



Anxious Minds

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

**Annual Report
2024**

Table of Contents

2

Reports

6

Local
Charities

11

Demand For
Our Services

15

Veteran Community Work

21

Community
Mental Health
Services

19

Community
Kitchen

24

Back to Work

26

Counselling
Services



WE'VE SEEN AN INCREASE IN THE NUMBER OF PEOPLE ACCESSING OUR SERVICES ACROSS ALL FOUR OF OUR CENTRES.



**18,000
HOT MEALS
SERVED IN
12 MONTHS**

Over the past 12 months, we have prepared and served hot meals at the Veteran and Community Kitchen in Wallsend, North Tyneside providing vital support to veterans and the most vulnerable members of our community.

During the winter months, we offered pensioners a hot meal and a warm, safe space for just £1. Every Friday, we continue to run a Free Veterans' Breakfast Club, creating a welcoming space for connection and support.



500

**PEOPLE HELPED BACK
TO WORK**

1,300

**PEOPLE USED OUR
COMMUNITY MENTAL
HEALTH PROJECTS**

8,500

**COUNSELLING
HOURS DONE**

As we look to the future, our resolve remains firm. With your help, we can sustain and grow our work, ensuring no one in the North East faces mental health struggles alone.

Together, we can build a brighter, more supportive future where care is within reach for all who need it. Thank you for being part of this journey. Your contributions make an undeniable difference.

Edward Dean
Chief Officer at Anxious Minds



Chief Officer Report

Reflections on a Decade of Impact: The Journey of Anxious Minds

As I reflect on all we have accomplished at Anxious Minds, I am filled with pride and gratitude for the journey we've undertaken together. From our humble beginnings to becoming a vital source of support in the North East, our work has transformed countless lives and brought hope to those who need it most.

I am both humbled and driven by the path we've taken to make mental health care accessible to those in crisis. Our work has illuminated the urgent need for compassion and support in the face of rising challenges related to mental health, addiction, and poverty.

Over the years, I've witnessed the worsening mental health crisis in our region. NHS waiting times continue to grow, leaving individuals in desperate need of care without timely access to help. Anxious Minds stands as a crucial bridge in this gap, providing life-changing services through sheer determination and commitment. Yet, the strain on our team and resources is profound.

For the third consecutive year, the demand for our services has surged, a clear testament to their critical importance. Referrals from GPs, charities, and NHS social prescribers highlight the trust placed in us. Our incredible team, often working beyond their pay and volunteering extra hours, demonstrates unwavering dedication to those we serve.

But this evergrowing need underscores the harsh reality of limited funding, threatening the very lifeline we offer.

The stakes could not be higher. The North East continues to bear the highest suicide rate in the UK, a heart-wrenching reminder of the challenges we face. Without substantial support, the services we provide, services that save lives and foster recovery may be at risk.

Anxious Minds is not just an organisation; it is a community, a sanctuary, and a beacon of hope. Every counselling session, recovery program, and support group is a step towards healing for someone in need. These efforts are made possible by those who believe in our mission.

To every supporter, donor, and advocate, we owe profound gratitude.

Chair Of The Board

Dear Friends and Supporters,

As 2024 draws to a close, I am overwhelmed with gratitude and resolve as I reflect on the extraordinary journey of Anxious Minds. For nearly a decade, we have been a beacon of hope in the North East, dedicated to transforming lives through compassionate, accessible mental health support.

Year after year, we have witnessed the staggering need for our services grow, but we have also seen the incredible strength and resilience of those we serve. Amid an ever-worsening mental health crisis, where NHS waiting lists stretch unbearably long, Anxious Minds has stepped in to fill a void no one should have to face.

The demand for our services has reached unprecedented levels, with referrals from GPs, charities, and social prescribers rising sharply. These numbers are a stark reminder of how essential our work has become. But meeting this need with the resources we have is a challenge that weighs heavily on us. Our dedicated team, many of whom volunteer their time and talent far beyond what they are compensated for, embodies the heart of our mission. Their commitment to those in need inspires me daily, yet the strain on them and our organisation is immense.

For so many, Anxious Minds is more than a service; it is a lifeline. It's a place where individuals battling mental health challenges find care, empathy, and a way forward. But the reality is clear: without increased financial support, we risk having to make decisions that could limit access to these essential services. This is a prospect we fight to avoid, but it is one we cannot overcome alone.

Despite these challenges, I remain hopeful. What fuels this hope is you our supporters, friends, and community. Your generosity, whether through donations, volunteering, or simply spreading the word, has been the backbone of our work. Together, we have achieved so much, and together, I know we can rise to meet the challenges ahead.

As we prepare to celebrate our tenth anniversary in 2025, I am reminded that Anxious Minds is not just a charity. It is a movement rooted in compassion, resilience, and the unwavering belief that no one should face mental health struggles alone. With your continued support, we will not only sustain our services but grow them, ensuring that we can meet the rising demand and provide hope to even more people in the North East.

As we prepare to celebrate our tenth anniversary in 2025, I am reminded that Anxious Minds is not just a charity. It is a movement rooted in compassion, resilience, and the unwavering belief that no one should face mental health struggles alone. With your continued support, we will not only sustain our services but grow them, ensuring that we can meet the rising demand and provide hope to even more people in the North East.

Thank you for standing with us, believing in our mission, and helping us change lives. Together, we can build a future where everyone has access to the mental health care they deserve.

With heartfelt gratitude and determination.

Shoaib Mazhar
Chair of the Board 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 survivors 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

Local Small to Medium sized charities are facing unprecedented challenges to stay open, and I am deeply concerned about the impact on the North East if we were to lose organisations like Anxious Minds.

We provide essential, life saving support to individuals in crisis, and our absence would leave a devastating void in our community.

About Us



WITHOUT SUPPORT WE WILL LOSE LOCAL CHARITIES

Mental health charities like Anxious Minds are vital to supporting individuals facing mental health challenges, addiction, and poverty within our communities. The impact of their work is truly life-changing, offering hope and recovery to those in need. Yet, securing the necessary funding to sustain these critical services remains a persistent and significant challenge across many regions for small charities.



YOU ARE NOT ALONE

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

This report seeks to examine the profound consequences our communities could face if local mental health charities are forced to close their doors due to insufficient funding

The North East faces a mental health crisis with chronic funding shortages, growing demand, and insufficient resources. These challenges severely limit access to quality care, leaving vulnerable individuals without the timely support they desperately need.

The charity sector is struggling to bridge the gap, burdened by funding shortages, rising minimum wage, cost of living, and increased business taxes, and demand for their services all of which threaten the sustainability of Small to Medium Charities in the North East

- ✓ **Loss of Accessible Support:** Vulnerable individuals facing mental health challenges, addiction, or crisis will lose immediate, local, and affordable support, exacerbating their struggles and leaving many without a safety net.
- ✓ **Increased Pressure on Public Services:** NHS and social services will face an overwhelming surge in demand, leading to longer waiting times and reduced access to essential care for those in need.
- ✓ **Higher Suicide and Crisis Rates:** Without intervention from grassroots charities, communities may experience a rise in suicide rates and mental health crises, particularly in areas already struggling with high need.
- ✓ **Erosion of Community Trust and Resilience:** The absence of trusted, community led organisations can create a sense of isolation and helplessness, weakening the social fabric and community bonds that foster recovery.



"Before I came to Anxious Minds, I felt completely lost and alone. The support I received has been life-changing—helping me rebuild my confidence and find hope again. I don't know where I'd be without them." – An Anxious Minds Service User"

"When I came to Anxious Minds, I was at my lowest point and didn't think I could go on. Their support gave me the strength to hold on, and for the first time, I felt truly heard and cared for." – An Anxious Minds Service User



GOING, GOING GONE

We work with people from some of the most deprived areas in the North East and twice in the past two years, we've faced the heartbreaking prospect of talking about shutting down vital projects. But where do you even begin when every initiative is a lifeline for those in need?

✓ **The Veteran Recovery College:**

Proud recipient of seven national awards for its outstanding work with veterans and their families, Anxious Minds provides crucial support to an average of **200** veterans each year struggling with mental health and/or addiction.

✓ **The Counselling Services:**

Providing vital support to **200–250** individuals each week, Anxious Minds helps those facing mental health challenges, abuse, grief, loss, or who are in crisis, offering a lifeline when it's needed most.

✓ **The Community Drop-in and Recovery Centre:**

With over **1,700** members, Anxious Minds supports an average of **150–200** people weekly through support groups and workshops, providing long-term care for those battling mental health challenges, isolation, and loneliness.

✓ **The Veteran and Community Kitchen and foodbank:**

The Community Kitchen and Foodbank serve as a lifeline for veterans and the wider community facing poverty, providing over **1,500** hot meals a **month** and supporting more than **80** people with the foodbank. It also offers a welcoming pathway into accessing mental health services.

WITH A LITTLE HELP FROM OUR FRIENDS

With the support of our funders, partners, and friends, we remain steadfast in our mission to deliver life-changing care to the people we serve. Every contribution, no matter the size, makes an enormous difference in the lives of those struggling with mental health challenges, crisis, and hardship.

The impact we achieve with the modest funding we receive is remarkable. Despite operating on a fraction of the budgets afforded to national charities, we consistently provide direct, meaningful support to thousands of individuals each year. This efficiency reflects not only our commitment but also the passion and dedication of our team and the trust of our community.

Your support allows us to stretch every penny, reaching those in urgent need, offering a lifeline when there's nowhere else to turn. Together, we can continue to achieve more with less proving that focused, grassroots action can rival the outcomes of larger organisations with far greater resources.

By standing with us, you're not just funding a project; you're investing in people's lives, helping them find hope, recovery, and a brighter future. Thank you for believing in the work we do and for being part of this transformative journey.



Note :

DEMAND FOR SERVICES CONTINUES TO GROW

We provide support to hundreds of individuals on a weekly basis

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 the community mental health support centres, we cater to a thriving community of over 2,000 members and are moving to a bigger centre in 2025 to keep up with the growing demand.

Support groups, typically have more than 20+ individuals a session, we are expanding on the number of groups as this offers 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



70% increase in service users staying on average 8 weeks

Veterans & Families



60% increase in service users staying on average 12 weeks

Counselling Services



80% increase in service users staying on average 10 weeks



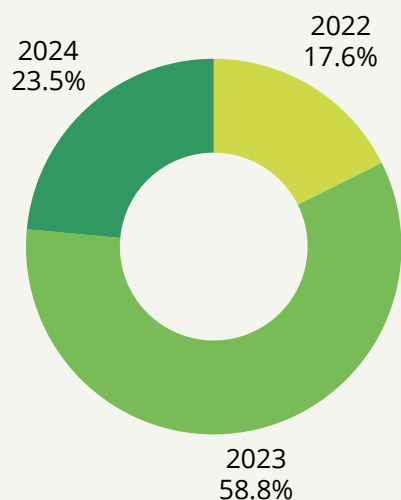
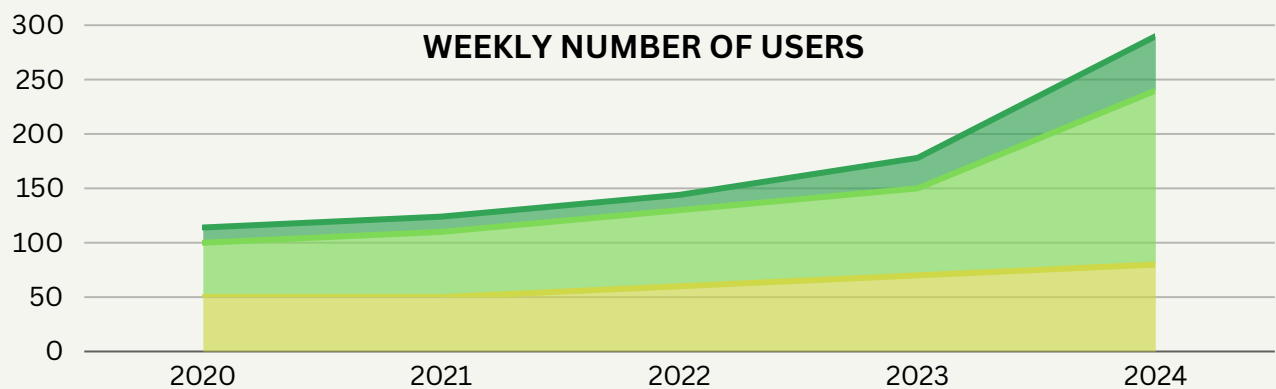
The Drop-in and Recovery Centre has never been funded for core costs for the past 4 years. Every now and then we get some funding for a group. The cost of the service is covered by **Anxious Minds and Community Donations**




GROWTH & NEED FOR OUR SUPPORT



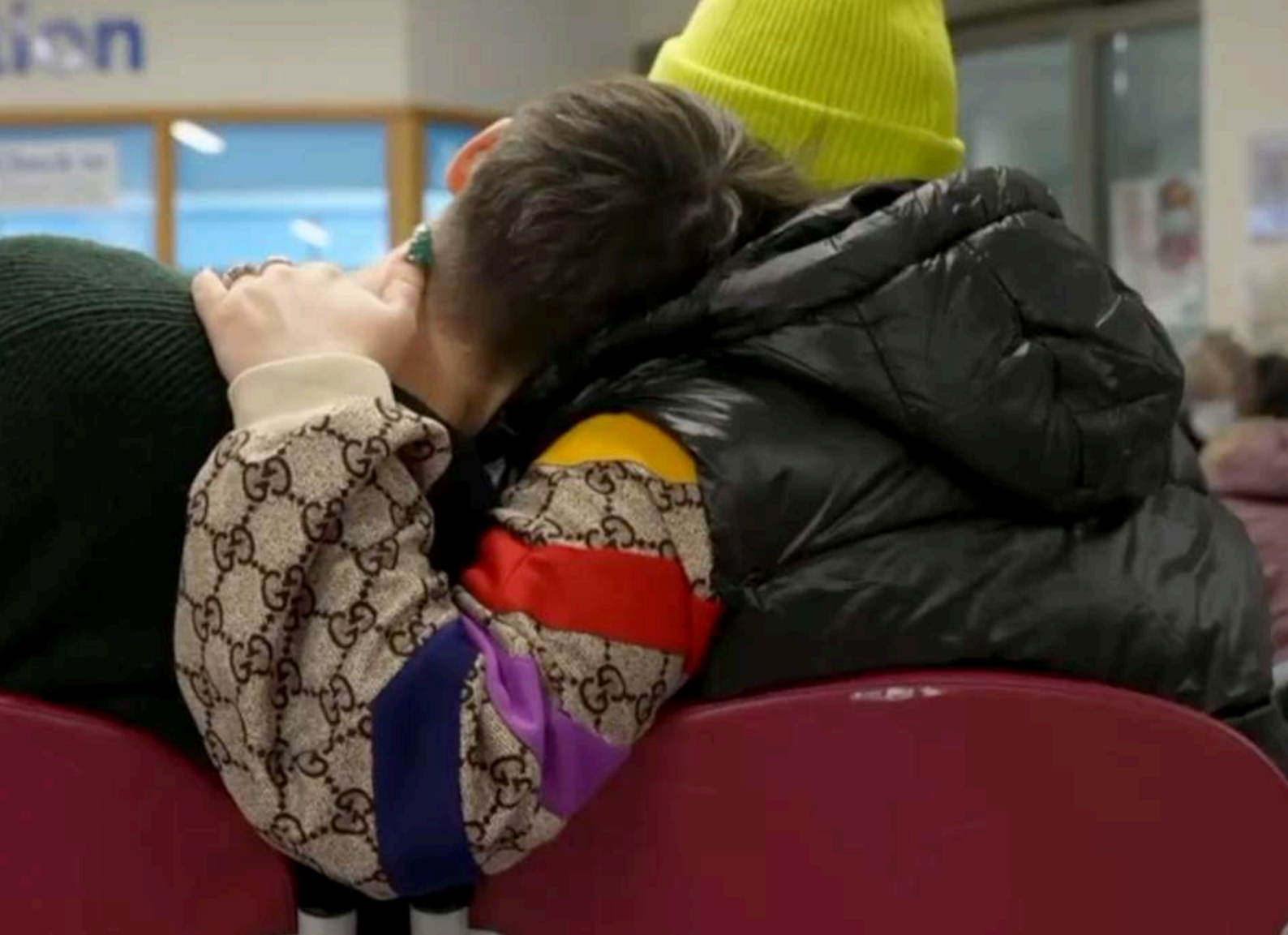
Description :

Anxious Minds' funding has gone up by 22% in the last year, while the number of people accessing our services has grown by over 80%.



-  Growth in service users 2022
-  Growth in service users 2023
-  Growth in service users 2024

Note : Demand for services continues to grow every year



We make an extraordinary impact with the funding we receive, ensuring that every penny is used efficiently to support those in need. Despite our best efforts, 50% of our work remains unfunded, and the demand for our services has reached unprecedented levels. The increasing need for mental health support, particularly in the North East, has far surpassed our current capacity, making it impossible for us to keep up without additional resources.

There are simply too many projects focused on signposting individuals to other services, taking credit for referrals, and calling it mental health support when in reality, it does not provide the direct help people desperately need. Meanwhile, there are not enough frontline support services available to meet the rising demand. As a result, more people are falling through the cracks, waiting months or years for real intervention, or being left without any meaningful support at all.

Urgent funding is critical to ensure that we can continue providing life-saving interventions, one-on-one counselling, and long-term recovery support for individuals in crisis. Without additional resources, we risk being overwhelmed, leaving countless individuals without the help they so urgently need.

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



SUPPORTING VETERANS AND THEIR FAMILIES

The Urgent Need for Funding to Sustain Veteran and Family Support

The North East Veteran Recovery College stands at the forefront of providing essential mental health and wellbeing support for veterans and their families as they navigate the complex transition to civilian life. Over the past three years, our Recovery College has significantly expanded its services, offering tailored counselling, employment support, and practical advice to help veterans and their loved ones rebuild their lives. This growth has led to widespread recognition, earning multiple national awards for veteran healthcare and rehabilitation, solidifying our reputation as a leader in veteran support.

Our commitment to quality has also been acknowledged through accreditation from the Royal College of Psychiatrists via the Quality Network for Veteran's Mental Health Services (QNVMS), demonstrating that we meet the highest standards of care. Additionally, the Recovery College is a key part of the NHS's Recovery College Collective in the North East, where we recently chaired the latest meeting, further strengthening our collaboration with national and local health services.

The End of the Trusthouse Foundation Grant – A Critical Funding Gap

Thanks to the generous support of the Trusthouse Foundation, we have been able to expand our services and now support over 230 veterans every year. This funding has played a crucial role in sustaining our work, allowing us to meet the growing demand for mental health support, counselling, and long-term recovery services for veteran families. However, this grant has now come to an end, leaving us with a significant financial gap at a time when demand is higher than ever.

We are currently accepting referrals from OP Courage North East and various veteran charities, yet many veterans and their families continue to struggle with barriers to accessing NHS services, whether due to lack of registration with a GP, distrust in mainstream healthcare, or personal challenges that prevent them from reaching out. This makes our specialised, veteran-led services more crucial than ever.

The Risk of a Waiting List for Counselling Services

Without urgent funding, we may soon be forced to introduce waiting lists for counselling and mental health support, delaying life-changing interventions for those who need them most. Veterans and their families facing PTSD, trauma, addiction, and other mental health challenges cannot afford to wait. A delay in support can have devastating consequences, increasing the risk of homelessness, family breakdown, and even suicide.

Why We Need Immediate Support

The North East already has the highest suicide rates in the UK, and without additional funding, our ability to provide rapid, tailored, and effective mental health support will be severely limited. We are calling for urgent financial support to maintain and expand our services, ensuring that no veteran or family member is left without the care they deserve.

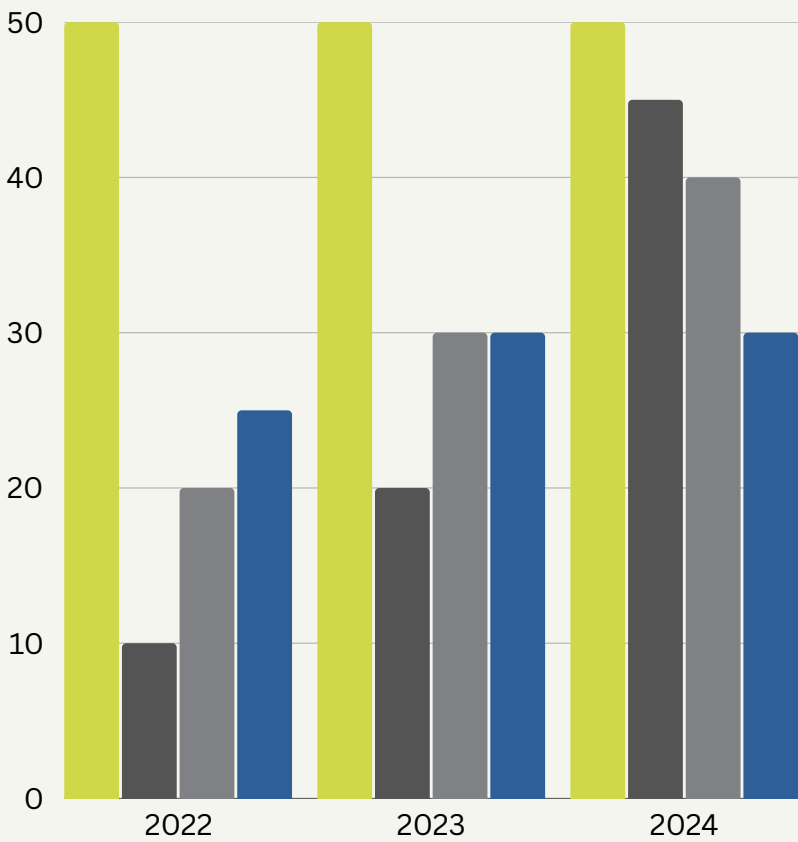
By investing in our Recovery College, funders have the opportunity to directly impact the lives of hundreds of veterans and their families, offering them hope, stability, and a future beyond service. We cannot allow this vital work to slow down due to funding shortages.



Now, more than ever, we need your support to ensure that every veteran and family member in crisis gets the help they need when they need it.

Description :

-  **Counselling Services**
-  **Advice Services**
-  **Addiction Recovery Support**
-  **Support Groups**



70%

Increase to Our
Community Mental
Health Services

60%

Increase to Our
Veteran and Families
Support Services

80%

Increase to Our
Counselling Services

100%

Increase to Our
Poverty intervention
Support Services

Meeting the Growing Demand for Our Services

As the need for mental health and veteran support services continues to rise, we are committed to expanding our reach and capacity to ensure that no one is left without the help they need.

The increasing demand for our services highlights the urgent need for accessible, timely, and comprehensive support for veterans, individuals facing mental health challenges, and their families.

VETERAN AND COMMUNITY KITCHEN

SERVING OVER 1,500 HOT MEALS A MONTH



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 our 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.

PROVIDING HOPE ONE MEAL AT A TIME

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.



OUR COMMUNITY MENTAL HEALTH SERVICES

Anxious Minds Drop-in Recovery Centre

Our Drop-in Recovery Centres provide a lifeline for individuals struggling with mental health challenges, social isolation, financial hardship, or crisis situations. Unlike traditional mental health services that rely on referrals and long waiting lists, our drop-in centres offer immediate, face-to-face support in a safe and welcoming environment.

What We Offer at Our Drop-in Centres

● A Safe Space for Support

- Many people feel isolated, unable to access the help they need, or unsure where to turn. Our centres provide a non-judgmental and supportive environment where individuals can come in, talk, and receive guidance from our experienced support staff.

● Crisis Intervention and Emotional Support

- Our trained staff and volunteers offer on-the-spot emotional support for those in distress, helping individuals manage anxiety, stress, and depression before they reach crisis point.
- We offer practical strategies to help people regain control over their situation.

● Guidance and Signposting to Specialist Services

- Many of the people who visit our centres struggle with housing issues, financial difficulties, employment concerns, addiction, or domestic abuse.
- We provide practical advice, referrals, and direct support to connect them with the right services, ensuring they get the help they need.

● Community Support & Social Inclusion

- Loneliness and social isolation are major contributors to poor mental health. Our drop-in centres offer a sense of community, giving individuals the chance to meet others, build friendships, and regain confidence in a supportive space.

● Workshops & Wellbeing Activities

- We regularly run wellbeing workshops, group discussions, and activities to support personal development and mental wellness.
- Activities include mindfulness sessions, budgeting workshops, creative arts, and resilience training.



A COMMUNITY OF PEOPLE SUPPOING EACH OTHER

Our Impact & Outcomes

- ✓ Hundreds of people access our drop-in centres every month, seeking immediate mental health and crisis support.
- ✓ A 50% increase in visitors over the past year, demonstrating the growing demand for accessible mental health services.
- ✓ 85% of visitors report feeling more supported and less isolated after engaging with our drop-in services.
- ✓ Over 60% of individuals who visit the centres go on to engage with further support, such as peer groups, wellbeing activities, or community outreach.
- ✓ Immediate crisis intervention has helped prevent mental health crises from escalating, reducing the strain on emergency services.

Why Our Drop-in Centres Matter

With NHS waiting times at an all-time high, many people can't afford to wait for help—they need support now. Our drop-in centres fill this gap, providing immediate access to help, advice, and a supportive community. For many, walking through our doors is the first step towards recovery, offering them hope, connection, and the practical tools to rebuild their lives.



SUPPORT BACK TO WORK

We have Supported hundreds of Individuals with Mental Health Challenges back in to Work over 2024

At Anxious Minds, we understand that returning to work after experiencing mental health difficulties can be a daunting process. Mental health challenges such as anxiety, depression, PTSD, and stress-related conditions can significantly impact an individual's ability to work, affecting their confidence, concentration, and overall performance. Without the right support, many people struggle to reintegrate into employment, which can lead to long-term unemployment, financial instability, and worsening mental health.

That's why creating a supportive and understanding work environment is essential not just for the individual but also for employers who benefit from a healthier, more engaged, and productive workforce. Through our employability-focused mental health support services, we help individuals overcome barriers to employment, build resilience, and gain the confidence needed to sustain long-term work.

Our Partnerships and Collaborative Approach

To expand our reach and ensure more people get the support they need, Anxious Minds is a key partner in all North of the Tyne employability projects, working alongside:

- ◆ **WiseGroup** – Providing tailored support to help individuals overcome complex barriers to employment.
- ◆ **Reed in Partnership** – Assisting individuals in developing skills, confidence, and resilience for long-term career success.
- ◆ **Department for Work and Pensions (DWP)** – Working closely with job centres and employment advisors to provide mental health interventions for job seekers and those at risk of losing employment.
- ◆ **North East Combined Authority** – Collaborating on regional strategies to improve mental health support within employment and skills programs.



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 and Blyth. Each counselling session is donation-based, with a suggested contribution of £30 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 Projects

Our holistic, wraparound support service is essential when assisting individuals in crisis, as mental health challenges rarely exist in isolation. People facing crises often struggle with a range of interconnected issues, such as financial difficulties, housing instability, substance use, family breakdowns, or physical health conditions. Addressing only their mental health needs without considering these broader challenges can limit the effectiveness of interventions and hinder long-term recovery.

A truly supportive approach integrates mental health care with practical assistance, offering a comprehensive network of services tailored to an individual's needs. This may include access to crisis counseling, financial and legal advice, housing support, addiction recovery programs, employment assistance, and peer support networks. By working collaboratively across different areas, professionals can create a more effective and sustainable support system that empowers individuals to regain stability and move forward with their lives.

Moreover, early intervention is crucial. The sooner someone in crisis receives holistic support, the better their chances of recovery and resilience.

PROJECTS	DETAILS	OUTCOME
VETERAN RECOVERY COLLEGE	Support for veterans struggling with addiction and mental health	<ul style="list-style-type: none">• 1,950 Counselling Hours• 30 Supported with Addiction• 40 Used Advice Services
VETERAN FAMILIES	Support for families of Veterans, Reservists and Serving Soldiers	<ul style="list-style-type: none">• 32 Families had Advice Services• 650 Counselling Hours• 10 Families Used the Foodbank
VETERAN AND COMMUNITY KITCHEN	Hot Meals and Foodbank For Veterans and the Wider Community	<ul style="list-style-type: none">• Over 17,500 Hot Meals Served• 81 People a week use the Foodbank

OUTDOOR THERAPY

Including Hiking,
Kayaking, Mountain Biking,
Woodland School, Rock
Climbing

- Over **200** people accessed the outdoor therapy this year.

SUPPORT BACK TO WORK

Supported back to work in partnership with Reed in Partnership, The DWP, The WiseGroup and North East Combined Authority

- Helping over **512** move into or closer to employment

COMMUNITY MENTAL HEALTH SERVICES

Access in to our Community Drop-in and Recovery Services

- Over the year we had over **1,700** people use the Community Mental Health Services.

COMMUNITY COUNSELLING SERVICES

We simply can not keep up with the demand for counselling

- Total hours of counselling delivered by all projects is **8,500**

Moving Forward Together: Building a Stronger Future



For Every
£1

Generates £9 of
Social impact

£341,473

Funding Recived in 2024



Our 2025 Goals

1

Growing Our Counselling Services and Enhancing Training

To meet the increasing demand for mental health support, we are committed to expanding our counselling services and delivering more comprehensive training programs. By growing our team of qualified professionals, we can provide greater access to high-quality, person-centered therapy, ensuring that more individuals receive the support they need when they need it most.

2

Expanding Our Employment Support Services and Recruit4Good Job Board

Access to meaningful employment is a crucial factor in mental well-being and long term stability. That's why we are committed to expanding our employment support services and growing our Recruit4Good job board, ensuring that individuals especially veterans, those in recovery, and people facing mental health challenges have greater access to job opportunities and career development.

3

Expanding Courses and Events at the North East Veteran Recovery College

To further our commitment to supporting veterans on their recovery journey, we are expanding the courses and events available at the North East Veteran Recovery College. Our goal is to provide a wider range of educational, therapeutic, and skill-building opportunities, ensuring that every veteran has access to the support and knowledge they need to thrive.

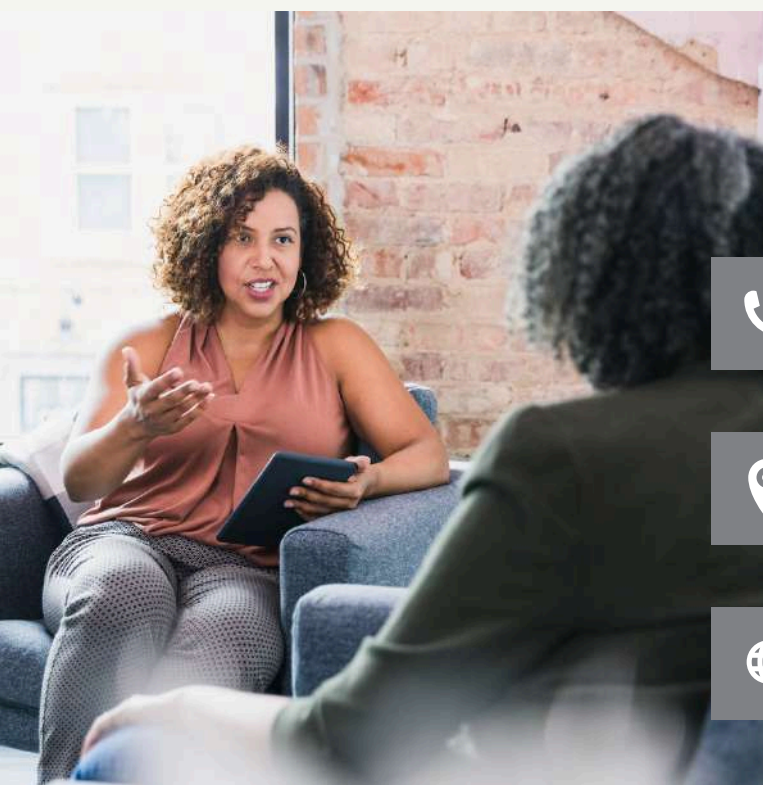
4

Establishing the Veteran Families Support Services

Recognising that the challenges faced by veterans also impact their families, we are committed to establishing Veteran Families Support Services a dedicated initiative to provide the emotional, practical, and social support that families need to navigate the unique challenges of military and veteran life.

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

**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.**

Acknowledgements

As we approach the end of our three year grant from the Trusthouse Foundation, we cannot thank them enough for their incredible support. Their funding has been instrumental in expanding our veteran services, enabling us to provide vital support to veterans, their families, and the wider community of the North East. Earlier this year, we faced the very real possibility of having to close all four of our centers due to the overwhelming increase in demand for our services. With little to no funding left, we found ourselves struggling to keep up. The need for mental health support has never been greater, and without the support we was given by the Trusthouse Foundation, we wouldn't have been able to continue our mission. Their generosity has made a real difference, allowing us to provide the care that so many veterans, their families, and the North East community desperately need Thank You so much for everything you have done for the people of the North East



We thank you for your continued support in our programs.



Trusthouse
Charitable Foundation

THANK YOU TO ALL OUR FUNDERS

**EDF Energy Blyth Offshore Demonstrator Wind Farm Community Benefit
Armed Forces Covenant Trust
Trusthouse Foundation
North Tynside Council
The Veteran Foundation
Northumbria Police Pay Back Fund
Lottery Community Organisation Cost Of Living (TNL)
The 1989 Willan Charitable Trust
NTCA Small Grants Youth Employment
Army Benevolence Fund
Lottery Awards4All**



SOME OF OUR AWARDS



FINALIST
Leader of the year 2023



FINALIST
Achievement



WINNER 2022
Health & Well-being Award



Silver Award
Role Model of the Year 2022



Leader of the
Year 2024 winner



Charity of the Year 2022
Anxious Minds was Highly Commended.



The UK's Mental Health and Wellbeing
Awards 2022





Anxious Minds

Unaudited Financial Statements

31 October 2024

Anxious Minds

Financial Statements

Year ended 31 October 2024

	Page
Trustees' annual report	1
Independent examiner's report to the trustees	6
Statement of financial activities	7
Statement of financial position	8
Notes to the financial statements	9
The following pages do not form part of the financial statements	
Detailed statement of financial activities	18

Anxious Minds

Trustees' Annual Report

Year ended 31 October 2024

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 October 2024.

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
Dionne Kennedy

Appointed 2 April 2024

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 2024

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 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.

Anxious Minds

Trustees' Annual Report (continued)

Year ended 31 October 2024

Objectives and activities

The objective 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 2024

Chair of Board of Trustee's Statement

As 2024 concludes, Anxious Minds proudly reflects on a year marked by hope, growth, and profound impact. Amidst rising demand for mental health support in the North East, our organisation has remained steadfast in our commitment to providing accessible, compassionate, and transformative care.

Throughout this remarkable year, our dedicated staff, volunteers, and supporters have worked tirelessly, embodying resilience and innovation in everything we do. We extend our heartfelt gratitude to our funders, partners, donors, and wider community, whose unwavering support has been foundational to our success. Equally critical has been the exceptional dedication of our team, both staff and volunteers, whose tireless efforts have changed lives and offered hope to countless individuals.

In 2024, Anxious Minds experienced record-high referrals from healthcare providers, charities, and social prescribers, underscoring the vital role we play in the community. Despite limited resources, our organisation successfully rose to the occasion, providing essential mental health support to more individuals than ever before.

Key achievements this year include:

Breaking Down Barriers to Mental Health Support:

- ✦ Delivered Low costing and free, accessible counselling and therapy to hundreds affected by anxiety, depression, abuse and trauma.
- ✦ Launched specialist support groups for men, young adults, and individuals experiencing loneliness.
- ✦ Expanded our walk-in crisis services, ensuring immediate care for those in urgent need.

Empowering Through Community and Peer Support:

- ✦ Enhanced peer support networks to combat stigma and isolation.
- ✦ Conducted mental health training in the workplaces, and communities, promoting resilience and understanding.
- ✦ Collaborated with local organisations to deliver targeted outreach programs for marginalised communities.

Innovation in Mental Health Care:

- ✦ Piloted digital therapy solutions, improving accessibility for remote areas.
- ✦ Implemented trauma-informed care training to elevate service quality.
- ✦ Developed new self-help resources, empowering individuals in their personal recovery journeys.

None of these accomplishments would have been possible without the incredible dedication and compassion of our team, staff and volunteers alike and the generosity of our supporters whose fundraising and advocacy efforts sustained our operations.

Looking ahead, we recognise the increasing demands placed on our resources. To sustain and expand our vital services, we continue to rely on the generosity and support of our community.

As we approach our tenth anniversary in 2025, Anxious Minds remains deeply committed to growing our reach, strengthening partnerships, and advocating for improved mental health care.

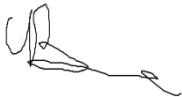
Anxious Minds

Trustees' Annual Report (continued)

Year ended 31 October 2024

At Anxious Minds, nobody walks alone. Your support ensures our message of hope and recovery reaches those who need it most. Together, we will continue to break barriers, transform lives, and build a brighter future where mental health care is accessible to all.

The trustees' annual report was approved on24/07/2025..... and signed on behalf of the trustees by:



Dr Chris Bowman
Chair

"Alone we can do so little; together we can do so much." – Helen Keller

Anxious Minds

Independent Examiner's Report to the Trustees of Anxious Minds

Year ended 31 October 2024

I report to the trustees on my examination of the financial statements of Anxious Minds ('the charity') for the year ended 31 October 2024.

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

24/07/2025

Anxious Minds

Statement of Financial Activities

Year ended 31 October 2024

			2024		2023
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income					
Donations and grants	4	46,857	187,663	234,520	206,069
Other trading activities	5	107,539	–	107,539	127,895
Total income		154,396 ~~~~~	187,663 ~~~~~	342,059 ~~~~~	333,964 ~~~~~
Expenditure					
Expenditure on raising funds:					
Costs of raising donations, grants and trading activities	6	140,778	196,373	337,151	333,014
Expenditure on charitable activities	7	2,041	–	2,041	3,101
Total expenditure		142,819 ~~~~~	196,373 ~~~~~	339,192 ~~~~~	336,115 ~~~~~
Net income/(expenditure) and net movement in funds		11,577 ~~~~~	(8,710) ~~~~~	2,867 ~~~~~	(2,151) ~~~~~
Reconciliation of funds					
Total funds brought forward		50,356	49,500	99,856	102,007
Total funds carried forward		61,933 ~~~~~	40,790 ~~~~~	102,723 ~~~~~	99,856 ~~~~~

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 9 to 16 form part of these financial statements.

Anxious Minds

Statement of Financial Position

31 October 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible fixed assets	12	33,000	38,000
Current assets			
Debtors	13	5,824	5,028
Cash at bank and in hand		66,501	59,371
		72,325	64,399
Creditors: amounts falling due within one year	14	(2,602)	(2,543)
Net current assets		69,723	61,856
Total assets less current liabilities		102,723	99,856
Net assets		102,723	99,856
		uuuuuu	uuuuuu
Funds of the charity			
Restricted funds		40,790	49,500
Unrestricted funds		61,933	50,356
Total charity funds	15	102,723	99,856
		uuuuuu	uuuuuu

These financial statements were approved by the board of trustees and authorised for issue on24/07/2025....., and are signed on behalf of the


Dr Chris Bowman
Trustee

The notes on pages 9 to 16 form part of these financial statements.

Anxious Minds

Notes to the Financial Statements

Year ended 31 October 2024

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 2024

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 2024

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 2024 £
Donations			
Donations	46,857	–	46,857
Grants			
North Tyneside Council	–	2,000	2,000
NTCA Small grants	–	28,203	28,203
The Veterans Foundation	–	20,000	20,000
Northumbria Police	–	5,000	5,000
The 1989 Willan Charitable Trust	–	10,000	10,000
The National Lottery - 1	–	33,363	33,363
The National Lottery - 2	–	17,697	17,697
EDF Energy Blyth Offshore Demonstrator Wind Farm	–	10,000	10,000
Army Benevolent Fund	–	10,000	10,000
Awards 4 All	–	18,400	18,400
Armed Forces Covenant Trust	–	33,000	33,000
	46,857	187,663	234,520
	uuuuuu	uuuuuuuu	uuuuuuuu

Anxious Minds

Notes to the Financial Statements (continued)

Year ended 31 October 2024

4. Donations and grants (continued)

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	28,469	—	28,469
Grants			
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
	5,500	172,100	177,600
	33,969	172,100	206,069
	~~~~~	~~~~~	~~~~~

### 5. Other trading activities

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Workshop & Sessional Fees	107,209	107,209	112,005	112,005
Supervision	330	330	890	890
Donated Goods - Capital Equipment	—	—	15,000	15,000
	107,539	107,539	127,895	127,895
	~~~~~	~~~~~	~~~~~	~~~~~

Anxious Minds

Notes to the Financial Statements (continued)

Year ended 31 October 2024

6. Costs of raising donations, grants and trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Salary Costs	78,861	156,730	235,591
Rent & Room Hire	10,265	33,000	43,265
Advertising & Promotional	2,301	–	2,301
Computer Costs	4,435	–	4,435
Insurances	1,457	–	1,457
Office & General Administration	825	–	825
Professional Services	19,154	6,643	25,797
Phone Costs	691	–	691
Print, Post & Stationery	992	–	992
Purchases	1,655	–	1,655
Travel Costs	1,378	–	1,378
Utilities	9,305	–	9,305
Fundraising Costs	3,589	–	3,589
Project Costs	438	–	438
Repairs & Renewals	6	–	6
Volunteer Expenses	426	–	426
Depreciation	5,000	–	5,000
	140,778 ~~~~~	196,373 ~~~~~	337,151 ~~~~~
	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
	210,414 ~~~~~	122,600 ~~~~~	333,014 ~~~~~

7. Governance

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Support costs	2,041 ~~~~~	2,041 ~~~~~	3,101 ~~~~~	3,101 ~~~~~

Anxious Minds

Notes to the Financial Statements (continued)

Year ended 31 October 2024

8. Independent examinations fees

	Total funds 2024 £	Total fund 2023 £
Fees payable to the independent examiner for: Independent examination of the financial statements	2,041 ~~~~~	3,101 ~~~~~

9. Net income

Net income is stated after charging:	2024 £	2023 £
Depreciation of tangible fixed assets	5,000 ~~~~~	5,000 ~~~~~

10. Staff costs

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

	2024 £	2023 £
Wages and salaries	225,460	207,279
Social security costs	7,925	6,173
Pension contributions	2,206	1,508
	235,591 ~~~~~	214,960 ~~~~~

The average head count of employees during the year was 17 (2023: 16).

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

11. Trustee remuneration and expenses

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

12. Tangible fixed assets

	Freehold property £	Equipment £	Total £
Cost			
At 1 November 2023 and 31 October 2024	28,000 ~~~~~	15,000 ~~~~~	43,000 ~~~~~
Depreciation			
At 1 November 2023	—	5,000	5,000
Charge for the year	—	5,000	5,000
At 31 October 2024	— ~~~~~	10,000 ~~~~~	10,000 ~~~~~
Carrying amount			
At 31 October 2024	28,000 ~~~~~	5,000 ~~~~~	33,000 ~~~~~
At 31 October 2023	28,000 ~~~~~	10,000 ~~~~~	38,000 ~~~~~

Anxious Minds

Notes to the Financial Statements (continued)

Year ended 31 October 2024

13. Debtors

	2024	2023
	£	£
Trade debtors	5,160	4,120
Prepayments and accrued income	664	908
	5,824	5,028
	~~~~~	~~~~~

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

	2024	2023
	£	£
Accruals and deferred income	527	960
Social security and other taxes	2,075	1,583
	2,602	2,543
	~~~~~	~~~~~

15. Analysis of charitable funds

Unrestricted funds

	At 1 November 2023	Income £	Expenditure £	At 31 October 2024
	£	£	£	£
General funds	50,356	154,396	(142,819)	61,933
	~~~~~	~~~~~	~~~~~	~~~~~

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

Restricted funds

	At 1 November 2023	Income £	Expenditure £	At 31 October 2024
	£	£	£	£
Trusthouse Foundation	33,000	—	(33,000)	—
Armed Forces Covenant Trust	16,500	33,000	(35,750)	13,750
NTCA Small Grants	—	28,203	(21,936)	6,267
North Tyneside Council	—	2,000	(2,000)	—
The Veteran Foundation	—	20,000	(19,992)	8
Northumbria Police	—	5,000	(5,000)	—
The 1989 Willan Charitable Trust	—	10,000	(9,999)	1
The National Lottery - 1	—	33,363	(33,363)	—
The National Lottery - 2	—	17,697	(17,697)	—
Army Benevolent Fund	—	10,000	(4,167)	5,833
EDF Energy Blyth Offshore	—	—	—	—
Demonstrator Wind Farm Community	—	—	—	—
Benefit	—	10,000	(10,000)	—
Awards 4 All	—	18,400	(3,470)	14,930
	49,500	187,663	(196,373)	40,790
	~~~~~	~~~~~	~~~~~	~~~~~

# Anxious Minds

## Notes to the Financial Statements (continued)

Year ended 31 October 2024

### 15. Analysis of charitable funds (continued)

	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
	–	172,100	(122,600)	49,500
	~~~~~	~~~~~	~~~~~	~~~~~

16. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Tangible fixed assets	33,000	–	33,000
Current assets	31,535	40,790	72,325
Creditors less than 1 year	(2,602)	–	(2,602)
Net assets	61,933	40,790	102,723
	~~~~~	~~~~~	~~~~~
	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>	<b>50,356</b>	<b>49,500</b>	<b>99,856</b>
	~~~~~	~~~~~	~~~~~

Anxious Minds

Management Information

Year ended 31 October 2024

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

Anxious Minds

Detailed Statement of Financial Activities

Year ended 31 October 2024

	2024 £	2023 £
Income		
Donations and grants		
Donations	46,857	28,469
Grants		
Charles Robert Bell	—	3,200
The Veterans Foundation	20,000	15,000
Trusthouse Foundation	—	66,000
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	18,400	10,000
Army Benevolent Fund	10,000	20,000
1989 Willan Charitable Trust	10,000	10,000
RAF Benevolent Fund	—	2,500
The National Lottery - 1	33,363	—
The National Lottery - 2	17,697	—
EDF Energy Blyth Offshore Demonstrator Wind Farm Community Benefit	10,000	—
North Tyneside Council	2,000	—
Northumbria Police	5,000	—
NTCA Small Grants	28,203	—
Armed Forces Covenant Trust	33,000	33,000
	187,663	177,600
	234,520	206,069
Other trading activities		
Workshop & Sessional Fees	107,209	112,005
Supervision	330	890
Donated Goods - Capital Equipment	—	15,000
	107,539	127,895
Total income	342,059	333,964

Anxious Minds

Detailed Statement of Financial Activities (continued)

Year ended 31 October 2024

Expenditure

Costs of raising donations and grants

Purchases	1,655	6,845
Wages and salaries	235,591	214,960
Rent & room hire	43,265	42,639
Cleaning	–	215
Utilities	9,305	3,936
Repairs and maintenance	6	286
Insurance	1,457	984
Volunteer expenses	426	12,018
Licences	–	650
Travel costs	1,378	870
Professional fees	25,797	31,106
Telephone	691	899
Printing, postage & stationery	992	4,348
Depreciation	5,000	5,000
Advertising & promotional	2,301	1,438
Computer costs	4,435	1,663
Office & general administration	825	2,626
Fundraising costs	3,589	1,531
Project costs	438	1,000
	337,151	333,014

Expenditure on charitable activities

Legal and professional fees	2,041	3,101
-----------------------------	-------	-------

Total expenditure

339,192	336,115
uuuuuu	uuuuuu

Net income/(expenditure)

2,867	(2,151)
uuuuuu	uuuuuu

Anxious Minds

Unaudited Financial Statements

31 October 2024

Anxious Minds

Financial Statements

Year ended 31 October 2024

	Page
Trustees' annual report	1
Independent examiner's report to the trustees	6
Statement of financial activities	7
Statement of financial position	8
Notes to the financial statements	9
The following pages do not form part of the financial statements	
Detailed statement of financial activities	18

Anxious Minds

Trustees' Annual Report

Year ended 31 October 2024

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 October 2024.

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
Dionne Kennedy

Appointed 2 April 2024

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 2024

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 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.

Anxious Minds

Trustees' Annual Report (continued)

Year ended 31 October 2024

Objectives and activities

The objective 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 2024

Chair of Board of Trustee's Statement

As 2024 concludes, Anxious Minds proudly reflects on a year marked by hope, growth, and profound impact. Amidst rising demand for mental health support in the North East, our organisation has remained steadfast in our commitment to providing accessible, compassionate, and transformative care.

Throughout this remarkable year, our dedicated staff, volunteers, and supporters have worked tirelessly, embodying resilience and innovation in everything we do. We extend our heartfelt gratitude to our funders, partners, donors, and wider community, whose unwavering support has been foundational to our success. Equally critical has been the exceptional dedication of our team, both staff and volunteers, whose tireless efforts have changed lives and offered hope to countless individuals.

In 2024, Anxious Minds experienced record-high referrals from healthcare providers, charities, and social prescribers, underscoring the vital role we play in the community. Despite limited resources, our organisation successfully rose to the occasion, providing essential mental health support to more individuals than ever before.

Key achievements this year include:

Breaking Down Barriers to Mental Health Support:

- ✦ Delivered Low costing and free, accessible counselling and therapy to hundreds affected by anxiety, depression, abuse and trauma.
- ✦ Launched specialist support groups for men, young adults, and individuals experiencing loneliness.
- ✦ Expanded our walk-in crisis services, ensuring immediate care for those in urgent need.

Empowering Through Community and Peer Support:

- ✦ Enhanced peer support networks to combat stigma and isolation.
- ✦ Conducted mental health training in the workplaces, and communities, promoting resilience and understanding.
- ✦ Collaborated with local organisations to deliver targeted outreach programs for marginalised communities.

Innovation in Mental Health Care:

- ✦ Piloted digital therapy solutions, improving accessibility for remote areas.
- ✦ Implemented trauma-informed care training to elevate service quality.
- ✦ Developed new self-help resources, empowering individuals in their personal recovery journeys.

None of these accomplishments would have been possible without the incredible dedication and compassion of our team, staff and volunteers alike and the generosity of our supporters whose fundraising and advocacy efforts sustained our operations.

Looking ahead, we recognise the increasing demands placed on our resources. To sustain and expand our vital services, we continue to rely on the generosity and support of our community.

As we approach our tenth anniversary in 2025, Anxious Minds remains deeply committed to growing our reach, strengthening partnerships, and advocating for improved mental health care.

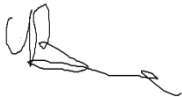
Anxious Minds

Trustees' Annual Report (continued)

Year ended 31 October 2024

At Anxious Minds, nobody walks alone. Your support ensures our message of hope and recovery reaches those who need it most. Together, we will continue to break barriers, transform lives, and build a brighter future where mental health care is accessible to all.

The trustees' annual report was approved on24/07/2025..... and signed on behalf of the trustees by:



Dr Chris Bowman
Chair

"Alone we can do so little; together we can do so much." – Helen Keller

Anxious Minds

Independent Examiner's Report to the Trustees of Anxious Minds

Year ended 31 October 2024

I report to the trustees on my examination of the financial statements of Anxious Minds ('the charity') for the year ended 31 October 2024.

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

24/07/2025

Anxious Minds

Statement of Financial Activities

Year ended 31 October 2024

			2024		2023
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income					
Donations and grants	4	46,857	187,663	234,520	206,069
Other trading activities	5	107,539	–	107,539	127,895
Total income		154,396	187,663	342,059	333,964
		~~~~~	~~~~~	~~~~~	~~~~~
<b>Expenditure</b>					
Expenditure on raising funds:					
Costs of raising donations, grants and trading activities	6	140,778	196,373	337,151	333,014
Expenditure on charitable activities	7	2,041	–	2,041	3,101
<b>Total expenditure</b>		142,819	196,373	339,192	336,115
		~~~~~	~~~~~	~~~~~	~~~~~
Net income/(expenditure) and net movement in funds		11,577	(8,710)	2,867	(2,151)
		~~~~~	~~~~~	~~~~~	~~~~~
<b>Reconciliation of funds</b>					
Total funds brought forward		50,356	49,500	99,856	102,007
<b>Total funds carried forward</b>		61,933	40,790	102,723	99,856
		~~~~~	~~~~~	~~~~~	~~~~~

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 9 to 16 form part of these financial statements.

Anxious Minds

Statement of Financial Position

31 October 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible fixed assets	12	33,000	38,000
Current assets			
Debtors	13	5,824	5,028
Cash at bank and in hand		66,501	59,371
		72,325	64,399
Creditors: amounts falling due within one year	14	(2,602)	(2,543)
Net current assets		69,723	61,856
Total assets less current liabilities		102,723	99,856
Net assets		102,723	99,856
		uuuuuu	uuuuuu
Funds of the charity			
Restricted funds		40,790	49,500
Unrestricted funds		61,933	50,356
Total charity funds	15	102,723	99,856
		uuuuuu	uuuuuu

These financial statements were approved by the board of trustees and authorised for issue on24/07/2025....., and are signed on behalf of the


Dr Chris Bowman
Trustee

The notes on pages 9 to 16 form part of these financial statements.

Anxious Minds

Notes to the Financial Statements

Year ended 31 October 2024

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 2024

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 2024

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 2024 £
Donations			
Donations	46,857	–	46,857
Grants			
North Tyneside Council	–	2,000	2,000
NTCA Small grants	–	28,203	28,203
The Veterans Foundation	–	20,000	20,000
Northumbria Police	–	5,000	5,000
The 1989 Willan Charitable Trust	–	10,000	10,000
The National Lottery - 1	–	33,363	33,363
The National Lottery - 2	–	17,697	17,697
EDF Energy Blyth Offshore Demonstrator Wind Farm	–	10,000	10,000
Army Benevolent Fund	–	10,000	10,000
Awards 4 All	–	18,400	18,400
Armed Forces Covenant Trust	–	33,000	33,000
	46,857	187,663	234,520
	uuuuuu	uuuuuuuu	uuuuuuuu

Anxious Minds

Notes to the Financial Statements (continued)

Year ended 31 October 2024

4. Donations and grants (continued)

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations			
Donations	28,469	—	28,469
Grants			
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
	5,500	172,100	177,600
	33,969	172,100	206,069
	~~~~~	~~~~~	~~~~~

### 5. Other trading activities

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Workshop & Sessional Fees	107,209	107,209	112,005	112,005
Supervision	330	330	890	890
Donated Goods - Capital Equipment	—	—	15,000	15,000
	107,539	107,539	127,895	127,895
	~~~~~	~~~~~	~~~~~	~~~~~

Anxious Minds

Notes to the Financial Statements (continued)

Year ended 31 October 2024

6. Costs of raising donations, grants and trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Salary Costs	78,861	156,730	235,591
Rent & Room Hire	10,265	33,000	43,265
Advertising & Promotional	2,301	–	2,301
Computer Costs	4,435	–	4,435
Insurances	1,457	–	1,457
Office & General Administration	825	–	825
Professional Services	19,154	6,643	25,797
Phone Costs	691	–	691
Print, Post & Stationery	992	–	992
Purchases	1,655	–	1,655
Travel Costs	1,378	–	1,378
Utilities	9,305	–	9,305
Fundraising Costs	3,589	–	3,589
Project Costs	438	–	438
Repairs & Renewals	6	–	6
Volunteer Expenses	426	–	426
Depreciation	5,000	–	5,000
	140,778	196,373	337,151
	uuuuuu	uuuuuu	uuuuuu

	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
	210,414	122,600	333,014
	uuuuuu	uuuuuu	uuuuuu

7. Governance

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Support costs	2,041	2,041	3,101	3,101
	uuuuu	uuuuu	uuuu	uuuu

Anxious Minds

Notes to the Financial Statements (continued)

Year ended 31 October 2024

8. Independent examinations fees

	Total funds 2024 £	Total fund 2023 £
Fees payable to the independent examiner for: Independent examination of the financial statements	2,041 ~~~~~	3,101 ~~~~~

9. Net income

Net income is stated after charging:	2024 £	2023 £
Depreciation of tangible fixed assets	5,000 ~~~~~	5,000 ~~~~~

10. Staff costs

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

	2024 £	2023 £
Wages and salaries	225,460	207,279
Social security costs	7,925	6,173
Pension contributions	2,206	1,508
	235,591 ~~~~~	214,960 ~~~~~

The average head count of employees during the year was 17 (2023: 16).

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

11. Trustee remuneration and expenses

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

12. Tangible fixed assets

	Freehold property £	Equipment £	Total £
Cost			
At 1 November 2023 and 31 October 2024	28,000 ~~~~~	15,000 ~~~~~	43,000 ~~~~~
Depreciation			
At 1 November 2023	—	5,000	5,000
Charge for the year	—	5,000	5,000
At 31 October 2024	— ~~~~~	10,000 ~~~~~	10,000 ~~~~~
Carrying amount			
At 31 October 2024	28,000 ~~~~~	5,000 ~~~~~	33,000 ~~~~~
At 31 October 2023	28,000 ~~~~~	10,000 ~~~~~	38,000 ~~~~~

Anxious Minds

Notes to the Financial Statements (continued)

Year ended 31 October 2024

13. Debtors

	2024	2023
	£	£
Trade debtors	5,160	4,120
Prepayments and accrued income	664	908
	5,824	5,028
	~~~~~	~~~~~

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

	2024	2023
	£	£
Accruals and deferred income	527	960
Social security and other taxes	2,075	1,583
	2,602	2,543
	~~~~~	~~~~~

15. Analysis of charitable funds

Unrestricted funds

	At 1 November 2023	Income £	Expenditure £	At 31 October 2024
	£	£	£	£
General funds	50,356	154,396	(142,819)	61,933
	~~~~~	~~~~~	~~~~~	~~~~~

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

Restricted funds

	At 1 November 2023	Income £	Expenditure £	At 31 October 2024
	£	£	£	£
Trusthouse Foundation	33,000	—	(33,000)	—
Armed Forces Covenant Trust	16,500	33,000	(35,750)	13,750
NTCA Small Grants	—	28,203	(21,936)	6,267
North Tyneside Council	—	2,000	(2,000)	—
The Veteran Foundation	—	20,000	(19,992)	8
Northumbria Police	—	5,000	(5,000)	—
The 1989 Willan Charitable Trust	—	10,000	(9,999)	1
The National Lottery - 1	—	33,363	(33,363)	—
The National Lottery - 2	—	17,697	(17,697)	—
Army Benevolent Fund	—	10,000	(4,167)	5,833
EDF Energy Blyth Offshore	—	—	—	—
Demonstrator Wind Farm Community	—	—	—	—
Benefit	—	10,000	(10,000)	—
Awards 4 All	—	18,400	(3,470)	14,930
	49,500	187,663	(196,373)	40,790
	~~~~~	~~~~~	~~~~~	~~~~~

# Anxious Minds

## Notes to the Financial Statements (continued)

Year ended 31 October 2024

### 15. Analysis of charitable funds (continued)

	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
	–	172,100	(122,600)	49,500
	~~~~~	~~~~~	~~~~~	~~~~~

16. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Tangible fixed assets	33,000	–	33,000
Current assets	31,535	40,790	72,325
Creditors less than 1 year	(2,602)	–	(2,602)
Net assets	61,933	40,790	102,723
	~~~~~	~~~~~	~~~~~
	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>	<b>50,356</b>	<b>49,500</b>	<b>99,856</b>
	~~~~~	~~~~~	~~~~~

Anxious Minds

Management Information

Year ended 31 October 2024

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

Anxious Minds

Detailed Statement of Financial Activities

Year ended 31 October 2024

	2024 £	2023 £
Income		
Donations and grants		
Donations	46,857	28,469
Grants		
Charles Robert Bell	—	3,200
The Veterans Foundation	20,000	15,000
Trusthouse Foundation	—	66,000
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	18,400	10,000
Army Benevolent Fund	10,000	20,000
1989 Willan Charitable Trust	10,000	10,000
RAF Benevolent Fund	—	2,500
The National Lottery - 1	33,363	—
The National Lottery - 2	17,697	—
EDF Energy Blyth Offshore Demonstrator Wind Farm Community Benefit	10,000	—
North Tyneside Council	2,000	—
Northumbria Police	5,000	—
NTCA Small Grants	28,203	—
Armed Forces Covenant Trust	33,000	33,000
	187,663	177,600
	234,520	206,069
Other trading activities		
Workshop & Sessional Fees	107,209	112,005
Supervision	330	890
Donated Goods - Capital Equipment	—	15,000
	107,539	127,895
Total income	342,059	333,964

Anxious Minds

Detailed Statement of Financial Activities (continued)

Year ended 31 October 2024

Expenditure

Costs of raising donations and grants

Purchases	1,655	6,845
Wages and salaries	235,591	214,960
Rent & room hire	43,265	42,639
Cleaning	–	215
Utilities	9,305	3,936
Repairs and maintenance	6	286
Insurance	1,457	984
Volunteer expenses	426	12,018
Licences	–	650
Travel costs	1,378	870
Professional fees	25,797	31,106
Telephone	691	899
Printing, postage & stationery	992	4,348
Depreciation	5,000	5,000
Advertising & promotional	2,301	1,438
Computer costs	4,435	1,663
Office & general administration	825	2,626
Fundraising costs	3,589	1,531
Project costs	438	1,000
	337,151	333,014

Expenditure on charitable activities

Legal and professional fees	2,041	3,101
-----------------------------	-------	-------

Total expenditure

339,192	336,115
uuuuuu	uuuuuu

Net income/(expenditure)

2,867	(2,151)
uuuuuu	uuuuuu