

# Mid Kent Mind

England & Wales · Charity number 1167328

## Details

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**Other names** MAIDSTONE AND MID KENT MIND, MMK MIND

**Status** Registered

**Legal form** CIO

**Registered** 2016-05-25

**Register** [View on the Charity Commission register](#)

## Contact

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Maidstone  
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**Website** [www.maidstonemind.org](http://www.maidstonemind.org)

## Activities

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**Objects:** A) TO PROMOTE THE PRESERVATION OF GOOD MENTAL HEALTH IN PARTICULAR BY ENABLING AND EMPOWERING EVERYONE EXPERIENCING MENTAL HEALTH PROBLEMS TO LIVE WITH, MANAGE AND RECOVER FROM THEIR CONDITION. B) TO RELIEVE THE NEEDS OF PEOPLE WITH MENTAL HEALTH PROBLEMS BY WORKING TO INCREASE THE UNDERSTANDING OF MENTAL HEALTH AND MENTAL HEALTH PROBLEMS BY GATHERING AND DISSEMINATING INFORMATION AND WORKING TO RAISE AWARENESS, PROMOTE UNDERSTANDING AND CHALLENGE STIGMA AND DISCRIMINATION.

**Activities:** PRESERVATION OF GOOD MENTAL HEALTH IN PARTICULAR BY ENABLING AND EMPOWERING EVERYONE EXPERIENCING MENTAL HEALTH PROBLEMS TO LIVE WITH, MANAGE AND RECOVER FROM THEIR CONDITION.

## Classification

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- **How:** Provides Services
- **What:** General Charitable Purposes
- **Who:** People With Disabilities

## Geography

- Kent

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£686,379	£713,013	£780,748	15
2024-03-31	£803,744	£704,468	£807,382	15
2023-03-31	£495,773	£729,519	-	-
2022-03-31	£1,000,341	£853,147	£941,852	30
2021-03-31	£772,907	£689,917	£763,658	30

## Trustees

Name	Role	Appointed
<b>Donal Watkin</b>	Chair	2018-01-05
Barry Hostead		2024-05-23
Juliet Lang		2022-07-27
Patrick Miller		2022-02-08
Paul Miller		2022-02-08
Rosie Collins		2024-05-23
Victoria Edwards		2022-07-27

**Mid Kent Mind**

England & Wales - Charity number 1167328

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# Accounts

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Charity registration number 1167328 (England and Wales)



**MID KENT MIND**

**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 MARCH 2025**



# MID KENT MIND

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	D. Watkin V. Edwards J. Lang P. Miller P. Miller R. Collins B. Hostead R. Atiti	(Appointed 23 May 2024) (Appointed 23 May 2024) (Appointed 23 May 2024)
<b>CEO</b>	H. Cummins	
<b>Charity number (England and Wales)</b>	1167328	
<b>Principal address</b>	23 College Road Maidstone Kent ME15 6YH	
<b>Independent examiner</b>	Darren Harding ACA FCCA DChA Richard Place Dobson Services Limited Ground Floor 1-7 Station Road Crawley West Sussex RH10 1HT	
<b>Bankers</b>	The Co-operative Bank PO Box 250 Skelmersdale Lancashire WN8 6WT	

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# MID KENT MIND

## CONTENTS

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	<b>Page</b>
Trustees' report	1 - 12
Independent examiner's report	13
Statement of financial activities	14
Balance sheet	15
Statement of cash flows	16
Notes to the financial statements	17 - 32

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# MID KENT MIND

## TRUSTEES' REPORT

### FOR THE YEAR ENDED 31 MARCH 2025

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The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with Mid Kent Mind's Memorandum and Articles of Association, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

#### OBJECTIVES AND ACTIVITIES

Mid Kent Mind is a local, independent, mental health and wellbeing charity providing a safe environment for individuals where everyone is valued. We improve the lives of those in our community by building their resilience and giving them hope for a better future.

#### Our Vision

Our vision is for a community where all individuals are accepted, included and supported to thrive.

#### Our Values

### Values

 <p><b>Listening</b> We are compassionate. We respond to the needs of local people and take action</p>	 <p><b>Inclusivity</b> We give people a sense of belonging and all our services are accessible.</p>
 <p><b>Resilience</b> We are a resilient organisation, and we empower our beneficiaries to build their own resilience. We support people's voice.</p>	 <p><b>Integrity</b> We are trustworthy mental health experts committed to delivering effective services that promote lasting well-being.</p>

Our Strategic Goals

# Strategic goals



**Impact**

By increasing our reach and levels of engagement, we ensure that more people in our community can access vital mental health and wellbeing support. We are committed to breaking down barriers, fostering understanding and extending our services to those who need it most.

Our commitments:

- Enhance brand awareness and digital presence – making our services more visible and more accessible for everyone, across urban and rural communities.
- Engage with underserved populations – listening to community needs and building connections through direct outreach.
- Use data-driven insights – developing targeted messaging and personalised communication to improve engagement.
- Launch brand awareness campaigns – working with partners to challenge stigma and promote mental health education.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2025

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#### Service Quality

We are committed to continuously improving our services to ensure the highest standards of mental health support. By adopting practices, evaluating our impact, and embracing innovation we will meet the diverse needs of our community.

Our commitments:

- Strengthen service quality – building on the Mind Quality Mark to enhance internal processes and standards.
- Deliver impactful mental health support – using data and best practices to measure effectiveness and improve outcomes.
- Champion the voices of our communities – advocating for mental health at local, regional, and national levels.

#### Organisational Development

Strong infrastructure and continuous improvement are essential for delivering high quality mental health services. By investing in technology, AI and organisational development, we enhance efficiency, innovation, and service delivery.

Our commitments:

- Invest in modern, secure technology – upgrading hardware, software, and networks to support seamless operations.
- Strengthen cybersecurity – implementing advanced measures to protect data and ensure service continuity.
- Maximise the potential of our internal CRM system – using data-driven insights to improve efficiency and outcomes.
- Harness the power of AI to enhance mental health support across Mid Kent by improving service accessibility, personalising client engagement and streamlining internal operations.

#### Our People

Our people are our greatest asset. By prioritising their wellbeing and development, we create a resilient, compassionate and effective organisation capable of delivering exceptional mental health support.

Our commitments:

- Recruit and retain a diverse, skilled workforce – ensuring we have the right people to deliver high-quality support.
- Invest in learning and development – providing training, shared learning, and career growth opportunities.
- Champion workplace wellbeing – fostering a safe, inclusive, and supportive environment where employees can thrive.

#### Collaboration

Collaboration strengthens our ability to deliver impactful services and expand support for our communities. By building meaningful partnerships, we create a network of trust and seamless pathways to the right support.

Our commitments:

- Expand peer support networks – empowering ambassadors and advocates with lived experience to support others.
- Strengthen local collaborations and stakeholder relationships – working with businesses, charities, and public sector organisations to improve service reach.
- Develop wider partnerships – exploring Corporate Social Responsibility (CSR) opportunities to enhance resources and impact.
- Explore strategic collaborations – assessing potential partnerships and strategic alignments with other organisations.

#### Sustainability

We are committed to long-term sustainability – ensuring financial stability, environmental responsibility and operational resilience. By adopting forward-thinking strategies, we will safeguard our future and continue delivering vital mental health services.

Our commitments:

- Diversify funding sources – reducing reliance on single income streams to maintain financial independence.
- Develop marketable services and products – creating sustainable revenue streams to support long-term growth.
- Enhance operational efficiency and effectiveness – streamlining internal processes, particularly funding pipelines and bid management demonstrating transparency, accountability, and value for money.
- Adopt environmentally responsible practices – implementing green initiatives within our offices and operations.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2025*

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### **FOCUS OF WORK AND PUBLIC BENEFIT**

As an independent, local charity, Mid Kent Mind's work focuses on delivering life-changing support to people living in Maidstone, Ashford and Swale using our expert knowledge to meet the needs of our area. People benefit from having considerable control and choice to access the support that is most relevant and appropriate to them. We have worked tirelessly to ensure our services are truly co-produced by those that use them and we have made considerable strides to ensure all members of the community feel our services are accessible and inclusive.

In setting objectives and planning for activities, the Trustees confirm they have complied with the requirements of section 4 of the Charities Act 2011 and have given due consideration to the general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

### **ACHIEVEMENTS AND PERFORMANCE**

Over the past year, Mid Kent Mind has delivered significant impact across our communities, demonstrating resilience, innovation, and leadership in mental health support.

- Supported thousands of individuals through drop-in sessions, counselling, youth programmes, and wellbeing initiatives.
- Clients consistently report significant improvements in mental health, including enhanced coping strategies, reduced anxiety, and improved confidence.
- Evidence shows a marked reduction in isolation and loneliness, with participants benefiting from social groups, peer support networks, and community engagement activities.

Our dedicated team remains the cornerstone of our success. Through continuous professional development and commitment to best practice, they have ensured the delivery of high-quality, person-centred services. Staff have embraced innovation, including digital tools and AI, to enhance accessibility and efficiency.

We have embedded co-production into service design, actively involving beneficiaries in shaping programmes to reflect real needs. This approach has strengthened trust, improved relevance, and positioned Mid Kent Mind as a leader in community-driven mental health support.

Mid Kent Mind is increasingly recognised as a thought leader in mental health provision, championing collaboration, innovation, and advocacy at local and regional levels. Our work challenges stigma, promotes education, and influences policy discussions.

### **Key performance indicators**

Mid Kent Mind measures its performance by recording the number of people that access our services and those who have improved their levels of mental health and wellbeing. Additionally, outcomes set by funders and commissioners are also measured.

### **Service Delivery and Community Impact**

In the financial year 2024 to 2025 we have worked with over 7000 individuals across Maidstone Ashford and Swale; a 39.4% increase in service users from 2023 to 2024. This reflects not only the increased need for local mental health support, but also our ongoing commitment to reaching all those who need us.

This year, we have been focusing on taking our services right into the heart of our communities, building on our provision in Ashford and Swale and particularly targeting underserved and rural communities where we worked with partnership organisations to reduce stigma and breakdown barriers to accessing support. This includes working with representatives from the Gypsy, Roma and Traveller communities and the armed forces.

### **Adult services**

1637 adults attended our community-based wellbeing services collectively making 4055 attendances. To ensure that we reflect the needs and interests of our local communities, we launched several new services this year in direct response to comments, feedback and suggestions from our beneficiaries.

### **Community Drop-In Services**

Mid Kent Mind's drop-in services continued to provide accessible, non-clinical mental health support to individuals across Maidstone and the wider region. During the reporting period, 99 individuals from diverse backgrounds engaged with the service. These sessions are designed to be flexible and inclusive, allowing participants to attend without referral or restriction, and to access support as and when their wellbeing needs arise.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2025

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The drop-in model fosters a welcoming, non-judgemental environment where individuals receive effective support from trained staff and benefit from peer interaction. Notably, service users reported on over 200 occasions that attending the café had directly prevented incidents of self-harm, suicidal ideation, or suicide. Furthermore, on 218 occasions, individuals indicated that the service had prevented them from seeking emergency support via their GP or local A&E, thereby alleviating pressure on statutory services.

In December 2024, Mid Kent Mind participated in a local gift-giving initiative, supported by Maidstone Borough Council and community donors. This enabled us to distribute Christmas gifts to attendees, many of whom have limited family connections. Feedback confirmed that, for several individuals, these were the only gifts they received during the festive period. In response to increasing demand, the drop-in service was expanded in 2025, with new weekly sessions launched in Ashford (January) and Swale (August).

#### **Wellbeing Box Initiative**

With funding from Councillor Tom Cannon and the Kent County Council Members Grant, Mid Kent Mind produced and distributed 200 wellbeing boxes to individuals experiencing crisis or emotional distress. These boxes were assembled by a youth volunteer who had previously accessed our services and wished to contribute to the wellbeing of others. Her continued involvement, supported by her family, has had a significant impact on recipients, offering comfort and hope during challenging times.

Service user feedback highlighted the emotional value of the boxes, with many expressing appreciation for the thoughtful contents and the positive effect on their mental health.

*"It was clear that lots of thought and work had gone into the boxes and I particularly loved the rainbow-coloured note, the key ring and the sweets! It really put a smile on my face."*

*"X was worried and upset about some of the issues she is dealing with. She came out of her session smiling and proudly showed me the contents of her box. She has eaten the sweets and been using the anxiety toys which have helped keep her calm."*

#### **Responsive Programme Development**

Mid Kent Mind remains committed to service co-design and responsiveness. In 2025, feedback from beneficiaries highlighted the ongoing impact of the cost-of-living crisis on mental health. In response, we extended our Food and Mood and Winter Warmer programmes, supporting 46 households with slow cookers, kitchen scales, ingredients, and recipes for six nutritious, budget-conscious meals.

Participants gained practical skills in nutrition, budgeting, and cooking, with additional benefits to literacy and numeracy. Reported outcomes included improved dietary habits, increased confidence in meal preparation, and financial savings through batch cooking.

*"I now feel more energetic as I am getting more nutritious food."*

*"I have saved money through batch cooking and me and my family are eating better."*

*"I've learnt how to cook using a slowcooker, using new food and understanding timing."*

*"It's made me want to cook different foods, I have been researching what I can cook next!"*

#### **Singing for Wellbeing Programme**

Following direct feedback from service users, Mid Kent Mind launched a 12-week singing group focused on improving mental and physical wellbeing through music. The group met weekly for informal sing-alongs featuring popular music. Participants reported improvements in emotional wellbeing, respiratory health, and social connection.

Due to the programme's success and positive feedback, additional funding was secured to extend the initiative for a further 24 weeks from June 2025.

*"This group gave me an outlet for my stress and anxiety and I liked that I could put a song suggestion for my favourite songs."*

*"A very friendly, uplifting group. I usually feel energised and positive at the end of a session."*

*"I could express myself and get my voice heard. I want to be heard and listened to."*

## MID KENT MIND

### TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2025*

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*"It improved my hyperventilation and breathing."*

#### **Horticultural Therapy**

In partnership with Involve Kent, Mid Kent Mind delivered a nine-month horticultural programme offering therapeutic outdoor activities. This initiative supported mental wellbeing through nature-based engagement and community building

#### **Energy Essentials Training**

To enhance the breadth of support offered, staff undertook training with SGN and Gas Safe on Energy Essentials and Carbon Monoxide Awareness. Topics included energy billing, payment methods, meter usage, behavioural changes to reduce consumption, and home safety. As a result, Mid Kent Mind is now equipped to provide tailored advice on energy efficiency, safety, and registration with the Priority Services Register, further supporting the holistic wellbeing of our service users.

#### **Youth Services**

Youth services reached 1684 children and young people providing a range of activities including group Cognitive Behavioural Coaching (CBC) courses, holiday workshops and social groups. We supported over 400 parents as part of this work – providing them with knowledge and skills to help them in their caring roles as well as sharing with them practical self-care tips so they can look after themselves too.

In August 2024, we were delighted to be awarded a three-year grant from The National Lottery which has allowed us to adapt our existing provision in response to feedback from service users and extend the reach of our work into new communities.

*"Mental health is an issue for many of our young people for a variety of reasons and as a school we are always looking at what else we can do to help. The support from Mid Kent Mind has been brilliant and has had an impact on the way we support our young people in school. The training sessions provided for staff were informative and involved lots of practical tips and ideas."*

*The parent drop-in sessions explored how our families could support young people's mental health during the holidays and the online Parental Resilience Course was of huge benefit to families and indirectly for us as a school as well." SENCO at a special school.*

59 young people benefited from a Wellbeing and Resilience Action Plan (WRAP), intensive 1-2-1 weekly interventions using CBC techniques to help them take proactive steps to overcome the challenges they are facing. 100% felt they were listened to and treated as individuals and 98% reported that their wellbeing improved. They all learnt skills and techniques that they can do to support themselves in the areas they find challenging and 88% had already used one of the techniques when we followed up with them.

*"I learned really helpful techniques and learned how to challenge my usual negative thinking to be positive. I also learned to break down tasks to make them more manageable."*

*"These sessions have helped me with my mental health and wellbeing, helped me to feel positive and regain lots of my self-esteem."*

*"I feel more motivated and hopeful for the future."*

We also launched our new 18-25 social groups which have been very well attended throughout the year. Initially launched in Maidstone, we now have groups meeting regularly in Ashford and Swale too. Participants enjoyed activities such as bowling, ethical puppy yoga and escape rooms. 100% of participants enjoyed the sessions and reported that their wellbeing improved. They shared with us that they like the different activities, would like to attend future sessions and have made new friends in the group.

*"It has really helped me socialise and come out of my shell lots. It was lovely to smile and have a laugh."*

*"It is a really enjoyable group and it has made me get out and do something new. I have made new friends from this and it gets me out of the house."*

#### **Training**

Although all areas of our work saw growth, our training department saw the biggest increase in numbers reached, jumping 81% year-on-year.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2025

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As part of our continued partnership with Kent County Council and Medway Council we delivered three courses: Adult Suicide Prevention, Youth Mental Health and Suicide Awareness and Everyday Mental Health. There was a record number of participants in these sessions which reached 2920 individuals from businesses, schools, community groups and healthcare settings as well as family members, friends and carers of people affected by poor mental health.

99% of participants on our Adult Suicide Prevention Course reported that their knowledge increased and 97% said they now felt more confident in reducing suicidal risk.

97.5% of participants on our Youth Mental Health and Suicide Awareness course reported that their knowledge of suicide prevention had increased and 95% felt they had a greater awareness of support services and signposting they could provide to a young person who was at risk.

For our Everyday Mental Health course, 90% reported their awareness of how to support someone experiencing mental health problems had increased and 95% felt more confident in doing so.

On average, almost 40% of total participants reported that they had used the skills they learnt in a real-life situation within 3 months of completing the training.

*"This was great training, delivered well with focus on non-judgement and self-care. Thank you! I would recommend everyone to attend."*

*"Great session that handled such a sensitive subject with the respect it deserves. I will take what I've learned with me and I feel confident to signpost the young people I work with, with the resources made available."*

*"A very effective and professional training session."*

*"I did ask someone, when they questioned their value and worth and reported to be very depressed, if they had thought about ending their own life. I would not have done this before."*

Our Adult and Youth Mental Health First Aid courses are accredited by Mental Health First Aid England and are delivered by Certified Instructors – 287 people attended one of these comprehensive, 2 day courses.

298 individuals participated in our Workplace Wellbeing courses which are now established as part of our core offering. Bespoke sessions were provided to local businesses on a range of topics including conflict, resilience, workplace stress and self-care. Whilst each workplace can require different objectives and outcomes from the training, overall feedback is consistently positive.

100% of participants felt better able to recognize the signs that someone might be experiencing poor mental health.

100% felt more confident in having a conversation about wellbeing/mental health in their workplace.

100% were more aware of how to support mental health and wellbeing in the workplace.

#### **Counselling**

Our volunteer counsellors contributed over 13,000 hours of support over the year to 331 individuals who collectively made 4204 attendances to our Affordable Counselling Service.

At a time when everyone is still feeling the effect of the cost-of-living crisis, we know that having access to affordable mental health support is vital; for the majority of people attending our service, the affordability of the sessions was a factor in choosing to have counselling with us.

We understand it can take time to explore complex relationships, behaviours and emotions therefore clients can access our affordable counselling service for up to two years. On average, individuals choose to have around 12 sessions each with 100% reporting they were happy with their experience and 100% of people reported that counselling helped to improve their mental health/wellbeing.

*"Counselling has been transformative for me. I would recommend this service to anyone."*

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2025

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*"I cannot thank my counsellor enough. Over the course of my time, she has helped me to understand myself and be able to cope with the way I see myself. I cannot change who I am, but I now understand myself better. I could not have reached this point without her guidance."*

*"I chose Mid Kent Mind because of the affordability but mainly because I felt the counselling would be meaningful. It is a minefield on knowing where to start when seeking counselling and I wanted to attend a setting that had my interests first and not money. Mid Kent Mind assessed my suitability and paired me with a counsellor who was able to help with my specific requirements. I will continually promote this service and encourage others to make contact should they feel the need to seek help. Thank you for all your support."*

#### **Awards and recognitions**

It has been an honour to have our work recognised in several local awards.

Our Menopause Mind and Movement course and our Wellbeing Drop-in Café were recognised as Highly Commended in the Kent Mental Wellbeing Awards as were our Youth Services.

Our Chief Executive Henu Cummins won in the Mental Health Leadership category and our longstanding volunteer John Churcher won the volunteering award.

We were also presented with the overall, High Street Heroes Award from Gullands Solicitors as part of their annual celebration of Maidstone based organisations.

Meanwhile, our training team were awarded an Enhanced Quality Mark in March 2025 in recognition of the high quality and excellent value that our courses provide. This followed a rigorous review of all our courses by National Mind with every aspect examined from our booking and evaluation processes to course content and materials provided and we were pleased to have met the standard in every area.

#### **Working in partnership**

Mid Kent Mind works alongside Mind, the national mental health charity, and is proud to be part of its network of over 100 local Minds across England and Wales. We work collaboratively with Integrated Care Boards, local government bodies, other not-for-profit organisations and grass-roots community groups to ensure we can offer a broad range of mental health support and recovery to people of all ages and backgrounds across our communities.

Providing meaningful wraparound support for all our clients has been possible because of support from our partners and we are grateful to everyone who has partnered with us throughout this year and remain committed to building new partnerships, enabling us to make a long-term, sustainable difference to our communities.

#### **Volunteers**

We continue to support our volunteer workforce who give their time to our services and projects. We are proud of our volunteers, and value enormously the support they offer to both our organisation and service users. Many of our volunteers are ex-service users and their ability to progress into volunteering is an important next step in their own personal recovery.

These volunteers are also supported with broader community and corporate volunteers, and together, they make a huge impact on the volume and diversity of work we can offer.

#### **Fundraising and donations**

Each year we are grateful to be supported by enthusiastic fundraisers who want to make a difference. This year was no different, with some incredible support from our community.

We would like to thank Allington Primary School; The Amanda Skinner Trust; BOOM hush Theatre Productions; The Coffee Beam; The Good Intent Pub; Hazlett Theatre; Home Start Ashford and District; Invicta Grammar School; Iwade Rock Fest; Kent County Football Association; Macknade Fine Food; Maidstone Dawn Patrol Rotary Club; Maidstone Grammar School for Girls; Maidstone Pride; H.M. Maidstone Prison; NCS Technology; The Neighbourly Foundation and South Eastern Carpentry Ltd amongst others, for their support in the past year.

We extend our sincere gratitude to Matt Evans and his dedicated team for their exceptional efforts in organising and completing a charity challenge spinathon—12 spin classes in 12 hours at Lockmeadow Health Club. This remarkable achievement raised an incredible £17,740, providing vital funds that enable Mid Kent Mind to continue delivering high-quality mental health and wellbeing support to our beneficiaries.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### *FOR THE YEAR ENDED 31 MARCH 2025*

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Our donors and fundraisers raised over £46,200 in the year and although it would be impossible to list all our fundraisers and donors in this small space, to everyone who supported us this year we would like to say thank you. You have helped us to make a huge difference in the local community.

#### **Financial review**

As at 31 March 2025, the charity held total funds of £780,748 (2023: £807,382), of which £1,190 is restricted and £779,558 is unrestricted.

Total income for the year was £686,379 with a net deficit for the year ended 31 March 2025 of £26,634 (2024: net surplus of £99,276).

The net deficit for the year is comprised of an unrestricted deficit of £27,824 which will be funded by unrestricted reserves and a restricted surplus of £1,190.

#### **Reserves policy**

The Charity Commission's CC19 guidance Charity reserves: building resilience states: "There is no single level, or even a range of, reserves that is right for all charities. Any target set by trustees for the level of reserves to be held should reflect the particular circumstances of the individual charity. To do this, trustees need to know why the charity should hold reserves and, having identified those needs, the trustees should consider how much should be held to meet them."

In the current environment where grant funding has become more sparse and charities are competing against each other for income like never before, the Trustees of Mid Kent Mind have taken the decision that the Charity work towards maintaining 12 months operating costs in their reserves along with all other expenses that would need to be met in the closure of the Charity.

As Mid Kent Mind provide services to some of the most vulnerable people in our community that are vital in them maintaining their wellbeing and not meeting crisis points for their mental health, we believe that any loss of services would need to come with long term warning over the period of a year so we could assist everyone to transition to alternate providers where possible and protect them from potential self-harm or suicide.

Total free reserves as at 31 March 2025 were £495,561 being a contribution of 70% towards this policy.

#### **Going concern**

The Board of Trustees has assessed the financial position and ongoing operational commitments of the charity including a review of current resources, projected income and the external environment in which it operates. Based on this review the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

#### **FUNDS HELD AS CUSTODIAN TRUSTEE**

No funds are held by Mid Kent Mind as a custodian.

#### **FUTURE PLANS**

Mid Kent Mind has developed a new organisational strategy for 2025-2028, created with the input of all Trustees and members of staff.

It sets out a bold and compassionate vision for the next three years building on our proud legacy of community based mental health support while embracing innovation, inclusivity and collaboration.

It outlines how we will:

- Expand our reach to underserved communities,
- Strengthen our youth and adult services,
- Invest in digital and face-to-face support,
- Champion lived experience at every level of our work.

We are immensely proud of our team, volunteers, and supporters who make our mission possible every day. Together, we will continue to adapt, listen, and lead with compassion.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2025

Mid Kent Mind recognises the challenges posed by a volatile funding landscape and the increasing pressures on the charitable sector. To ensure sustainability and growth, we will focus on strengthening Strategic Partnerships.

We will actively develop collaborative working relationships with local organisations to enhance service delivery and share resources.

We will continue to submit high-quality funding applications and diversify income streams to maintain financial resilience.

We will seek to replicate our highly successful counselling model across all areas of operation to meet growing demand increasing our counselling capacity by 25% to reach more people.

We will work closely with businesses to expand our training provision and achieve accreditation for our courses.

### STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a registered charity, number 1167328 and is constituted under a Charitable Incorporated Organisation, (CIO).

The trustees who served during the year and up to the date of signature of the financial statements were:

- D. Watkin
- V. Edwards
- C. Eastwood
- J. Lang
- P. Miller
- P. Miller
- R. Collins
- K. Wright
- B. Hostead
- R. Atiti

(Resigned 19 September 2024)

(Appointed 23 May 2024)

(Appointed 23 May 2024 and resigned 16 April 2025)

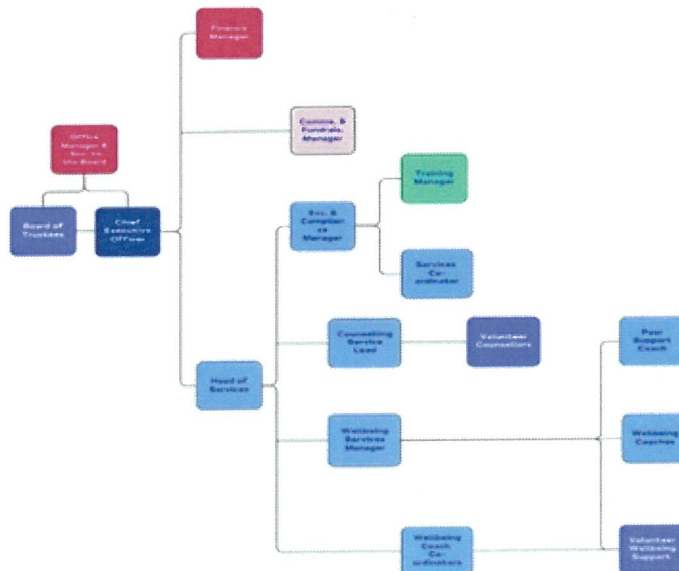
(Appointed 23 May 2024)

(Appointed 23 May 2024)

### Organisational structure

Mid Kent Mind continues to review and improve its organisational structure in line with furthering our strategic ambitions.

The following organisational chart illustrates the current structure at 31 March 2025.



# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2025

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#### **Charity management**

The Trustees manage the affairs of the charity and the Trustee Board meets a minimum of four times a year.

The Trustees are ultimately responsible for all the operational activities and developments of the organisation. They have a particular responsibility for setting the strategic direction and agreeing to and monitoring the impact of policies and practice.

The charity trustees may delegate any of their powers or functions to a committee or committees, and, if they do, they shall determine the terms and conditions on which the delegation is made. The charity trustees may at any time alter those terms and conditions or revoke the delegation. This power is in addition to the power of delegation in the General Regulations and any other power of delegation available to the charity trustees, but is subject to the following requirements:

- (a) a committee may consist of two or more persons, but at least one member of each committee must be a charity trustee.
- (b) the acts and proceedings of any committee must be brought to the attention of the charity trustees as a whole as soon as is reasonably practicable; and
- (c) The trustees shall from time to time review the arrangements which they have made for the delegation of their powers.

The responsibilities of managers and staff for day-to-day operations are set out in Mid Kent Mind's scheme of delegation.

#### **Risk Assessment and Management**

Mid Kent Mind's Risk Register is reviewed by the Board at every board meeting. This sets out how different initial risks are assessed in terms of probability and impact to generate a risk score to assess risk significance. For each risk, the control measure and remedial action plans are used to determine and then mitigate the level of residual risk, and for major decisions to assess risk appetite.

Safeguarding practice, Data Protection and Public Interest Disclosure (whistleblowing) policies are reviewed annually.

All staff undertake mandatory online safeguarding training in their first few days of employment and this is supplemented with in-person training on induction days.

#### **Recruitment and appointment or election of Trustees**

Mid Kent Mind is committed to being a diverse and inclusive charity. We strongly believe that a diverse board can make better decisions, improve the quality of governance and increase public trust. Board members include both male and female, a range of ages, lived experience of mental health issues and diverse backgrounds. We strive to represent the communities we exist to serve.

To reach potential new trustees we advertise online via a range of platforms to reach a wide audience. These include: our website, newsletter and social media platforms; the National Mind website; charity-sector-specific recruitment platforms; and volunteer or trustee-specific recruitment platforms. We also aim to reach potential trustees via networking, personal recommendations and word of mouth.

After shortlisting and interviewing, the successful applications are presented to the board for review and approval. The applicants will be asked to declare any conflicts of interest and references will be sought and DBS checks carried out.

The Trustees are elected and co-opted under the terms of the constitution:

- Apart from the first charity Trustees, every Trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity Trustees. A Trustee cannot be voted in for more than three consecutive terms.
- In selecting individuals for appointment as charity Trustees, the charity Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.
- Officer roles must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity Trustees with the role of chairperson being held for a maximum of three years. A chairperson cannot be voted in for more than two consecutive terms in the role.

#### **Induction and Training of Trustees**

Upon successful return of the DBS check and before starting their position, trustees undergo an induction with the Chair and CEO.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2025

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During the induction timeframe, new trustees are provided with an information pack, including:

- Minutes of previous board meetings.
- A copy of the latest Trustees' Annual Report and statement of accounts.
- A copy of the current version of the constitution.
- Access to all policies and procedures

All trustees undertake mandatory online training.

#### **Pay policy for key management personnel**

The Trustees give their time freely and no Trustee received remuneration in the year. Details of trustee expenses are disclosed in note 10 to the accounts. The pay of key management personnel is reviewed and set annually.

#### **Affiliations**

Mid Kent Mind is affiliated to **Mind, the national mental health charity**, as a Local Mind Association under the **Mind Federation Agreement (April 2021)**. This agreement allows us to set our own local policies and activities while sharing the same charitable objects as other Local Minds. We collaborate with neighbouring Local Minds through a Memorandum of Understanding to promote better mental health across Kent and Medway, and benefit from Mind's publicity, training, insurance, and national campaigning initiatives, while maintaining independence in our governance and finances.

#### **Mind Quality Mark**

In October 2023, Mid Kent Mind was awarded the **Mind Quality Mark (MQM)** and received a highly commended for our robust risk management process. The MQM is the Mind Federation's framework ensuring organizations are well run, compliant, and deliver safe, effective services. This recognition strengthens our credibility, supports continuous improvement, enhances sustainability, and demonstrates our commitment to inclusive, person centered support.

#### **INDEPENDENT EXAMINER**

Richard Place Dobson Services Limited were re-appointed as the charity's independent examiner's during the year and have expressed their willingness to continue in that capacity.

The trustees' report was approved by the Board of Trustees.



D. Watkin  
Trustee

Date: 18/11/25

# MID KENT MIND

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MID KENT MIND

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I report to the trustees on my examination of the financial statements of Mid Kent Mind (the charity) for the year ended 31 March 2025.

### 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.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

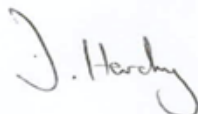
### Independent examiner's statement

Since the charity's gross income exceeded £250,000, the independent examiner must be a member of a body listed in section 145 of the Charities Act 2011. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no 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 Charities Act 2011.
- 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 financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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 financial statements to be reached.



**Darren Harding ACA FCCA DChA**  
Richard Place Dobson Services Limited  
Ground Floor  
1-7 Station Road  
Crawley  
West Sussex  
RH10 1HT

Date: 19/11/2025.....

## MID KENT MIND

### STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
	Notes						
<b>Income and endowments from:</b>							
Donations, grants and legacies	3	46,269	64,612	110,881	30,939	40,420	71,359
Charitable activities	4	153,302	409,676	562,978	91,285	630,000	721,285
Investments	5	11,960	-	11,960	10,375	-	10,375
Other income		560	-	560	725	-	725
<b>Total income</b>		<u>212,091</u>	<u>474,288</u>	<u>686,379</u>	<u>133,324</u>	<u>670,420</u>	<u>803,744</u>
<b>Expenditure on:</b>							
Raising funds	6	3,719	-	3,719	691	-	691
Charitable activities	7	236,196	473,098	709,294	20,151	683,626	703,777
<b>Total expenditure</b>		<u>239,915</u>	<u>473,098</u>	<u>713,013</u>	<u>20,842</u>	<u>683,626</u>	<u>704,468</u>
<b>Net income/(expenditure)</b>		(27,824)	1,190	(26,634)	112,482	(13,206)	99,276
Transfers between funds		-	-	-	11,121	(11,121)	-
<b>Net movement in funds</b>	9	(27,824)	1,190	(26,634)	123,603	(24,327)	99,276
<b>Reconciliation of funds:</b>							
Fund balances at 1 April 2024		807,382	-	807,382	683,779	24,327	708,106
<b>Fund balances at 31 March 2025</b>		<u>779,558</u>	<u>1,190</u>	<u>780,748</u>	<u>807,382</u>	<u>-</u>	<u>807,382</u>

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


# MID KENT MIND

## BALANCE SHEET

AS AT 31 MARCH 2025

		2025		2024	
	Notes	£	£	£	£
<b>Fixed assets</b>					
Intangible assets	13		13,948		15,625
Tangible assets	14		270,049		275,994
			<u>283,997</u>		<u>291,619</u>
<b>Current assets</b>					
Debtors	15	51,480		38,414	
Cash at bank and in hand		533,807		600,973	
		<u>585,287</u>		<u>639,387</u>	
<b>Creditors: amounts falling due within one year</b>	16	(88,536)		(123,624)	
<b>Net current assets</b>			<u>496,751</u>		<u>515,763</u>
<b>Total assets less current liabilities</b>			<u><u>780,748</u></u>		<u><u>807,382</u></u>
<b>The funds of the charity</b>					
Restricted income funds	19		1,190		-
Unrestricted funds	20		779,558		807,382
			<u>780,748</u>		<u>807,382</u>

The financial statements were approved by the trustees on 18/11/25

  
D. Watkin  
Trustee

# MID KENT MIND

## STATEMENT OF CASH FLOWS

*FOR THE YEAR ENDED 31 MARCH 2025*

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	Notes	2025 £	£	2024 £	£
<b>Cash flows from operating activities</b>					
Cash (absorbed by)/generated from operations	24		(74,719)		251,465
<b>Investing activities</b>					
Purchase of intangible assets		(3,402)		-	
Purchase of tangible fixed assets		(1,005)		-	
Investment income received		11,960		10,375	
<b>Net cash generated from investing activities</b>			7,553		10,375
<b>Net cash generated from financing activities</b>			-		-
<b>Net (decrease)/increase in cash and cash equivalents</b>			(67,166)		261,840
Cash and cash equivalents at beginning of year			600,973		339,133
<b>Cash and cash equivalents at end of year</b>			<u>533,807</u>		<u>600,973</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS

*FOR THE YEAR ENDED 31 MARCH 2025*

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### 1 Accounting policies

#### Charity information

Mid Kent Mind is a charitable incorporated organisation registered in England. The registered office of the charity is 23 College Road, Maidstone, Kent, ME15 6YH.

#### 1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's memorandum and articles of association, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

#### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Investment income, including interest, is credited to income in the year in which it is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2025

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#### 1 Accounting policies

(Continued)

##### 1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

All expenditure is inclusive of irrecoverable VAT.

##### 1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Software	3 years straight line basis
Website development costs	3 years straight line basis

Intangible assets in the course of construction are not amortised.

##### 1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% straight line basis on buildings
Computers	3 years straight line basis

Freehold land is not depreciated.

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

##### 1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2025*

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### 1 Accounting policies

(Continued)

#### 1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

##### *Basic financial assets*

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### *Basic financial liabilities*

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### *Derecognition of financial liabilities*

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

#### 1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

#### 1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

### 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2025*

### 3 Income from donations, grants and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	46,269	-	46,269	30,939	-	30,939
Grants	-	64,612	64,612	-	40,420	40,420
	<u>46,269</u>	<u>64,612</u>	<u>110,881</u>	<u>30,939</u>	<u>40,420</u>	<u>71,359</u>

Grants received, included in the above, are as follows:

	£
Kent Community Foundation and The Lawson Trust	1,000
Kent Community Foundation and the Vulnerable Adults Fund	2,083
Mind - Business Continuation Fund	21,529
The Garfield Weston Foundation	40,000

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2025

#### 4 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Wellbeing services	22,151	325,639	347,790	13,796	569,524	583,320
Mental health courses	28,025	72,217	100,242	12,007	51,655	63,662
Counselling services	103,126	11,820	114,946	65,482	8,821	74,303
	<u>153,302</u>	<u>409,676</u>	<u>562,978</u>	<u>91,285</u>	<u>630,000</u>	<u>721,285</u>

Restricted grants and contracts received during the period, included in the above, are as follows:

	£
Kent County Council - Suicide Prevention Training & Everyday Mental Health	72,217
Maidstone Borough Council – Helping you Home	11,820
NHS Kent & Medway ICB - Wellbeing Cafés	60,961
Shaw Trust (Livewell Kent and Medway) - Crafts and Chatter	27,352
Shaw Trust (Livewell Kent and Medway) - Innovation Fund	5,584
Shaw Trust (Livewell Kent and Medway) - Coping with Life	21,496
The Cobtree Charity Trust Fund	3,105
The Cole Charitable Trust	1,500
Colyer Fergusson Charitable Trust - Investing in Families	19,500
Hollick Family Foundation	10,000
Involve Kent Green Spaces	10,192
Involve Kent Social Prescribing VSC Fund	1,297
Kent County Council - Councillors Grant	1,000
Kent County Council - Perinatal Support	9,106
Kent Community Foundation - Infrastructure Support Fund	6,561
Maidstone Borough Council - Creative Communities Fund	1,500
Maidstone Borough Council - Winter Community Support Fund	2,488
The National Lottery Community Fund	97,013
The Lawson Trust	10,000
The Nineveh Charitable Trust	747
The Phillip and Connie Phillips Foundation	9,885
Swale Borough Council - Shared Prosperity, People and Skills	14,996
Social Enterprise Kent - Cost of Living Fund	4,832
SGN - Safe and Warm Scheme	5,000
The Whitehead Monckton Charitable Foundation	1,524

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

### 5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	11,960	10,375

### 6 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
<b>Fundraising and publicity</b>		
Other fundraising costs	3,719	691

### 7 Expenditure on charitable activities

	2025 £	2024 £
<b>Direct costs</b>		
Staff costs	321,315	342,103
Recruitment, training and other staff costs	2,490	2,379
Delivery costs	28,255	30,164
IT equipment and software	6,305	719
Premises and equipment costs	1,786	546
Telephone costs	250	202
Other direct costs	6,081	4,691
	<u>366,482</u>	<u>380,804</u>
<b>Share of support and governance costs (see note 8)</b>		
Support	325,121	301,366
Governance	17,691	21,607
	<u>709,294</u>	<u>703,777</u>
<b>Analysis by fund</b>		
Unrestricted funds	236,196	20,151
Restricted funds	473,098	683,626
	<u>709,294</u>	<u>703,777</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

### 8 Support costs allocated to activities

	2025	2024
	£	£
Staff costs	196,787	176,828
Depreciation	12,030	8,333
Recruitment, training and other staff costs	2,406	6,492
Delivery costs	-	75
IT equipment and software	68,812	65,459
Premises and equipment costs	20,427	19,506
Insurance	7,678	6,086
Telephone costs	4,681	4,177
Other support costs	12,300	14,410
Governance costs	17,691	21,607
	<u>342,812</u>	<u>322,973</u>

#### Analysed between:

Mental health services	342,812	322,973
	<u>342,812</u>	<u>322,973</u>

#### Governance costs comprise:

	2025	2024
	£	£
Audit fees	5,160	4,980
Consultancy fees	6,330	7,088
Legal and professional fees	5,514	9,539
Memberships and fees	687	-
	<u>17,691</u>	<u>21,607</u>

### 9 Net movement in funds

	2025	2024
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	5,160	4,980
Depreciation of owned tangible fixed assets	6,949	6,642
Amortisation of intangible assets	5,080	1,690
	<u>17,189</u>	<u>13,312</u>

### 10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2024 - £Nil).

During the year ended 31 March 2024, trustee costs were incurred by the Charity amounting to £Nil in respect of mileage for one of the trustees (2024 - £Nil).

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2025**

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### 11 Employees

The average number of full time equivalent employees during the year was:

	2025 Number	2024 Number
Administrative	7	6
Welbeing and community development workers	8	9
	<hr/>	<hr/>
Total	15	15
	<hr/> <hr/>	<hr/> <hr/>

### Employment costs

	2025 £	2024 £
Wages and salaries	468,864	473,555
Social security costs	39,149	37,319
Other pension costs	10,089	8,057
	<hr/>	<hr/>
	518,102	518,931
	<hr/> <hr/>	<hr/> <hr/>

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2025 Number	2024 Number
£80,000 - £90,000	1	1
	<hr/> <hr/>	<hr/> <hr/>

### Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2025 £	2024 £
Aggregate compensation	174,024	171,768
	<hr/> <hr/>	<hr/> <hr/>

The trustees consider the charity's key management personnel to consist of the CEO and the Senior Management Team.

### 12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2025**

### 13 Intangible fixed assets

	Software £	Website development costs £	Total £
<b>Cost</b>			
At 1 April 2024	5,069	14,922	19,991
Additions - separately acquired	-	3,402	3,402
At 31 March 2025	<u>5,069</u>	<u>18,324</u>	<u>23,393</u>
<b>Amortisation and impairment</b>			
At 1 April 2024	4,365	-	4,365
Amortisation charged for the year	704	4,376	5,080
At 31 March 2025	<u>5,069</u>	<u>4,376</u>	<u>9,445</u>
<b>Carrying amount</b>			
At 31 March 2025	<u>-</u>	<u>13,948</u>	<u>13,948</u>
At 31 March 2024	<u>703</u>	<u>14,922</u>	<u>15,625</u>

### 14 Tangible fixed assets

	Freehold land and buildings £	Computers £	Total £
<b>Cost</b>			
At 1 April 2024	295,881	-	295,881
Additions	-	1,005	1,005
At 31 March 2025	<u>295,881</u>	<u>1,005</u>	<u>296,886</u>
<b>Depreciation and impairment</b>			
At 1 April 2024	19,888	-	19,888
Depreciation charged in the year	6,642	307	6,949
At 31 March 2025	<u>26,530</u>	<u>307</u>	<u>26,837</u>
<b>Carrying amount</b>			
At 31 March 2025	<u>269,351</u>	<u>698</u>	<u>270,049</u>
At 31 March 2024	<u>275,994</u>	<u>-</u>	<u>275,994</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

### 14 Tangible fixed assets

(Continued)

Mid Kent Mind owns the property at 23 College Road Maidstone which is its principal address. Some of the funding to purchase the property was provided by The Maidstone Health Authority.

The following restriction is registered against the property: "No disposition by the proprietor of the land is to be registered and none shall take effect unless made with the consent of the Housing Corporation (being The Maidstone Health Authority), when such consent is required under the provisions of section 9 of the Housing Associations Act 1985".

The property is registered at H M Land Registry under the name of Maidstone Association of Mental Health (latterly Maidstone and Mid Kent Mind) registered with the Charity Commission on 9th December 1969 – registration number 260122. The funds and all associated assets were transferred to Mid Kent Mind on 16 November 2018, a CIO registered with the Charity Commission on 25 May 2016 – registration number 1167328.

The Trustees are taking steps to ensure the records held at H M Land Registry are up to date.

### 15 Debtors

	2025	2024
	£	£
<b>Amounts falling due within one year:</b>		
Trade debtors	27,672	11,556
Other debtors	55	863
Prepayments and accrued income	23,753	25,995
	<u>51,480</u>	<u>38,414</u>

### 16 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	11,472	10,137
Deferred income	61,413	101,192
Trade creditors	6,522	4,158
Other creditors	2,082	1,730
Accruals	7,047	6,407
	<u>88,536</u>	<u>123,624</u>

### 17 Deferred income

	2025	2024
	£	£
Other deferred income	<u>61,413</u>	<u>101,192</u>

Deferred income is included in the financial statements as follows:

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2025**

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17	Deferred income	(Continued)	
		2025	2024
		£	£
	Deferred income is included within:		
	Current liabilities	61,413	101,192
		<u>61,413</u>	<u>101,192</u>
	Movements in the year:		
	Deferred income at 1 April 2024	101,192	395,222
	Released from previous periods	(101,192)	(395,222)
	Resources deferred in the year	61,413	101,192
		<u>61,413</u>	<u>101,192</u>
	Deferred income at 31 March 2025	<u>61,413</u>	<u>101,192</u>

Deferred income relates to income for the 2025/26 financial year received in advance of which £46,155 relates to restricted funds.

18	Retirement benefit schemes	2025	2024
		£	£
	<b>Defined contribution schemes</b>		
	Charge to profit or loss in respect of defined contribution schemes	10,089	8,057
		<u>10,089</u>	<u>8,057</u>

The charity operates a defined contribution pension scheme for all qualifying employees which is held with the National Employment Savings Trust (NEST).

The assets of the scheme are held separately from those of the charity in an independently administered fund.

Amounts totaling £2,082 (2023 - £1,730) were payable to the fund at the balance sheet date and are included in creditors.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2025**

### 19 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2024	Incoming resources	Resources expended	Transfers	At 31 March 2025
	£	£	£	£	£
KCC - Suicide Prevention & Mental Health Awareness	-	72,216	(72,216)	-	-
Maidstone BC – Helping you Home	-	11,820	(11,820)	-	-
NHS Kent & Medway ICB - Wellbeing Cafés	-	60,961	(60,961)	-	-
Shaw Trust - Crafts and Chatter	-	27,352	(27,352)	-	-
Shaw Trust - Innovation Fund	-	5,584	(5,584)	-	-
Shaw Trust - Coping with Life	-	21,497	(21,497)	-	-
The Cobtree Charity Trust Fund	-	3,105	(3,105)	-	-
The Cole Charitable Trust	-	1,500	(1,500)	-	-
Colyer Fergusson Charitable Trust - Investing in Families	-	19,500	(19,500)	-	-
Hollick Family Foundation	-	10,000	(10,000)	-	-
Involve Kent Green Spaces	-	10,192	(10,192)	-	-
Involve Kent Social Prescribing VSC Fund	-	1,297	(1,297)	-	-
KCC - Councillors Grant	-	1,000	(250)	-	750
KCC - Perinatal Support	-	9,106	(9,106)	-	-
Kent Community Foundation - Infrastructure Support Fund	-	6,561	(6,561)	-	-
The Lawson Trust	-	10,000	(10,000)	-	-
Maidstone BC - Creative Communities Fund	-	1,500	(1,500)	-	-
Maidstone BC - Winter Community Support Fund	-	2,488	(2,488)	-	-
National Lottery Community Fund	-	97,013	(96,573)	-	440
The Nineveh Charitable Trust	-	747	(747)	-	-
The Phillip and Connie Phillips Foundation	-	9,885	(9,885)	-	-
Swale BC - Shared Prosperity, People and Skills	-	14,996	(14,996)	-	-
Social Enterprise Kent - Cost of Living Fund	-	4,832	(4,832)	-	-
SGN - Safe and Warm Scheme	-	5,000	(5,000)	-	-
The Whitehead Monckton Charitable Foundation	-	1,524	(1,524)	-	-
The Garfield Weston Foundation	-	40,000	(40,000)	-	-
Kent Community Foundation and The Lawson Trust	-	1,000	(1,000)	-	-
Kent Community Foundation and the Vulnerable Adults Fund	-	2,083	(2,083)	-	-
Mind - Business Continuation Fund	-	21,529	(21,529)	-	-
	-	474,288	(473,098)	-	1,190

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

### 19 Restricted funds (Continued)

Previous year:	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
KCC - Suicide Prevention & Mental Health Awareness	-	51,655	(51,655)	-	-
Maidstone BC – Helping you Home	-	8,821	(8,821)	-	-
NHS Kent & Medway ICB - Wellbeing Cafés	-	362,860	(351,739)	(11,121)	-
Shaw Trust - Crafts and Chatter	-	7,787	(7,787)	-	-
Shaw Trust - Mental Health Recovery	-	31,312	(31,312)	-	-
Ashford BC - PCC Crime Grant	-	8,119	(8,119)	-	-
Barnados - Mental Health and Wellbeing Grant	-	11,042	(11,042)	-	-
Colyer Fergusson Charitable Trust - Investing in Families	-	19,000	(19,000)	-	-
Involve Kent - Social Prescribing Grant	-	2,500	(2,500)	-	-
KCC - Perinatal Support	-	10,904	(10,904)	-	-
Maidstone BC - Creative Communities Fund	-	1,500	(1,500)	-	-
Maidstone BC - Warmer Spaces Grant	-	1,500	(1,500)	-	-
Sport England and Active Kent & Medway	-	5,777	(5,777)	-	-
Sport England and Versus Arthritis	-	10,000	(10,000)	-	-
The Big Lottery Fund - Reaching Communities	24,327	95,348	(119,675)	-	-
The Cobtree Charity Trust Fund	-	1,875	(1,875)	-	-
Kent Community Foundation and The Lawson Trust	-	1,000	(1,000)	-	-
Kent Community Foundation and The Polebrook Fund	-	3,000	(3,000)	-	-
Kent Community Foundation and the Vulnerable Adults Fund	-	417	(417)	-	-
MIND Funds	-	35,003	(35,003)	-	-
Southern Water - Community Centre Grant	-	1,000	(1,000)	-	-
	<u>24,327</u>	<u>670,420</u>	<u>(683,626)</u>	<u>(11,121)</u>	<u>-</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

### 19 Restricted funds

(Continued)

Wellbeing services during the year and their funders:

The provision of wellbeing support including crisis avoidance for adults within the community in Ashford and Maidstone funded by NHS Kent & Medway ICB; Hollick Family Foundation; The Phillip and Connie Phillips Foundation and SGN.

The provision of wellbeing support to adults through community groups and courses in Ashford, Maidstone and Swale funded by Shaw Trust (Livewell Kent and Medway); The Cobtree Charity Trust Fund; Involve Kent; Kent County Council; Maidstone Borough Council; Social Enterprise Kent and Swale Borough Council.

The provision of wellbeing support for young people within the Mid Kent area funded by The National Lottery Community Fund; Colyer Fergusson Charitable Trust; Kent County Council Councillors Fund; The Cobtree Charity Trust Fund; The Cole Charitable Trust; The Lawson Trust; The Nineveh Charitable Trust and The Whitehead Monckton Charitable Foundation.

The provision of funding for attendance at community events funded by Maidstone Borough Council.

The provision of education and training in mental health funded by Kent County Council and Kent Community Foundation.

The provision of specialist counselling services funded by Maidstone Borough Council.

Additional funding support received from The Garfield Weston Foundation; Kent Community Foundation; The Lawson Trust and National Mind.

### 20 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024	Incoming resources	Resources expended	Transfers	At 31 March 2025
	£	£	£	£	£
General funds	807,382	212,091	(239,915)	-	779,558
	<u>807,382</u>	<u>212,091</u>	<u>(239,915)</u>	<u>-</u>	<u>779,558</u>
<b>Previous year:</b>	<b>At 1 April 2023</b>	<b>Incoming resources</b>	<b>Resources expended</b>	<b>Transfers</b>	<b>At 31 March 2024</b>
	£	£	£	£	£
General funds	683,779	133,324	(20,842)	11,121	807,382
	<u>683,779</u>	<u>133,324</u>	<u>(20,842)</u>	<u>11,121</u>	<u>807,382</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

### 21 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
<b>At 31 March 2025:</b>			
Intangible fixed assets	13,948	-	13,948
Tangible assets	270,049	-	270,049
Current assets/(liabilities)	495,561	1,190	496,751
	<u>779,558</u>	<u>1,190</u>	<u>780,748</u>
	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
<b>At 31 March 2024:</b>			
Intangible fixed assets	15,625	-	15,625
Tangible assets	275,994	-	275,994
Current assets/(liabilities)	515,763	-	515,763
	<u>807,382</u>	<u>-</u>	<u>807,382</u>

### 22 Operating lease commitments

#### Lessee

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2025 £	2024 £
Within one year	50,484	50,484
Between two and five years	33,763	84,247
	<u>84,247</u>	<u>134,731</u>

### 23 Related party transactions

During the year, the charity entered into no related party transactions (2024 - £nil).

## MID KENT MIND

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2025**

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<b>24 Cash (absorbed by)/generated from operations</b>	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
(Deficit)/surplus for the year	(26,634)	99,276
<b>Adjustments for:</b>		
Investment income recognised in statement of financial activities	(11,960)	(10,375)
Amortisation and impairment of intangible assets	5,080	1,690
Depreciation and impairment of tangible fixed assets	6,950	6,643
<b>Movements in working capital:</b>		
(Increase)/decrease in debtors	(13,067)	485,572
Increase/(decrease) in creditors	4,691	(37,311)
(Decrease) in deferred income	(39,779)	(294,030)
<b>Cash (absorbed by)/generated from operations</b>	<u>(74,719)</u>	<u>251,465</u>

### **25 Analysis of changes in net funds**

The charity had no material debt during the year.

**Mid Kent Mind**

England & Wales - Charity number 1167328

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# Accounts

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Charity registration number 1167328

**MID KENT MIND**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2024**

 **Mind Mid Kent**

  **Mind**  
**Quality Mark**

# MID KENT MIND

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	D Watkin V Edwards C Eastwood J Lang P Miller P Miller R Collins K Wright B Hostead R Atiti	(Appointed 23 May 2024) (Appointed 23 May 2024) (Appointed 23 May 2024) (Appointed 23 May 2024)
<b>CEO</b>	Henu Cummins	
<b>Charity number</b>	1167328	
<b>Principal address</b>	23 College Road Maidstone Kent ME15 6YH	
<b>Independent examiner</b>	Darren Harding ACA FCCA DChA Richard Place Dobson Services Limited 1-7 Station Road Crawley West Sussex RH10 1HT	
<b>Bankers</b>	The Co-operative Bank Skelmersdale Lancashire WN8 6WT	

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# MID KENT MIND

## CONTENTS

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	<b>Page</b>
Trustees' report	1 - 7
Independent examiner's report	8
Statement of financial activities	9
Balance sheet	10
Statement of cash flows	11
Notes to the financial statements	12 - 27

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# MID KENT MIND

## TRUSTEES' REPORT

*FOR THE YEAR ENDED 31 MARCH 2024*

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The trustees present their annual report and financial statements for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

### Objectives and activities

#### Our Vision

Our vision is: "A community where everyone has access to mental health support and guidance to live rich and fulfilled lives where they feel connected and are able to meaningfully contribute to society."

#### Our Objectives

The key objectives of the charity are;

- a) to promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.
- b) to relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

In setting objectives and planning for activities, the Trustees confirm they have complied with the requirements of section 4 of the Charities Act 2011 and have given due consideration to the general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

#### Main activities undertaken to further the Charity's purposes for the public benefit

Mid Kent Mind is an established provider of mental health services, and during the financial year 2023 to 2024, worked across Maidstone, Ashford and Swale (across Kent and Medway for the county-wide Suicide Prevention and Mental Health Awareness training) to provide support across the following main groups of services and activities:

	Location provided
Wellbeing support (Adult and Youth)	Maidstone, Ashford and Swale
Crisis/wellbeing cafes	Maidstone and Ashford
Suicide Prevention and Mental Health Awareness training	Kent and Medway (with the support of other Minds in Kent)
Talking therapies	Maidstone, Ashford and Swale
Specialist counselling	Maidstone
Outreach and community engagement	Maidstone, Ashford and Swale

#### Achievements and performance

Mid Kent Mind provides mental health support services to the core communities of Maidstone, Ashford and Swale and in partnership with other local Minds, across Kent.

People benefit from having considerable control and choice to access the support that is more relevant and appropriate to them. We have worked tirelessly to ensure our services are truly co-produced by those that use it and we have made considerable strides to ensure all members of the community feel our services are accessible and inclusive.

#### Key performance indicators

Mid Kent Mind measures its performance by recording the number of people that access our services and those who have improved their levels of mental health and wellbeing. Additionally, outcomes set by funders and commissioners are also measured.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

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In the financial year 2023 to 2024 there were over 12,000 attendances across all Mid Kent Mind's services with 5,134 individuals supported (2022 to 2023 4,643 individuals).

The wellbeing drop-in service saw 1,659 attendances with 78% reporting that it helped reduce feelings of isolation.

1,020 phone calls were answered providing immediate support whether to an adult experiencing suicidal ideation or low mood, or a parent whose young person is struggling and has been unable to access timely support.

Youth services reached 1,537 children and young people providing a range of activities including 1-2-1 and group Cognitive Behavioural Coaching (CBC) Courses as well as one off workshops.

51 young people benefited from a Wellbeing and Resilience Action Plan (WRAP), intensive 1-2-1 weekly interventions tailored to their needs and representing 255 hours of wellbeing support. 90% of attendees reported they felt better able to manage their mental health and wellbeing.

Our volunteer counsellors donated 3,850 hours of volunteering support to Mid Kent Mind, this is a cash equivalent of circa £56,710 when calculated on the Kent average earnings rate, demonstrating a colossal return on investment.

1,933 individuals attended training and awareness courses aimed at helping people better understand common mental health problems, how they can support themselves and others and what services exist in the local area that can benefit them. 95% of attendees on our Youth Mental Health and Suicide Awareness course reported their knowledge of suicide prevention had increased. 97% of participants on our Everyday Mental Health course were more aware of things they could do to support their own mental health. 99% of attendees on our Adult Suicide Prevention course felt more confident in reducing suicide risk.

Mid Kent Mind's community groups, activities and courses were accessed by 175 individuals. The sessions included a walking group; arts group; and Coping with Life courses. This year, we piloted specialist support for perinatal individuals offering a walking group, wellbeing workshops and 1-2-1 programmes of individualised support. Menopause Mind and Movement Courses were also trialed with 52 attendees at the initial trial. 100% of participants reported the Menopause Mind and Movement course taught them useful techniques for managing stress and anxiety and 100% shared that the movement element of the sessions had positively impacted their mood.

#### **Review of activities**

The past year has been a year of significant change and growth for Mid Kent Mind. We have continued to develop our organisation and respond to the changing needs of our communities. We have played a large role in shaping the wellbeing offer for the communities of Maidstone, Ashford and Swale; with a clear focus on ensuring people remain at the heart of everything we do. We know our people centered approach will allow us to have even greater impact within our neighbourhoods. We have also strengthened our understanding and reach into our communities, ensuring our peer support and wellbeing services are effectively reaching the areas of greatest needs.

We have also sought to develop our organisational infrastructure, creating new systems and posts to ensure we remain robust and fit for purpose, both now and into the future.

#### **Working in partnership**

Collaborative working has been vital in helping Mid Kent Mind to deal with the challenges of the past year. Mid Kent Mind works collaboratively with Integrated Care Boards, local government bodies, other not-for-profit organisations and grass-roots community groups to ensure we can offer a broad range of mental health support and recovery to people of all ages and backgrounds across our communities.

Providing meaningful wraparound support for all our clients has been possible because of support from our partners and we are grateful to everyone who has partnered with us throughout this year and remain committed to building new partnerships, enabling us to make a long-term, sustainable difference to our communities.

#### **Volunteers**

We continue to support our volunteer workforce who give their time to our services and projects. We are proud of our volunteers, and value enormously the support they offer to both our organisation and service users. Many of our volunteers are ex-service users and their ability to progress into volunteering is an important next step in their own personal recovery.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2024*

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These volunteers are also supported with broader community and corporate volunteers, and together, they make a huge impact on the volume and diversity of work we can offer. We have also reviewed and updated our volunteer policy as part of the Mind Quality Mark process and are working to develop this further, so we can continue to develop and expand volunteering levels across the organisation.

### **Fundraising and donations**

Each year we are grateful to be supported by enthusiastic fundraisers who want to make a difference. This year was no different, with some incredible support from our community.

We would like to thank Egerton Church of England Primary School; Invicta Grammar School; Little Voices Mid Kent; MacIntyre Hudson; Maidstone Grammar School; Maidstone Grammar School for Girls; NCS Technology Ltd; The Neighbourly Foundation; Reddico Ltd; South Eastern Carpentry Ltd; Suzanne Howe Communications and Sweep Kuusakoski amongst others, for their support in the past year.

We were delighted to have partnered with Macknades in Faversham who chose us as their charity of the year. The support they have provided continues to have a lasting impact on the charity. In addition to raising over £4,400 for vital mental health services, they have donated over 120 hours of staff time transforming our Wellbeing Centre in Maidstone. They helped set up weekly wellbeing walks, hosted training and community groups and provided our staff and volunteers with weekly fresh fruit.

Our donors and fundraisers raised nearly £31,000 in the year and although it would be impossible to list all our fundraisers and donors in this small space, to everyone who supported us this year we would like to say thank you. You have helped us to make a huge difference in the local community.

### **Financial review**

As at 31 March 2024, the charity held total funds of £807,382 (2023: £708,106), of which £nil is restricted and £807,382 was unrestricted.

Total income for the year was £803,744 with a net surplus being generated for the year ended 31 March 2024 of £99,276 (2023: net deficit of £233,746).

The net surplus for the year is comprised of an unrestricted surplus of £123,603 which will be added to unrestricted reserves and a restricted deficit of £24,327.

### **Reserves policy**

The Charity Commission's CC19 guidance Charity reserves: building resilience states: "There is no single level, or even a range of, reserves that is right for all charities. Any target set by trustees for the level of reserves to be held should reflect the particular circumstances of the individual charity. To do this, trustees need to know why the charity should hold reserves and, having identified those needs, the trustees should consider how much should be held to meet them."

In the current environment where grant funding has become more sparse and charities are competing against each other for income like never before, the Trustees of Mid Kent Mind have taken the decision that the Charity work towards maintaining 12 months operating costs in their reserves along with all other expenses that would need to be met in the closure of the Charity.

As Mid Kent Mind provide services to some of the most vulnerable people in our community that are vital in them maintaining their wellbeing and not meeting crisis points for their mental health, we believe that any loss of services would need to come with long term warning over the period of a year so we could assist everyone to transition to alternate providers where possible and protect them from potential self-harm or suicide.

Total free reserves as at 31 March 2024 were £515,763 being a contribution of 66% towards this policy.

### **Going concern**

Mid Kent Mind was unsuccessful in renewing the contract for the provision of wellbeing support and crisis avoidance for adults within the community in Ashford and Maidstone, funded by NHS Kent and Medway ICB. The contract terminated on 31st March 2024 although funding for two additional months has been confirmed. The contract represented 45% of total income in the year to 31 March 2024 (2023 25%).

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2024*

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The charity is in the process of seeking additional funding from other sources, whilst also taking the opportunity to streamline the service provided and although the charity will experience a reduction in funding; after making appropriate enquiries, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

### **Funds held as custodian trustee**

No funds are held by Mid Kent Mind as a custodian.

### **Plans for future periods**

Looking ahead, work is underway to develop our new organisational strategy with a Strategy Away Day held on 11th June 2024 which included all Trustees and members of staff.

In the past we have taken a standard approach to developing a strategy but given our complex operating environment we have employed a more flexible and dynamic process. This will put us in a better position to deal with new challenges and take advantage of new opportunities as they emerge, whilst continuing to be the leading voice in identifying, quantifying, and evidencing solutions for all those that have a mental health issue in the Mid Kent area.

Engagement with service users, staff and stakeholders is instrumental in determining our priorities for the years ahead and ensuring we continue to take forward the aspects that will most positively impact on the mental health needs of our communities. We will continue to provide vital life changing support to our beneficiaries helping them to live rich fulfilling lives, enabling them to get well, stay well and contribute meaningfully to society.

We do this in the context of a changing commissioning landscape with the changes brought about by the Integrated Care Board as our lead Health commissioner. These initiatives will bring opportunities for Mid Kent Mind, but also funding challenges, particularly as resources are more stretched.

We will continue to focus on fundraising, income generation and diversification, and engage with new audiences who support our work, and we are investing in the specialist skills and capabilities needed to support innovation and increase the number of beneficiaries we can help.

We will always continue to engage our stakeholders at every level to ensure that we can champion mental health support and ensure everyone experiencing a mental health issue can receive support and respect.

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

The charity is a registered charity, number 1167328 and is constituted under a Charitable Incorporated Organisation, (CIO).

The trustees who served during the year and up to the date of signature of the financial statements were:

D Watkin	
L Kinch	(Resigned 21 February 2024)
V Edwards	
C Eastwood	
J Lang	
P Miller	
P Miller	
R Collins	(Appointed 23 May 2024)
K Wright	(Appointed 23 May 2024)
B Hostead	(Appointed 23 May 2024)
R Atiti	(Appointed 23 May 2024)

# MID KENT MIND

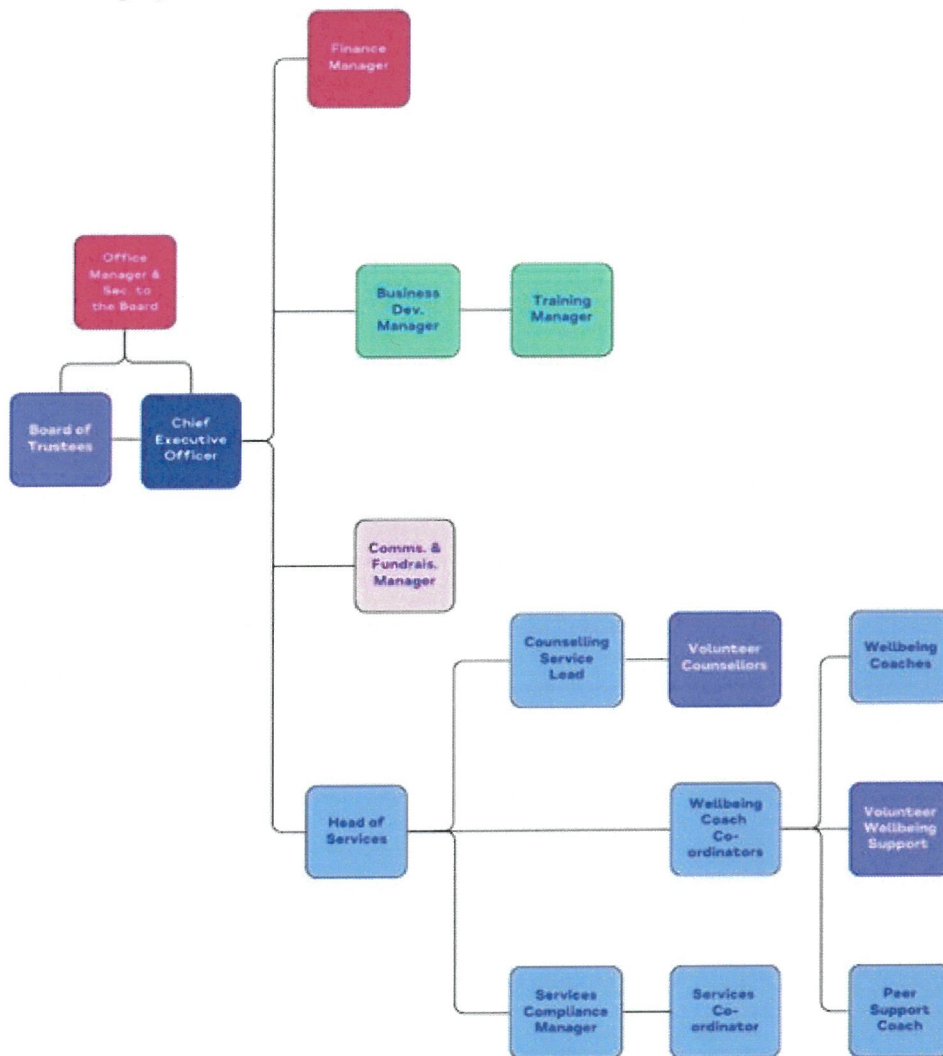
## TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

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### Organisational structure

Mid Kent Mind continues to review and improve its organisational structure in line with furthering our strategic ambitions. The following organisational chart illustrates the current structure at 31 March 2024.



### Charity management

The Trustees manage the affairs of the charity and the Trustee Board meets a minimum of four times a year.

The Trustees are ultimately responsible for all the operational activities and developments of the organisation. They have a particular responsibility for setting the strategic direction and agreeing to and monitoring the impact of policies and practice.

The charity trustees may delegate any of their powers or functions to a committee or committees, and, if they do, they shall determine the terms and conditions on which the delegation is made. The charity trustees may at any time alter those terms and conditions or revoke the delegation.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

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The following sub-committees are in the process of being set up with specified areas of delegated authority:

- Finance, risk & compliance sub-committee
- Business development sub-committee
- People & quality sub-committee

Each sub-committee will consist of two or more persons, with at least one member of each sub-committee a charity trustee. The trustees shall from time to time review the arrangements which they have made for the delegation of their powers. Terms of Reference for the Board and each sub-committee are reviewed annually. The responsibilities of managers and staff for day-to-day operations are set out in Mid Kent Mind's scheme of delegation.

#### **Risk Assessment and Management**

Mid Kent Mind's Risk Register is reviewed by the Board at every board meeting. This sets out how different initial risks are assessed in terms of probability and impact to generate a risk score to assess risk significance. For each risk, the control measure and remedial action plans are used to determine and then mitigate the level of residual risk, and for major decisions to assess risk appetite. Safeguarding practice, Data Protection and Public Interest Disclosure (whistleblowing) policies are reviewed annually. All staff undertake mandatory online safeguarding training in their first few days of employment and this is supplemented with in-person training on induction days.

#### **Recruitment and appointment or election of Trustees**

Mid Kent Mind is committed to being a diverse and inclusive charity. We strongly believe that a diverse board can make better decisions, improve the quality of governance and increase public trust. Board members include both male and female, a range of ages, lived experience of mental health issues and diverse backgrounds. We strive to represent the communities we exist to serve.

To reach potential new trustees we advertise online via a range of platforms to reach a wide audience. These include: our website, newsletter and social media platforms; the National Mind website; charity-sector-specific recruitment platforms; and volunteer or trustee-specific recruitment platforms. We also aim to reach potential trustees via networking, personal recommendations and word of mouth. After shortlisting and interviewing, the successful applications are presented to the board for review and approval. The applicants will be asked to declare any conflicts of interest and references will be sought and DBS checks carried out.

The Trustees are elected and co-opted under the terms of the constitution:

- Apart from the first charity Trustees, every Trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity Trustees. A Trustee cannot be voted in for more than three consecutive terms.
- In selecting individuals for appointment as charity Trustees, the charity Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.
- Officer roles must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity Trustees with the role of chairperson being held for a maximum of three years. A chairperson cannot be voted in for more than two consecutive terms in the role.

#### **Induction and training of Trustees**

Upon successful return of the DBS check and before starting their position, trustees undergo an induction with the Chair and CEO.

During the induction timeframe, new trustees are provided with an information pack, including:

- Minutes of previous board meetings.
- A copy of the latest Trustees' Annual Report and statement of accounts.
- A copy of the current version of the constitution.
- Access to all policies and procedures

All trustees undertake mandatory online training.

#### **Pay policy for key management personnel**

The Trustees give their time freely and no Trustee received remuneration in the year. Details of trustee expenses are disclosed in note 10 to the accounts. The pay of key management personnel is reviewed and set annually.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2024*

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### Mind Quality Mark

Mid Kent Mind is delighted to have been awarded the Mind Quality Mark and receiving a highly commended for our robust risk management process.

The Mind Quality Mark (MQM) is a set of standards and an improvement framework used by the Mind Federation, which includes national Mind, local Minds, and Mind shops. The MQM ensures that these organizations are well-run, legally compliant, and deliver safe and effective services for people with mental health problems.

The MQM covers four main themes:

1. Leadership and Governance
2. Finance and Policies
3. Services and People
4. Influence and Engagement

The Mind Quality Mark (MQM) offers several benefits to Local Minds within the Mind Federation:

1. **Trust and Credibility:** Achieving the MQM demonstrates that an organization is well-run, legally compliant, and capable of delivering high-quality, safe, and effective services. This builds trust with service users, donors, funders and commissioners.
2. **Continuous Improvement:** The MQM serves as an improvement framework, encouraging organizations to continuously enhance their services and operations. This ensures that they remain effective and responsive to the needs of people with mental health problems.
3. **Sustainability:** By adhering to the MQM standards, organizations can ensure their long-term sustainability. This includes sound financial management, robust governance and effective policies.
4. **Recognition and Assurance:** Organizations that meet the MQM standards are recognized for their commitment to excellence. This recognition can enhance their reputation and provide assurance to stakeholders that they are delivering high-quality support.
5. **Inclusive and Person-Centered Services:** The MQM emphasizes the importance of inclusive, person-centered services that empower individuals to make positive changes in their lives. This focus helps organisations to better meet the needs of their service users.

### Independent examiner

Richard Place Dobson Services Limited were re-appointed as the charity's independent examiner's during the year and have expressed their willingness to continue in that capacity.

The trustees' report was approved by the Board of Trustees.



D Watkin

Trustee

Date: 7/10/24

# MID KENT MIND

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MID KENT MIND

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I report to the trustees on my examination of the financial statements of Mid Kent Mind (the charity) for the year ended 31 March 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 2011 Act).

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

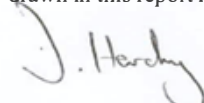
Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no 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 2011 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 financial statements to be reached.



**Darren Harding ACA FCCA DChA**  
Richard Place Dobson Services Limited  
1-7 Station Road  
Crawley  
West Sussex  
RH10 1HT

Dated: 2/10/2024.....

## MID KENT MIND

### STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Notes							
<b>Income and endowments from:</b>							
Donations, grants and legacies	3	30,939	40,420	71,359	43,860	124,004	167,864
Charitable activities	4	91,285	630,000	721,285	73,795	248,386	322,181
Investments	5	10,375	-	10,375	3,718	-	3,718
Other income		725	-	725	1,610	400	2,010
<b>Total income</b>		<u>133,324</u>	<u>670,420</u>	<u>803,744</u>	<u>122,983</u>	<u>372,790</u>	<u>495,773</u>
<b>Expenditure on:</b>							
Raising funds	6	691	-	691	-	-	-
Charitable activities	7	20,151	683,626	703,777	267,894	461,625	729,519
<b>Total expenditure</b>		<u>20,842</u>	<u>683,626</u>	<u>704,468</u>	<u>267,894</u>	<u>461,625</u>	<u>729,519</u>
<b>Net income/(expenditure)</b>		112,482	(13,206)	99,276	(144,911)	(88,835)	(233,746)
Transfers between funds		11,121	(11,121)	-	(79,634)	79,634	-
<b>Net movement in funds</b>	9	123,603	(24,327)	99,276	(224,545)	(9,201)	(233,746)
<b>Reconciliation of funds:</b>							
Fund balances at 1 April 2023		683,779	24,327	708,106	908,324	33,528	941,852
<b>Fund balances at 31 March 2024</b>		<u>807,382</u>	<u>-</u>	<u>807,382</u>	<u>683,779</u>	<u>24,327</u>	<u>708,106</u>

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

# MID KENT MIND

## BALANCE SHEET

AS AT 31 MARCH 2024

		2024		2023	
	Notes	£	£	£	£
<b>Fixed assets</b>					
Intangible assets	13		15,625		17,315
Tangible assets	14		275,994		282,636
			<u>291,619</u>		<u>299,951</u>
<b>Current assets</b>					
Debtors	15	38,414		523,987	
Cash at bank and in hand		600,973		339,133	
		<u>639,387</u>		<u>863,120</u>	
<b>Creditors: amounts falling due within one year</b>	16	(123,624)		(454,965)	
<b>Net current assets</b>			<u>515,763</u>		<u>408,155</u>
<b>Total assets less current liabilities</b>			<u>807,382</u>		<u>708,106</u>
<b>Net assets</b>			<u>807,382</u>		<u>708,106</u>
<b>The funds of the charity</b>					
Restricted income funds	19		-		24,327
Unrestricted funds			807,382		683,779
			<u>807,382</u>		<u>708,106</u>

The financial statements were approved by the trustees on ..... 1/10/24

  
D. Watkin  
Trustee

## MID KENT MIND

### STATEMENT OF CASH FLOWS

*FOR THE YEAR ENDED 31 MARCH 2024*

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	Notes	2024 £	£	2023 £	£
<b>Cash flows from operating activities</b>					
Cash generated from/(absorbed by) operations	25		251,665		(93,801)
<b>Investing activities</b>					
Purchase of intangible assets		-		(746)	
Investment income received		10,375		3,718	
<b>Net cash generated from investing activities</b>			10,375		2,972
<b>Net cash used in financing activities</b>			-		-
<b>Net increase/(decrease) in cash and cash equivalents</b>			261,840		(90,829)
Cash and cash equivalents at beginning of year			339,133		429,962
<b>Cash and cash equivalents at end of year</b>			<u>600,973</u>		<u>339,133</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS

*FOR THE YEAR ENDED 31 MARCH 2024*

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### 1 Accounting policies

#### Charity information

Mid Kent Mind is a charitable incorporated organisation registered in England. The registered office of the charity is 23 College Road, Maidstone, Kent, ME15 6YH.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's memorandum and articles of association, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

#### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Investment income, including interest, is credited to income in the year in which it is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

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### 1 Accounting policies

(Continued)

#### 1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

All expenditure is inclusive of irrecoverable VAT.

#### 1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Software	3 years straight line basis
Website development costs	3 years straight line basis

Intangible assets in the course of construction are not amortised.

#### 1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% straight line basis on buildings
-----------------------------	-------------------------------------

Freehold land is not depreciated.

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### 1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

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### 1 Accounting policies

(Continued)

#### 1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

##### *Basic financial assets*

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### *Basic financial liabilities*

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### *Derecognition of financial liabilities*

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

#### 1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

#### 1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

### 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

### 3 Income from donations, grants and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	30,939	-	30,939	43,860	-	43,860
Grants	-	40,420	40,420	-	124,004	124,004
	<u>30,939</u>	<u>40,420</u>	<u>71,359</u>	<u>43,860</u>	<u>124,004</u>	<u>167,864</u>

Grants received, included in the above, are as follows:

	£
Kent Community Foundation and The Lawson Trust	1,000
Kent Community Foundation and The Polebrook Fund	3,000
Kent Community Foundation and the Vulnerable Adults Fund	417
Mind - Business Continuation Fund	15,003
Mind - Cost of Living Fund	20,000
Southern Water - Community Centre Grant	1,000

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

### 4 Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Wellbeing services	13,796	569,524	583,320	7,914	189,998	197,912
Mental health courses	12,007	51,655	63,662	13,230	51,389	64,619
Counselling services	65,482	8,821	74,303	52,651	6,999	59,650
	<u>91,285</u>	<u>630,000</u>	<u>721,285</u>	<u>73,795</u>	<u>248,386</u>	<u>322,181</u>

Restricted grants and contracts received during the period, included in the above, are as follows:

	£
Kent County Council - Suicide Prevention & Mental Health Awareness	51,655
Maidstone Borough Council – Helping you Home	8,821
NHS Kent & Medway ICB - Wellbeing Cafés	362,860
Shaw Trust (Livewell Kent and Medway) - Crafts and Chatter	7,787
Shaw Trust (Livewell Kent and Medway) - Mental Health Recovery	31,312
Ashford Borough Council - PCC Crime Grant	8,119
Barnados - Mental Health and Wellbeing Grant	11,042
Colyer Fergusson Charitable Trust - Investing in Families	19,000
Involve Kent - Social Prescribing Grant	2,500
Kent County Council - Perinatal Support	10,904
Maidstone Borough Council - Creative Communities Fund	1,500
Maidstone Borough Council - Warmer Spaces Grant	1,500
Sport England and Active Kent & Medway	5,777
Sport England and Versus Arthritis	10,000
The Big Lottery Fund - Reaching Communities	95,348
The Cobtree Charity Trust Fund	1,875

### 5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	<u>10,375</u>	<u>3,718</u>

### 6 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
<b>Fundraising and publicity</b>		
Other fundraising costs	<u>691</u>	<u>-</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

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7 Expenditure on charitable activities

	Mental health services 2024 £	Mental health services 2023 £
<b>Direct costs</b>		
Staff costs	342,103	517,837
Depreciation and impairment	-	8,332
Training and local projects	2,379	1,969
Professional services (supervisions)	995	18,936
Project resources and venue hire	12,803	-
External support	16,366	-
Repairs, maintenance and kitchen supplies	1,092	-
IT equipment and software	719	-
Telephone costs	202	-
Travelling, accommodation and subsistence	2,473	-
Office supplies and sundry expenses	1,229	-
Advertising, marketing and PR	443	-
	<hr/>	<hr/>
	380,804	547,074
<b>Share of support and governance costs (see note 8)</b>		
Support	301,366	100,652
Governance	21,607	81,793
	<hr/>	<hr/>
	703,777	729,519
	<hr/>	<hr/>
<b>Analysis by fund</b>		
Unrestricted funds	20,151	267,894
Restricted funds	683,626	461,625
	<hr/>	<hr/>
	703,777	729,519
	<hr/>	<hr/>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

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<b>8 Support costs allocated to activities</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Staff costs	176,828	-
Depreciation	8,333	-
Advertising, marketing and PR	162	994
Recruitment and staff development	6,492	2,601
Travelling, accomodation and subsistence	3,993	4,002
Office supplies	4,823	3,510
Telephone costs	4,177	4,434
IT equipment and software	65,459	42,541
Repairs, maintenance and kitchen supplies	16,104	8,582
Insurance	6,086	4,915
Other support costs	2,632	29,073
Utilities and rates	6,277	-
Governance costs	21,607	81,793
	<u>322,973</u>	<u>182,445</u>
<b>Analysed between:</b>		
Mental health services	<u>322,973</u>	<u>182,445</u>
	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
<b>Governance costs comprise:</b>		
Independent examination fees	4,980	4,740
Accountancy	-	6,840
Consultancy fees	7,088	65,485
Trustee costs	-	82
Legal and professional fees	9,539	4,646
	<u>21,607</u>	<u>81,793</u>
	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
<b>9 Net movement in funds</b>		
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	4,980	4,740
Depreciation of owned tangible fixed assets	6,642	6,642
Amortisation of intangible assets	1,690	1,690

### 10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2023 - £Nil).

During the year ended 31 March 2024, trustee costs were incurred by the Charity amounting to £Nil in respect of mileage for one of the trustees (2023 - £82).

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

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### 11 Employees

The average number of full time equivalent employees during the year was:

	2024 Number	2023 Number
Administrative	6	7
Welbeing and community development workers	9	12
Total	<u>15</u>	<u>19</u>

Employment costs	2024 £	2023 £
Wages and salaries	473,555	480,656
Social security costs	37,319	29,780
Other pension costs	8,057	7,401
	<u>518,931</u>	<u>517,837</u>

The number of employees whose annual remuneration was more than £60,000 is as follows:

	2024 Number	2023 Number
£80,000 - £90,000	<u>1</u>	<u>-</u>

### Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024 £	2023 £
Aggregate compensation	<u>171,768</u>	<u>112,195</u>

The trustees consider the charity's key management personnel to consist of the CEO and the Senior Management Team.

### 12 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

## MID KENT MIND

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

#### 13 Intangible fixed assets

	Software	Website development costs	Total
	£	£	£
<b>Cost</b>			
At 1 April 2023 and 31 March 2024	5,069	14,922	19,991
<b>Amortisation and impairment</b>			
At 1 April 2023	2,676	-	2,676
Amortisation charged for the year	1,690	-	1,690
At 31 March 2024	4,366	-	4,366
<b>Carrying amount</b>			
At 31 March 2024	703	14,922	15,625
At 31 March 2023	2,393	14,922	17,315

Website development costs relate to the new charity website. The website was launched after the balance sheet date and will be amortised over its useful life from the launch date.

#### 14 Tangible fixed assets

	Freehold land and buildings
	£
<b>Cost</b>	
At 1 April 2023	295,881
At 31 March 2024	295,881
<b>Depreciation and impairment</b>	
At 1 April 2023	13,245
Depreciation charged in the year	6,642
At 31 March 2024	19,887
<b>Carrying amount</b>	
At 31 March 2024	275,994
At 31 March 2023	282,636

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

### 14 Tangible fixed assets (Continued)

Mid Kent Mind owns the property at 23 College Road Maidstone which is its principal address. Some of the funding to purchase the property was provided by The Maidstone Health Authority.

The following restriction is registered against the property: "No disposition by the proprietor of the land is to be registered and none shall take effect unless made with the consent of the Housing Corporation (being The Maidstone Health Authority), when such consent is required under the provisions of section 9 of the Housing Associations Act 1985".

The property is registered at H M Land Registry under the name of Maidstone Association of Mental Health (latterly Maidstone and Mid Kent Mind) registered with the Charity Commission on 9th December 1969 – registration number 260122. The funds and all associated assets were transferred to Mid Kent Mind on 16 November 2018, a CIO registered with the Charity Commission on 25 May 2016 – registration number 1167328.

The Trustees are taking steps to ensure the records held at H M Land Registry are up to date.

### 15 Debtors

	2024	2023
	£	£
<b>Amounts falling due within one year:</b>		
Trade debtors	11,556	403,588
Other debtors	863	13,707
Prepayments and accrued income	25,995	106,692
	<u>38,414</u>	<u>523,987</u>

### 16 Creditors: amounts falling due within one year

	2024	2023
	£	£
Other taxation and social security	10,137	8,332
Deferred income	101,192	395,222
Trade creditors	4,158	45,365
Other creditors	1,730	230
Accruals	6,407	5,816
	<u>123,624</u>	<u>454,965</u>

### 17 Deferred income

Deferred income is included in the financial statements as follows:

	2024	2023
	£	£
Deferred income is included within:		
Current liabilities	<u>101,192</u>	<u>395,222</u>

Movements in the year:

## MID KENT MIND

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

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<b>17</b>	<b>Deferred income</b>	<b>(Continued)</b>	
	Deferred income at 1 April 2023	395,222	8,750
	Released from previous periods	(395,222)	(8,750)
	Resources deferred in the year	101,192	395,222
		<u>          </u>	<u>          </u>
	Deferred income at 31 March 2024	101,192	395,222
		<u>          </u>	<u>          </u>

Deferred income relates to grants and contract income for the 2024/25 financial year received in advance.

<b>18</b>	<b>Retirement benefit schemes</b>	<b>2024</b>	<b>2023</b>
	<b>Defined contribution schemes</b>	<b>£</b>	<b>£</b>
	Charge to profit or loss in respect of defined contribution schemes	8,057	7,401
		<u>          </u>	<u>          </u>

The charity operates a defined contribution pension scheme for all qualifying employees which is held with the National Employment Savings Trust (NEST).

The assets of the scheme are held separately from those of the charity in an independently administered fund.

Amounts totaling £1,730 (2023 - £Nil) were payable to the fund at the balance sheet date and are included in creditors.

## MID KENT MIND

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

#### 19 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
Kent County Council - Suicide Prevention & Mental Health Awareness	-	51,655	(51,655)	-	-
Maidstone Borough Council – Helping you Home	-	8,821	(8,821)	-	-
NHS Kent & Medway ICB - Wellbeing Cafés	-	362,860	(351,739)	(11,121)	-
Shaw Trust (Livewell Kent and Medway) - Crafts and Chatter	-	7,787	(7,787)	-	-
Shaw Trust (Livewell Kent and Medway) - Mental Health Recovery	-	31,312	(31,312)	-	-
Ashford Borough Council - PCC Crime Grant	-	8,119	(8,119)	-	-
Barnados - Mental Health and Wellbeing Grant	-	11,042	(11,042)	-	-
Colyer Fergusson Charitable Trust - Investing in Families	-	19,000	(19,000)	-	-
Involve Kent - Social Prescribing Grant	-	2,500	(2,500)	-	-
Kent County Council - Perinatal Support	-	10,904	(10,904)	-	-
Maidstone Borough Council - Creative Communities Fund	-	1,500	(1,500)	-	-
Maidstone Borough Council - Warmer Spaces Grant	-	1,500	(1,500)	-	-
Sport England and Active Kent & Medway	-	5,777	(5,777)	-	-
Sport England and Versus Arthritis	-	10,000	(10,000)	-	-
The Big Lottery Fund - Reaching Communities	24,327	95,348	(119,675)	-	-
The Cobtree Charity Trust Fund	-	1,875	(1,875)	-	-
Kent Community Foundation and The Lawson Trust	-	1,000	(1,000)	-	-
Kent Community Foundation and The Polebrook Fund	-	3,000	(3,000)	-	-
Kent Community Foundation and the Vulnerable Adults Fund	-	417	(417)	-	-
MIND Funds	-	35,003	(35,003)	-	-
Southern Water - Community Centre Grant	-	1,000	(1,000)	-	-
	<u>24,327</u>	<u>670,420</u>	<u>(683,626)</u>	<u>(11,121)</u>	<u>-</u>

## MID KENT MIND

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

19	Restricted funds	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
		£	£	£	£	£
	Previous year:					
	Kent County Council - Early Help Swale	3,645	-	(3,645)	-	-
	Kent County Council - Early Help Ashford	3,645	-	(3,645)	-	-
	Community Fund - Awards for All	6,000	-	(6,000)	-	-
	The Cobtree Charity Trust Ltd	1,200	2,500	(3,700)	-	-
	Kent County Council "Confidence Building Activities" with Youth Resilience UK	5,000	-	(5,000)	-	-
	Kent County Council "Life after lockdown" CBC courses with Youth Resilience UK	4,880	-	(4,880)	-	-
	Kent Sport Self-defence classes in the park	500	-	(500)	-	-
	Kent County Council Engaging Communities & Reducing Risk film	6,864	-	(6,864)	-	-
	Porchlight COMF refund	1,794	(1,794)	-	-	-
	Kent County Council - Suicide Prevention & Awareness Training	-	51,389	(51,389)	-	-
	Maidstone Borough Council - Helping You Home	-	6,999	(6,999)	-	-
	NHS Kent & Medway - Wellbeing Café (Ashford)	-	72,400	(72,400)	-	-
	NHS Kent & Medway - Wellbeing Café (Maidstone)	-	49,635	(49,635)	-	-
	Shaw Trust Livedwell Kent & Medway (West Kent)	-	17,830	(32,801)	14,971	-
	Shaw Trust Livedwell Kent & Medway (Ashford, Canterbury and Coastal)	-	50,133	(74,019)	23,885	-
	Kent County Council - Early Help (Ashford)	-	9,051	(9,051)	-	-
	The Big Lottery Fund - Reaching Communities	-	75,883	(92,329)	40,774	24,327
	Kent County Council - Better Mental Health and Wellbeing Community Fund	-	14,160	(14,160)	-	-
	Kent County Council - Public Health Grant	-	2,000	(2,000)	-	-
	Maidstone Borough Council - Safer Maidstone Partnership	-	2,400	(2,400)	-	-
	Linda Hogan Community Fund - Arts & Craft Materials	-	449	(453)	4	-
	Involve Kent - Warm & Welcome Grant	-	100	(100)	-	-
	Swale Council - Cost of Living Winter Plan	-	2,759	(2,759)	-	-
	Natural England - Walking in Nature	-	3,418	(3,418)	-	-
	Golding Homes - Community Investment	-	920	(920)	-	-
	Shaw Trust - Innovation Grant	-	2,758	(2,758)	-	-
	Mind - Contribution to Audit Fee	-	400	(400)	-	-

(Continued)

## MID KENT MIND

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE YEAR ENDED 31 MARCH 2024

19 Restricted funds	(Continued)
Kent Community Foundation - Core Costs	4,400
The Grace Trust - Core Costs	(4,400)
Maidstone Borough Council - Community Resilience Fund	3,000
	(3,000)
	2,000
	(2,000)
	33,528
	372,790
	(461,625)
	79,634
	24,327

Wellbeing services during the year and their funders:

- 1 The provision of wellbeing support including crisis avoidance for adults within the community in Ashford and Maidstone funded by NHS Kent and Medway ICB
- 2 The provision of wellbeing support to adults through community groups and courses in Ashford, Canterbury and Maidstone funded by Shaw Trust, Involve Kent, Kent County Council and Maidstone Borough Council
- 3 The provision of wellbeing support for young people within the Mid Kent area funded by The Big Lottery Fund; Ashford Borough Council; Barnardo's; The Cobtree Charity Trust and The Colyer Fergusson Charitable Trust
- 4 The provision of physical activities incorporating mindfulness and self-awareness within Maidstone funded by Active Kent and Medway and Versus Arthritis via Sport England
- 5 The provision of education and training in mental health funded by Kent County Council
- 6 The provision of specialist counselling services funded by Maidstone Borough Council
- 7 Additional funding support received from The Lawson Trust; The Polebrook Fund and the Vulnerable Adults Fund via the Kent Community Foundation; Mind and Southern Water

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2024

#### 20 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	683,779	133,324	(20,842)	11,121	807,382
	<u>683,779</u>	<u>133,324</u>	<u>(20,842)</u>	<u>11,121</u>	<u>807,382</u>

Previous year:	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
	£	£	£	£	£
General funds	908,324	122,983	(267,894)	(79,634)	683,779
	<u>908,324</u>	<u>122,983</u>	<u>(267,894)</u>	<u>(79,634)</u>	<u>683,779</u>

#### 21 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
<b>At 31 March 2024:</b>			
Intangible fixed assets	15,625	-	15,625
Tangible assets	275,994	-	275,994
Current assets/(liabilities)	515,763	-	515,763
	<u>807,382</u>	<u>-</u>	<u>807,382</u>

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
<b>At 31 March 2023:</b>			
Intangible fixed assets	17,315	-	17,315
Tangible assets	282,636	-	282,636
Current assets/(liabilities)	383,828	24,327	408,155
	<u>683,779</u>	<u>24,327</u>	<u>708,106</u>

## MID KENT MIND

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

#### 22 Operating lease commitments

##### Lessee

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2024	2023
	£	£
Within one year	50,484	53,174
Between two and five years	84,247	129,720
	<u>134,731</u>	<u>182,894</u>

#### 23 Events after the reporting date

Mid Kent Mind was unsuccessful in renewing the contract for the provision of wellbeing support and crisis avoidance for adults within the community in Ashford and Maidstone funded by NHS Kent and Medway ICB. The contract terminated on 31st March 2024 although funding for two additional months has been confirmed.

Mid Kent Mind is in the process of seeking additional funding from other sources whilst also taking the opportunity to streamline the service provided and, although the charity will experience a reduction in funding, the trustees are confident the charity will continue to be a going concern.

#### 24 Related party transactions

During the year, the charity entered into no related party transactions (2023 - £8,200 with Youth Resilience UK).

25 Cash generated from operations	2024	2023
	£	£
Surplus/(deficit) for the year	99,276	(233,746)
Adjustments for:		
Investment income recognised in statement of financial activities	(10,375)	(3,718)
Amortisation and impairment of intangible assets	1,690	-
Depreciation and impairment of tangible fixed assets	6,642	8,332
Movements in working capital:		
Decrease/(increase) in debtors	485,573	(262,945)
(Decrease)/increase in creditors	(37,311)	11,804
(Decrease)/increase in deferred income	(294,030)	386,472
<b>Cash generated from/(absorbed by) operations</b>	<u>251,465</u>	<u>(93,801)</u>

#### 26 Analysis of changes in net funds

The charity had no material debt during the year.

**Mid Kent Mind**

England & Wales - Charity number 1167328

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# Accounts

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Mind Mid Kent



# Annual Report

April 2022 - March 2023

**“Thank you for delivering a fun and interactive session. We learnt there is always someone who will listen.”**

Feedback from Mental Health Awareness for young farmers.



# Welcome

The past year has been a hugely busy period for our organisation – with the need to develop new services proving critical given the rapidly changing world around us.

2022 – 2023 has seen the fall-out of the Covid-19 pandemic, and a slow transition back to a new ‘normal’. It has also seen a war break out in Europe, and a rapidly evolving cost of living crisis which has presented significant challenges for many people. All this is to say – the need for mental health support has never been greater.

During this period, we have committed ourselves to developing and delivering services which continue to put the holistic needs of our clients at their heart. We have supported 4,463 individuals with 14,394 attendances across our services. As we continue to face new challenges, we are devoted to fighting for the needs of our communities – forming strong partnerships which embody our vision, mission and values and ensure that our clients are at the heart of everything we do.

This year has also seen our new senior management team adapt and grow into new roles alongside colleagues across the organisation – furthering our strategic

ambitions. This has ensured that lived experience has been further embedded from the ground-up within our organisation – ensuring peer-driven service design is present in everything we do.

As we begin to focus more on developing services that are committed to meeting the emerging needs of the community, our dedicated and passionate staff and volunteer team continue to take challenges in their stride. This ensures we are providing the highest quality support for all of our clients.

**As we continue to face challenges posed by the ever-changing mental health landscape, we are committed to making a sustained difference in the communities we serve.**



**Henu Cummins**  
CEO



**Lewis Kinch**  
Chair of the Board

# Adult Services

## Community Activity Groups


Between 2022 - 2023 we trialled 'open access' community groups for the first time - allowing clients to engage with them through a streamlined referral process. This was a hugely successful pilot which complemented services funded by Livewell Kent & Medway.

## Coping with Life Courses

We continued to work with Live Well Kent & Medway to provide Coping with Life courses for clients. These courses empower clients to develop coping strategies to better manage their mental health.

## Affordable Counselling Service

Our flagship Affordable Counselling Service grown from strength to strength, supporting over 3,600 sessions in the past year alone. We are hugely grateful to our volunteer counsellors, who give so much time and energy in support of their clients - making a real difference to them every day.



**During this period of time, our Activity Groups provided 1,071 sessions, our Affordable Counselling Service saw 3,613 attendances and our Coping with Life Courses supported 78 different people.**

# Youth Services

3,325 children and young people benefited from a range of targeted interventions, including Cognitive Behavioural Coaching courses and Wellbeing Support. In addition to the wellbeing support on offer, we have delivered several mental health awareness sessions for young people, encouraging greater awareness of crucial themes.

We delivered emotional resilience courses during this period, known as 'Bounce Back'. On average, 95% of young people engaged in these courses said that they had helped to improve their wellbeing. We also provided one-to-one Wellbeing & Resilience Action Plans (WRAPs) during this period - with 81.53% of young people participant stating that sessions improved their wellbeing.

These targeted interventions were supported by a broad span of wellbeing activities which enable young people to build new skills, make new friends and develop their communication skills.

We also provided support to young carers, attended a school fair where we enabled young people to learn circus skills, and have also been involved in family fun days provided by Early Help in Maidstone. Alongside this we delivered a pilot Mental Health Awareness session for young farmers - allowing us to better engage rural communities.



**This year was the fourth year of our 'Reaching Communities' programme. This programme is peer-led, with feedback from young people actively shaping the breadth and depth of support provided.**

# Our Impact

**14,394**

attendances in  
the year ending  
March 2023

**4463**

individuals  
supported in year  
ending March 2023

**1274**

people trained in  
suicide prevention

**3613**

affordable  
counselling  
sessions

**83.25%**

of young people  
felt Reaching  
Communities  
CBC courses  
benefited their  
wellbeing

**972**

instances of  
Wellbeing  
Drop-In service  
providing life-  
saving support

**100%**

of attendees  
would not have  
gone outside  
without our  
walking group

**93%**

of suicide  
prevention  
training attendees  
reported increased  
confidence to  
support others

# The Difference Our Services Make

**“I learnt a wealth of information relating to anxiety and stress. I also learnt realistic and achievable ways to improve my wellbeing.”**

- Coping with Life Feedback

**“I enjoyed getting to work on improving myself, and the difference I saw in myself at the end of six weeks.”**

- Youth Wellbeing & Resilience Action Plan Feedback

**“I couldn’t have got through what I was dealing with without my counsellor. I have learnt a lot about myself.”**

- Affordable Counselling Service Feedback

**“This course has helped to improve my wellbeing because I can do Calligraphy when I feel anxious.”**

- Calligraphy Course Feedback

# Suicide Prevention Programme

Our Suicide Prevention & Awareness Programme has continued to grow - providing training sessions to 1,644 people.

We have delivered training to many partners throughout this period of time, including:

- Kent Police
- Kent Fire & Rescue
- The Salvation Army
- Sevenoaks District Council
- Medway Adult Education
- University Of Kent
- G4S
- And many, many more...

We also introduced our 'Everyday Mental Health' course - a brand new course designed to highlight the key information from our sessions in a condensed, one-hour workshop.

**This programme collects three-month follow up surveys to showcase how people use what they have learnt You can find some case studies from these overleaf.**



**“The course met all of my expectations and I now have valuable resources I can use in my job. The trainer was calm and delivered the course brilliantly.”**

- Suicide Prevention Course Feedback

# How Our Training Is Used...

**“I have stayed on the phone with someone who was very suicidal after a domestic abuse incident until the police showed up. I then gave her the 24/7 suicide prevention numbers for her to call if she needed to.”**

- Feedback on how a Youth Suicide Prevention Course participant has used their training three-months on.

**“I support someone with previous mental health problems and now a sudden illness and bereavement of family member. Noticed they were looking stressed/unhappy and asked them how they ‘really are’. Resulted in an open answer and not just a ‘fine’.”**

-- Feedback on how a Youth Suicide Prevention Course participant has used their training three-months on.

**“The person was very depressed and suicidal and turned up at my door in the middle of the night. I let them sit and talk about their thoughts. I asked what had made them want to end it all and he said he felt there is no point in living and has had enough. He has 2 failed relationships which happened in quick succession.**

**He told me he had 2 failed attempts recently when he was found. As he talked he spoke fondly of his youngest child and kept replaying a video. So I encouraged him to talk more about his sons. His mood improved. He was soon talking about up coming birthdays and he left feeling better. I listened more than I spoke. He is on antidepressants.”**

- Feedback on how a Youth Suicide Prevention Course participant has used their training three-months on.

**We are very grateful to Kent County Council, Medway Council, and the NHS in Kent and Medway - whose generous funding continues to make this invaluable work possible.**

# Working In Partnership

Collaborative working has been vital in helping us to deal with the challenges of the past year. Providing meaningful wraparound support for all of our clients has been possible because of the support from our wonderful partners.

In the past year we have:

- Supported the arrival of the **Knife Angel** in Maidstone working collaboratively with **One Maidstone** to raise awareness about services.
- Partnered up with domestic abuse charity **SATEDA** to provide drop-in advice and support for women experiencing domestic abuse in Maidstone.
- Worked with **Fremlin Walk** to install a vinyl shop front for **Kent County Council's Release The Pressure** service.
- Took part in **Maidstone's Scarecrow Festival** - organised by **Maidstone Borough Council**.
- Attended various events run by the **Maidstone Early Help** team - supporting local young people.
- Partnered up with **Arriva Kent & Medway** - who supported Iwade Rock with a free shuttle bus service.

**We are grateful to everyone who has partnered with us throughout this year.**



# Fantastic Fundraisers

Each year we are grateful to be supported by an incredible number of enthusiastic fundraisers who want to make a difference. 2022 - 2023 was no different - with some incredible support from our community.

We are grateful to **Sittingbourne Football Club, Mancave Maidstone, Suzanne Howe Communications, Justin & Vanessa, Little Voices Mid Kent** and **Waitrose** - amongst others - for their support across the past year.

We also want to mention the amazing **Karen & Angela** - who walked 110KM along the Via Francigena to fundraise for our organisation - encouraging other people to get involved and fundraise along the way!

Lastly, we had to highlight the absolutely incredible **Iwade Rock** - an event which raised £9,000 for Mid Kent Mind. We are hugely grateful to everyone who came along to this event - we had a blast rocking it out with everyone at the Festival!

**It's impossible to list all of our fundraisers and donors in a single document - so to everyone who supported us this year, thank you. You have helped us to make a huge difference in the local community.**



**Thank you to all of our staff, funders, volunteers  
and partners for making our work possible.  
Above all, we are grateful to the courageous  
clients who continue to put their trust and  
faith in the services we provide.**

**[www.midkentmind.org.uk](http://www.midkentmind.org.uk)**

 **mind Mid Kent**



**MID KENT MIND**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**



# MID KENT MIND

## LEGAL AND ADMINISTRATIVE INFORMATION

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<b>Trustees</b>	D Watkin L Kinch V Edwards C Eastwood J Lang P Miller P Miller	(Appointed 27 July 2022) (Appointed 27 July 2022) (Appointed 27 July 2022)
<b>Charity number</b>	1167328	
<b>Principal address</b>	23 College Road Maidstone Kent ME15 6YH	
<b>Independent examiner</b>	Darren Harding ACA FCCA DChA Richard Place Dobson Services Limited 1-7 Station Road Crawley West Sussex RH10 1HT	

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# MID KENT MIND

## CONTENTS

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	<b>Page</b>
Trustees' report	1 - 6
Independent examiner's report	7
Statement of financial activities	8
Balance sheet	9
Statement of cash flows	10
Notes to the financial statements	11 - 23

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# MID KENT MIND

## TRUSTEES' REPORT

### *FOR THE YEAR ENDED 31 MARCH 2023*

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The trustees present their annual report and financial statements for the year ended 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's Memorandum and Articles of Association, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

#### **Objectives and activities**

The key objectives of the charity are;

a) to promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.

b) to relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Mid Kent Mind's Strategic Plan 2021 to 2024 provides the strategic framework through which we will achieve our objective. We also have a business plan that details our key business objectives which is reviewed every 12 months.

The plan is based on our vision, mission and values.

#### **Our Vision**

- We are Mid Kent Mind and we are passionate about supporting people with mental health issues and promoting positive wellbeing.
- We recognise people as unique individuals and not as a diagnosis or a label.
- We aim to equip people with the tools they need, empowering them to reach their potential.
- We encourage diversity, challenging stigma and discrimination.

#### **Our Values**

- Person Centred in everything we do putting the individuals' wellbeing first
- Recovery Based using the Recovery Model and Six Ways to Wellbeing to shape all of our services
- Holistic in our approach to mental health and wellbeing, accepting that many things can affect people in different ways, and we believe everyone in the community can be an active participant.
- Diverse and Inclusive by supporting social inclusion for anyone with mental health or wellbeing needs.

#### **Our Goals**

**Priority 1:** Ensure everyone in Mid Kent has equal opportunity to achieve positive mental health and wellbeing

- A Provide or increase support in communities that lack access to services
- B Promote our work so that everyone is aware of what services and support we provide
- C Increase variety of wellbeing activities to meet more need
- D Strengthen our partnerships with National and Kent Mind

**Priority 2:** Maintain and consistently improve quality of services

Monitoring and tracking outcomes to measure impact on individuals

- A Maintain outstanding quality by dynamically reviewing all services
- B Support professional development of staff
- C Evaluate and adapt delivery through feedback from service users and funders
- D Quality control through Senior Management with scrutiny provided by trustee board
- E Design services based on local need and demand

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2023*

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### **Priority 3:** Promote a positive working environment

- A Increase and strengthen the Board by further recruitment of Trustees to reflect identified skills gap
- B Foster a culture of transparency, integrity and impartiality
- C Provide personal and professional growth opportunities
- D Ensure staff can access wellbeing support and feel supported

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

### **Main activities undertaken to further the Charity's purposes for the public benefit**

The main activities undertaken for the public benefit are as follows;

- Affordable counselling
- CBC courses
- Social activities
- Wellbeing Drop in Services
- Suicide Prevention and Mental Health training
- Social Prescribing
- Peer support
- Adult and Youth mindfulness
- Hoarding Programme
- Live Well Kent Delivery

### **Achievements and performance**

Mid Kent Mind provides mental health support services to the core communities of Maidstone, Ashford and Swale and in partnership with other local Minds, across Kent.

The Charity has increased the number of beneficiaries able to access services, increase the amount and quality of services and has increased training opportunities for staff and volunteers.

New and existing partnerships continue to grow to extend our provisions and areas of specialised support.

### **Key performance indicators**

The charity measures its performance by recording the number of people that access our services and those who have improved their levels of mental health and wellbeing. We also measure a number of outcomes that are set by our funders and commissioners, usually also linked to wellbeing levels.

Between 2022 and 2023 there were 14,394 attendances across all Mid Kent Mind's services with 4,463 individuals supported.

3,325 children and young people benefited from a range of targeted interventions, including Cognitive Behavioural Coaching courses and Wellbeing Support.

The Affordable Counselling service provided 3,613 Counselling Sessions.

1,274 people were trained in suicide prevention with 93% of attendees reporting increased confidence to support others.

Additionally, there were 972 instances of the Wellbeing Drop-In service providing support.

Mid Kent Mind's Activity Groups provided 1,071 Sessions with 100% of attendees stating they would not have gone outside without the walking group.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2023*

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### **Review of activities**

The past year has been a hugely busy period for our organisation, with the need to develop new services proving critical given the rapidly changing world around us.

2022 – 2023 has seen the fall-out of the Covid-19 pandemic, and a slow transition back to a new 'normal'.

It has also seen a war break out in Europe, and a rapidly evolving cost of living crisis which has presented significant challenges for many people. All this is to say the need for mental health support has never been greater.

During this period, we have committed ourselves to developing and delivering services which continue to put the holistic needs of our clients at their heart.

As we continue to face new challenges, we are devoted to fighting for the needs of our communities, forming strong partnerships which embody our vision, mission and values and ensure that our clients are at the heart of everything we do.

This year has also seen our new senior management team adapt and grow into new roles alongside colleagues across the organisation furthering our strategic ambitions. This has ensured that lived experience has been further embedded from the ground-up within our organisation, ensuring peer-driven service design is present in everything we do.

As we begin to focus more on developing services that are committed to meeting the emerging needs of the community, our dedicated and passionate staff and volunteer team continue to take challenges in their stride. This ensures we are providing the highest quality support for all our clients.

As we continue to face challenges posed by the everchanging mental health landscape, we are committed to making a sustained difference in the communities we serve.

### **Working In Partnership**

Collaborative working has been vital in helping Mid Kent Mind to deal with the challenges of the past year. Providing meaningful wraparound support for all our clients has been possible because of the support from our wonderful partners.

In the past year we have:

- Supported the arrival of the Knife Angel in Maidstone, working collaboratively with One Maidstone to raise awareness about services.
- Partnered up with domestic abuse charity SATEDA to provide drop-in advice and support for women experiencing domestic abuse in Maidstone.
- Worked with Fremlin Walk to install a vinyl shop front for Kent County Council's Release The Pressure service.
- Took part in Maidstone's Scarecrow Festival organised by Maidstone Borough Council.
- Attended various events run by the Maidstone Early Help team, supporting local young people.
- Partnered up with Arriva Kent & Medway, who supported Iwade Rock with a free shuttle bus service.
- We were proud to support the 'Helping You Home' project; working in partnership with Maidstone Borough Council to support clients hoarding by providing a much-needed talking therapy services.

We are grateful to everyone who has partnered with us throughout this year and remain committed to building new partnerships, enabling us to make a long-term, sustainable difference to our communities.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2023

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#### **Training**

Training Awareness continues to be at the heart of Mid Kent Mind's work both with adults and youths.

Our Suicide Prevention & Awareness Programme has continued to grow with training delivered to many partners including:

- Kent Police
- Kent Fire & Rescue
- The Salvation Army
- Sevenoaks District Council
- Medway Adult Education
- University Of Kent
- G4S

We also introduced our 'Everyday Mental Health' course, designed to highlight the key information from our sessions in a condensed, one-hour workshop.

We are very grateful to Kent County Council, Medway Council, and the NHS in Kent and Medway - whose generous funding continues to make this invaluable work possible.

#### **Fundraising and donations**

Each year we are grateful to be supported by an incredible number of enthusiastic fundraisers who want to make a difference. 2022 - 2023 was no different, with some incredible support from our community.

We are grateful to Sittingbourne Football Club; Mancave Maidstone; Suzanne Howe Communications; Justin & Vanessa; Little Voices Mid Kent and Waitrose amongst others, for their support across the past year.

We also want to mention the amazing Karen & Angela - who walked 110KM along the Via Francigena to fundraise for our organisation; encouraging other people to get involved and fundraise along the way.

Lastly, we must highlight the absolutely incredible Iwade Rock; an event which raised £9,000 for Mid Kent Mind. We are hugely grateful to everyone who came along to this event - we had a blast rocking it out with everyone at the festival.

Our donors and fundraisers raised nearly £44,000 in the year and although it would be impossible to list all of our fundraisers and donors in this small space; to everyone who supported us this year we would like to say thank you.

You have helped us to make a huge difference in the local community.

#### **Financial review**

As at 31 March 2023, the charity held total funds of £708,106 (2022: £941,852), of which £24,327 is restricted and £683,779 was unrestricted.

Total income for the year was £495,773 with a net deficit being generated for the year ended 31 March 2023 of £233,746 (2022: net surplus of £147,194).

The net deficit for the year of £233,746 comprises of an unrestricted deficit of £144,911 and a restricted deficit of £88,835 which will be funded by unrestricted reserves.

A full review of the allocation of expenditure against restricted funds was undertaken in the previous year and a restatement of the comparative year was undertaken as a result.

#### **Funds held as custodian trustee**

No funds are held by Mid Kent Mind as a custodian.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2023*

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### Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

### Reserves policy

The Charity Commission's CC19 guidance Charity reserves: building resilience states: "There is no single level, or even a range of, reserves that is right for all charities. Any target set by trustees for the level of reserves to be held should reflect the particular circumstances of the individual charity. To do this, trustees need to know why the charity should hold reserves and, having identified those needs, the trustees should consider how much should be held to meet them."

In the current environment where grant funding has become more sparse and charities are competing against each other for income like never before, the trustees of Mid Kent Mind have taken the decision that the charity work towards maintaining 12 months operating costs in their reserves along with all other expenses that would need to be met in the closure of the charity.

As Mid Kent Mind provide services to some of the most vulnerable people in our community that are vital in them maintaining their wellbeing and not meeting crisis points for their mental health, we believe, that any loss of services would need to come with long term warning over the period of a year so we could assist everyone to transition to alternate providers where possible and protect them from potential self-harm or suicide.

### Structure, governance and management

The charity is a registered charity, number 1167328 and is constituted under a Charitable Incorporated Organisation, (CIO).

The trustees who served during the year and up to the date of signature of the financial statements were:

J Parris	(Resigned 28 February 2023)
D Watkin	
L Kinch	
V Edwards	(Appointed 27 July 2022)
C Eastwood	(Appointed 27 July 2022)
J Lang	(Appointed 27 July 2022)
P Miller	
P Miller	
S Brimmer	(Resigned 22 February 2023)

### Methods of appointment or election of Trustees

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. A trustee cannot be voted in for more than three consecutive terms.

The role of chairperson may be held for a maximum of three years. A chairperson cannot be voted in for more than two consecutive terms in the role.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

### Organisational structure

Mid Kent Mind continues to review and improve its organisational structure in line with furthering our strategic ambitions.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2023*

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### **Pay policy for key management personnel**

The trustees give their time freely and no trustee received remuneration in the year. Details of trustee expenses are disclosed in note 8 to the accounts. The pay of senior staff is reviewed and set annually.

### **Financial risk management**

The Trustees regularly assess the major risks to which the Charity is exposed and remain satisfied that systems and procedures are in place to mitigate exposure to the major risks.

### **Auditor/Independent Examiner**

Richard Place Dobson Services Limited; previously auditors of Mid Kent Mind were re-appointed as the charity's independent examiner's during the year and have expressed their willingness to continue in that capacity.

The trustees' report was approved by the Board of Trustees.



.....  
L Kinch  
**Trustee**

Date: ...8th November 2023 .....

# MID KENT MIND

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MID KENT MIND

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I report to the trustees on my examination of the financial statements of Mid Kent Mind (the charity) for the year ended 31 March 2023.

### Responsibilities and basis of report

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

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act. In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 , which is one of the listed bodies.

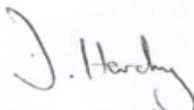
Your attention is drawn to the fact that the charity has prepared financial statements in accordance with Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no 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 2011 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 financial statements to be reached.



**Darren Harding ACA FCCA DChA**

Richard Place Dobson Services Limited  
1-7 Station Road  
Crawley  
West Sussex  
RH10 1HT

Dated: 9 November 2023

# MID KENT MIND

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes						
<b>Income and endowments from:</b>							
Donations and legacies	2	43,860	124,004	167,864	310,876	205,192	516,068
Charitable activities	3	73,795	248,386	322,181	44,724	414,194	458,918
Investments	4	3,718	-	3,718	87	-	87
Other income	5	1,610	400	2,010	15,668	9,600	25,268
<b>Total income</b>		<b>122,983</b>	<b>372,790</b>	<b>495,773</b>	<b>371,355</b>	<b>628,986</b>	<b>1,000,341</b>
<b>Expenditure on:</b>							
Charitable activities	6	267,894	461,625	729,519	7,589	845,558	853,147
<b>Net (outgoing)/incoming resources before transfers</b>		<b>(144,911)</b>	<b>(88,835)</b>	<b>(233,746)</b>	<b>363,766</b>	<b>(216,572)</b>	<b>147,194</b>
Gross transfers between funds		(79,634)	79,634	-	-	-	-
<b>Net (expenditure)/income for the year/ Net movement in funds</b>		<b>(224,545)</b>	<b>(9,201)</b>	<b>(233,746)</b>	<b>363,766</b>	<b>(216,572)</b>	<b>147,194</b>
As originally reported		908,324	33,528	941,852	61,289	702,369	763,658
Prior year adjustment		-	-	-	483,269	(452,269)	31,000
As restated		908,324	33,528	941,852	544,558	250,100	794,658
<b>Fund balances at 31 March 2023</b>		<b>683,779</b>	<b>24,327</b>	<b>708,106</b>	<b>908,324</b>	<b>33,528</b>	<b>941,852</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

# MID KENT MIND

## BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
<b>Fixed assets</b>					
Intangible assets	11		17,315		18,259
Tangible assets	12		282,636		289,278
			<u>299,951</u>		<u>307,537</u>
<b>Current assets</b>					
Debtors	13	523,987		261,042	
Cash at bank and in hand		339,133		429,962	
		<u>863,120</u>		<u>691,004</u>	
<b>Creditors: amounts falling due within one year</b>	14	(454,965)		(56,689)	
Net current assets			408,155		634,315
<b>Total assets less current liabilities</b>			<u>708,106</u>		<u>941,852</u>
<b>Income funds</b>					
Restricted funds	17		24,327		33,528
Unrestricted funds			683,779		908,324
			<u>708,106</u>		<u>941,852</u>

The financial statements were approved by the Trustees on ....8th November 2023.....



.....  
L Kinch  
Trustee

# MID KENT MIND

## STATEMENT OF CASH FLOWS

*FOR THE YEAR ENDED 31 MARCH 2023*

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	Notes	2023 £	£	2022 £	£
<b>Cash flows from operating activities</b>					
Cash absorbed by operations	21		(93,801)		(96,825)
<b>Investing activities</b>					
Purchase of intangible assets		(746)		(19,245)	
Purchase of tangible fixed assets		-		(2,383)	
Investment income received		3,718		87	
		<u>          </u>		<u>          </u>	
<b>Net cash generated from/(used in) investing activities</b>			2,972		(21,541)
<b>Net cash used in financing activities</b>			-		-
			<u>          </u>		<u>          </u>
<b>Net decrease in cash and cash equivalents</b>			(90,829)		(118,366)
Cash and cash equivalents at beginning of year			429,962		548,328
			<u>          </u>		<u>          </u>
<b>Cash and cash equivalents at end of year</b>			339,133		429,962
			<u>          </u>		<u>          </u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 MARCH 2023

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#### 1 Accounting policies

##### Charity information

Mid Kent Mind is a charitable incorporated organisation registered in England. The registered office of the charity is 23 College Road, Maidstone, Kent, ME15 6YH.

##### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's memorandum and articles of association, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

##### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

##### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

##### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

---

### 1 Accounting policies

(Continued)

#### 1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

All expenditure is inclusive of irrecoverable VAT.

#### 1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Software	3 years straight line basis
Website development costs	3 years straight line basis

Intangible assets in the course of construction are not amortised.

#### 1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% straight line basis on buildings
Property improvements	10 years straight line basis

Freehold land is not depreciated.

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### 1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2023*

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### 1 Accounting policies

(Continued)

#### 1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

##### *Basic financial assets*

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### *Basic financial liabilities*

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### *Derecognition of financial liabilities*

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

#### 1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

#### 1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

### 2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	43,860	-	43,860	70,060	-	70,060
Legacies receivable	-	-	-	240,816	-	240,816
Grants	-	124,004	124,004	-	205,192	205,192
	<u>43,860</u>	<u>124,004</u>	<u>167,864</u>	<u>310,876</u>	<u>205,192</u>	<u>516,068</u>

### 3 Charitable activities

	Income from charitable activities	Income from charitable activities
	2023	2022
	£	£
Charitable activities	<u>322,181</u>	<u>458,918</u>
Analysis by fund		
Unrestricted funds	73,795	44,724
Restricted funds	<u>248,386</u>	<u>414,194</u>
	<u>322,181</u>	<u>458,918</u>

Grants and Contracts received during the period, included in the above and in note 2 to the accounts, are as follows:

Shaw Trust Livewell Kent and Medway	67,963
NHS Kent & Medway ICB Wellbeing Cafés	122,035
Kent County Council Suicide Prevention & Mental Health Awareness	51,389
Maidstone Borough Council – Helping you Home	6,999
The Big Lottery Fund - Reaching Communities	75,883
Kent County Council Better Mental Health and Wellbeing Community Fund	14,160
Kent County Council Early Help	9,051
Natural England - Walking in Nature	3,418
Swale Council Cost of Living Winter Plan	2,759
Shaw Trust - Specialist Supply Chain	2,758
Kent County Council Public Health Grant	2,000
The Cobtree Charity Trust Ltd	2,500
Maidstone Borough Council Safer Maidstone Partnership	2,400
Golding Homes Community Investment	920
Linda Hogan Community Fund	449
Involve Kent - Warm & Welcome Grant	100

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 4 Investments

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Interest receivable	3,718	87
	<u>3,718</u>	<u>87</u>

### 5 Other income

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Other income	1,610	400	2,010	15,668	9,600	25,268
	<u>1,610</u>	<u>400</u>	<u>2,010</u>	<u>15,668</u>	<u>9,600</u>	<u>25,268</u>

### 6 Charitable activities

	Training Service 2023	Training Service 2022
	£	£
Staff costs	517,837	621,933
Depreciation and amortisation	8,332	7,589
Training and local projects	1,969	15,575
Professional fees	18,936	30,597
	<u>547,074</u>	<u>675,694</u>
Share of support costs (see note 7)	100,652	119,371
Share of governance costs (see note 7)	81,793	58,082
	<u>729,519</u>	<u>853,147</u>
<b>Analysis by fund</b>		
Unrestricted funds	267,894	7,589
Restricted funds	461,625	845,558
	<u>729,519</u>	<u>853,147</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

### 7 Support costs

	Support costs	Governance costs	2023 Support costs	Governance costs	2022
	£	£	£	£	£
Advertising and Marketing	994	-	994	2,860	2,860
Training	2,601	-	2,601	4,790	4,790
Travelling costs	4,002	-	4,002	4,834	4,834
Printing Postage and Stationery	3,510	-	3,510	9,810	9,810
Telephone expenses	4,434	-	4,434	6,285	6,285
Computer software and maintenance	42,541	-	42,541	47,468	47,468
Repairs and Renewals	8,582	-	8,582	18,615	18,615
Insurance	4,915	-	4,915	2,790	2,790
Other support costs	29,073	-	29,073	21,919	21,919
Independent examiner fees	-	4,740	4,740	-	-
Accountancy	-	6,840	6,840	-	-
Consultant fees	-	65,485	65,485	-	2,640
Trustee costs	-	82	82	-	55
Legal and professional fees	-	4,646	4,646	-	6,815
Auditor fees	-	-	-	-	9,600
Interim CEO fees	-	-	-	-	38,972
	<u>100,652</u>	<u>81,793</u>	<u>182,445</u>	<u>119,371</u>	<u>177,453</u>
Analysed between					
Charitable activities	<u>100,652</u>	<u>81,793</u>	<u>182,445</u>	<u>119,371</u>	<u>177,453</u>

Payments to the independent examiners of £4,740 (2021 payments to auditors - £9,600) were due to be paid at the year end.

### 8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2022 - £Nil).

During the year ended 31 March 2022, trustee costs were incurred by the Charity amounting to £82 in respect of mileage for one of the trustees (2022 - £55).

### 9 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Administrative	6	10
Welbeing and community development workers	19	20
Total	<u>25</u>	<u>30</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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<b>9 Employees</b>	<b>(Continued)</b>	
<b>Employment costs</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Wages and salaries	480,656	571,389
Social security costs	29,780	40,415
Other pension costs	7,401	10,129
	<u>517,837</u>	<u>621,933</u>

There were no employees whose annual remuneration was more than £60,000.

### 10 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

### 11 Intangible fixed assets

	<b>Software</b>	<b>Website development costs</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>			
At 1 April 2022	5,069	14,176	19,245
Additions - separately acquired	-	746	746
	<u>5,069</u>	<u>14,922</u>	<u>19,991</u>
At 31 March 2023	5,069	14,922	19,991
	<u>5,069</u>	<u>14,922</u>	<u>19,991</u>
<b>Amortisation and impairment</b>			
At 1 April 2022	986	-	986
Amortisation charged for the year	1,690	-	1,690
	<u>2,676</u>	<u>-</u>	<u>2,676</u>
At 31 March 2023	2,676	-	2,676
	<u>2,676</u>	<u>-</u>	<u>2,676</u>
<b>Carrying amount</b>			
At 31 March 2023	2,393	14,922	17,315
	<u>2,393</u>	<u>14,922</u>	<u>17,315</u>
At 31 March 2022	4,083	14,176	18,259
	<u>4,083</u>	<u>14,176</u>	<u>18,259</u>

Website development costs relate to the new charity website which still hadn't launched at the year ended 31 March 2023. The final payment was made in May 2022 and this will be amortised over its useful life once the website has been brought into use.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 12 Tangible fixed assets

	Freehold land and buildings £
<b>Cost</b>	
At 1 April 2022	295,881
At 31 March 2023	295,881
<b>Depreciation and impairment</b>	
At 1 April 2022	6,603
Depreciation charged in the year	6,642
At 31 March 2023	13,245
<b>Carrying amount</b>	
At 31 March 2023	282,636
At 31 March 2022	289,278

MKM owns the property at 23 College Road Maidstone, where it has its offices. Funding was provided by various bodies principally what was then called "The Maidstone Health Authority".

There is a restriction registered saying "No disposition by the proprietor of the land is to be registered and none shall take effect unless made with the consent of the Housing Corporation (being The Maidstone Health Authority), when such consent is required under the provisions of section 9 of the Housing Associations Act 1985".

The property is held under the name of Maidstone Association for Mental Health Ltd, a company registered as an Industrial and Provident Society which was deregistered in 2001. The society either became or transferred its business to Maidstone and Mid Kent Mind.

Maidstone and Mid Kent Mind became Mid Kent Mind in 2018.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 13 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Trade debtors	403,588	19,408
Other debtors and legacy receivable	13,707	241,634
Prepayments and accrued income	106,692	-
	<u>523,987</u>	<u>261,042</u>

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

	Notes	2023	2022
		£	£
Other taxation and social security		8,332	9,449
Deferred income	15	395,222	8,750
Trade creditors		45,365	20,551
Other creditors		230	1,999
Accruals		5,816	15,940
		<u>454,965</u>	<u>56,689</u>

### 15 Deferred income

	2023	2022
	£	£
Other deferred income	395,222	8,750
	<u>395,222</u>	<u>8,750</u>

Deferred income is included in the financial statements as follows:

	2023	2022
	£	£
Deferred income is included within:		
Current liabilities	395,222	8,750
	<u>395,222</u>	<u>8,750</u>
Movements in the year:		
Deferred income at 1 April 2022	8,750	64,286
Released from previous periods	(8,750)	(64,286)
Resources deferred in the year	395,222	8,750
	<u>395,222</u>	<u>8,750</u>
Deferred income at 31 March 2023	<u>395,222</u>	<u>8,750</u>

Deferred income relates to income received in advance for Mental Health First Aid training courses due to take place, and grants and funding for the 2023/24 financial year.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2023*

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### 16 Retirement benefit schemes

#### **Defined contribution schemes**

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £7,401 (2022 - £10,129).

Amounts totalling £nil (2022 - £1,622) were payable to the fund at the balance sheet date and are included in creditors.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2023

#### 17 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds				
	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Transfers £	Balance at 31 March 2023 £
Restricted funds brought forward	243,895	569,948	(813,843)	-	-	-	-	-
Kent Minds grant	6,205	-	(6,205)	-	-	-	-	-
Kent County Council - Early Help Swale	-	14,100	(10,455)	3,645	-	(3,645)	-	-
Kent County Council - Early Help Ashford	-	14,100	(10,455)	3,645	-	(3,645)	-	-
Community Fund - Awards for All	-	10,000	(4,000)	6,000	-	(6,000)	-	-
The Cobtree Charity Trust Ltd	-	1,800	(600)	1,200	2,500	(3,700)	-	-
Kent County Council "Confidence Building Activities" with Youth Resilience UK	-	5,000	-	5,000	-	(5,000)	-	-
Kent County Council "Life after lockdown" CBC courses with Youth Resilience UK	-	4,880	-	4,880	-	(4,880)	-	-
Kent Sport Self-defence classes in the park	-	500	-	500	-	(500)	-	-
Kent County Council Engaging Communities & Reducing Risk film	-	6,864	-	6,864	-	(6,864)	-	-
Porchlight COMF refund	-	1,794	-	1,794	(1,794)	-	-	-
Kent County Council - Suicide Prevention & Awareness Training	-	-	-	-	51,389	(51,389)	-	-
Maidstone Borough Council - Helping You Home	-	-	-	-	6,999	(6,999)	-	-
NHS Kent & Medway - Wellbeing Café (Ashford)	-	-	-	-	72,400	(72,400)	-	-
NHS Kent & Medway - Wellbeing Café (Maidstone)	-	-	-	-	49,635	(49,635)	-	-
Shaw Trust Livewell Kent & Medway (West Kent)	-	-	-	-	17,830	(32,801)	14,971	-
Shaw Trust Livewell Kent & Medway (Ashford, Canterbury and Coastal)	-	-	-	-	50,133	(74,019)	23,885	-
Kent County Council - Early Help (Ashford)	-	-	-	-	9,051	(9,051)	-	-
The Big Lottery Fund - Reaching Communities	-	-	-	-	75,883	(92,329)	40,774	24,327
Kent County Council - Better Mental Health and Wellbeing Community Fund	-	-	-	-	14,160	(14,160)	-	-
Kent County Council - Public Health Grant	-	-	-	-	2,000	(2,000)	-	-

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2023**

17 Restricted funds	(Continued)							
Maidstone Borough Council - Safer Maidstone Partnership	-	-	-	-	2,400	(2,400)	-	-
Linda Hogan Community Fund - Arts & Craft Materials	-	-	-	-	449	(453)	4	-
Involve Kent - Warm & Welcome Grant	-	-	-	-	100	(100)	-	-
Swale Council - Cost of Living Winter Plan	-	-	-	-	2,759	(2,759)	-	-
Natural England - Walking in Nature	-	-	-	-	3,418	(3,418)	-	-
Golding Homes - Community Investment	-	-	-	-	920	(920)	-	-
Shaw Trust - Innovation Grant	-	-	-	-	2,758	(2,758)	-	-
Mind - Contribution to Audit Fee	-	-	-	-	400	(400)	-	-
Kent Community Foundation - Core Costs	-	-	-	-	4,400	(4,400)	-	-
The Grace Trust - Core Costs	-	-	-	-	3,000	(3,000)	-	-
Maidstone Borough Council - Community Resilience Fund	-	-	-	-	2,000	(2,000)	-	-
	250,100	628,986	(845,558)	33,528	372,790	(461,625)	79,634	24,327

Wellbeing services during the year and their funders:

The provision of wellbeing support and crisis avoidance for adults within the community in Ashford and Maidstone funded by NHS Kent and Medway ICB; Swale Council; Maidstone Borough Council and Involve Kent.

The provision of wellbeing support to adults through community groups and courses in Ashford, Canterbury and Maidstone funded by Shaw Trust and Golding Homes.

The provision of wellbeing support for young people within the Mid Kent area funded by The Big Lottery Fund; Kent County Council; The Cobtree Charity Trust; Maidstone Borough Council; Kent Community Foundation and The Grace Trust.

The provision of physical activities incorporating mindfulness and self-awareness within Maidstone funded by Natural England and Kent Sport.

The provision of education and training in mental health funded by Kent County Council and The National Lottery Awards for All.

The provision of specialist counselling services funded by Maidstone Borough Council.

Additional funding provided by the Linda Hogan Trust for art materials and funding support received from National Mind.

The balance relating to Porchlight COMF is in respect of a refund due.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2023

#### 18 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:						
Intangible fixed assets	17,315	-	17,315	18,259	-	18,259
Tangible assets	282,636	-	282,636	289,278	-	289,278
Current assets/(liabilities)	383,828	24,327	408,155	600,787	33,528	634,315
	<u>683,779</u>	<u>24,327</u>	<u>708,106</u>	<u>908,324</u>	<u>33,528</u>	<u>941,852</u>

#### 19 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2023 £	2022 £
Within one year	53,174	52,831
Between two and five years	129,720	182,300
	<u>182,894</u>	<u>235,131</u>

#### 20 Related party transactions

During the year, the charity entered into no related party transactions (2022 - £8,200 with Youth Resilience UK).

#### 21 Cash generated from operations

	2023 £	2022 £
(Deficit)/surplus for the year	(233,746)	147,194
Adjustments for:		
Investment income recognised in statement of financial activities	(3,718)	(87)
Depreciation and amortisation of fixed assets	8,332	7,589
Movements in working capital:		
(Increase) in debtors	(262,945)	(222,181)
Increase in creditors	11,804	26,196
Increase/(decrease) in deferred income	386,472	(55,536)
<b>Cash absorbed by operations</b>	<u>(93,801)</u>	<u>(96,825)</u>

#### 22 Analysis of changes in net funds

The charity had no debt during the year.

**Mid Kent Mind**

England & Wales - Charity number 1167328

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# Accounts

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# Annual Report

April 2021 - March 2022

A photograph of two women sitting at a white table in a cafe or restaurant. The woman on the left is wearing a black dress with white polka dots and is looking towards the woman on the right. The woman on the right is wearing a mustard-colored sleeveless top, glasses, and has her hands clasped on the table. She is smiling broadly. The background shows other tables and chairs in a bright, indoor setting.

**“I really enjoyed being able to tell my story without feeling judged. It helped me to know other people were feeling the same.”**

Feedback from Youth CBC Course.

# Welcome

It is hard to truly reflect on the magnitude of the changes we have undergone in the past year.

2021-22 was the year that delivered change and uncertainty but also the year that enabled our teams to come together demonstrating strength and resilience in abundance. Covid-19 quickly moved on to an endemic, forcing us to start to live with the disease and slowly but surely start the process of getting life back to 'normal'.

Although, many would have been elated to see the relaxation of restrictions for others this was a time of heightened anxiety and uncertainty as they learn to live with the impact of the pandemic on their mental health. Mid Kent Mind has endeavoured to remain a source of constant support to the communities in need, providing vital services to meet the changing needs of more people than ever before. Over the last year, we have supported over 2,200 people - assisting them on their journey to better mental health and wellbeing. It has never been more important for MKM to remain flexible and adept whilst continuing to be a strong advocate for the community. Working closely with our network of partner organisations has been crucial in enabling us to offer a range of services to meet all levels of need.

The past year has seen a new direction for the organisation - with new staff joining MKM, and a new

senior management team in place. This includes Henu Cummins, MKM's new CEO. Henu has previously overseen the Queen's award winning domestic abuse charity DAVSS, and has a strong background championing mental health and VAWG issues - something she hopes to carry forward in her new role. MKM also recruited Julia Milne - our new finance manager. Julia is a FCCA with an audit background specialising in charities. She is pleased to be part of Mid Kent Mind and hopes her expertise will be of value to the team.

We will forever be grateful to the many members of our team who have taken on new responsibilities - embracing challenges and endeavouring to do the best work that they can to support our service users. It is important to highlight the resilience and adaptability of our team; they are crucial to ensuring MKM's success.

**As we look ahead to growing the range of services which we offer, it is these principles demonstrated by our team that will guide and shape how we tackle the challenges of the future.**



**Henu Cummins**  
CEO



**Lewis Kinch**  
Chair of the Board

# Our Services

## Low-Cost Counselling Service

Our Low-Cost Counselling Service continues to see a high level of demand – so much so that we have continued to provide a mixture of face-to-face, telephone and ZOOM sessions. The service has grown in scope – comprising of **48 volunteer counsellors** who support the service. Our service is complemented by a mixture of volunteer placement counsellors, and also fully qualified and BACP accredited counsellors.

**Between 2021 & 2022 MKM provided over 3,500 Counselling Sessions** – supporting over **520 different clients** with accessible and affordable therapy. Our **Youth Counsellor** also provided **80 sessions to vulnerable young people** during this period.

We are very grateful to the counselling team and the volunteers who help to make this service possible. Their time, energy and enthusiasm allows us to support a high volume of clients.

## Adult Services

Our Adult Services saw a diverse offering during the 2021 & 2022 period, with a wide range of funders supporting our work.

We continued to deliver support via the **Live Well Kent** contract – including Community Activity Sessions like Arts & Crafts and Gardening, alongside structured Coping with Life courses.

This was supported by funding through the Covid Outbreak Management Fund (COMF), which saw us provide **one-to-one Wellbeing & Resilience Action Plans for 55 individuals**, in addition to **CBC courses in partnership with West Kent Mind for 42 individuals**.

**219 Wellbeing Cafe Support sessions provided over the year.**

# A Snapshot Of Our Year



## Youth Services

Early intervention and prevention at the heart of our Youth Services. Throughout the 2021 & 2022 period we were able to provide a wide range of activities for our young people.

Thanks to funding from partners including Kent County Council, The National Lottery Community Fund, the Kent and Medway Violence Reduction Unit, Maidstone Borough Council and others.

**A total of 146 young people received support - with 840 attendances across 185 CBC sessions.**

**183 one-to-one Wellbeing & Resilience Action Plan sessions for 53 different young people.**



**Statistics show that one in six children aged five to 16 were identified as having a probable mental health problem in July 2021.**

- Information from Young Minds

# Feedback

**“I am so pleased I decided to have some counselling, after the six sessions I received I felt like a weight had been lifted off my shoulders and I was able to relax and move on with life.”**

- Feedback from a Counselling Client

**“The coping ideas seemed weird, but now I have started using them, they work!”**

- Feedback from a Young Person

**“This is one of the first times that I felt safe to talk about how I feel.”**

- Feedback from a Young Person

**“This is the third suicide prevention training course I’ve done all from different providers and was the best one I’ve done so far!”**

- Feedback from Suicide Prevention & Awareness Training Attendee

**“I just want to say that I thought the whole course was excellent, as was the way you delivered it. The content was absolutely spot on - exactly what was needed, a clear explanation to understand anxiety and ways to help it. I only wish we’d found out about the course sooner.”**

- Feedback from a Parent

se Manual



Two Day

# Adult MHFA Refresher Course Manual



Refres



## Training

Awareness continues to be at the heart of MKM's work – and that was no different during 2021-2022, where we expanded our Mental Health Awareness, Mental Health First Aid & Suicide Prevention & Awareness training offerings.

During this period, we provided **Adult Suicide Prevention Training to 280 individuals**, and **Youth Suicide Prevention Training to 76 individuals**.

As a part of the HeadStart Kent programme we were also able to train **18 new Youth Mental Health First Aiders** who are now contributing to positive mental health in schools across the county.

Our ambition is to grow and expand our mental health training throughout the next few years – providing anyone who would like to learn more about different areas of mental health with the means to do so.

**MKM offer bespoke training packages to support mental health in every environment.**

**E-Mail [training@midkentmind.org.uk](mailto:training@midkentmind.org.uk) to learn more.**

# Working In Partnership

Working in partnership continued to be a key area of strategic focus for MKM.

We were proud to support the 'Helping You Home' project - working in partnership with Maidstone Borough Council to support clients hoarding by providing a much needed talking therapy services. We also had the opportunity to strengthen our growing relationship with the Maidstone Early Help team - building upon our ambition to continue working with young people in Maidstone in a more dynamic and engaging manner.

We remain committed to building new partnerships, enabling us to make a long-term, sustainable difference to our communities.



# Fundraising & Donations

Between 2021-2022 we also saw some fantastic fundraisers from our community – helping to sustain our support services whilst also enabling our wider work across the Mid Kent Area.

In August, the Rotary Club of Maidstone Riverside donated over £700 to our organisation, followed in September by Amy and Nysha, who tackled the South Coast Challenge for our organisation and raised £1,000 in the process.

The Electrical Contractors Association also hosted an incredibly generous dinner dance in November of 2021 – raising over £3,000 for MKM.

We have seen many fantastic fundraisers since and are incredibly grateful to everyone who continues to put so much time, energy and enthusiasm into supporting our organisation and the work we do. Without your support we would not be able to provide vital support services for our community.

**Our donors & fundraisers raised over £70,000 for Mid Kent Mind in 2021-2022. Thank You.**



# Thank You

On behalf of all the team at Mid Kent Mind - we wanted to end this report with a massive thank you.

Thank you to our staff for working tirelessly to support those in need.

Thank you to our volunteers for dedicating so much time and energy to supporting our services.

Thank you to our trustees for providing guidance and helping us to be pro-active in how we address needs.

Thank you to our partners/supporters/funders. We are grateful for your continued support.

Lastly - thank you to you, reading this. Mid Kent Mind would not be the charity it is without our community.



I don't know how to control my feelings right."  
Joe, 34, from Kent  
A BETTER MEDWAY  
e.uk  
Kent County Council

1 in 4 of us experience a mental health problem each year  
mind Mid Kent


We wanted to remind you that you're not alone. There are support services out there to help you cope. We won't judge you. We're here to listen and to help where we can.  
Visit [midkentmind.org.uk](http://midkentmind.org.uk) for more details.

RELEASE the PRESSURE DON'T SUFFER in silence

1 in 6 workers with depression, anxiety relating to  
We can all take steps to support helping a colleague, support listening ear to a stranger in need, the more we can help  
Visit [midkentmind.org.uk](http://midkentmind.org.uk) for more details on how you

The logo for Mind Mid Kent, featuring a stylized blue circular icon with intersecting lines to the left of the text "mind Mid Kent" in a blue, lowercase, sans-serif font.

mind Mid Kent

A silhouette of a person standing on a grassy hill, looking out over a vast, hazy landscape of rolling hills under a soft, golden light, likely at sunrise or sunset.

To learn more about us, visit  
[www.midkentmind.org.uk](http://www.midkentmind.org.uk).



Charity registration number 1167328

**MID KENT MIND**  
**ANNUAL REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**



# MID KENT MIND

## LEGAL AND ADMINISTRATIVE INFORMATION

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**Trustees**

J Parris  
D Watkin  
L Kinch  
V Edwards (Appointed 27 July 2022)  
C Eastwood (Appointed 27 July 2022)  
J Lang (Appointed 27 July 2022)  
P Miller (Appointed 8 February 2022)  
P Miller (Appointed 8 February 2022)  
S Brimmer (Appointed 6 December 2021)

**Charity number**

1167328

**Principal address**

23 College Road  
Maidstone  
Kent  
ME15 6YH

**Auditor**

Darren Harding ACA FCCA DChA  
Richard Place Dobson Services Limited  
Ground Floor  
1 - 7 Station Road  
Crawley  
West Sussex  
RH10 1HT

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# MID KENT MIND

## CONTENTS

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	<b>Page</b>
Trustees' report	1 - 6
Statement of trustees' responsibilities	7
Independent auditor's report	8 - 10
Statement of financial activities	11
Balance sheet	12
Statement of cash flows	13
Notes to the financial statements	14 - 25

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# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### *FOR THE YEAR ENDED 31 MARCH 2022*

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Mid Kent Mind's Strategic Plan 2021 to 2024 provides the strategic framework through which we will achieve our objective. We also have a business plan that details our key business objectives which is reviewed every 12 months.

The plan is based on our vision, mission and values.

#### **Our Vision**

- We are Mid Kent Mind and we are passionate about supporting people with mental health issues and promoting positive wellbeing.
- We recognise people as unique individuals and not as a diagnosis or a label.
- We aim to equip people with the tools they need, empowering them to reach their potential.
- We encourage diversity, challenging stigma and discrimination.

#### **Our Values**

- Person Centred in everything we do putting the individuals' wellbeing first
- Recovery Based using the Recovery Model and Six Ways to Wellbeing to shape all of our services
- Holistic in our approach to mental health and wellbeing, accepting that many things can affect people in different ways, and we believe everyone in the community can be an active participant.
- Diverse and Inclusive by supporting social inclusion for anyone with mental health or wellbeing needs.

#### **Our Goals**

**Priority 1:** Ensure everyone in Mid Kent has equal opportunity to achieve positive mental health and wellbeing

- A Provide or increase support in communities that lack access to services
- B Promote our work so that everyone is aware of what services and support we provide
- C Increase variety of wellbeing activities to meet more need
- D Strengthen our partnerships with National and Kent Mind

**Priority 2:** Maintain and consistently improve quality of services

Monitoring and tracking outcomes to measure impact on individuals

- A Maintain outstanding quality by dynamically reviewing all services
- B Support professional development of staff
- C Evaluate and adapt delivery through feedback from service users and funders
- D Quality control through Senior Management with scrutiny provided by trustee board
- E Design services based on local need and demand

**Priority 3:** Promote a positive working environment

- A Increase and strengthen the Board by further recruitment of Trustees to reflect identified skills gap
- B Foster a culture of transparency, integrity and impartiality
- C Provide personal and professional growth opportunities
- D Ensure staff can access wellbeing support and feel supported

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2022*

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### **Main activities undertaken to further the Charity's purposes for the public benefit**

The main activities undertaken for the public benefit are as follows;

- Low cost counselling
- CBC courses
- Social activities
- Crisis Café
- Wellbeing Café
- MH training
- Social Prescribing
- Peer support
- Adult and Youth mindfulness
- Hoarding Programme
- Live Well Kent Delivery

### **Achievements and performance**

MKM provides mental health support services to the core communities of Maidstone, Ashford and Swale and in partnership with other local Minds, across Kent.

The Charity has grown over the last 5 years to increase the number of beneficiaries able to access services, increase the amount and quality of services and has increased training opportunities for staff and volunteers.

New and existing partnerships have grown to extend our provisions and areas of specialised support.

### **Key performance indicators**

The charity measures its performance by recording the number of people that access our services and those who have improved their levels of mental health and wellbeing. We also measure a number of outcomes that are set by our funders and commissioners, usually also linked to wellbeing levels.

Between 2021 & 2022 MKM provided over 3,500 Counselling Sessions – supporting over 520 different clients with accessible and affordable therapy. Our Youth Counsellor also provided 80 sessions to vulnerable young people during this period.

A total of 146 young people received support - with 840 attendances across 185 CBC sessions.

183 one-to-one Wellbeing & Resilience Action Plan sessions for 53 different young people.

219 Wellbeing Café Support sessions were also provided over the year.

### **Review of activities**

2021-22 was the year that delivered change and uncertainty but also the year that enabled our teams to come together demonstrating strength and resilience in abundance. Covid-19 quickly moved on to an endemic, forcing us to start to live with the disease and slowly but surely start the process of getting life back to 'normal'.

Although, many would have been elated to see the relaxation of restrictions for others this was a time of heightened anxiety and uncertainty as they learn to live with the impact of the pandemic on their mental health. Mid Kent Mind has endeavoured to remain a source of constant support to the communities in need, providing vital services to meet the changing needs of more people than ever before. Over the last year, we have supported over 2,200 people - assisting them on their journey to better mental health and wellbeing. It has never been more important for MKM to remain flexible and adept whilst continuing to be a strong advocate for the community. Working closely with our network of partner organisations has been crucial in enabling us to offer a range of services to meet all levels of need.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2022*

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### **Working In Partnership**

Working in partnership continued to be a key area of strategic focus for MKM.

We were proud to support the 'Helping You Home' project - working in partnership with Maidstone Borough Council to support clients hoarding by providing a much needed talking therapy services. We also had the opportunity to strengthen our growing relationship with the Maidstone Early Help team - building upon our ambition to continue working with young people in Maidstone in a more dynamic and engaging manner.

We remain committed to building new partnerships, enabling us to make a long-term, sustainable difference to our communities.

### **Training**

Awareness continues to be at the heart of MKM's work – and that was no different during 2021-2022, where we expanded our Mental Health Awareness, Mental Health First Aid & Suicide Prevention & Awareness training offerings.

During this period, we provided Adult Suicide Prevention Training to 280 individuals, and Youth Suicide Prevention Training to 76 individuals.

As a part of the HeadStart Kent programme we were also able to train 18 new Youth Mental Health First Aiders who are now contributing to positive mental health in schools across the county.

Our ambition is to grow and expand our mental health training throughout the next few years – providing anyone who would like to learn more about different areas of mental health with the means to do so.

### **Fundraising and donations**

Between 2021-2022 we also saw some fantastic fundraisers from our community – helping to sustain our support services whilst also enabling our wider work across the Mid Kent Area.

In August, the Rotary Club of Maidstone Riverside donated over £700 to our organisation, followed in September by Amy and Nysha, who tackled the South Coast Challenge for our organisation and raised £1,000 in the process.

The Electrical Contractors Association also hosted an incredibly generous dinner dance in November of 2021 – raising over £3,000 for MKM.

We have seen many fantastic fundraisers since and are incredibly grateful to everyone who continues to put so much time, energy and enthusiasm into supporting our organisation and the work we do. Without your support we would not be able to provide vital support services for our community.

Our donors & fundraisers raised over £70,000 for Mid Kent Mind in 2021-2022.

### **Financial review**

As at 31 March 2022, the charity held total funds of £941,852 (2021: £794,658), of which £33,528 is restricted and £908,324 was unrestricted.

Total income for the year was £1,000,341 with a net surplus being generated for the year ended 31 March 2022 of £147,194 (2021: net surplus of £113,990 as restated).

The net surplus for the year of £147,194 comprises of an unrestricted surplus of £363,766 and a restricted deficit of £216,572 which will be funded by unrestricted reserves.

A full review of the allocation of expenditure against restricted funds has been undertaken going back into the previous years and a restatement of the comparative year has been undertaken as a result.

### **Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2022*

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### **Reserves policy**

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to three month's expenditure as required by the Charity Commission.

MK Mind trustees have set their aim to have a full year of operating costs and redundancy/shutdown costs restricted in reserves as our service users are from an extremely vulnerable section of the community and it was felt that one year to help them all get alternative access to support in place would be prudent should we be in the position that our income ceases.

The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

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

The charity is a registered charity, number 1167328 and is constituted under a Charitable Incorporated Organisation, (CIO).

The trustees who served during the year and up to the date of signature of the financial statements were:

J Parris	
D Watkin	
L Kinch	
V Edwards	(Appointed 27 July 2022)
C Eastwood	(Appointed 27 July 2022)
J Lang	(Appointed 27 July 2022)
P Miller	(Appointed 8 February 2022)
P Miller	(Appointed 8 February 2022)
S Brimmer	(Appointed 6 December 2021)
P Fuller	(Resigned 31 March 2022)
Z Khan	(Resigned 31 March 2022)
H Webb	(Resigned 31 March 2022)
J Godfrey	(Resigned 31 March 2022)
P Murray	(Resigned 31 March 2022)

### **Methods of appointment or election of Trustees**

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. A trustee cannot be voted in for more than three consecutive terms.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Officer roles must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees with the role of chairperson being held for a maximum of three years. A chairperson cannot be voted in for more than two consecutive terms in the role.

The charity's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The charity's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction;
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the charity's contractual and other legal obligations.

Trade creditors of the charity at the year end were equivalent to 9 day's purchases, based on the average daily amount invoiced by suppliers during the year.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2022*

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### **Organisational structure**

The past year has seen a new direction for the organisation - with new staff joining MKM, and a new senior management team in place.

This includes Henu Cummins, MKM's new Chief Executive Officer.

MKM also recruited Julia Milne FCCA as their new finance manager.

### **Pay policy for key management personnel**

The trustees give their time freely and no trustee received remuneration in the year. Details of trustee expenses are disclosed in note 8 to the accounts. The pay of senior staff is reviewed and set annually.

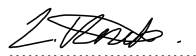
### **Financial risk management**

The Trustees regularly assess the major risks to which the Charity is exposed and remain satisfied that systems and procedures are in place to mitigate exposure to the major risks. However, given the specific impact of the Covid-19 pandemic during 2020 on the charity (from a financial, operational and human resource perspective), the Board maintained regular virtual meetings during this period to identify significant issues as they arose and agree actions with the Chief Executive to mitigate their impact.

### **Funds held as custodian trustee**

No funds are held by Mid Kent Mind as a custodian.

The trustees' report was approved by the Board of Trustees.



L Kinch

**Trustee**

Date: 28/02/2023

# MID KENT MIND

## STATEMENT OF TRUSTEES' RESPONSIBILITIES

*FOR THE YEAR ENDED 31 MARCH 2022*

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The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

# MID KENT MIND

## INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF MID KENT MIND

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### Opinion

We have audited the financial statements of Mid Kent Mind (the 'charity') for the year ended 31 March 2022 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2022 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

### Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

# MID KENT MIND

## INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF MID KENT MIND

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### **Responsibilities of trustees**

As explained more fully in the statement of trustees' responsibilities, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to cease operations, or have no realistic alternative but to do so.

### **Auditor's responsibilities for the audit of the financial statements**

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We have made enquiries of management, and directors, regarding the procedures relating to identifying, evaluating and complying with

1. laws and regulations and whether they were aware of any instances of non-compliance;
2. detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
3. the internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations;

Discussion among the engagement team regarding how and where fraud might occur in the financial statements and any potential indicators of fraud. As part of this discussion, we identified potential for fraud in the following areas::

1. Management override of the controls in place
4. Internal control deficiencies

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

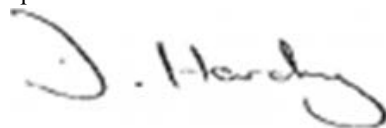
# MID KENT MIND

## INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF MID KENT MIND

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### Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



**Darren Harding ACA, FCCA, DChA (Senior Statutory Auditor)**  
**for and on behalf of Richard Place Dobson Services Limited**

28 February 2023

**Chartered Accountants**  
**Statutory Auditor**

Ground Floor  
1 - 7 Station Road  
Crawley  
West Sussex  
RH10 1HT

Richard Place Dobson Services Limited is eligible for appointment as auditor of the charity by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

# MID KENT MIND

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

*FOR THE YEAR ENDED 31 MARCH 2022*

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
<b><u>Income and endowments from:</u></b>							
Donations and legacies	2	310,876	205,192	516,068	28,152	56,572	84,724
Charitable activities	3	44,724	414,194	458,918	32,084	655,046	687,130
Investments	4	87	-	87	217	-	217
Other income	5	15,668	9,600	25,268	836	-	836
<b>Total income</b>		<b>371,355</b>	<b>628,986</b>	<b>1,000,341</b>	<b>61,289</b>	<b>711,618</b>	<b>772,907</b>
<b><u>Expenditure on:</u></b>							
Charitable activities	6	7,589	845,558	853,147	-	658,917	658,917
Gross transfers between funds		-	-	-	-	-	-
<b>Net income/(expenditure) for the year/</b>							
<b>Net movement in funds</b>		<b>363,766</b>	<b>(216,572)</b>	<b>147,194</b>	<b>61,289</b>	<b>52,701</b>	<b>113,990</b>
Fund balances at 1 April 2021							
As originally reported		61,289	702,369	763,658	-	680,668	680,668
Prior year adjustment		483,269	(452,269)	31,000	483,269	(483,269)	-
As restated		544,558	250,100	794,658	483,269	197,399	680,668
<b>Fund balances at 31 March 2022</b>		<b>908,324</b>	<b>33,528</b>	<b>941,852</b>	<b>544,558</b>	<b>250,100</b>	<b>794,658</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

# MID KENT MIND

## BALANCE SHEET

AS AT 31 MARCH 2022

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	Notes	2022 £	£	2021 £	£
<b>Fixed assets</b>					
Intangible assets	10		18,259		-
Tangible assets	11		289,278		293,498
			<u>307,537</u>		<u>293,498</u>
<b>Current assets</b>					
Debtors	12	261,042		38,861	
Cash at bank and in hand		429,962		548,328	
		<u>691,004</u>		<u>587,189</u>	
<b>Creditors: amounts falling due within one year</b>	13	(56,689)		(86,029)	
Net current assets			634,315		501,160
<b>Total assets less current liabilities</b>			<u>941,852</u>		<u>794,658</u>
<b>Income funds</b>					
Restricted funds	16		33,528		250,100
Unrestricted funds			908,324		544,558
			<u>941,852</u>		<u>794,658</u>

The financial statements were approved by the Trustees on .....

.....  
L Kinch  
Trustee

# MID KENT MIND

## STATEMENT OF CASH FLOWS

*FOR THE YEAR ENDED 31 MARCH 2022*

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	Notes	2022 £	£	2021 £	£
<b>Cash flows from operating activities</b>					
Cash (absorbed by)/generated from operations	21		(96,825)		145,711
<b>Investing activities</b>					
Purchase of intangible assets		(19,245)		-	
Purchase of tangible fixed assets		(2,383)		(31,000)	
Investment income received		87		217	
		<u>          </u>		<u>          </u>	
<b>Net cash used in investing activities</b>			(21,541)		(30,783)
<b>Net cash used in financing activities</b>			-		-
			<u>          </u>		<u>          </u>
<b>Net (decrease)/increase in cash and cash equivalents</b>			(118,366)		114,928
Cash and cash equivalents at beginning of year			548,328		433,400
			<u>          </u>		<u>          </u>
<b>Cash and cash equivalents at end of year</b>			429,962		548,328
			<u>          </u>		<u>          </u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE YEAR ENDED 31 MARCH 2022

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#### 1 Accounting policies

##### Charity information

Mid Kent Mind is a charitable incorporated organisation registered in England. The registered office of the charity is 23 College Road, Maidstone, Kent, ME15 6YH.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's memorandum and articles of association, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

#### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

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### 1 Accounting policies

(Continued)

#### 1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

All expenditure is inclusive of irrecoverable VAT.

#### 1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Software	3 years straight line basis
Website development costs	3 years straight line basis

Intangible assets in the course of construction are not amortised.

#### 1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% straight line basis on buildings
Property improvements	10 years straight line basis

Freehold land is not depreciated.

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### 1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2022*

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### 1 Accounting policies

(Continued)

#### 1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

##### *Basic financial assets*

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### *Basic financial liabilities*

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### *Derecognition of financial liabilities*

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

#### 1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

#### 1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

### 2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	70,060	-	70,060	28,152	-	28,152
Legacies receivable	240,816	-	240,816	-	-	-
Grants	-	205,192	205,192	-	56,572	56,572
	<u>310,876</u>	<u>205,192</u>	<u>516,068</u>	<u>28,152</u>	<u>56,572</u>	<u>84,724</u>

### 3 Charitable activities

	Income from charitable activities	Income from charitable activities
	2022	2021
	£	£
Youth Services	825	-
Mental Health Services	458,093	687,130
	<u>458,918</u>	<u>687,130</u>
Analysis by fund		
Unrestricted funds	44,724	32,084
Restricted funds	414,194	655,046
	<u>458,918</u>	<u>687,130</u>

### 4 Investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Interest receivable	<u>87</u>	<u>217</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 5 Other income

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2022	2022	2022	2021
	£	£	£	£
Other income	15,668	9,600	25,268	836

### 6 Charitable activities

	Training Service 2022 £	Training Service 2021 £
Staff costs	621,933	521,969
Depreciation and amortisation	7,589	-
Training and local projects	15,575	9,449
Professional fees	30,597	9,878
	<u>675,694</u>	<u>541,296</u>
Share of support costs (see note 7)	119,371	106,285
Share of governance costs (see note 7)	58,082	11,336
	<u>853,147</u>	<u>658,917</u>
<b>Analysis by fund</b>		
Unrestricted funds	7,589	-
Restricted funds	845,558	658,917
	<u>853,147</u>	<u>658,917</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

### 7 Support costs

	Support costs	Governance costs	2022 Support costs	Governance costs	2021
	£	£	£	£	£
Advertising and Marketing	2,860	-	2,860	898	898
Training	4,790	-	4,790	17,615	17,615
Travelling costs	4,834	-	4,834	1,149	1,149
Printing Postage and Stationery	9,810	-	9,810	8,268	8,268
Telephone expenses	6,285	-	6,285	4,813	4,813
Computer software and maintenance	47,468	-	47,468	43,636	43,636
Repairs and Renewals	18,615	-	18,615	14,730	14,730
Insurance	2,790	-	2,790	3,560	3,560
Other support costs	21,919	-	21,919	11,616	11,616
Consultant fees	-	2,640	2,640	-	-
Trustee costs	-	55	55	-	50
Legal and professional fees	-	6,815	6,815	-	11,286
Auditor fees	-	9,600	9,600	-	-
Interim CEO fees	-	38,972	38,972	-	-
	<u>119,371</u>	<u>58,082</u>	<u>177,453</u>	<u>106,285</u>	<u>117,621</u>
Analysed between					
Charitable activities	<u>119,371</u>	<u>58,082</u>	<u>177,453</u>	<u>106,285</u>	<u>117,621</u>

Payments to the auditors of £9,600 (2021- £Nil) are due to be paid by Mind on behalf of MKM for audit fees.

### 8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2021 - £Nil).

During the year ended 31 March 2022, trustee costs were incurred by the Charity amounting to £55 in respect of one of the trustees (2021 - £50).

### 9 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Administrative	10	9
Welbeing and community development workers	20	17
Total	<u>30</u>	<u>26</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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<b>9 Employees</b>	<b>(Continued)</b>	
<b>Employment costs</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Wages and salaries	571,389	477,331
Social security costs	40,415	36,544
Other pension costs	10,129	8,094
	<u>621,933</u>	<u>521,969</u>

There were no employees whose annual remuneration was more than £60,000.

<b>10 Intangible fixed assets</b>	<b>Software</b>	<b>Website development costs</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>			
At 1 April 2021	-	-	-
Additions - separately acquired	5,069	14,176	19,245
	<u>5,069</u>	<u>14,176</u>	<u>19,245</u>
At 31 March 2022	5,069	14,176	19,245
	<u>5,069</u>	<u>14,176</u>	<u>19,245</u>
<b>Amortisation and impairment</b>			
At 1 April 2021	-	-	-
Amortisation charged for the year	986	-	986
	<u>986</u>	<u>-</u>	<u>986</u>
At 31 March 2022	986	-	986
	<u>986</u>	<u>-</u>	<u>986</u>
<b>Carrying amount</b>			
At 31 March 2022	4,083	14,176	18,259
	<u>4,083</u>	<u>14,176</u>	<u>18,259</u>
At 31 March 2021	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>

Website development costs relate to the new charity website which was still under construction at the year ended 31 March 2022. The final payment was made in May 2022 and this will be amortised over its useful life once this has been brought into use.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 11 Tangible fixed assets

	Freehold land and buildings £
<b>Cost</b>	
At 1 April 2021	293,498
Additions	2,383
	<hr/>
At 31 March 2022	295,881
	<hr/>
<b>Depreciation and impairment</b>	
Depreciation charged in the year	6,603
	<hr/>
At 31 March 2022	6,603
	<hr/>
<b>Carrying amount</b>	
At 31 March 2022	289,278
	<hr/> <hr/>
At 31 March 2021	293,498
	<hr/> <hr/>

MKM owns the property at 23 College Road Maidstone, where it has its offices. Funding was provided by various bodies principally what was then called "The Maidstone Health Authority".

There is a restriction registered saying "No disposition by the proprietor of the land is to be registered and none shall take effect unless made with the consent of the Housing Corporation (being The Maidstone Health Authority), when such consent is required under the provisions of section 9 of the Housing Associations Act 1985".

The property is held under the name of Maidstone Association for Mental Health Ltd, a company registered as an Industrial and Provident Society which was deregistered in 2001. The society either became or transferred its business to Maidstone and Mid Kent Mind.

Maidstone and Mid Kent Mind became Mid Kent Mind in 2018.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 12 Debtors

	2022	2021
	£	£
Amounts falling due within one year:		
Trade debtors	19,408	38,861
Other debtors and legacy receivable	241,634	-
	<u>261,042</u>	<u>38,861</u>

### 13 Creditors: amounts falling due within one year

	2022	2021
	£	£
	Notes	
Other taxation and social security	9,449	10,728
Deferred income	14 8,750	64,286
Trade creditors	20,551	6,283
Other creditors	1,999	2,032
Accruals and deferred income	15,940	2,700
	<u>56,689</u>	<u>86,029</u>

### 14 Deferred income

	2022	2021
	£	£
Other deferred income	<u>8,750</u>	<u>64,286</u>

Deferred income is included in the financial statements as follows:

	2022	2021
	£	£
Deferred income is included within:		
Current liabilities	<u>8,750</u>	<u>64,286</u>
Movements in the year:		
Deferred income at 1 April 2021	64,286	-
Released from previous periods	(64,286)	-
Resources deferred in the year	<u>8,750</u>	<u>64,286</u>
Deferred income at 31 March 2022	<u>8,750</u>	<u>64,286</u>

Deferred income relates to income received from 2gether Support Solutions Ltd which was received in advance for Mental Health First Aid training courses due to take place in the 2022/23 financial year.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2022

#### 15 Retirement benefit schemes

##### Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £10,129 (2021 - £8,094).

Amounts totalling £1,622 (2021 - £1,844) were payable to the fund at the balance sheet date and are included in creditors.

#### 16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Balance at 1 April 2021 £	Movement in funds			Balance at 31 March 2022 £
	Balance at 1 April 2020 £	Incoming resources £	Resources expended £		Incoming resources £	Resources expended £		
Other Restricted funds	197,399	705,413	(658,917)	243,895	569,948	(813,843)	-	
Kent Minds grant	-	6,205	-	6,205	-	(6,205)	-	
Kent County Council - Early Help Swale	-	-	-	-	14,100	(10,455)	3,645	
Kent County Council - Early Help Ashford	-	-	-	-	14,100	(10,455)	3,645	
Community Fund - Awards for All	-	-	-	-	10,000	(4,000)	6,000	
The Cobtree Charity Trust Ltd	-	-	-	-	1,800	(600)	1,200	
Kent County Council "Confidence Building Activities" with Youth Resilience UK	-	-	-	-	5,000	-	5,000	
Kent County Council "Life after lockdown" CBC courses with Youth Resilience UK	-	-	-	-	4,880	-	4,880	
Kent Sport Self-defence classes in the park	-	-	-	-	500	-	500	

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

### 16 Restricted funds

(Continued)

Kent County Council Engaging Communities & Reducing Risk film	-	-	-	-	6,864	-	6,864
Porchlight COMF refund	-	-	-	-	1,794	-	1,794
	<u>197,399</u>	<u>711,618</u>	<u>(658,917)</u>	<u>250,100</u>	<u>628,986</u>	<u>(845,558)</u>	<u>33,528</u>

The Kent County Council Early Help Swale and Ashford funds were for the delivery of 12 Cognitive Behaviour Coaching courses and 16 Recovery Action Plans.

The Community Fund Awards for All funding was for the delivery of 25 Mental Health Awareness courses.

The Cobtree Charity Trust Ltd fund was for the delivery of 6 mindfulness courses.

There were also further Kent County Council funds received in respect of Confidence Building Activities and Life after Lockdown CBC courses with Youth Resilience UK and for the Engaging Communities & Reducing Risk film.

The Kent Sport fund was received for self-defence classes in the park.

The balance relating to Porchlight COMF is in respect of a refund due.

### 17 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 March 2022 are represented by:						
Intangible fixed assets	18,259	-	18,259	-	-	-
Tangible assets	289,278	33,528	322,806	293,498	-	293,498
Current assets/(liabilities)	600,787	-	600,787	251,060	250,100	501,160
	<u>908,324</u>	<u>33,528</u>	<u>941,852</u>	<u>544,558</u>	<u>250,100</u>	<u>794,658</u>

### 18 Financial commitments, guarantees and contingent liabilities

At 31 March 2022, the charity had financial commitments as follows:

Work on the development of the new charity website commenced during the year and the total cost of this work is expected to total £14,922.02.

The final invoice for £746.10 was paid after the year end on 30 June 2022.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

**FOR THE YEAR ENDED 31 MARCH 2022**

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### 19 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2022 £	2021 £
Within one year	52,831	2,179
Between two and five years	182,300	4,358
	<u>235,131</u>	<u>6,537</u>

### 20 Related party transactions

During the year, the charity entered into related party transactions with Youth Resilience UK which totalled £8,200 (2021 - none). There were no outstanding balances owing between related parties and the Charity as at 31 March 2022.

### 21 Cash generated from operations

	2022 £	2021 £
Surplus for the year	147,194	113,990
Adjustments for:		
Investment income recognised in statement of financial activities	(87)	(217)
Depreciation and amortisation of fixed assets	7,589	-
Movements in working capital:		
(Increase) in debtors	(222,181)	(34,486)
Increase in creditors	26,196	2,138
(Decrease)/increase in deferred income	(55,536)	64,286
<b>Cash (absorbed by)/generated from operations</b>	<u>(96,825)</u>	<u>145,711</u>

### 22 Analysis of changes in net funds

The charity had no debt during the year.

### 23 Prior Year Adjustment

During the year as a result of the accounts and audit work, it was noted that £31,000 of garage works costs were expensed in last year's accounts when these should have been capitalised. A prior year adjustment has therefore been made to adjust the freehold property cost and fund balances.

In addition, a further prior year adjustment was made to the restricted funds balance after carrying out a thorough review of funds and the restricted fund balance brought forward has been restated.

Charity registration number 1167328

**MID KENT MIND**  
**ANNUAL REPORT AND FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2022**



# MID KENT MIND

## LEGAL AND ADMINISTRATIVE INFORMATION

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### Trustees

J Parris  
D Watkin  
L Kinch  
V Edwards (Appointed 27 July 2022)  
C Eastwood (Appointed 27 July 2022)  
J Lang (Appointed 27 July 2022)  
P Miller (Appointed 8 February 2022)  
P Miller (Appointed 8 February 2022)  
S Brimmer (Appointed 6 December 2021)

### Charity number

1167328

### Principal address

23 College Road  
Maidstone  
Kent  
ME15 6YH

### Auditor

Darren Harding ACA FCCA DChA  
Richard Place Dobson Services Limited  
Ground Floor  
1 - 7 Station Road  
Crawley  
West Sussex  
RH10 1HT

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# MID KENT MIND

## CONTENTS

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	<b>Page</b>
Trustees' report	1 - 6
Statement of trustees' responsibilities	7
Independent auditor's report	8 - 10
Statement of financial activities	11
Balance sheet	12
Statement of cash flows	13
Notes to the financial statements	14 - 25

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# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

### *FOR THE YEAR ENDED 31 MARCH 2022*

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Mid Kent Mind's Strategic Plan 2021 to 2024 provides the strategic framework through which we will achieve our objective. We also have a business plan that details our key business objectives which is reviewed every 12 months.

The plan is based on our vision, mission and values.

#### **Our Vision**

- We are Mid Kent Mind and we are passionate about supporting people with mental health issues and promoting positive wellbeing.
- We recognise people as unique individuals and not as a diagnosis or a label.
- We aim to equip people with the tools they need, empowering them to reach their potential.
- We encourage diversity, challenging stigma and discrimination.

#### **Our Values**

- Person Centred in everything we do putting the individuals' wellbeing first
- Recovery Based using the Recovery Model and Six Ways to Wellbeing to shape all of our services
- Holistic in our approach to mental health and wellbeing, accepting that many things can affect people in different ways, and we believe everyone in the community can be an active participant.
- Diverse and Inclusive by supporting social inclusion for anyone with mental health or wellbeing needs.

#### **Our Goals**

**Priority 1:** Ensure everyone in Mid Kent has equal opportunity to achieve positive mental health and wellbeing

- A Provide or increase support in communities that lack access to services
- B Promote our work so that everyone is aware of what services and support we provide
- C Increase variety of wellbeing activities to meet more need
- D Strengthen our partnerships with National and Kent Mind

**Priority 2:** Maintain and consistently improve quality of services

Monitoring and tracking outcomes to measure impact on individuals

- A Maintain outstanding quality by dynamically reviewing all services
- B Support professional development of staff
- C Evaluate and adapt delivery through feedback from service users and funders
- D Quality control through Senior Management with scrutiny provided by trustee board
- E Design services based on local need and demand

**Priority 3:** Promote a positive working environment

- A Increase and strengthen the Board by further recruitment of Trustees to reflect identified skills gap
- B Foster a culture of transparency, integrity and impartiality
- C Provide personal and professional growth opportunities
- D Ensure staff can access wellbeing support and feel supported

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2022*

---

### **Main activities undertaken to further the Charity's purposes for the public benefit**

The main activities undertaken for the public benefit are as follows;

- Low cost counselling
- CBC courses
- Social activities
- Crisis Café
- Wellbeing Café
- MH training
- Social Prescribing
- Peer support
- Adult and Youth mindfulness
- Hoarding Programme
- Live Well Kent Delivery

### **Achievements and performance**

MKM provides mental health support services to the core communities of Maidstone, Ashford and Swale and in partnership with other local Minds, across Kent.

The Charity has grown over the last 5 years to increase the number of beneficiaries able to access services, increase the amount and quality of services and has increased training opportunities for staff and volunteers.

New and existing partnerships have grown to extend our provisions and areas of specialised support.

### **Key performance indicators**

The charity measures its performance by recording the number of people that access our services and those who have improved their levels of mental health and wellbeing. We also measure a number of outcomes that are set by our funders and commissioners, usually also linked to wellbeing levels.

Between 2021 & 2022 MKM provided over 3,500 Counselling Sessions – supporting over 520 different clients with accessible and affordable therapy. Our Youth Counsellor also provided 80 sessions to vulnerable young people during this period.

A total of 146 young people received support - with 840 attendances across 185 CBC sessions.

183 one-to-one Wellbeing & Resilience Action Plan sessions for 53 different young people.

219 Wellbeing Café Support sessions were also provided over the year.

### **Review of activities**

2021-22 was the year that delivered change and uncertainty but also the year that enabled our teams to come together demonstrating strength and resilience in abundance. Covid-19 quickly moved on to an endemic, forcing us to start to live with the disease and slowly but surely start the process of getting life back to 'normal'.

Although, many would have been elated to see the relaxation of restrictions for others this was a time of heightened anxiety and uncertainty as they learn to live with the impact of the pandemic on their mental health. Mid Kent Mind has endeavoured to remain a source of constant support to the communities in need, providing vital services to meet the changing needs of more people than ever before. Over the last year, we have supported over 2,200 people - assisting them on their journey to better mental health and wellbeing. It has never been more important for MKM to remain flexible and adept whilst continuing to be a strong advocate for the community. Working closely with our network of partner organisations has been crucial in enabling us to offer a range of services to meet all levels of need.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2022*

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### **Working In Partnership**

Working in partnership continued to be a key area of strategic focus for MKM.

We were proud to support the 'Helping You Home' project - working in partnership with Maidstone Borough Council to support clients hoarding by providing a much needed talking therapy services. We also had the opportunity to strengthen our growing relationship with the Maidstone Early Help team - building upon our ambition to continue working with young people in Maidstone in a more dynamic and engaging manner.

We remain committed to building new partnerships, enabling us to make a long-term, sustainable difference to our communities.

### **Training**

Awareness continues to be at the heart of MKM's work – and that was no different during 2021-2022, where we expanded our Mental Health Awareness, Mental Health First Aid & Suicide Prevention & Awareness training offerings.

During this period, we provided Adult Suicide Prevention Training to 280 individuals, and Youth Suicide Prevention Training to 76 individuals.

As a part of the HeadStart Kent programme we were also able to train 18 new Youth Mental Health First Aiders who are now contributing to positive mental health in schools across the county.

Our ambition is to grow and expand our mental health training throughout the next few years – providing anyone who would like to learn more about different areas of mental health with the means to do so.

### **Fundraising and donations**

Between 2021-2022 we also saw some fantastic fundraisers from our community – helping to sustain our support services whilst also enabling our wider work across the Mid Kent Area.

In August, the Rotary Club of Maidstone Riverside donated over £700 to our organisation, followed in September by Amy and Nysha, who tackled the South Coast Challenge for our organisation and raised £1,000 in the process.

The Electrical Contractors Association also hosted an incredibly generous dinner dance in November of 2021 – raising over £3,000 for MKM.

We have seen many fantastic fundraisers since and are incredibly grateful to everyone who continues to put so much time, energy and enthusiasm into supporting our organisation and the work we do. Without your support we would not be able to provide vital support services for our community.

Our donors & fundraisers raised over £70,000 for Mid Kent Mind in 2021-2022.

### **Financial review**

As at 31 March 2022, the charity held total funds of £941,852 (2021: £794,658), of which £33,528 is restricted and £908,324 was unrestricted.

Total income for the year was £1,000,341 with a net surplus being generated for the year ended 31 March 2022 of £147,194 (2021: net surplus of £113,990 as restated).

The net surplus for the year of £147,194 comprises of an unrestricted surplus of £363,766 and a restricted deficit of £216,572 which will be funded by unrestricted reserves.

A full review of the allocation of expenditure against restricted funds has been undertaken going back into the previous years and a restatement of the comparative year has been undertaken as a result.

### **Going concern**

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2022*

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### **Reserves policy**

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to three month's expenditure as required by the Charity Commission.

MK Mind trustees have set their aim to have a full year of operating costs and redundancy/shutdown costs restricted in reserves as our service users are from an extremely vulnerable section of the community and it was felt that one year to help them all get alternative access to support in place would be prudent should we be in the position that our income ceases.

The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

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

The charity is a registered charity, number 1167328 and is constituted under a Charitable Incorporated Organisation, (CIO).

The trustees who served during the year and up to the date of signature of the financial statements were:

J Parris	
D Watkin	
L Kinch	
V Edwards	(Appointed 27 July 2022)
C Eastwood	(Appointed 27 July 2022)
J Lang	(Appointed 27 July 2022)
P Miller	(Appointed 8 February 2022)
P Miller	(Appointed 8 February 2022)
S Brimmer	(Appointed 6 December 2021)
P Fuller	(Resigned 31 March 2022)
Z Khan	(Resigned 31 March 2022)
H Webb	(Resigned 31 March 2022)
J Godfrey	(Resigned 31 March 2022)
P Murray	(Resigned 31 March 2022)

### **Methods of appointment or election of Trustees**

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. A trustee cannot be voted in for more than three consecutive terms.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Officer roles must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees with the role of chairperson being held for a maximum of three years. A chairperson cannot be voted in for more than two consecutive terms in the role.

The charity's current policy concerning the payment of trade creditors is to follow the CBI's Prompt Payers Code (copies are available from the CBI, Centre Point, 103 New Oxford Street, London WC1A 1DU).

The charity's current policy concerning the payment of trade creditors is to:

- settle the terms of payment with suppliers when agreeing the terms of each transaction;
- ensure that suppliers are made aware of the terms of payment by inclusion of the relevant terms in contracts; and
- pay in accordance with the charity's contractual and other legal obligations.

Trade creditors of the charity at the year end were equivalent to 9 day's purchases, based on the average daily amount invoiced by suppliers during the year.

# MID KENT MIND

## TRUSTEES' REPORT (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2022*

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### **Organisational structure**

The past year has seen a new direction for the organisation - with new staff joining MKM, and a new senior management team in place.

This includes Henu Cummins, MKM's new Chief Executive Officer.

MKM also recruited Julia Milne FCCA as their new finance manager.

### **Pay policy for key management personnel**

The trustees give their time freely and no trustee received remuneration in the year. Details of trustee expenses are disclosed in note 8 to the accounts. The pay of senior staff is reviewed and set annually.

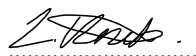
### **Financial risk management**

The Trustees regularly assess the major risks to which the Charity is exposed and remain satisfied that systems and procedures are in place to mitigate exposure to the major risks. However, given the specific impact of the Covid-19 pandemic during 2020 on the charity (from a financial, operational and human resource perspective), the Board maintained regular virtual meetings during this period to identify significant issues as they arose and agree actions with the Chief Executive to mitigate their impact.

### **Funds held as custodian trustee**

No funds are held by Mid Kent Mind as a custodian.

The trustees' report was approved by the Board of Trustees.



.....  
L Kinch

**Trustee**

Date: 28/02/2023.....

# MID KENT MIND

## STATEMENT OF TRUSTEES' RESPONSIBILITIES

*FOR THE YEAR ENDED 31 MARCH 2022*

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The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

# MID KENT MIND

## INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF MID KENT MIND

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### Opinion

We have audited the financial statements of Mid Kent Mind (the 'charity') for the year ended 31 March 2022 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2022 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

### Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

# MID KENT MIND

## INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF MID KENT MIND

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### **Responsibilities of trustees**

As explained more fully in the statement of trustees' responsibilities, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to cease operations, or have no realistic alternative but to do so.

### **Auditor's responsibilities for the audit of the financial statements**

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We have made enquiries of management, and directors, regarding the procedures relating to identifying, evaluating and complying with

1. laws and regulations and whether they were aware of any instances of non-compliance;
2. detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
3. the internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations;

Discussion among the engagement team regarding how and where fraud might occur in the financial statements and any potential indicators of fraud. As part of this discussion, we identified potential for fraud in the following areas::

1. Management override of the controls in place
4. Internal control deficiencies

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

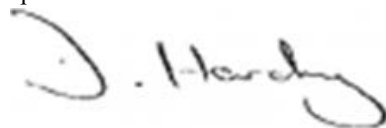
# MID KENT MIND

## INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF MID KENT MIND

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### Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



**Darren Harding ACA, FCCA, DChA (Senior Statutory Auditor)**  
**for and on behalf of Richard Place Dobson Services Limited**

28 February 2023

**Chartered Accountants**  
**Statutory Auditor**

Ground Floor  
1 - 7 Station Road  
Crawley  
West Sussex  
RH10 1HT

Richard Place Dobson Services Limited is eligible for appointment as auditor of the charity by virtue of its eligibility for appointment as auditor of a company under section 1212 of the Companies Act 2006.

# MID KENT MIND

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

*FOR THE YEAR ENDED 31 MARCH 2022*

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
<b><u>Income and endowments from:</u></b>							
Donations and legacies	2	310,876	205,192	516,068	28,152	56,572	84,724
Charitable activities	3	44,724	414,194	458,918	32,084	655,046	687,130
Investments	4	87	-	87	217	-	217
Other income	5	15,668	9,600	25,268	836	-	836
<b>Total income</b>		<b>371,355</b>	<b>628,986</b>	<b>1,000,341</b>	<b>61,289</b>	<b>711,618</b>	<b>772,907</b>
<b><u>Expenditure on:</u></b>							
Charitable activities	6	7,589	845,558	853,147	-	658,917	658,917
Gross transfers between funds		-	-	-	-	-	-
<b>Net income/(expenditure) for the year/</b>							
<b>Net movement in funds</b>		<b>363,766</b>	<b>(216,572)</b>	<b>147,194</b>	<b>61,289</b>	<b>52,701</b>	<b>113,990</b>
Fund balances at 1 April 2021							
As originally reported		61,289	702,369	763,658	-	680,668	680,668
Prior year adjustment		483,269	(452,269)	31,000	483,269	(483,269)	-
As restated		544,558	250,100	794,658	483,269	197,399	680,668
<b>Fund balances at 31 March 2022</b>		<b>908,324</b>	<b>33,528</b>	<b>941,852</b>	<b>544,558</b>	<b>250,100</b>	<b>794,658</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

# MID KENT MIND

## BALANCE SHEET

AS AT 31 MARCH 2022

	Notes	2022 £	£	2021 £	£
<b>Fixed assets</b>					
Intangible assets	10		18,259		-
Tangible assets	11		289,278		293,498
			<u>307,537</u>		<u>293,498</u>
<b>Current assets</b>					
Debtors	12	261,042		38,861	
Cash at bank and in hand		429,962		548,328	
		<u>691,004</u>		<u>587,189</u>	
<b>Creditors: amounts falling due within one year</b>	13	(56,689)		(86,029)	
Net current assets			634,315		501,160
<b>Total assets less current liabilities</b>			<u>941,852</u>		<u>794,658</u>
<b>Income funds</b>					
Restricted funds	16		33,528		250,100
Unrestricted funds			908,324		544,558
			<u>941,852</u>		<u>794,658</u>

The financial statements were approved by the Trustees on .....

.....  
L Kinch  
Trustee

# MID KENT MIND

## STATEMENT OF CASH FLOWS

*FOR THE YEAR ENDED 31 MARCH 2022*

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	Notes	2022 £	£	2021 £	£
<b>Cash flows from operating activities</b>					
Cash (absorbed by)/generated from operations	21		(96,825)		145,711
<b>Investing activities</b>					
Purchase of intangible assets		(19,245)		-	
Purchase of tangible fixed assets		(2,383)		(31,000)	
Investment income received		87		217	
		<u>          </u>		<u>          </u>	
<b>Net cash used in investing activities</b>			(21,541)		(30,783)
<b>Net cash used in financing activities</b>			-		-
			<u>          </u>		<u>          </u>
<b>Net (decrease)/increase in cash and cash equivalents</b>			(118,366)		114,928
Cash and cash equivalents at beginning of year			548,328		433,400
			<u>          </u>		<u>          </u>
<b>Cash and cash equivalents at end of year</b>			429,962		548,328
			<u>          </u>		<u>          </u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS

*FOR THE YEAR ENDED 31 MARCH 2022*

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### 1 Accounting policies

#### Charity information

Mid Kent Mind is a charitable incorporated organisation registered in England. The registered office of the charity is 23 College Road, Maidstone, Kent, ME15 6YH.

#### 1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's memorandum and articles of association, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

#### 1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

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### 1 Accounting policies

(Continued)

#### 1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

All expenditure is inclusive of irrecoverable VAT.

#### 1.6 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Software	3 years straight line basis
Website development costs	3 years straight line basis

Intangible assets in the course of construction are not amortised.

#### 1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	2% straight line basis on buildings
Property improvements	10 years straight line basis

Freehold land is not depreciated.

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

#### 1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

*FOR THE YEAR ENDED 31 MARCH 2022*

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### 1 Accounting policies

(Continued)

#### 1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

##### *Basic financial assets*

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### *Basic financial liabilities*

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### *Derecognition of financial liabilities*

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

#### 1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

#### 1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

### 2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	70,060	-	70,060	28,152	-	28,152
Legacies receivable	240,816	-	240,816	-	-	-
Grants	-	205,192	205,192	-	56,572	56,572
	<u>310,876</u>	<u>205,192</u>	<u>516,068</u>	<u>28,152</u>	<u>56,572</u>	<u>84,724</u>

### 3 Charitable activities

	Income from charitable activities	Income from charitable activities
	2022	2021
	£	£
Youth Services	825	-
Mental Health Services	458,093	687,130
	<u>458,918</u>	<u>687,130</u>
Analysis by fund		
Unrestricted funds	44,724	32,084
Restricted funds	414,194	655,046
	<u>458,918</u>	<u>687,130</u>

### 4 Investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Interest receivable	<u>87</u>	<u>217</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 5 Other income

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2022	2022	2022	2021
	£	£	£	£
Other income	15,668	9,600	25,268	836

### 6 Charitable activities

	Training Service 2022 £	Training Service 2021 £
Staff costs	621,933	521,969
Depreciation and amortisation	7,589	-
Training and local projects	15,575	9,449
Professional fees	30,597	9,878
	<u>675,694</u>	<u>541,296</u>
Share of support costs (see note 7)	119,371	106,285
Share of governance costs (see note 7)	58,082	11,336
	<u>853,147</u>	<u>658,917</u>
<b>Analysis by fund</b>		
Unrestricted funds	7,589	-
Restricted funds	845,558	658,917
	<u>853,147</u>	<u>658,917</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

### 7 Support costs

	Support costs	Governance costs	2022	Support costs	Governance costs	2021
	£	£	£	£	£	£
Advertising and Marketing	2,860	-	2,860	898	-	898
Training	4,790	-	4,790	17,615	-	17,615
Travelling costs	4,834	-	4,834	1,149	-	1,149
Printing Postage and Stationery	9,810	-	9,810	8,268	-	8,268
Telephone expenses	6,285	-	6,285	4,813	-	4,813
Computer software and maintenance	47,468	-	47,468	43,636	-	43,636
Repairs and Renewals	18,615	-	18,615	14,730	-	14,730
Insurance	2,790	-	2,790	3,560	-	3,560
Other support costs	21,919	-	21,919	11,616	-	11,616
Consultant fees	-	2,640	2,640	-	-	-
Trustee costs	-	55	55	-	50	50
Legal and professional fees	-	6,815	6,815	-	11,286	11,286
Auditor fees	-	9,600	9,600	-	-	-
Interim CEO fees	-	38,972	38,972	-	-	-
	<u>119,371</u>	<u>58,082</u>	<u>177,453</u>	<u>106,285</u>	<u>11,336</u>	<u>117,621</u>
Analysed between						
Charitable activities	<u>119,371</u>	<u>58,082</u>	<u>177,453</u>	<u>106,285</u>	<u>11,336</u>	<u>117,621</u>

Payments to the auditors of £9,600 (2021- £Nil) are due to be paid by Mind on behalf of MKM for audit fees.

### 8 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2021 - £Nil).

During the year ended 31 March 2022, trustee costs were incurred by the Charity amounting to £55 in respect of one of the trustees (2021 - £50).

### 9 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
Administrative	10	9
Welbeing and community development workers	20	17
Total	<u>30</u>	<u>26</u>

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

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<b>9 Employees</b>	<b>(Continued)</b>	
<b>Employment costs</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Wages and salaries	571,389	477,331
Social security costs	40,415	36,544
Other pension costs	10,129	8,094
	<u>621,933</u>	<u>521,969</u>

There were no employees whose annual remuneration was more than £60,000.

<b>10 Intangible fixed assets</b>	<b>Software</b>	<b>Website development costs</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>			
At 1 April 2021	-	-	-
Additions - separately acquired	5,069	14,176	19,245
	<u>5,069</u>	<u>14,176</u>	<u>19,245</u>
At 31 March 2022	5,069	14,176	19,245
	<u>5,069</u>	<u>14,176</u>	<u>19,245</u>
<b>Amortisation and impairment</b>			
At 1 April 2021	-	-	-
Amortisation charged for the year	986	-	986
	<u>986</u>	<u>-</u>	<u>986</u>
At 31 March 2022	986	-	986
	<u>986</u>	<u>-</u>	<u>986</u>
<b>Carrying amount</b>			
At 31 March 2022	4,083	14,176	18,259
	<u>4,083</u>	<u>14,176</u>	<u>18,259</u>
At 31 March 2021	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>

Website development costs relate to the new charity website which was still under construction at the year ended 31 March 2022. The final payment was made in May 2022 and this will be amortised over its useful life once this has been brought into use.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 11 Tangible fixed assets

	Freehold land and buildings £
<b>Cost</b>	
At 1 April 2021	293,498
Additions	2,383
	<hr/>
At 31 March 2022	295,881
	<hr/>
<b>Depreciation and impairment</b>	
Depreciation charged in the year	6,603
	<hr/>
At 31 March 2022	6,603
	<hr/>
<b>Carrying amount</b>	
At 31 March 2022	289,278
	<hr/> <hr/>
At 31 March 2021	293,498
	<hr/> <hr/>

MKM owns the property at 23 College Road Maidstone, where it has its offices. Funding was provided by various bodies principally what was then called "The Maidstone Health Authority".

There is a restriction registered saying "No disposition by the proprietor of the land is to be registered and none shall take effect unless made with the consent of the Housing Corporation (being The Maidstone Health Authority), when such consent is required under the provisions of section 9 of the Housing Associations Act 1985".

The property is held under the name of Maidstone Association for Mental Health Ltd, a company registered as an Industrial and Provident Society which was deregistered in 2001. The society either became or transferred its business to Maidstone and Mid Kent Mind.

Maidstone and Mid Kent Mind became Mid Kent Mind in 2018.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2022

### 12 Debtors

	2022	2021
	£	£
Amounts falling due within one year:		
Trade debtors	19,408	38,861
Other debtors and legacy receivable	241,634	-
	<u>261,042</u>	<u>38,861</u>

### 13 Creditors: amounts falling due within one year

	2022	2021
	£	£
	Notes	
Other taxation and social security	9,449	10,728
Deferred income	14 8,750	64,286
Trade creditors	20,551	6,283
Other creditors	1,999	2,032
Accruals and deferred income	15,940	2,700
	<u>56,689</u>	<u>86,029</u>

### 14 Deferred income

	2022	2021
	£	£
Other deferred income	<u>8,750</u>	<u>64,286</u>

Deferred income is included in the financial statements as follows:

	2022	2021
	£	£
Deferred income is included within:		
Current liabilities	<u>8,750</u>	<u>64,286</u>
Movements in the year:		
Deferred income at 1 April 2021	64,286	-
Released from previous periods	(64,286)	-
Resources deferred in the year	<u>8,750</u>	<u>64,286</u>
Deferred income at 31 March 2022	<u>8,750</u>	<u>64,286</u>

Deferred income relates to income received from 2gether Support Solutions Ltd which was received in advance for Mental Health First Aid training courses due to take place in the 2022/23 financial year.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2022

#### 15 Retirement benefit schemes

##### Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £10,129 (2021 - £8,094).

Amounts totalling £1,622 (2021 - £1,844) were payable to the fund at the balance sheet date and are included in creditors.

#### 16 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Balance at 1 April 2021 £	Movement in funds			Balance at 31 March 2022 £
	Balance at 1 April 2020 £	Incoming resources £	Resources expended £		Incoming resources £	Resources expended £		
Other Restricted funds	197,399	705,413	(658,917)	243,895	569,948	(813,843)	-	
Kent Minds grant	-	6,205	-	6,205	-	(6,205)	-	
Kent County Council - Early Help Swale	-	-	-	-	14,100	(10,455)	3,645	
Kent County Council - Early Help Ashford	-	-	-	-	14,100	(10,455)	3,645	
Community Fund - Awards for All	-	-	-	-	10,000	(4,000)	6,000	
The Cobtree Charity Trust Ltd	-	-	-	-	1,800	(600)	1,200	
Kent County Council "Confidence Building Activities" with Youth Resilience UK	-	-	-	-	5,000	-	5,000	
Kent County Council "Life after lockdown" CBC courses with Youth Resilience UK	-	-	-	-	4,880	-	4,880	
Kent Sport Self-defence classes in the park	-	-	-	-	500	-	500	

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

### 16 Restricted funds

(Continued)

Kent County Council Engaging Communities & Reducing Risk film	-	-	-	-	6,864	-	6,864
Porchlight COMF refund	-	-	-	-	1,794	-	1,794
	<u>197,399</u>	<u>711,618</u>	<u>(658,917)</u>	<u>250,100</u>	<u>628,986</u>	<u>(845,558)</u>	<u>33,528</u>

The Kent County Council Early Help Swale and Ashford funds were for the delivery of 12 Cognitive Behaviour Coaching courses and 16 Recovery Action Plans.

The Community Fund Awards for All funding was for the delivery of 25 Mental Health Awareness courses.

The Cobtree Charity Trust Ltd fund was for the delivery of 6 mindfulness courses.

There were also further Kent County Council funds received in respect of Confidence Building Activities and Life after Lockdown CBC courses with Youth Resilience UK and for the Engaging Communities & Reducing Risk film.

The Kent Sport fund was received for self-defence classes in the park.

The balance relating to Porchlight COMF is in respect of a refund due.

### 17 Analysis of net assets between funds

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
Fund balances at 31 March 2022 are represented by:						
Intangible fixed assets	18,259	-	18,259	-	-	-
Tangible assets	289,278	33,528	322,806	293,498	-	293,498
Current assets/(liabilities)	600,787	-	600,787	251,060	250,100	501,160
	<u>908,324</u>	<u>33,528</u>	<u>941,852</u>	<u>544,558</u>	<u>250,100</u>	<u>794,658</u>

### 18 Financial commitments, guarantees and contingent liabilities

At 31 March 2022, the charity had financial commitments as follows:

Work on the development of the new charity website commenced during the year and the total cost of this work is expected to total £14,922.02.

The final invoice for £746.10 was paid after the year end on 30 June 2022.

# MID KENT MIND

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2022

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#### 19 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2022	2021
	£	£
Within one year	52,831	2,179
Between two and five years	182,300	4,358
	<u>235,131</u>	<u>6,537</u>

#### 20 Related party transactions

During the year, the charity entered into related party transactions with Youth Resilience UK which totalled £8,200 (2021 - none). There were no outstanding balances owing between related parties and the Charity as at 31 March 2022.

#### 21 Cash generated from operations

	2022	2021
	£	£
Surplus for the year	147,194	113,990
Adjustments for:		
Investment income recognised in statement of financial activities	(87)	(217)
Depreciation and amortisation of fixed assets	7,589	-
Movements in working capital:		
(Increase) in debtors	(222,181)	(34,486)
Increase in creditors	26,196	2,138
(Decrease)/increase in deferred income	(55,536)	64,286
<b>Cash (absorbed by)/generated from operations</b>	<u>(96,825)</u>	<u>145,711</u>

#### 22 Analysis of changes in net funds

The charity had no debt during the year.

#### 23 Prior Year Adjustment

During the year as a result of the accounts and audit work, it was noted that £31,000 of garage works costs were expensed in last year's accounts when these should have been capitalised. A prior year adjustment has therefore been made to adjust the freehold property cost and fund balances.

In addition, a further prior year adjustment was made to the restricted funds balance after carrying out a thorough review of funds and the restricted fund balance brought forward has been restated.

**Mid Kent Mind**

England & Wales - Charity number 1167328

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# Accounts

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**MID KENT MIND**

**Unaudited**

**Trustees' Report and Financial Statements**

**For the Year Ended 31 March 2021**

# MID KENT MIND

## Contents

	Page
<b>Reference and Administrative Details of the Charity, its Trustees and Advisers</b>	1
<b>Trustees' Report</b>	2 - 6
<b>Trustees' Responsibilities Statement</b>	7
<b>Independent Examiner's Report</b>	8 - 9
<b>Statement of Financial Activities</b>	10
<b>Balance Sheet</b>	11
<b>Statement of Cash Flows</b>	12
<b>Notes to the Financial Statements</b>	13 - 24

## MID KENT MIND

### Reference and Administrative Details of the Charity, its Trustees and Advisers For the Year Ended 31 March 2021

<b>Trustees</b>	Philip Fuller, Chair Zak Khan, Vice Chair Hazel Webb, Treasurer Donal Watkin Lewis Stephen Kinch (appointed 15 July 2020) James Godfrey (appointed 29 September 2020) Jennifer Parris Paul Murray (appointed 29 September 2020)
<b>Charity registered number</b>	1167328
<b>Principal office</b>	23 College Road Maidstone Kent ME15 6YH
<b>Chief executive officer</b>	Julie Blackmore
<b>Accountants</b>	Williams Giles Professional Services Ltd 12 Conqueror Court Sittingbourne Kent ME10 5BH

## **MID KENT MIND**

### **Trustees' Report For the Year Ended 31 March 2021**

The Trustees present their annual report together with the financial statements of the Charity for the 1 April 2020 to 31 March 2021.

#### **Objectives and activities**

##### **a. Policies and objectives**

The key objectives of the charity are;

a) to promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.

b) to relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

## MID KENT MIND

### Trustees' Report (continued) For the Year Ended 31 March 2021

#### Objectives and activities (continued)

##### b. Strategies for achieving objectives

Mid Kent Mind's Strategic Plan 2021 to 2024 provides the strategic framework through which we will achieve our objective. We also have a business plan that details our key business objectives which is reviewed every 12 months.

The plan is based on our vision, mission and values.

##### Our Vision

- We are Mid Kent Mind and we are passionate about supporting people with mental health issues and promoting positive wellbeing.
- We recognise people as unique individuals and not as a diagnosis or a label.
- We aim to equip people with the tools they need, empowering them to reach their potential.
- We encourage diversity, challenging stigma and discrimination.

##### Our Values

- Person Centred in everything we do putting the individuals' wellbeing first
- Recovery Based using the Recovery Model and Six Ways to Wellbeing to shape all of our services
- Holistic in our approach to mental health and wellbeing, accepting that many things can affect people in different ways, and we believe everyone in the community can be an active participant.
- Diverse and Inclusive by supporting social inclusion for anyone with mental health or wellbeing needs.

##### Our Goals

**Priority 1:** Ensure everyone in Mid Kent has equal opportunity to achieve positive mental health and wellbeing

- A Provide or increase support in communities that lack access to services
- B Promote our work so that everyone is aware of what services and support we provide
- C Increase variety of wellbeing activities to meet more need
- D Strengthen our partnerships with National and Kent Mind

**Priority 2:** Maintain and consistently improve quality of services

Monitoring and tracking outcomes to measure impact on individuals

- A Maintain outstanding quality by dynamically reviewing all services
- B Support professional development of staff
- C Evaluate and adapt delivery through feedback from service users and funders
- D Quality control through Senior Management with scrutiny provided by trustee board
- E Design services based on local need and demand

**Priority 3:** Promote a positive working environment

- A Increase and strengthen the Board by further recruitment of Trustees to reflect identified skills gap
- B Foster a culture of transparency, integrity and impartiality
- C Provide personal and professional growth opportunities
- D Ensure staff can access wellbeing support and feel supported

## MID KENT MIND

### Trustees' Report (continued) For the Year Ended 31 March 2021

#### Objectives and activities (continued)

##### c. Main activities undertaken to further the Charity's purposes for the public benefit

The main activities undertaken for the public benefit are as follows;

- Low cost counselling
- CBC courses
- Social activities
- Crisis Café
- Wellbeing Café
- MH training
- Social Prescribing
- Peer support
- Adult and Youth mindfulness
- Hoarding Programme
- Live Well Kent Delivery

#### Achievements and performance

##### a. Main achievements of the Charity

MKM provides mental health support services to the core communities of Maidstone, Ashford and Swale and in partnership with other local Minds, across Kent.

The Charity has grown over the last 5 years to increase the number of beneficiaries able to access services, increase the amount and quality of services and has increased training opportunities for staff and volunteers.

New and existing partnerships have grown to extend our provisions and areas of specialised support.

##### b. Key performance indicators

The charity measures its performance by recording the number of people that access our services and those who have improved their levels of mental health and wellbeing. We also measure a number of outcomes that are set by our funders and commissioners, usually also linked to wellbeing levels. This year 1161 people have accessed our services over 14,000 times.

##### c. Review of activities

Despite difficulties faced by the Covid-19 pandemic, MK Mind were able to move the vast majority of their services into the virtual space and continue to provide essential services to members of the community. In these unprecedented times we have also developed new services to meet changing needs and even been able to offer virtual services to vulnerable people beyond our traditional geographic coverage.

#### Financial review

##### a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

## MID KENT MIND

### Trustees' Report (continued) For the Year Ended 31 March 2021

#### **b. Reserves policy**

We are obliged to hold three months full operating costs as restricted reserves by the Charity Commission.

MK Mind trustees have set their aim to have a full year of operating costs and redundancy/shutdown costs restricted in reserves as our service users are from an extremely vulnerable section of the community and it was felt that one year to help them all get alternative access to support in place would be prudent should we be in the position that our income ceases.

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

##### **a. Constitution**

Mid Kent Mind is a registered charity, number 1167328, and is constituted under a Charitable Incorporated Organisation, (CIO).

##### **b. Methods of appointment or election of Trustees**

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. A trustee cannot be voted in for more than three consecutive terms.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Officer roles must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees with the role of chairperson being held for a maximum of three years. A chairperson cannot be voted in for more than two consecutive terms in the role.

##### **c. Pay policy for key management personnel**

The trustees give their time freely and no trustee received remuneration in the year. Details of trustee expenses are disclosed in note 11 to the accounts. The pay of the senior staff is reviewed annually and benchmarked against pay levels in other charities of similar size. The pay of senior staff is reviewed and set annually.

##### **d. Financial risk management**

The Trustees regularly assess the major risks to which the Charity is exposed and remain satisfied that systems and procedures are in place to mitigate exposure to the major risks. However, given the specific impact of the Covid-19 pandemic during 2020 on the charity (from a financial, operational and human resource perspective), the Board maintained regular virtual meetings during this period to identify significant issues as they arose and agree actions with the Chief Executive to mitigate their impact.

**MID KENT MIND**

**Trustees' Report (continued)  
For the Year Ended 31 March 2021**

**Structure, governance and management (continued)**

**Funds held as custodian**

No funds are held by Mid Kent Mind as a custodian.

Approved by order of the members of the board of Trustees and signed on their behalf by:



**Philip Fuller**  
(Chair of Trustees)

Date: 4th August 2021

## MID KENT MIND

### Statement of Trustees' responsibilities For the Year Ended 31 March 2021

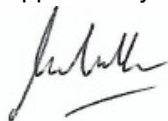
The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:



**Philip Fuller**  
(Chair of Trustees)

Date: 4th August 2021

## MID KENT MIND

### Independent Examiner's Report For the Year Ended 31 March 2021

#### Independent Examiner's Report to the Trustees of Mid Kent Mind ('the Charity')

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2021.

#### Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 ACCA, which is one of the listed bodies.

Your attention is drawn to the fact that the Charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I confirm that no 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 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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.

**MID KENT MIND**

**Independent Examiner's Report (continued)  
For the Year Ended 31 March 2021**

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:

Dated:

Alex Ffrench

FCCA DChA

Williams Giles Professional Services Ltd  
12 Conqueror Court  
Sittingbourne  
Kent  
ME10 5BH

**MID KENT MIND**

**Statement of financial activities  
For the Year Ended 31 March 2021**

	Note	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
<b>Income from:</b>					
Donations and legacies	3	28,152	56,572	84,724	362,641
Charitable activities	4	32,084	655,046	687,130	367,010
Investments	5	217	-	217	952
Other income	6	836	-	836	630
		<u>61,289</u>	<u>711,618</u>	<u>772,907</u>	<u>731,233</u>
<b>Total income</b>					
<b>Expenditure on:</b>					
Charitable activities	7	-	689,917	689,917	630,267
		<u>-</u>	<u>689,917</u>	<u>689,917</u>	<u>630,267</u>
<b>Total expenditure</b>					
		<u>61,289</u>	<u>21,701</u>	<u>82,990</u>	<u>100,966</u>
<b>Net movement in funds</b>					
<b>Reconciliation of funds:</b>					
Total funds brought forward		-	680,668	680,668	579,702
Net movement in funds		61,289	21,701	82,990	100,966
		<u>61,289</u>	<u>702,369</u>	<u>763,658</u>	<u>680,668</u>
<b>Total funds carried forward</b>					

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 13 to 24 form part of these financial statements.

**MID KENT MIND**

**Balance Sheet  
As at 31 March 2021**

	Note	2021 £	2020 £
<b>Fixed assets</b>			
Tangible assets	12	262,498	262,498
		262,498	262,498
<b>Current assets</b>			
Debtors	13	38,861	4,375
Cash at bank and in hand		548,328	433,400
		587,189	437,775
Creditors: amounts falling due within one year	14	(86,029)	(19,605)
<b>Net current assets</b>		<b>501,160</b>	<b>418,170</b>
<b>Total net assets</b>		<b>763,658</b>	<b>680,668</b>
<b>Charity funds</b>			
Restricted funds	15	702,369	680,668
Unrestricted funds	15	61,289	-
<b>Total funds</b>		<b>763,658</b>	<b>680,668</b>

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



**Philip Fuller**  
(Chair of Trustees)

Date: 4th August 2021

The notes on pages 13 to 24 form part of these financial statements.

**MID KENT MIND**

**Statement of Cash Flows  
For the Year Ended 31 March 2021**

	<b>2021</b>	<i>2020</i>
	<b>£</b>	<b>£</b>
<b>Cash flows from operating activities</b>		
Net cash used in operating activities	<b>114,928</b>	<i>118,426</i>
	<hr/>	<hr/>
<b>Change in cash and cash equivalents in the year</b>	<b>114,928</b>	<i>118,426</i>
Cash and cash equivalents at the beginning of the year	<b>433,400</b>	<i>314,974</i>
	<hr/>	<hr/>
<b>Cash and cash equivalents at the end of the year</b>	<b>548,328</b>	<i>433,400</i>
	<hr/> <hr/>	<hr/> <hr/>

The notes on pages 13 to 24 form part of these financial statements

## MID KENT MIND

### Notes to the Financial Statements For the Year Ended 31 March 2021

#### 1. General information

Mid Kent Mind is a charitable incorporated organisation registered in England. The registered office of the charity is 23 College Road, Maidstone, Kent, ME15 6YH.

#### 2. Accounting policies

##### 2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

Mid Kent Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

##### 2.2 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

##### 2.3 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

## MID KENT MIND

### Notes to the Financial Statements For the Year Ended 31 March 2021

#### 2. Accounting policies (continued)

##### 2.3 Expenditure (continued)

All expenditure is inclusive of irrecoverable VAT.

##### 2.4 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

##### 2.5 Tangible fixed assets and depreciation

Tangible fixed assets costing £1,000 or more are capitalised and recognised when future economic benefits are probable and the cost or value of the asset can be measured reliably.

Tangible fixed assets are initially recognised at cost. After recognition, under the cost model, tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. All costs incurred to bring a tangible fixed asset into its intended working condition should be included in the measurement of cost.

Depreciation is charged so as to allocate the cost of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

##### 2.6 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

##### 2.7 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

##### 2.8 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

##### 2.9 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

## MID KENT MIND

### Notes to the Financial Statements For the Year Ended 31 March 2021

#### 2. Accounting policies (continued)

##### 2.10 Pensions

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

##### 2.11 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

#### 3. Income from donations and legacies

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Donations	28,152	-	28,152	59,336
Grants	-	56,572	56,572	303,305
<b>Total 2021</b>	<b>28,152</b>	<b>56,572</b>	<b>84,724</b>	<b>362,641</b>
<i>Total 2020</i>	<i>59,336</i>	<i>303,305</i>	<i>362,641</i>	

#### 4. Income from charitable activities

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Mental Health Services	32,084	655,046	687,130	357,150
Youth Services	-	-	-	9,860
	32,084	655,046	687,130	367,010
<i>Total 2020</i>	<i>50,527</i>	<i>316,483</i>	<i>367,010</i>	

MID KENT MIND

Notes to the Financial Statements  
For the Year Ended 31 March 2021

5. Investment income

	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Bank interest	217	217	952
	<u>217</u>	<u>217</u>	<u>952</u>

6. Other incoming resources

	Unrestricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Other income	836	836	630
	<u>836</u>	<u>836</u>	<u>630</u>

7. Analysis of expenditure on charitable activities

Summary by fund type

	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Mental Health Services	689,917	689,917	630,267
	<u>689,917</u>	<u>689,917</u>	<u>630,267</u>

8. Analysis of expenditure by activities

	Activities undertaken directly 2021 £	Support costs 2021 £	Total funds 2021 £	Total funds 2020 £
Training Service	541,296	148,621	689,917	630,267
	<u>541,296</u>	<u>148,621</u>	<u>689,917</u>	<u>630,267</u>
<i>Total 2020</i>	<u>472,670</u>	<u>157,597</u>	<u>630,267</u>	

**MID KENT MIND**

**Notes to the Financial Statements  
For the Year Ended 31 March 2021**

**8. Analysis of expenditure by activities (continued)**

**Analysis of direct costs**

	<b>Mental Health Services 2021 £</b>	<b>Total funds 2021 £</b>	<i>Total funds 2020 £</i>
Staff costs	521,969	<b>521,969</b>	418,338
Training and local projects	9,449	<b>9,449</b>	19,858
Professional fees	9,878	<b>9,878</b>	34,474
	<hr/>	<hr/>	<hr/>
	541,296	<b>541,296</b>	472,670
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**Analysis of support costs**

	<b>Mental Health Services 2021 £</b>	<b>Total funds 2021 £</b>	<i>Total funds 2020 £</i>
Advertising	538	<b>538</b>	884
Marketing	360	<b>360</b>	464
Room hire	149	<b>149</b>	4,903
Water rates	403	<b>403</b>	440
General rates	-	-	498
Subscriptions	1,536	<b>1,536</b>	1,307
Bank charges	580	<b>580</b>	680
Waste management	1,729	<b>1,729</b>	1,792
Training	17,615	<b>17,615</b>	10,817
Light, heat and power	2,639	<b>2,639</b>	4,470
Travelling costs	1,149	<b>1,149</b>	14,365
Printing, postage and stationery	8,268	<b>8,268</b>	6,537
Telephone expenses	4,813	<b>4,813</b>	3,551
Computer software and maintenance	43,636	<b>43,636</b>	34,790
Repairs and renewals	45,730	<b>45,730</b>	15,928
Insurance	3,560	<b>3,560</b>	2,131
General office and sundry costs	3,303	<b>3,303</b>	2,805
Other staff costs	1,277	<b>1,277</b>	14,190
Governance costs	11,336	<b>11,336</b>	37,045
	<hr/>	<hr/>	<hr/>
	148,621	<b>148,621</b>	157,597
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

## MID KENT MIND

### Notes to the Financial Statements For the Year Ended 31 March 2021

#### 9. Independent examiner's remuneration

	2021 £	2020 £
Fees payable to the Charity's independent examiner for the independent examination of the Charity's annual accounts	<u>2,700</u>	<u>1,260</u>

#### 10. Staff costs

	2021 £	2020 £
Wages and salaries	477,331	385,880
Social security costs	36,544	25,237
Contribution to defined contribution pension schemes	8,094	7,221
	<u>521,969</u>	<u>418,338</u>

The average number of persons employed by the Charity during the year was as follows:

	2021 No.	2020 No.
Administrative	9	8
Wellbeing and community development workers	17	13
	<u>26</u>	<u>21</u>

No employee received remuneration amounting to more than £60,000 in either year.

#### 11. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2020 - £NIL).

During the year ended 31 March 2021, no Trustee expenses have been incurred (2020 - £NIL).

**MID KENT MIND**

**Notes to the Financial Statements  
For the Year Ended 31 March 2021**

**12. Tangible fixed assets**

	<b>Freehold property £</b>
<b>Cost or valuation</b>	
At 1 April 2020	262,498
At 31 March 2021	262,498
 <b>Net book value</b>	
At 31 March 2021	262,498
<i>At 31 March 2020</i>	262,498

When the Freehold property is sold, the proceeds must be repaid to the Health Authority and Local Council, who will then advance funds to purchase a replacement property.

**13. Debtors**

	<b>2021 £</b>	<i>2020 £</i>
<b>Due within one year</b>		
Trade debtors	38,861	4,375
	38,861	4,375

**MID KENT MIND**

**Notes to the Financial Statements  
For the Year Ended 31 March 2021**

**14. Creditors: Amounts falling due within one year**

	<b>2021</b>	<i>2020</i>
	<b>£</b>	<b>£</b>
Trade creditors	<b>6,283</b>	<i>8,718</i>
Other taxation and social security	<b>10,728</b>	<i>6,499</i>
Other creditors	<b>2,032</b>	<i>4,388</i>
Accruals and deferred income	<b>66,986</b>	<i>-</i>
	<b>86,029</b>	<i>19,605</i>
	<b>2021</b>	<i>2020</i>
	<b>£</b>	<b>£</b>
Resources deferred during the year	<b>64,286</b>	<i>-</i>

Deferred income relates to funding from Shaw Trust in relation to an ongoing mental health project for the local area.

**MID KENT MIND**

**Notes to the Financial Statements  
For the Year Ended 31 March 2021**

**15. Statement of funds**

**Statement of funds - current year**

	<b>Balance at 1 April 2020 £</b>	<b>Income £</b>	<b>Expenditure £</b>	<b>Balance at 31 March 2021 £</b>
<b>Unrestricted funds</b>				
General funds	-	61,289	-	61,289
<b>Restricted funds</b>				
Restricted Fund	680,668	705,413	(689,917)	696,164
Kent Minds Grant	-	6,205	-	6,205
	<b>680,668</b>	<b>711,618</b>	<b>(689,917)</b>	<b>702,369</b>
<b>Total of funds</b>	<b>680,668</b>	<b>772,907</b>	<b>(689,917)</b>	<b>763,658</b>

MID KENT MIND

Notes to the Financial Statements  
For the Year Ended 31 March 2021

15. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2019</i> £	<i>Income</i> £	<i>Expenditure</i> £	<i>Balance at 31 March 2020</i> £
<b>Restricted funds</b>				
Restricted Fund	579,702	731,233	(630,267)	680,668

**MID KENT MIND**

**Notes to the Financial Statements  
For the Year Ended 31 March 2021**

**16. Summary of funds**

**Summary of funds - current year**

	<b>Balance at 1 April 2020</b>	<b>Income</b>	<b>Expenditure</b>	<b>Balance at 31 March 2021</b>
	£	£	£	£
General funds	-	61,289	-	61,289
Restricted funds	680,668	711,618	(689,917)	702,369
	<u>680,668</u>	<u>772,907</u>	<u>(689,917)</u>	<u>763,658</u>

**Summary of funds - prior year**

	<i>Balance at 1 April 2019</i>	<i>Income</i>	<i>Expenditure</i>	<i>Balance at 31 March 2020</i>
	£	£	£	£
Restricted funds	579,702	731,233	(630,267)	680,668
	<u>579,702</u>	<u>731,233</u>	<u>(630,267)</u>	<u>680,668</u>

**17. Analysis of net assets between funds**

**Analysis of net assets between funds - current year**

	<b>Unrestricted funds 2021</b>	<b>Restricted funds 2021</b>	<b>Total funds 2021</b>
	£	£	£
Tangible fixed assets	-	262,498	262,498
Current assets	61,289	525,900	587,189
Creditors due within one year	-	(86,029)	(86,029)
<b>Total</b>	<u>61,289</u>	<u>702,369</u>	<u>763,658</u>

**Analysis of net assets between funds - prior year**

	<i>Restricted funds 2020</i>	<i>Total funds 2020</i>
	£	£
Tangible fixed assets	262,498	262,498
Current assets	437,775	437,775
Creditors due within one year	(19,605)	(19,605)
<b>Total</b>	<u>680,668</u>	<u>680,668</u>

**MID KENT MIND**

**Notes to the Financial Statements  
For the Year Ended 31 March 2021**

**18. Reconciliation of net movement in funds to net cash flow from operating activities**

	<b>2021</b>	<b>2020</b>
	£	£
Net income for the year (as per Statement of Financial Activities)	<b>82,990</b>	<i>100,966</i>
<b>Adjustments for:</b>		
Decrease/(increase) in debtors	<b>(34,486)</b>	<i>16,965</i>
Increase in creditors	<b>66,424</b>	<i>495</i>
<b>Net cash provided by operating activities</b>	<b>114,928</b>	<i>118,426</i>

**19. Analysis of cash and cash equivalents**

	<b>2021</b>	<b>2020</b>
	£	£
Cash in hand	<b>548,328</b>	<i>433,400</i>
<b>Total cash and cash equivalents</b>	<b>548,328</b>	<i>433,400</i>

**20. Analysis of changes in net debt**

	<b>At 1 April 2020</b>	<b>Cash flows</b>	<b>At 31 March 2021</b>
	£	£	£
Cash at bank and in hand	<b>433,400</b>	<b>114,928</b>	<b>548,328</b>
	<b>433,400</b>	<b>114,928</b>	<b>548,328</b>

**21. Pension commitments**

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the charity to the fund and amounted to £8,094 (2020 - £7,221), amounts totalling £1,844 (2020 - £1,430) were payable to the fund at the balance sheet date and are included in creditors.

**22. Related party transactions**

The Charity has not entered into any related party transaction during the year, nor are there any outstanding balances owing between related parties and the Charity at 31 March 2021.