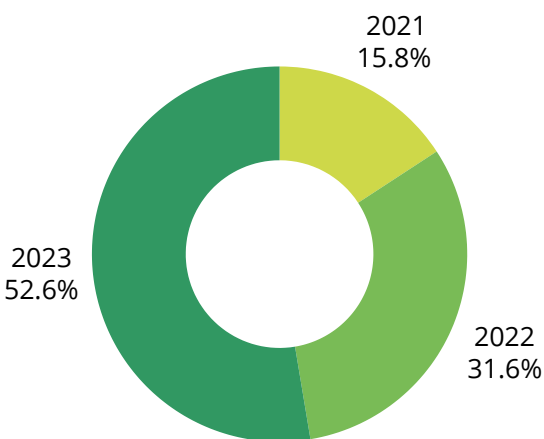
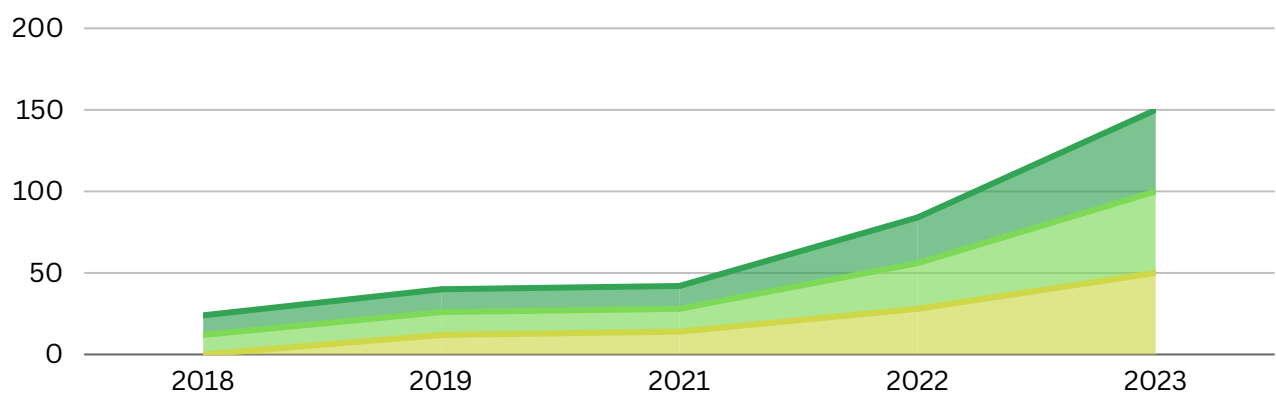
The Drop-in and Recovery Centre has never been funded for core costs for the past 4 years. Every now and then we get some funding for a group. The cost of the service is covered by Anxious Minds and Community **Donations**




# Growth & Need For Support



## Description :

Anxious Minds' funding has remained unchanged for the past three years, while the number of people accessing our services has grown by over 50%.



-  Growth in service users 2021
-  Growth in service users 2022
-  Growth in service users 2023

**Note :** Demand for services continues to grow every year



## Service Users Satisfaction Rate



### COMMUNITY MENTAL HEALTH

The **community support services** have been expanding consistently, with an increasing number of organisations referring individuals to us for assistance.

The feedback we have received has been overwhelmingly positive, with many clients benefiting from up to a year of support.

### VETERAN RECOVERY COLLEGE

As part of our community outreach efforts, we run the **Veteran Recovery College**, providing essential support to veterans and their families dealing with mental health and addiction issues, as well as veterans facing challenges in adjusting to civilian life. In 2022, our project received recognition by winning six national awards. Additionally, in 2023, it was shortlisted for three more awards.



### COUNSELLING SERVICES

Our **counselling services** have received multiple awards and have consistently held the highest rating in North Tyneside. Service users consistently provide us with 5-star ratings for our services.

The counselling services offer support to both adults and children. We provide specialised assistance to veterans, individuals who have experienced abuse, those grappling with addiction and those coping with grief and loss. All our **counsellors** undergo a minimum of five years' training. We also provide up to twenty placements for trainee counsellors and psychotherapists each year.

# Setting Standards in Delivery

**Introduction:** Setting standards in mental health services is crucial for ensuring that individuals receive high-quality care and support. These standards provide a framework for service providers to deliver consistent, effective and safe mental health interventions. This report explores the importance of setting standards in mental health services and outlines key considerations in this process. We are accredited by the Royal College Psychiatrists, the National Counselling and Psychotherapy Society and British Association for Counselling and Psychotherapy

- **Quality Assurance:** Standards help to establish benchmarks for quality in mental health care, ensuring that services meet minimum requirements for safety, effectiveness, and patient-centeredness.
- **Consistency:** Standards promote consistency in service delivery across different providers and settings, enhancing continuity of care and reducing variation in outcomes.
- **Accountability:** By defining clear expectations and performance indicators, standards hold service providers accountable for the quality of care they deliver, ultimately driving improvements in service provision.
- **Service Users Safety:** Standards contribute to service users safety by outlining protocols for risk assessment, crisis management and safeguarding procedures, reducing the likelihood of adverse events or harm to service users.

## SETTING STANDARDS FOR CHARITY MENTAL HEALTH SERVICES



# Veteran Recovery College



## Leading the way for North East Veteran Support

The North East Veteran Recovery College is at the forefront of supporting veterans and their families who are facing challenges in readjusting to civilian life. Over the past three years, the Recovery College has significantly expanded its services, offering a range of support from counselling to assistance with employment and advice. It has garnered recognition through winning various veteran awards for healthcare and rehabilitation, establishing itself as a leader in veteran support. The college has become part of the NHS's Recovery College Collective in the North East, and it chaired the latest meeting.

We have also received accreditation from the Royal College of Psychiatrists through the Quality Network for Veteran's Mental Health Services (QNVMS), demonstrating its adherence to our already stringent quality benchmarks. The Recovery College is currently accepting referrals from OP Courage North East and various veteran charities. However, without additional funding, we may soon be compelled to implement a waiting list for our counselling services. This arises from the fact that many veterans and their families express reluctance to utilise NHS services for various reasons; some are not registered with a doctor, while others have personal reservations. Consequently, our capacity to cater to their mental health needs may become constrained without further financial support.

# Feeding Families

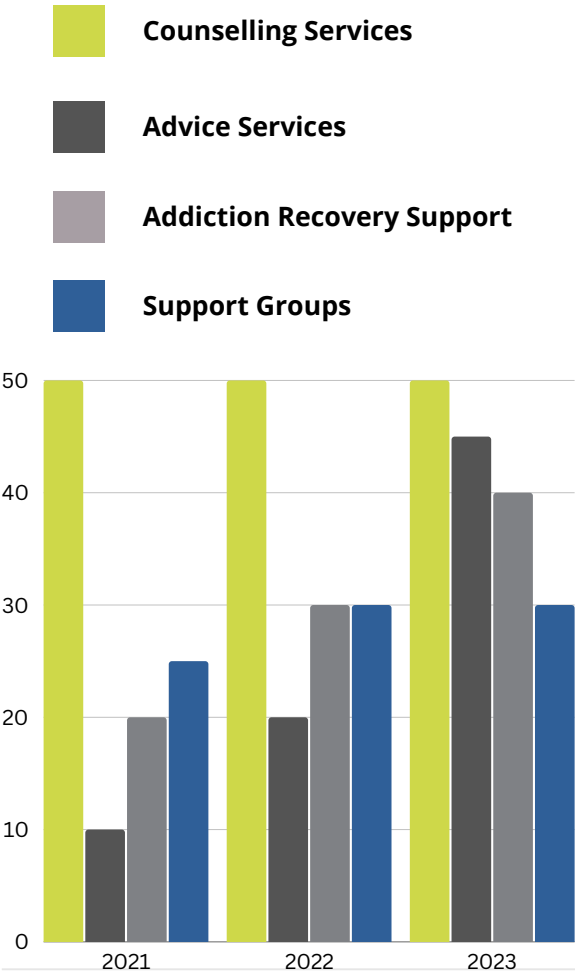


Evidence of the cost of living crisis in the North East is abundantly clear. This is effecting veterans and their families. For instance, data reveals a steady increase in housing prices over the past few years, outpacing wage growth and making it increasingly difficult for individuals and families to afford decent accommodation. Additionally, utility bills, including electricity, gas, and water, have been on the rise, putting added strain on household budgets.

Furthermore, the cost of groceries and everyday essentials has also seen a noticeable uptake, making it harder for people to make ends meet. These economic challenges are particularly acute in the North East, where wages tend to be lower compared to other regions in the UK, exacerbating the financial pressures faced by residents. Overall, the mounting evidence of rising expenses across various aspects of daily life underscores the reality of the cost of living crisis in the North East.

We have seen a 35% increase in veterans and their families requesting support but funding has been difficult to find even with the multiple awards the College has won and this is having a negative effect on the veterans in the North East

## Description :



# **North East Veteran Recovery College is Changing Lives of veterans and their families in the North East**

Our progress in supporting veterans and their families has been remarkable. The accolades received by the Recovery College stand as a testament to our dedication and effectiveness in this field. Not only have we secured every major national award for our work with veterans and their families, but we've also earned accreditation from esteemed institutions like the Royal College of Psychiatrists through the Quality Network for Veterans Mental Health Services (QNVMHS). This recognition speaks volumes about the quality and impact of our services.

Furthermore, our commitment to collaboration and continuous improvement is evident through our membership in the Recovery College Collective. Chairing the latest meeting underscores our leadership and active involvement in shaping the collective effort towards supporting veterans and their families.

At the strategic level, our CEO's role as a Member of the North East and North Cumbria ICB Lived Experience Board for Mental Health, representing veterans and their families, highlights our influence in advocating for their needs and perspectives within broader mental health discussions.

In operational terms, our increased capacity to support veterans is evident in the rising number of referrals we're receiving, not only from initiatives like OP Courage but also from other NHS services. This expansion demonstrates both the growing demand for our services and our ability to meet it effectively.

Overall, our organisation's trajectory in veteran support is one of achievement, recognition, and continued growth, reflecting our unwavering commitment to serving those who have served our country. We are hoping to start our second Veteran Families Project in 2024

That will run alongside the multi award winning Veteran Recovery College giving support to the younger members of the the veteran community.

# Veteran and Community Kitchen

## The Peoples Kitchen



**Every week,** Our Kitchen becomes a sanctuary for hundreds of individuals and families teetering on the brink of crisis, offering not just nourishment but a sense of community and support in their times of need. Our Kitchen's role extends far beyond the mere provision of food; it serves as a critical first point of contact for many seeking to navigate the plethora of services available to assist them. For countless families and individuals, this kitchen represents a vital lifeline, a place where they are met with understanding, respect, and the practical support needed to weather their current hardships.

The act of sharing a meal becomes a powerful gesture of community and empathy, reminding those struggling that they are not alone in their fight. Furthermore, the work of community kitchens like Our Kitchen plays a pivotal role in bridging gaps in the social safety net, addressing not only the symptom of hunger but also tackling the underlying issues that lead individuals to seek out their services.

By connecting people with additional resources and support networks, these kitchens help address the multifaceted nature of poverty and economic distress, offering pathways towards stability and self-sufficiency. In a broader context, the existence and necessity of community kitchens underscore the severe and growing disparities within our society. They highlight the urgent need for systemic change to address the root causes of the cost of living crisis and economic inequality. Community kitchens, while providing immediate relief, also act as a call to action for policymakers, community leaders, and society at large to work towards a future where such interventions are no longer necessary.

In summary, the work of the community kitchens, is a testament to the strength and resilience of communities coming together in the face of adversity. It embodies the principle that access to food and basic services should not be a privilege but a right. The impact of these kitchens goes beyond feeding the hungry; they nurture hope, foster community bonds, and drive forward the conversation on social justice and economic reform.

# Community Mental Health



## Building a Stronger Community

**Our Drop-in and Recovery Centre**, also known as recovery education centre, for people recovering from mental health challenges, substance use disorders, or both. The centre offers an inclusive learning environment that emphasizes recovery as a personal and unique journey. Here are some of the key benefits of our recovery colleges:

**Empowerment and Ownership:** The Drop-in and Recovery Centre empowers individuals by giving them control over their own recovery process. The educational and support approach encourages students to make informed choices about their care and recovery pathways, promoting a sense of ownership and responsibility for their well-being.

**Education and Skill Development:** These centre provides educational courses and workshops that help individuals understand their conditions better and learn new coping strategies and skills. This includes managing symptoms, developing personal resilience, and building social and vocational skills that can enhance their quality of life.

# Indoors and Out



**Peer Support and Social Inclusion:** The Centre fosters a community of peers who share similar experiences. This environment offers powerful peer support, reducing feelings of isolation and promoting a sense of belonging. The social network developed within the Centre can provide ongoing support and encouragement.

**Reduction in Stigma:** By promoting education and understanding around mental health and recovery, the centre plays a crucial role in reducing stigma. The open and inclusive environment encourages dialogue and understanding, helping to challenge and change negative perceptions associated with mental health issues.

**Holistic Approach:** The Centre take a holistic approach to recovery, addressing not just the psychological aspects but also physical health, social relationships, and overall well-being. This comprehensive approach helps individuals build a balanced and fulfilling life.

**Pathway to Further Education or Employment:** For many, people in the centre we offer a **stepping stone** back into further education or employment. The skills and confidence gained can help individuals re-enter the workforce or pursue new educational opportunities, contributing to their recovery and integration into society.

**Cost-Effective:** By focusing on education and empowerment, the centre is a cost-effective way to support individuals in their recovery journey. They provide a proactive approach that can reduce the need for more intensive health services and hospital admissions.

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**Innovative Learning Methods:** We use innovative, and non-traditional learning methods tailored to the needs of our students. This can include experiential learning, co-production in course design and delivery, and flexible learning plans.

The Drop-in and Recovery Centre represent a transformative approach to mental health and recovery, offering individuals the tools, knowledge, and support network they need to navigate their recovery journey successfully.

**Multi award winning:** Anxious Minds Drop-in and Recovery Centres, have secured multiple awards for its outstanding work. This acknowledgment highlights the effectiveness and impact of its approach towards mental health recovery and education. As the organisation looks forward, it is poised to expand its reach by opening additional Drop-in and Recovery Centres.

This expansion is not just about increasing numbers but about widening the scope and accessibility of crucial mental health services to those in need. The focus of Anxious Minds is to extend beyond the physical confines of the centers. It emphasizes providing support both within these dedicated spaces and in the great outdoors.



This holistic approach recognises the diverse needs and preferences of individuals seeking help. The centers offer a safe and nurturing environment where individuals can learn, grow, and recover. They serve as hubs for education, support, and community building, where people can connect with others who share similar experiences.

**Outdoor activities,** on the other hand, tap into the therapeutic powers of nature and the environment. Engaging in outdoor activities as part of the recovery process can have profound effects on mental well-being. It offers a sense of freedom, stimulates the senses, and provides a unique setting for healing and personal growth. Whether it's through gardening, walking groups, or other forms of outdoor engagement, Anxious Minds recognizes the value of connecting with nature as part of the recovery journey.

# Support Back to Work or Education

Supporting individuals with mental health issues in returning to work is a critical aspect of their recovery and reintegration into society. Mental health challenges can significantly impact a person's ability to work, affecting their confidence, concentration, and overall performance. therefore, creating a supportive and understanding work environment is essential for their successful return.

We work on all North Of the Tyne employability projects in partnership with:

- WiseGroup
- Reed in Partnership
- DWP
- B2W

Profiding mental health supporting to hundreds of more people every year.



# Counselling Services



## Strengthening Support and Sustaining Our Counselling Services

Our counselling services play a vital role in providing much-needed support to individuals facing various challenges. However, sustaining these services has become increasingly challenging due to financial constraints. This report aims to highlight the significance of our counselling services, the current challenges we face in maintaining them, and potential solutions to ensure their continuation.

### Importance of Counselling Services:

Counselling services provide invaluable support to individuals dealing with mental health issues, relationship problems, trauma, and various other personal difficulties. By offering a safe and confidential space for individuals to express themselves, seek guidance, and develop coping strategies, our counselling services contribute significantly to the well-being of our community.

### Service Overview:

On average, we support approximately **150 - 200** individuals per week through our counselling services in North Tyneside. Each counselling session is donation-based, with a suggested contribution of £25 per session. Despite our efforts to make the services accessible, we still face challenges in covering operational costs and maintaining quality service delivery.

### Challenges Faced:

**Financial Constraints:** The donation-based model, while intended to make counselling services accessible, has resulted in inconsistent revenue streams. As a result, we struggle to cover essential expenses such as therapist salaries, administrative costs, and facility maintenance also none of our community mental health support is funded and the cost is covered by Anxious Minds we go hand to mouth every month

**High Demand and Long Waitlists:** The overwhelming demand for counselling services has led to a waiting list of four months or more. This extended wait time not only exacerbates the distress of individuals seeking support but also poses challenges in managing client expectations and ensuring timely access to care.

**Funding Shortages:** Securing consistent funding for our counselling services remains a persistent challenge. Despite efforts to seek grants, donations, and partnerships, we continue to face difficulties in obtaining sustainable funding sources.

### **Potential Solutions:**

**Diversifying Revenue Streams:** Exploring alternative sources of funding, such as government grants, corporate sponsorships, and fundraising events, can help alleviate financial pressures and ensure the long-term sustainability of our counselling services.

**Fee Adjustment:** Considering a modest adjustment to the suggested donation amount or implementing a sliding scale fee structure based on income could help generate more reliable revenue while maintaining affordability for clients.

**Collaboration and Advocacy:** Collaborating with other community organisations, mental health advocacy groups, and policymakers can amplify our efforts to secure funding and raise awareness about the importance of mental health support services.

### **Conclusion:**

Our counselling services play a crucial role in supporting individuals during challenging times, but sustaining them requires concerted efforts to address financial constraints and operational challenges. By implementing strategic solutions and fostering collaborative partnerships, we can ensure the continued availability of high-quality counselling services for those in need within our community.

Thank you for considering the importance of sustaining our counselling services. Together, we can make a difference in the lives of individuals seeking support and guidance.



# OUR NORTH EAST IMPACKED 2023

**ALL PROJECTS 2023**

**TOTAL PEOPLE SUPPORTED**

**2312**

## **COST OF LIVING SUPPORT**

**513 People supported  
with hot meals**

**This Project is now delivering  
400 hot meal a week**

## **ADDICTION RECOVERY**

**72 People  
Supported**

## **COMMUNITY MENTAL HEALTH**

**1212 People supported with  
Group Support**



## **COUNSELLING SERVICES**

**3372 Counselling  
sessions done**



# How to contact Anxious Minds

We are always available for a conversation or to showcase the incredible work we're doing. Feel free to visit us anytime—our doors are open at all four of our centers. We'd love for you to come by and visit us. If you work with individuals who could benefit from our services, or know someone in need, please don't hesitate to get in touch using the contact information provided below



## Our Contact

If you have any questions or know of someone in the North East who needs support



### Phone :

North Tyneside 0191 262 0305  
Northumberland 0167 094 6188



### Address :

Head Office: The Vault 31  
Station Road, Wallsend  
North Tyneside NE28 6SZ



### Website :

[www.anxiousminds.co.uk](http://www.anxiousminds.co.uk)

**We work incredibly hard six days a week,  
supporting hundreds of individuals  
struggling with mental health and addiction.  
Imagine the impact we could make with just  
a little more funding.**

# **THANK YOU TO ALL OUR FUNDERS**

**Trusthouse Foundation  
Lottery Awards 4 All  
Community Foundation  
Karbon Homes  
North Tyneside Council  
DWF Foundation  
Veteran Foundation  
Northumberland Village Homes Trust  
Armed Forces Covenant Trust  
Royal Air Force Benevolent Fund  
The Charles Robert Bell Fund  
Army Benevolent Fund  
1989 William Charitable Trust  
The William Leech Charity**

# Awards

•	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 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
•	Leader of the year England veteran awards shortlisted 2023
•	Lifetime Achievement England veteran awards shortlisted 2023

Anxious Minds																			
Detailed Statement of Financial Activities																			
Year Ended 31/10/2023																			
Management Information																			
		Unrestricted				Restricted funds													
		Unrestricted	Designated Fixed asset fund	Designated	Total Unrestricted Funds	Community Foundation	DWF Foundation	Veteren Foundation	Awards for All	William Leech Charity	Army benevolent Fund	1989 Willan charitable trust	Trusthouse Foundation	RAF Benevolent Fund	Charles Robert Bell Fund	Armed forces Covenant Trust	Total Restricted Funds		Total 2023 £
Incoming resources																			
	Grants	5,500			5,500	3,000	4,400	15,000	10,000	5,000	20,000	10,000	66,000	2,500	3,200	33,000	172,100		177,600
	Donations	28,469			28,469												-		28,469
	Workshop & sessional fees	112,005			112,005												-		112,005
	Supervision payments	890			890												-		890
	Donated goods - IT equipment		15,000		15,000												-		15,000
Total Incoming Resources		146,864	15,000	0	161,864	3,000	4,400	15,000	10,000	5,000	20,000	10,000	66,000	2,500	3,200	33,000	172,100		333,964
Resources Expended																			
	Fundraising costs	1,531		-	1,531				-	-							-		1,531
	Staff wages	103,679		-	103,679	3,000	4,400	13,000	10,000	5,000	20,000	10,000	21,000	2,500	3,200	11,500	103,600		207,279
	Employers NI	6,173			6,173												-		6,173
	Employers Pension	1,508		-	1,508				-	-							-		1,508
	Rent and room hire	25,639		-	25,639				-	-			12,000			5,000	17,000		42,639
	Advertising and promotional	1,438		-	1,438												-		1,438
	Computer costs	1,663		-	1,663												-		1,663
	Insurances	984		-	984												-		984
	office and admin costs	2,625		-	2,625												-		2,625
	Professional fees	31,106		-	31,106				-	-							-		31,106
	Accountancy fees	3,103		-	3,103												-		3,103
	Telephone	899			899												-		899
	Printing, postage and stationery	4,348			4,348												-		4,348
	Purchases	6,845		-	6,845					-							-		6,845
	Volunteer expenses	10,018			10,018			2,000									2,000		12,018
	Travel expenses	870			870												-		870
	Utility costs	3,936			3,936												-		3,936
	Cleaning	214			214												-		214
	Project costs	1,000			1,000												-		1,000
	Repairs	286			286												-		286
	Licences	650			650												-		650
	Depreciation		5,000	-	5,000				-	-							-		5,000
Total resources expended		208,515	5,000	-	213,515	3,000	4,400	15,000	10,000	5,000	20,000	10,000	33,000	2,500	3,200	16,500	122,600		336,115
Net Incoming/(Outgoing) Resources		(61,651)	10,000	-	(51,651)	-	-	-	-	-	-	-	33,000	-	-	16,500	49,500		(2,151)
Transfer between funds					-					-							-		-
Reserves brought forward at 1 November 2022		102,007			102,007				-								-		102,007
Reserves at 31 October 2023		40,356	10,000	-	50,356	-	-	-	-	-	-	-	33,000	-	-	16,500	49,500		99,856

**Anxious Minds**

**Unaudited Financial Statements**

**31 October 2023**

# **Anxious Minds**

## **Financial Statements**

**Year ended 31 October 2023**

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# Anxious Minds

## Trustees' Annual Report

### Year ended 31 October 2023

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The trustees present their report and the unaudited financial statements of the charity for the year ended 31 October 2023.

#### Reference and administrative details

**Registered charity name**            Anxious Minds

**Charity registration number**       1164040

**Principal office**                    The Vault  
Station Road  
Wallsend  
NE28 6RL

#### The trustees

Dr Chris Bowman  
Shoaib Mazhar  
Tony Wright  
Janice Wilkinson  
Bryan Craggs  
Andrew Swan  
Graeme Houghton

**Independent examiner**           JFS Torbitt  
Chartered Certified Accountants  
58 Durham Road  
Birtley  
Co Durham  
DH3 2QJ

**Bankers**                            Lloyds Bank

# Anxious Minds

## Trustees' Annual Report *(continued)*

**Year ended 31 October 2023**

---

### **Structure, governance and management**

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.

### **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 years' 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.

# **Anxious Minds**

## **Trustees' Annual Report** *(continued)*

**Year ended 31 October 2023**

---

### **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.

# Anxious Minds

## Trustees' Annual Report *(continued)*

Year ended 31 October 2023

---

### Chair of Board of Trustee's Statement

As we embark on our ninth year as a charity, I find myself reflecting on the incredible journey we've undertaken in supporting mental health in the North East. It's with a deep sense of commitment and gratitude that I share this message with you. Nine years ago, Anxious Minds began its mission to support people with mental health challenges, driven by a profound dedication to provide quality mental health support in our community. In these years, I've witnessed both the challenges we face and the extraordinary impact we've had on countless lives.

Unfortunately, the hurdles continue to intensify. Waiting times for NHS mental health services have grown longer, making access to support even more daunting for individuals who desperately need it. In this climate, charities like Anxious Minds have stepped up, striving to bridge the gap with the limited funding we have. Our dedicated staff members, who often exceed their paid hours on a voluntary basis while earning minimum wage, exemplify the unwavering commitment to our mission. Each day, the demand for our services consistently grows, emphasising the critical need for accessible and reliable mental health support.

For the third consecutive year, we find ourselves grappling with budgetary constraints due to the overwhelming number of people seeking our assistance. Securing funding for our counselling services has become increasingly challenging, despite the increasing referrals from other charities and GPs and the ever growing list of Social Prescribing Projects. Yet, in the face of these challenges, our resilience remains unshaken. We remain determined to provide essential mental health services to those who need them most.

It's disheartening to note that without support from funders and other charities for essential services like counselling, we are compelled to implement charges. Unfortunately, this practice hinders access to support for the most vulnerable members of our community.

Together, we can continue making a difference in the lives of those battling mental health challenges, and ensure that no one feels alone in their journey towards healing.

The trustees' annual report was approved on ..... and signed on behalf of the board of trustees by:

Dr Chris Bowman  
Trustee

# **Anxious Minds**

## **Independent Examiner's Report to the Trustees of Anxious Minds**

**Year ended 31 October 2023**

---

I report to the trustees on my examination of the financial statements of Anxious Minds ('the charity') for the year ended 31 October 2023.

### **Responsibilities and basis of report**

As the trustees of the charity, you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements 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**

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants (ACCA), which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do 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.

**Jane Freeman**  
FCCA  
**Independent Examiner**  
58 Durham Road  
Birtley  
Co Durham  
DH3 2QJ

# Anxious Minds

## Statement of Financial Activities

Year ended 31 October 2023

		Unrestricted funds £	2023 Restricted funds £	Total funds £	2022 Total funds £
	Note				
<b>Income</b>					
Donations and grants	4	33,969	172,100	206,069	193,246
Other trading activities	5	127,895	—	127,895	73,661
Increase in Fixed Asset Value	6	—	—	—	10,433
<b>Total income</b>		<u>161,864</u>	<u>172,100</u>	<u>333,964</u>	<u>277,340</u>
<b>Expenditure</b>					
Expenditure on raising funds:					
Costs of raising donations, grants and trading activities	7	210,414	122,600	333,014	287,633
Governance costs	8	3,101	—	3,101	3,100
<b>Total expenditure</b>		<u>213,515</u>	<u>122,600</u>	<u>336,115</u>	<u>290,733</u>
<b>Net expenditure and net movement in funds</b>		<u>(51,651)</u>	<u>49,500</u>	<u>(2,151)</u>	<u>(13,393)</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		102,007	—	102,007	115,400
<b>Total funds carried forward</b>		<u>50,356</u>	<u>49,500</u>	<u>99,856</u>	<u>102,007</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

The notes on pages 8 to 15 form part of these financial statements.

# Anxious Minds

## Statement of Financial Position

31 October 2023

	Note	2023 £	2022 £
<b>Fixed assets</b>			
Tangible fixed assets	13	38,000	28,000
<b>Current assets</b>			
Debtors	14	5,028	–
Cash at bank and in hand		59,371	74,007
		<u>64,399</u>	<u>74,007</u>
<b>Creditors: amounts falling due within one year</b>	15	<u>(2,543)</u>	<u>–</u>
<b>Net current assets</b>		61,856	74,007
<b>Total assets less current liabilities</b>		<u>99,856</u>	<u>102,007</u>
<b>Net assets</b>		<u>99,856</u>	<u>102,007</u>
<b>Funds of the charity</b>			
Restricted funds		49,500	–
Unrestricted funds		<u>50,356</u>	<u>102,007</u>
<b>Total charity funds</b>	16	<u>99,856</u>	<u>102,007</u>

These financial statements were approved by the board of trustees and authorised for issue on ....., and are signed on behalf of the board by:

Dr Chris Bowman  
Trustee

The notes on pages 8 to 15 form part of these financial statements.

# **Anxious Minds**

## **Notes to the Financial Statements**

**Year ended 31 October 2023**

---

### **1. General information**

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is The Vault, Station Road, Wallsend NE28 6RL.

### **2. Statement of compliance**

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Charities Act 2011.

### **3. Accounting policies**

#### **Basis of preparation**

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

#### **Going concern**

There are no material uncertainties about the charity's ability to continue.

#### **Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

# Anxious Minds

## Notes to the Financial Statements *(continued)*

Year ended 31 October 2023

---

### 3. Accounting policies *(continued)*

#### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

#### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

#### Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

# Anxious Minds

## Notes to the Financial Statements *(continued)*

Year ended 31 October 2023

---

### 3. Accounting policies *(continued)*

#### Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

#### Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Woodland Project Land	Nil
Computer Equipment	33.33% straight line

### 4. Donations and grants

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
<b>Donations</b>			
Donations	28,469	–	28,469
<b>Grants</b>			
Small grant	500	–	500
Northumberland Village Homes Trust	5,000	–	5,000
Community Foundation	–	3,000	3,000
DWF Foundation	–	4,400	4,400
Veteran Foundation	–	15,000	15,000
Awards for All	–	10,000	10,000
The William Leech Charity	–	5,000	5,000
Army Benevolent Fund	–	20,000	20,000
1989 Willan Charitable Trust	–	10,000	10,000
Trusthouse Foundation	–	66,000	66,000
RAF Benevolent Fund	–	2,500	2,500
Charles Robert Bell	–	3,200	3,200
Armed Forces Covenant Trust	–	33,000	33,000
	<u>5,500</u>	<u>172,100</u>	<u>177,600</u>
	<u>33,969</u>	<u>172,100</u>	<u>206,069</u>

# Anxious Minds

## Notes to the Financial Statements *(continued)*

Year ended 31 October 2023

### 4. Donations and grants *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
<b>Donations</b>			
Donations	74,646	–	74,646
<b>Grants</b>			
Charles Robert Bell	4,800	–	4,800
Newcastle Building Society Foundation	3,000	–	3,000
Squires Foundation	3,000	–	3,000
Blyth Town Council	11,830	–	11,830
Groundwork UK	2,000	–	2,000
Ron and Louise Bowey Fund	–	21,970	21,970
Garfield Weston	–	10,000	10,000
Charles Robert Bell	–	5,000	5,000
The Veterans Foundation	–	15,000	15,000
North Tyneside Council	–	5,000	5,000
Trusthouse Foundation	–	33,000	33,000
Albert Hunt	–	4,000	4,000
	<u>24,630</u>	<u>93,970</u>	<u>118,600</u>
	<u>99,276</u>	<u>93,970</u>	<u>193,246</u>

### 5. Other trading activities

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Workshop & Sessional Fees	112,005	112,005	73,661	73,661
Supervision	890	890	–	–
Donated Goods - Capital Equipment	15,000	15,000	–	–
	<u>127,895</u>	<u>127,895</u>	<u>73,661</u>	<u>73,661</u>

### 6. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Increase in Fixed Assets Value	–	–	10,433	10,433

# Anxious Minds

## Notes to the Financial Statements *(continued)*

Year ended 31 October 2023

### 7. Costs of raising donations, grants and trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Salary Costs	111,360	103,600	214,960
Rent & Room Hire	25,639	17,000	42,639
Advertising & Promotional	1,438	–	1,438
Computer Costs	1,663	–	1,663
Insurances	984	–	984
Office & General Administration	2,626	–	2,626
Professional Services	31,106	–	31,106
Phone Costs	899	–	899
Print, Post & Stationery	4,348	–	4,348
Purchases	6,845	–	6,845
Travel Costs	870	–	870
Utilities	3,936	–	3,936
Fundraising Costs	1,531	–	1,531
Cleaning	215	–	215
Project Costs	1,000	–	1,000
Repairs & Renewals	286	–	286
Volunteer Expenses	10,018	2,000	12,018
Depreciation	5,000	–	5,000
Licences	650	–	650
	<u>210,414</u>	<u>122,600</u>	<u>333,014</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Salary Costs	58,847	163,276	222,123
Rent & Room Hire	13,002	15,520	28,522
Advertising & Promotional	2,954	–	2,954
Computer Costs	490	–	490
Insurances	840	–	840
Office & General Administration	132	–	132
Professional Services	7,359	8,545	15,904
Phone Costs	383	–	383
Print, Post & Stationery	1,351	–	1,351
Purchases	4,000	–	4,000
Travel Costs	2,316	–	2,316
Utilities	6,703	–	6,703
Fundraising Costs	1,915	–	1,915
	<u>100,292</u>	<u>187,341</u>	<u>287,633</u>

### 8. Governance

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Support costs	<u>3,101</u>	<u>3,101</u>	<u>3,100</u>	<u>3,100</u>

# Anxious Minds

## Notes to the Financial Statements *(continued)*

### Year ended 31 October 2023

#### 9. Independent examination fees

	2023 £	2022 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>3,101</u>	<u>3,100</u>

#### 10. Net expenditure

Net expenditure is stated after charging/(crediting):

	2023 £	2022 £
Depreciation of tangible fixed assets	<u>5,000</u>	<u>–</u>

#### 11. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023 £	2022 £
Wages and salaries	207,279	222,123
Social Security costs	6,173	–
Pension Contributions	<u>1,508</u>	<u>–</u>
	<u>214,960</u>	<u>222,123</u>

The average head count of employees during the year was 16 (2022: 16).

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

#### 12. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the Trustees.

#### 13. Tangible fixed assets

	Woodland Project Land £	Computer Equipment £	Total £
<b>Cost</b>			
At 1 November 2022	28,000	–	28,000
Additions	<u>–</u>	<u>15,000</u>	<u>15,000</u>
<b>At 31 October 2023</b>	<u>28,000</u>	<u>15,000</u>	<u>43,000</u>
<b>Depreciation</b>			
At 1 November 2022	–	–	–
Charge for the year	<u>–</u>	<u>5,000</u>	<u>5,000</u>
<b>At 31 October 2023</b>	<u>–</u>	<u>5,000</u>	<u>5,000</u>
<b>Carrying amount</b>			
<b>At 31 October 2023</b>	<u>28,000</u>	<u>10,000</u>	<u>38,000</u>
At 31 October 2022	<u>28,000</u>	<u>–</u>	<u>28,000</u>

# Anxious Minds

## Notes to the Financial Statements *(continued)*

### Year ended 31 October 2023

#### 14. Debtors

	2023 £	2022 £
Trade debtors	4,120	—
Prepayments and accrued income	908	—
	<u>5,028</u>	<u>—</u>

#### 15. Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	960	—
Social security and other taxes	1,583	—
	<u>2,543</u>	<u>—</u>

#### 16. Analysis of charitable funds

##### Unrestricted funds

	At 1 November 2022 £	Income £	Expenditure £	At 31 October 2023 £
General funds	<u>102,007</u>	<u>161,864</u>	<u>(213,515)</u>	<u>50,356</u>

	At 1 November 2021 £	Income £	Expenditure £	At 31 October 2022 £
General funds	<u>22,029</u>	<u>183,370</u>	<u>(103,392)</u>	<u>102,007</u>

##### Restricted funds

	At 1 November 2022 £	Income £	Expenditure £	At 31 October 2023 £
Community Foundation	—	3,000	(3,000)	—
DWF Foundation	—	4,400	(4,400)	—
Veteran Foundation	—	15,000	(15,000)	—
Awards for All	—	10,000	(10,000)	—
The William Leech Charity	—	5,000	(5,000)	—
Army Benevolent Fund	—	20,000	(20,000)	—
1989 Willan Charitable Trust	—	10,000	(10,000)	—
Trusthouse Foundation	—	66,000	(33,000)	33,000
RAF Benevolent Fund	—	2,500	(2,500)	—
Charles Robert Bell Fund	—	3,200	(3,200)	—
Armed Forces Covenant Trust	—	33,000	(16,500)	16,500
	<u>—</u>	<u>172,100</u>	<u>(122,600)</u>	<u>49,500</u>

# Anxious Minds

## Notes to the Financial Statements *(continued)*

Year ended 31 October 2023

### 16. Analysis of charitable funds *(continued)*

#### Restricted funds

	At 1 November 2021 £	Income £	Expenditure £	At 31 October 2022 £
Blyth Womens Centre	5,479	–	(5,479)	–
Community Foundation Covid 19 Fund	9,540	–	(9,540)	–
Enterprise Development Fund	6,500	–	(6,500)	–
National Lottery	10,000	–	(10,000)	–
Armed Forces Covenant Trust	41,647	–	(41,647)	–
Veterans Foundation	15,767	15,000	(30,767)	–
North Tyneside Council (Counsellor Sessions)	4,438	5,000	(9,438)	–
Ron and Louise Bowey Fund	–	21,970	(21,970)	–
Garfield Weston	–	10,000	(10,000)	–
Trusthouse Foundation	–	33,000	(33,000)	–
Charles Robert Bell	–	5,000	(5,000)	–
Albert Hunt	–	4,000	(4,000)	–
	<u>93,371</u>	<u>93,970</u>	<u>(187,341)</u>	<u>–</u>

### 17. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	38,000	–	38,000
Current assets	14,899	49,500	64,399
Creditors less than 1 year	(2,543)	–	(2,543)
<b>Net assets</b>	<u>50,356</u>	<u>49,500</u>	<u>99,856</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	28,000	–	28,000
Current assets	74,007	–	74,007
Creditors less than 1 year	–	–	–
<b>Net assets</b>	<u>102,007</u>	<u>–</u>	<u>102,007</u>

# **Anxious Minds**

## **Management Information**

**Year ended 31 October 2023**

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**The following pages do not form part of the financial statements.**

# Anxious Minds

## Detailed Statement of Financial Activities

Year ended 31 October 2023

	2023 £	2022 £
<b>Income</b>		
<b>Donations and grants</b>		
Donations	28,469	74,646
<b>Grants</b>		
Charles Robert Bell	3,200	9,800
Newcastle Building Society Foundation		3,000
Squires Foundation		3,000
Blyth Town Council		11,830
Groundwork UK		2,000
Ron and Louise Bowey Fund		21,970
Garfield Weston		10,000
The Veterans Foundation	15,000	15,000
North Tyneside Council		5,000
Trusthouse Foundation	66,000	33,000
Albert Hunt		4,000
Community Foundation	3,000	
Northumberland Village Homes Trust	5,000	
Small Grant	500	
DWF Foundation	4,400	
The William Leech Charity	5,000	
Awards for All	10,000	
Army Benevolent Fund	20,000	
1989 Willan Charitable Trust	10,000	
RAF Benevolent Fund	2,500	
Armed Forces Covenant Trust	33,000	
	<u>177,600</u>	<u>118,600</u>
	<u>206,069</u>	<u>193,246</u>
<b>Other trading activities</b>		
Workshop & Sessional Fees	112,005	73,661
Supervision	890	—
Donated Goods - Capital Equipment	15,000	—
	<u>127,895</u>	<u>73,661</u>
<b>Investment income</b>		
Increase in Fixed Asset Value	—	10,433
	<u>—</u>	<u>10,433</u>
<b>Total income</b>	<u>333,964</u>	<u>277,340</u>

# Anxious Minds

## Detailed Statement of Financial Activities *(continued)*

Year ended 31 October 2023

	2023 £	2022 £
<b>Expenditure</b>		
<b>Costs of raising donations and grants</b>		
Purchases	6,845	4,000
Wages and salaries	214,960	222,123
Rent & room hire	42,639	28,522
Cleaning	215	—
Utilities	3,936	6,703
Repairs and maintenance	286	—
Insurance	984	840
Volunteer expenses	12,018	—
Licences	650	—
Travel costs	870	2,316
Professional services	31,106	15,904
Telephone	899	383
Printing, postage & stationery	4,348	1,351
Depreciation	5,000	—
Advertising & promotional	1,438	2,954
Computer costs	1,663	490
Office & general administration	2,626	132
Fundraising costs	1,531	1,915
Project costs	1,000	—
	<u>333,014</u>	<u>290,733</u>
<b>Expenditure on charitable activities</b>		
Accountancy fees	<u>3,101</u>	<u>3,100</u>
<b>Total expenditure</b>	<u>336,115</u>	<u>290,733</u>
<b>Net expenditure</b>	<u>(2,151)</u>	<u>(13,393)</u>