

# SHAWMIND

England & Wales - Charity number 1167947

## Details

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**Other names** THE SHAW MIND FOUNDATION

**Status** Registered

**Legal form** Charitable company

**Company number** [09921207](#)

**Registered** 2016-06-30

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

## Contact

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**Address** Veezu  
Unit 1  
Waterside Court  
Bold Street  
Sheffield  
S9 2LR

**Phone** 0018138539021

**Email** [contact@shawmind.org](mailto:contact@shawmind.org)

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

## Activities

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**Objects:** TO PROMOTE AND PROTECT THE MENTAL HEALTH OF PEOPLE WITH MENTAL ILLNESSES AND THEIR FAMILIES THROUGH THE PROVISION OF FINANCIAL ASSISTANCE, SUPPORT AND PRACTICAL ADVICE TO INDIVIDUALS IN NEED AND/OR ORGANISATIONS WORKING TO PROMOTE AND PROTECT MENTAL HEALTH AND TO ADVANCE THE EDUCATION OF THE PUBLIC IN AREAS RELATING TO MENTAL HEALTH.

**Activities:** Shawmind is a charity on a mission to improve mental health awareness and education in children and young people through Action and Impact. Our passion, purpose and focus is to also provide modest funding and grants to vital and critical mental health charities, projects, individuals suffering in silence and local families in desperate need across Sheffield, UK and the local community.

## Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

## Geography

- Barnsley
- Derbyshire
- Doncaster
- Rotherham
- Sheffield City

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	-	-	-	-
2023-12-31	£261,492	£318,348	-	-
2022-12-31	£247,751	£275,661	-	-
2021-12-31	£230,120	£156,625	-	-
2020-12-31	£123,912	£158,307	-	-
2019-12-31	£343,830	£218,730	-	-

## Trustees

Name	Role	Appointed
<b>ADAM SHAW</b>	Chair	2015-12-17
Diana Konig Ronchetti		2024-06-16
Philippa Debono		2024-06-10

**SHAWMIND**

England & Wales - Charity number 1167947

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# Accounts

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**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2023  
FOR  
SHAWMIND**

Duncan & Toplis Limited  
14 London Road  
Newark  
Nottinghamshire  
NG24 1TW

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FOR THE YEAR ENDED 31 DECEMBER 2023**

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**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2023**

The trustees, two of which are also directors, for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of 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**

**Objectives and aims**

We exist to support all people in Sheffield, UK and the surrounding communities with mental health difficulties through early intervention information, training and non-clinical/therapeutic support. We are particularly passionate about working with children and young people as well as young employees in the workplace. No one should have to reach crisis point before getting help and by tackling anxiety, and the stigma associated with speaking out about one's mental health, we ultimately aim to save lives.

The key strands of our work have been:

- (a) Working with individuals, schools and organisations to develop preventative measures that head off serious mental health challenges where possible and that helps transform organisational culture to stop perpetuating mental health stigma.
- (b) Addressing stigma head-on through social media and event campaigns, and through education about what mental health is and is not.
- (c) Working with children, young people and educational organisations to support the development of emotional literacy & psychological resilience at an early age.
- (d) Continuing to influence policy development with respect to children's mental health.

**Public benefit**

Shawmind is a charity on a mission to improve mental health awareness. We are committed to educating individuals and organisations so they understand mental health & emotional wellbeing, and how to manage them effectively to lead successful, fulfilled lives.

By encouraging people to talk about their experiences and feelings, we work towards eradicating the crippling stigma associated with mental illness. We also help young people develop an emotional literacy that can continue throughout their education, employment, and personal lives.

We work closely with partner trainers and speakers to provide bespoke mental health packages - such as training programmes or wellbeing strategies - to businesses, schools, colleges, and universities. We know that one size will not fit all, so our innovative approach is tailor made to fit with the identified need.

Our overarching goal has been to support anyone who may be struggling with anxiety or related mental health challenges, both the sufferer and those who support them. To achieve this, the Charity has a number of powers which are listed in the constitution and summarised below:

1. to provide support and practical advice;
2. to raise money to pay for the charity's activities;
3. to make such payments as shall be necessary.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

The trustees also confirm that they have referred to the guidance contained in the Charity Commission's general guidance on conflicts of interest and manage any such potential conflicts by reviewing them at each board meeting.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2023**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

In 2017 our charity made history, becoming the first UK charity to raise the required number of signatures to force a parliamentary debate on children's mental health education. This debate took place later the same year and in July 2018 the government released guidance on proposals for implementing compulsory mental health education into all UK schools from September 2020. However, whilst we are incredibly proud of the part we played in influencing this policy decision, there are still gaps in the process of ensuring better mental health provision for children and young people. This is why our charity is committed to providing support and education to children and adults throughout the year to address this gap.

2020 was a challenging year in that we had to shut down our face-to-face engagements as a result of COVID-19 and find new and more innovative ways of still reaching and helping people. We did this by pivoting to online platforms with our Breathe Cafes, hosting weekly and monthly online sessions for people to connect with our trained volunteers, or to connect with each other around mental health. Much of this work continued in 2021 as the insecurity and anxiety caused by the pandemic kept people away from the office and away from large social engagements.

2022 saw us partnering with other organisations in an NHS Nottinghamshire Clinical Commissioning Group 3-year contract in which we provided mental health listening & signposting services to children and young people in the Nottinghamshire community. Although this project generated much-needed revenue for the charity, by the end of the year (the 1st year) the trustees were concerned by the lack of impact this project was having and questioned our participation in the project - ultimately they decided we would have more impact investing our resources and effort in other avenues through which to reach children and young people.

Through our Breathe Cafés, ManCave and Focus Zones, we directly helped 216 different people this year in 1-to-1 contexts with their mental health, whilst our mental health guides on our website were downloaded by 347 different people. We also built strong relationships with 10 schools and were actively working with 4 of them by December, delivering our Headucation programme, which includes training in mental health awareness, mental health first aid, resilience, and peer mentoring - covering over 3,000 school pupils. We trained 200 teachers in mental health awareness and mental health first aid during the year and provided 2,400 people in workplaces with mental health first aid and various other mental health awareness training during the year.

The trustees note that income and expenditure increased in the year to 31 December 2023 which resulted in a deficit of £56,856 (2022: deficit of £27,910) for the year.

The Statement of Financial Activities indicates Total Income Resources of £261,492 (2022: £247,751) and total Resources Expanded of £318,348 (2022: £275,661).

**FINANCIAL REVIEW**

**Reserves policy**

The majority of funds held by the Charity are held as unrestricted general funds. As at 31 December 2023 the reserves were negative £41,922 (2022: positive £14,934).

There is an amount of £11,458 in restricted grant funding which the charity has ringfenced and from which disbursements have and will be made according to the wishes of the grantors.

The charity has had the benefit of a draw down loan facility provided by a sister company to the charity, Shaw Callaghan Ltd. This facility showed funds owing to the charity at the end of 2023 £1,770 (2022: £NIL).

The reserves of the charity at 31st December 2023 were negative, but since that date the founding trustees injected additional funds into the charity and the trustees expect the level of reserves to be built back to the reserve policy level of three months of expenditure over the next couple of years as the charity grows in its new Sheffield base.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2023**

**FUTURE PLANS**

At the start 2023, the charity's continued focus had been on piloting its Headucation project and getting this into as many schools as possible around its Nottinghamshire base. The Charity was also working on work based mental health across England.

Due to work undertaken by the Chairman, Adam Shaw in July 2023 the charity was presented with a significant opportunity in the form of appointment as official mental health charity partner to Sheffield Wednesday Football Club, as well as to the Sheffield Steelers ice hockey team, Sheffield Sharks Basketball team, Sheffield Hatters women's basketball team and the Sheffield Steeldogs ice hockey team. All teams have significant fanbases and as such provided the charity to be in a fortunate position to create and maximize excellent brand-building awareness. Sheffield is England's 4th largest city and the significant and proactive move to Sheffield represented a step-change for the charity compared with its previous base in Newark, Nottinghamshire. The benefits of the brand awareness were evident throughout 2024.

During 2023 with the proactive relocation to Sheffield, the first objective was indeed to build significant brand awareness, whilst at the same time understanding and investigating whether it could address the shortcomings in existing mental health service provisions and best apply its resources in order to ensure action and impact on children and young people's mental health in the city of Sheffield

As a result of the charity pivoting and relocating its entire operation to Sheffield under the guidance and leadership of its founder, funding patron and Chairman, Adam Shaw. The charity has also made a change in direction bringing on board of new Sheffield-based trustees whilst politely asking some other trustees to resign and step down with those individuals who had no connections to Sheffield and the local community. In doing so, the new trustees have also played significant roles in creating further brand awareness and providing local opportunities to the charity as well as creating awareness and support for other less well known mental health charities in the Sheffield area and surrounding communities. The charity has used its increased and significant brand awareness by adding an additional component and **focus** to its offering by now also **provide direct modest funding and grants to vital and critical projects for those mental health charities who are less well known, individuals suffering in silence and local families in desperate need across Sheffield and the local community.**

The charity's Mission and Duty of Service is still very much to enhance Mental Health prosperity with the Charity continuing to focus on Sheffield's children & young people, so that there are no more broken dreams.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, memorandum and articles originally drawn up in 2015 and amended and approved on 22 June 2016, and constitutes an incorporated charity.

**Recruitment and appointment of new trustees**

The trustees are those who make up the Committee.

Appointment of trustees is governed by the Articles of Association as follows: -

There will be a minimum number of 4 trustees and a maximum number of 8, consisting of:

- (a) a Chair
- (b) a Treasurer
- (c) 2 other trustees

The trustee in (a) and (b) above shall be elected for 2 years at the AGM. Retiring trustees are eligible for re-election. Co-opted members in (c) above may join at any regular board meeting.

Not less than two weeks before the date of the next AGM each trustee shall be required to indicate in writing their willingness to act as a member of the board if elected.

At the AGM the prospective new elected members of the board will be those candidates receiving the highest number of votes from the trustees.

**Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. They review risks to the charity on a quarterly basis to then determine collectively how best to address each risk.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

09921207 (England and Wales)

**SHAWMIND**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2023**

**Registered Charity number**  
1167947

**Registered office**  
Unit 1  
Waterside Court  
3 Bold Street  
Sheffield  
S9 2LR

**Trustees**

A P Shaw		Director and Chairman
J E Espey OBE	Resigned 26th June 2024	Director and President
L Callaghan	Resigned 14 July 2023	
C Woolston	Resigned 30 June 2023	
S Marshall	Resigned 24 July 2023	
J Nicholds	Resigned 31 July 2023	
A Mackenzie	Resigned 25 October 2023	Treasurer
D Ronchetti	Appointed 16 June 2024	
P Debono	Appointed 10 June 2024	

**Directors**

A P Shaw	
J E Espey OBE	Resigned 26th June 2024
C Winks	Appointed 13 November 2023

**Independent Examiner**

Duncan & Toplis Limited  
14 London Road  
Newark  
Nottinghamshire  
NG24 1TW

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 17 January 2025 and signed on its behalf by:

A P Shaw - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
SHAWMIND**

**Independent examiner's report to the trustees of Shawmind ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2023.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, 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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Simon Shaw FCCA

Duncan & Toplis Limited  
14 London Road  
Newark  
Nottinghamshire  
NG24 1TW

20 January 2025

SHAWMIND

STATEMENT OF FINANCIAL ACTIVITIES  
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
<b>Charitable activities</b>					
General		261,492	-	261,492	247,751
<b>EXPENDITURE ON</b>					
<b>Raising funds</b>					
		83,366	-	83,366	97,007
<b>Charitable activities</b>					
General		234,982	-	234,982	178,654
<b>Total</b>		<u>318,348</u>	<u>-</u>	<u>318,348</u>	<u>275,661</u>
<b>NET INCOME/(EXPENDITURE)</b>		(56,856)	-	(56,856)	(27,910)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		3,476	11,458	14,934	42,844
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>(53,380)</u></u>	<u><u>11,458</u></u>	<u><u>(41,922)</u></u>	<u><u>14,934</u></u>

The notes form part of these financial statements

**SHAWMIND**

**BALANCE SHEET  
31 DECEMBER 2023**

	Notes	Unrestricted fund £	Restricted fund £	2023 Total funds £	2022 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	7	-	-	-	1,071
<b>CURRENT ASSETS</b>					
Debtors	8	6,476	-	6,476	10,942
Cash at bank		8,926	11,458	20,384	60,510
		<u>15,402</u>	<u>11,458</u>	<u>26,860</u>	<u>71,452</u>
<b>CREDITORS</b>					
Amounts falling due within one year	9	(38,109)	-	(38,109)	(27,691)
		<u>(22,707)</u>	<u>11,458</u>	<u>(11,249)</u>	<u>43,761</u>
<b>NET CURRENT ASSETS/(LIABILITIES)</b>					
		<u>(22,707)</u>	<u>11,458</u>	<u>(11,249)</u>	<u>44,832</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
<b>CREDITORS</b>					
Amounts falling due after more than one year	10	(30,673)	-	(30,673)	(29,898)
		<u>(53,380)</u>	<u>11,458</u>	<u>(41,922)</u>	<u>14,934</u>
<b>NET ASSETS</b>					
<b>FUNDS</b>					
Unrestricted funds	13			(53,380)	3,476
Restricted funds				11,458	11,458
				<u>(41,922)</u>	<u>14,934</u>
<b>TOTAL FUNDS</b>					

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 17 January 2025 and were signed on its behalf by:

A P Shaw - Trustee

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2023**

**1. GENERAL INFORMATION**

Shawmind is a private Charitable Company Limited by Guarantee registered in England and Wales. The charity's registered number is 1167947 and the Company registration number is 09921207. The registered office and principal address of the charity is Unit 1 Waterside Court, 3 Bold Street, Sheffield, South Yorkshire, S9 2LR.

The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

The financial statements cover the individual entity.

The entity constitutes a public benefit entity as defined by FRS 102.

**2. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

**Debtors and creditors receivable / payable within one year**

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

**2. ACCOUNTING POLICIES - continued**

**Going concern**

The financial statements have been prepared on a going concern basis as the trustees believe it is appropriate and that no material uncertainties exist. The trustees recognise that the charity has negative reserves at the year end, however, as noted in the trustees' report, since the year end, the founding trustees have injected additional funds into the charity and the trustees expect the level of reserves to be built back to the reserve policy level of three months of expenditure over the next couple of years.

Therefore the trustees are satisfied there are no material uncertainties relating to going concern.

**3. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation - owned assets	1,893	234
	<u>1,893</u>	<u>234</u>

**4. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

**Trustees' expenses**

There were no reimbursed expenses paid to the trustees during the year ended 31 December 2023 or the year ended 31 December 2022.

**5. STAFF COSTS**

	2023	2022
	£	£
Wages and salaries	188,107	190,650
Social security costs	14,674	14,348
Other pension costs	3,672	2,784
	<u>206,453</u>	<u>207,782</u>

The total employment benefits of the key management personnel of the charity, including employers NI and pension contributions, were £103,416 (2022- £85,904).

Included within the employment benefits for key management figure above is £18,000 (2022: £NIL) in respect of living costs, included within rent costs on the detailed SoFA. These have been funded by the donations from founding trustees disclosed in Note 14.

The average monthly number of employees during the year was as follows:

	2023	2022
Employees	<u>4</u>	<u>5</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2023	2022
£70,001 - £80,000	-	1
£90,001 - £100,000	1	-
	<u>1</u>	<u>1</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2023

## 6. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
<b>Charitable activities</b>			
General	237,551	10,200	247,751
<b>EXPENDITURE ON</b>			
Raising funds	94,812	2,195	97,007
<b>Charitable activities</b>			
General	177,465	1,189	178,654
<b>Total</b>	<b>272,277</b>	<b>3,384</b>	<b>275,661</b>
<b>NET INCOME/(EXPENDITURE)</b>	<b>(34,726)</b>	<b>6,816</b>	<b>(27,910)</b>
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	38,202	4,642	42,844
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>3,476</b>	<b>11,458</b>	<b>14,934</b>

## 7. TANGIBLE FIXED ASSETS

	Computer equipment £
<b>COST</b>	
At 1 January 2023	1,625
Additions	822
Disposals	(2,447)
At 31 December 2023	-
<b>DEPRECIATION</b>	
At 1 January 2023	554
Charge for year	1,893
Eliminated on disposal	(2,447)
At 31 December 2023	-
<b>NET BOOK VALUE</b>	
At 31 December 2023	-
At 31 December 2022	1,071

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

**8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Trade debtors	416	7,735
Other debtors	1,770	-
Prepayments and accrued income	4,290	3,207
	<u>6,476</u>	<u>10,942</u>

**9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023	2022
	£	£
Bank loans and overdrafts (see note 11)	118	9,775
Trade creditors	13,886	889
Social security and other taxes	19,353	12,586
Other creditors	672	841
Accrued expenses	4,080	3,600
	<u>38,109</u>	<u>27,691</u>

**10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

	2023	2022
	£	£
Bank loans (see note 11)	<u>30,673</u>	<u>29,898</u>

**11. LOANS**

An analysis of the maturity of loans is given below:

	2023	2022
	£	£
Amounts falling due within one year on demand:		
Bank loans	<u>118</u>	<u>9,775</u>
Amounts falling between one and two years:		
Bank loans - 1-2 years	<u>10,003</u>	<u>10,022</u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	<u>20,670</u>	<u>19,876</u>

**12. LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2023	2022
	£	£
Within one year	36,000	-
Between one and five years	6,000	-
	<u>42,000</u>	<u>-</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2023

## 13. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	At 31.12.23 £
<b>Unrestricted funds</b>			
General fund	3,476	(56,856)	(53,380)
<b>Restricted funds</b>			
Restricted fund	11,458	-	11,458
<b>TOTAL FUNDS</b>	<u>14,934</u>	<u>(56,856)</u>	<u>(41,922)</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	261,492	(318,348)	(56,856)
<b>TOTAL FUNDS</b>	<u>261,492</u>	<u>(318,348)</u>	<u>(56,856)</u>

## Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
<b>Unrestricted funds</b>			
General fund	38,202	(34,726)	3,476
<b>Restricted funds</b>			
Restricted fund	4,642	6,816	11,458
<b>TOTAL FUNDS</b>	<u>42,844</u>	<u>(27,910)</u>	<u>14,934</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	237,551	(272,277)	(34,726)
<b>Restricted funds</b>			
Restricted fund	10,200	(3,384)	6,816
<b>TOTAL FUNDS</b>	<u>247,751</u>	<u>(275,661)</u>	<u>(27,910)</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2023**

**14. RELATED PARTY DISCLOSURES**

During the year, the charity received donations totalling £122,253 (2022: £145,000) from trustees. These were received without condition.

At the year end, the charity was owed £1,770 (2022: £NIL) by Shaw Callaghan Ltd, a company of whom a trustee is also director..

During the year, the charity bought services to the value of £1,768 (2022: £350) from a company in which J Nicholds is also a Director. These services related to training courses provided by the company.

During the year, £NIL was paid to S Marshall in the form of a gift (2022: £324).

**SHAWMIND****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2023**

	2023	2022
	£	£
<b>INCOME AND ENDOWMENTS</b>		
<b>Charitable activities</b>		
Donation - personal	185,667	166,380
Trading receipts	46,126	38,251
Fundraising events	8,413	19,094
Grants	21,286	24,026
	<u>261,492</u>	<u>247,751</u>
<b>Total incoming resources</b>	261,492	247,751
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Wages	69,282	87,571
Social security	5,479	6,410
Pensions	1,344	1,204
Fundraising event	3,000	829
Event costs	60	966
Fundraiser expenses	(2,145)	-
Marketing support	5,768	-
	<u>82,788</u>	<u>96,980</u>
<b>Other trading activities</b>		
PAYE late payment interest	578	27
<b>Charitable activities</b>		
Wages	118,825	103,079
Social security	9,195	7,938
Pensions	2,328	1,580
Insurance	1,113	1,287
Telephone	371	644
Postage and stationery	190	55
Advertising	34,923	12,399
Sundries	2,205	574
Marketing	1,687	-
Software	208	41
Subscriptions	10,836	10,019
Travel and insurance	5,364	6,526
Website and promotions	-	13,164
Independent Examiners' remuneration	4,320	3,600
Subcontract costs	11,161	-
Staff training and welfare	1,051	5,345
Depreciation	1,893	234
Legal & professional fees	2,310	688
Headucation	2,045	1,165
Grant writer	-	3,500
Donations	-	5,339
Bookkeeping fees	1,816	-
	<u>211,841</u>	<u>177,177</u>

This page does not form part of the statutory financial statements

**SHAWMIND****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2023**

	2023	2022
	£	£
<b>Support costs</b>		
<b>Finance</b>		
Rent	20,990	-
Light and heat	885	-
Bank charges	387	368
Bank loan interest	879	1,109
	<u>23,141</u>	<u>1,477</u>
Total resources expended	<u>318,348</u>	<u>275,661</u>
<b>Net expenditure</b>	<u>(56,856)</u>	<u>(27,910)</u>

This page does not form part of the statutory financial statements

**SHAWMIND**

England & Wales - Charity number 1167947

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# Accounts

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REGISTERED COMPANY NUMBER: 09921207 (England and Wales)  
REGISTERED CHARITY NUMBER: 1167947

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022  
FOR  
SHAWMIND**

Duncan & Toplis Holdings Limited  
14 London Road  
Newark  
Nottinghamshire  
NG24 1TW

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FOR THE YEAR ENDED 31 DECEMBER 2022**

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## SHAWMIND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees, two of which are also directors of the charity, for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

#### OBJECTIVES AND ACTIVITIES

##### Objectives and aims

We exist to support all people with mental health difficulties through early intervention information, training and non-clinical/therapeutic support. We are particularly passionate about working with children and young people as well as employees in the workplace. No one should have to reach crisis point before getting help and by tackling anxiety, and the stigma associated with speaking out about one's mental health, we ultimately aim to save lives.

The key strands of our work are:

- (a) Working with individuals and/or organisations to develop preventative measures that head off serious mental health challenges where possible and that helps transform organisational culture to stop perpetuating mental health stigma.
- (b) Addressing stigma head-on through social media and event campaigns, and through education about what mental health is and is not.
- (c) Working with children, young people and educational organisations to support the development of emotional literacy & psychological resilience at an early age.
- (d) Continuing to influence policy development with respect to children's mental health.

##### Public benefit

Shawmind is a charity on a mission to improve mental health awareness. We are committed to educating individuals and organisations so they understand mental health & emotional wellbeing, and how to manage them effectively to lead successful, fulfilled lives.

By encouraging people to talk about their experiences and feelings, we work towards eradicating the crippling stigma associated with mental illness. We also help young people develop an emotional literacy that can continue throughout their education, employment, and personal lives.

We work closely with partner trainers and speakers to provide bespoke mental health packages - such as training programmes or wellbeing strategies - to businesses, schools, colleges, and universities. We know that one size will not fit all, so our innovative approach is tailor made to fit with the identified need.

Our overarching goal has been to support anyone who may be struggling with anxiety or related mental health challenges, both the sufferer and those who support them. To achieve this, the Charity has a number of powers which are listed in the constitution and summarised below:

1. to provide support and practical advice;
2. to raise money to pay for the charity's activities;
3. to make such payments as shall be necessary.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

The trustees also confirm that they have referred to the guidance contained in the Charity Commission's general guidance on conflicts of interest and manage any such potential conflicts by reviewing them at each board meeting.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2022**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

In 2017 our charity made history, becoming the first UK charity to raise the required number of signatures to force a parliamentary debate on children's mental health education. This debate took place later the same year and in July 2018 the government released guidance on proposals for implementing compulsory mental health education into all UK schools from September 2020. However, whilst we are incredibly proud of the part we played in influencing this policy decision, there are still gaps in the process of ensuring better mental health provision for children and young people. This is why our charity is committed to providing support and education to children and adults throughout the year to address this gap.

2020 was a challenging year in that we had to shut down our face-to-face engagements as a result of COVID-19 and find new and more innovative ways of still reaching and helping people. We did this by pivoting to online platforms with our Breathe Cafés, hosting weekly and monthly online sessions for people to connect with our trained volunteers, or to connect with each other around mental health. Much of this work continued in 2021 as the insecurity and anxiety caused by the pandemic kept people away from the office and away from large social engagements.

2022 saw us partnering with other organisations in an NHS Nottinghamshire Clinical Commissioning Group 3-year contract in which we provided mental health listening & signposting services to children and young people in the Nottinghamshire community. Although this project generated much-needed revenue for the charity, by the end of the year (the 1st year) the trustees were concerned by the lack of impact this project was having and questioned our participation in the project - ultimately they decided we would have more impact investing our resources and effort in other avenues through which to reach children and young people.

Through our Breathe Cafés, ManCave and Focus Zones, we directly helped 216 different people this year in 1-to-1 contexts with their mental health, whilst our mental health guides on our website were downloaded by 347 different people. We also built strong relationships with 10 schools and were actively working with 4 of them by December, delivering our Headucation programme, which includes training in mental health awareness, mental health first aid, resilience, and peer mentoring - covering over 3,000 school pupils. We trained 200 teachers in mental health awareness and mental health first aid during the year and provided 2,400 people in workplaces with mental health first aid and various other mental health awareness training during the year.

The trustees note that income and expenditure decreased in the year to 31 December 2022 which resulted in a deficit of £27,910 (2021: surplus of £73,495 ) for the year.

The Statement of Financial Activities indicates Total Income Resources of £247,751 (2021 - £230,120) and total Resources Expanded of £275,661 (2021 - £156,625).

**FINANCIAL REVIEW**

**Reserves policy**

The majority of funds held by the Charity are held as unrestricted general funds. As at 31 December 2022 the reserves were £14,934 (2021: £42,844) in line with the Charity's reserves policy.

There is an amount of £11,458 in restricted grant funding which the charity has ringfenced and from which disbursements have and will be made according to the wishes of the grantors.

The charity has had the benefit of a draw down loan facility provided by a sister company to the charity, Shaw Callaghan Ltd. This facility showed funds owing to the charity at the end of 2022 £0 (2021: £63,098).

The reserves of the charity at (year end) were below the desired level of three months of expenditure, but since that date the founding trustees injected additional funds into the charity and the trustees expect the level of reserves to be built back to the reserve policy over the next couple of years as the charity grows in its new Sheffield base.

## **SHAWMIND**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2022**

#### **FUTURE PLANS**

At the start of 2022 and into 2023, the charity's continued focus had been on piloting its Headucation project and getting this into as many schools as possible around its Nottinghamshire base. The Charity was also working on work based mental health across England. The Charity seeks to make the maximum impact it can with the resources available to it and due to work undertaken by the Chairman in July 2023 the charity has been presented with a significant opportunity in the form of appointment as official mental health charity partner to Sheffield Wednesday Football Club, as well as to the Sheffield Steelers ice hockey team. Both teams have significant fanbases and media coverage which should result in fundraising and excellent brand-building opportunities. Sheffield is England's 4th largest city and this move represents a step-change for the charity compared with its previous base in Newark, Nottinghamshire. The benefits of this change we expect to start to show in 2024.

As a result, the charity has pivoted and relocated its entire operation to Sheffield under the guidance and leadership of its founder, funding patron and Chairman, Adam Shaw. To help support this change in direction and allow the charity to bring on board new, Sheffield-based trustees who can help to open local opportunities to the charity, some trustees have stepped down.

The charity's Mission and Duty of Service is to enhance Mental Health prosperity, the Charity will initially focus on Sheffield's children & young people, so that there are no more broken dreams. It's first objective is to build significant brand awareness over the next 12 months, whilst at the same time investigating it can address the shortcomings in existing mental health service provision and best apply its resources in order to ensure action and impact on children and young people's mental health in the city of Sheffield.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document, memorandum and articles originally drawn up in 2015 and amended and approved on 22 June 2016, and constitutes an incorporated charity.

##### **Recruitment and appointment of new trustees**

The trustees are those who make up the Committee.

Appointment of trustees is governed by the constitution as follows:-

There will be a minimum number of 4 trustees and a maximum number of 8, consisting of:

- (a) a Chair and a Treasurer
- (b) not less than 1 not more than 6 other elected trustees; and
- (c) optionally a further 1 trustee can be co-opted at any time after the AGM (Annual General Meeting).

The trustee in (a) and (b) above shall be elected for 2 years at the AGM. Retiring trustees are eligible for re-election. Co-opted members in (c) above may join at any time on the invitation of the Committee but shall retire at the next AGM. No co-opted member shall serve for more than 6 consecutive years.

Not less than two weeks before the date of the next AGM each Member shall be sent a form which any Member wishing to stand as a candidate for election to the Committee must complete and return to Secretary to indicate their willingness to act as a member of the Committee if elected.

At the AGM the prospective new elected members of the Committee will be those candidates receiving the highest number of votes from the Members. At the first Committee meeting following the AGM at which the newly elected members of the Committee are elected they shall choose from amongst their number the members who will act as Chair, Treasurer and Secretary.

##### **Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The trustees have appointed one of their number as head of a sub-committee which reviews risks to the charity on a quarterly basis and reports to the board in the form of a risk register. Trustees then determine collectively how best to address each risk.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

09921207 (England and Wales)

##### **Registered Charity number**

1167947

##### **Registered office**

77-79 Farringdon Road  
London  
EC1M 3JU

**SHAWMIND**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2022**

**Trustees**

A P Shaw

J E Espey OBE

Director and Chairman

Director and President

V Collins

Resigned 17 August 2022

L Callaghan

Resigned 14 July 2023

C Woolston

Resigned 30 June 2023

S Marshall

Resigned 24 July 2023

J Nicholds

Resigned 31 July 2023

A Mackenzie

Treasurer

**Independent Examiner**

Duncan & Toplis Holdings Limited

14 London Road

Newark

Nottinghamshire

NG24 1TW

Approved by order of the board of trustees on 25 September 2023 and signed on its behalf by:

A P Shaw - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
SHAWMIND**

**Independent examiner's report to the trustees of Shawmind ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2022.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Simon Shaw

Duncan & Toplis Holdings Limited  
14 London Road  
Newark  
Nottinghamshire  
NG24 1TW

26 September 2023

**SHAWMIND**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2022**

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
<b>Charitable activities</b>					
General		237,551	10,200	247,751	230,120
<b>EXPENDITURE ON</b>					
Raising funds		94,812	2,195	97,007	57,606
<b>Charitable activities</b>					
General		177,465	1,189	178,654	99,019
<b>Total</b>		<u>272,277</u>	<u>3,384</u>	<u>275,661</u>	<u>156,625</u>
<b>NET INCOME/(EXPENDITURE)</b>		(34,726)	6,816	(27,910)	73,495
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		38,202	4,642	42,844	(30,651)
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>3,476</u></u>	<u><u>11,458</u></u>	<u><u>14,934</u></u>	<u><u>42,844</u></u>

**SHAWMIND**

**BALANCE SHEET  
31 DECEMBER 2022**

	Notes	Unrestricted fund £	Restricted fund £	2022 Total funds £	2021 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	6	1,071	-	1,071	-
<b>CURRENT ASSETS</b>					
Debtors	7	10,942	-	10,942	65,565
Cash at bank		49,052	11,458	60,510	33,309
		<u>59,994</u>	<u>11,458</u>	<u>71,452</u>	<u>98,874</u>
<b>CREDITORS</b>					
Amounts falling due within one year	8	(27,691)	-	(27,691)	(16,354)
		<u>32,303</u>	<u>11,458</u>	<u>43,761</u>	<u>82,520</u>
<b>NET CURRENT ASSETS</b>					
		<u>33,374</u>	<u>11,458</u>	<u>44,832</u>	<u>82,520</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>33,374</u>	<u>11,458</u>	<u>44,832</u>	<u>82,520</u>
<b>CREDITORS</b>					
Amounts falling due after more than one year	9	(29,898)	-	(29,898)	(39,676)
		<u>3,476</u>	<u>11,458</u>	<u>14,934</u>	<u>42,844</u>
<b>NET ASSETS</b>					
		<u>3,476</u>	<u>11,458</u>	<u>14,934</u>	<u>42,844</u>
<b>FUNDS</b>					
Unrestricted funds	11			3,476	38,202
Restricted funds				11,458	4,642
				<u>14,934</u>	<u>42,844</u>
<b>TOTAL FUNDS</b>					
				<u>14,934</u>	<u>42,844</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 25 September 2023 and were signed on its behalf by:

A P Shaw - Trustee

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Going concern**

The financial statements have been prepared on a going concern basis as the trustees believe it is appropriate and that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements.

**2. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation - owned assets	234	86
	<u>234</u>	<u>86</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

**Trustees' expenses**

There were no reimbursed expenses paid to the trustees during the year ended 31 December 2022 and £0 paid for the year ended 31 December 2021.

**4. STAFF COSTS**

The average monthly number of employees during the year was as follows:

	2022	2021
Employees	5	3
	<u>5</u>	<u>3</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2022	2021
£70,001 - £80,000	1	-
	<u>1</u>	<u>-</u>

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
<b>Charitable activities</b>			
General	217,370	12,750	230,120
	<u>217,370</u>	<u>12,750</u>	<u>230,120</u>
<b>EXPENDITURE ON</b>			
<b>Raising funds</b>			
	56,997	609	57,606
<b>Charitable activities</b>			
General	85,656	13,363	99,019
	<u>85,656</u>	<u>13,363</u>	<u>99,019</u>
<b>Total</b>	<u>142,653</u>	<u>13,972</u>	<u>156,625</u>
<b>NET INCOME/(EXPENDITURE)</b>	74,717	(1,222)	73,495
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	(36,515)	5,864	(30,651)
	<u>(36,515)</u>	<u>5,864</u>	<u>(30,651)</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>38,202</u>	<u>4,642</u>	<u>42,844</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2022

## 6. TANGIBLE FIXED ASSETS

	Computer equipment £
<b>COST</b>	
At 1 January 2022	320
Additions	1,305
	<hr/>
At 31 December 2022	1,625
	<hr/>
<b>DEPRECIATION</b>	
At 1 January 2022	320
Charge for year	234
	<hr/>
At 31 December 2022	554
	<hr/>
<b>NET BOOK VALUE</b>	
At 31 December 2022	1,071
	<hr/> <hr/>
At 31 December 2021	-
	<hr/> <hr/>

## 7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade debtors	7,735	2,020
Other debtors	-	63,098
Prepayments and accrued income	3,207	447
	<hr/>	<hr/>
	10,942	65,565
	<hr/> <hr/>	<hr/> <hr/>

## 8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Bank loans and overdrafts (see note 10)	9,775	9,537
Trade creditors	889	248
Social security and other taxes	12,586	2,191
Other creditors	841	1,078
Accrued expenses	3,600	3,300
	<hr/>	<hr/>
	27,691	16,354
	<hr/> <hr/>	<hr/> <hr/>

## 9. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022	2021
	£	£
Bank loans (see note 10)	29,898	39,676
	<hr/> <hr/>	<hr/> <hr/>

SHAWMIND

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2022

10. LOANS

An analysis of the maturity of loans is given below:

	2022 £	2021 £
Amounts falling due within one year on demand:		
Bank loans	<u>9,775</u>	<u>9,537</u>
Amounts falling between one and two years:		
Bank loans - 1-2 years	<u>10,022</u>	<u>9,778</u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	<u>19,876</u>	<u>29,898</u>

11. MOVEMENT IN FUNDS

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
<b>Unrestricted funds</b>			
General fund	38,202	(34,726)	3,476
<b>Restricted funds</b>			
Restricted fund	4,642	6,816	11,458
<b>TOTAL FUNDS</b>	<u>42,844</u>	<u>(27,910)</u>	<u>14,934</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	237,551	(272,277)	(34,726)
<b>Restricted funds</b>			
Restricted fund	10,200	(3,384)	6,816
<b>TOTAL FUNDS</b>	<u>247,751</u>	<u>(275,661)</u>	<u>(27,910)</u>

Comparatives for movement in funds

	At 1.1.21 £	Net movement in funds £	At 31.12.21 £
<b>Unrestricted funds</b>			
General fund	(36,515)	74,717	38,202
<b>Restricted funds</b>			
Restricted fund	5,864	(1,222)	4,642
<b>TOTAL FUNDS</b>	<u>(30,651)</u>	<u>73,495</u>	<u>42,844</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2022**

**11. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	217,370	(142,653)	74,717
<b>Restricted funds</b>			
Restricted fund	12,750	(13,972)	(1,222)
<b>TOTAL FUNDS</b>	<u>230,120</u>	<u>(156,625)</u>	<u>73,495</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.21 £	Net movement in funds £	At 31.12.22 £
<b>Unrestricted funds</b>			
General fund	(36,515)	39,991	3,476
<b>Restricted funds</b>			
Restricted fund	5,864	5,594	11,458
<b>TOTAL FUNDS</b>	<u>(30,651)</u>	<u>45,585</u>	<u>14,934</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	454,921	(414,930)	39,991
<b>Restricted funds</b>			
Restricted fund	22,950	(17,356)	5,594
<b>TOTAL FUNDS</b>	<u>477,871</u>	<u>(432,286)</u>	<u>45,585</u>

**12. RELATED PARTY DISCLOSURES**

During the year, the charity bought services to the value of Nil (2021: £67,882) from a company in which A Shaw is also a Director. These services related to a recharge of salaries from Shaw Callaghan Ltd who operated a payroll system on the charity's behalf.

Amounts that were owed to the charity by the company at the year end was Nil (2021: £63,097.93).

During the year, the charity bought services to the value of £350 (2021: Nil ) from a company in which J Nicholds is also a Director. These services related to training courses provided by the company.

During the year, the charity also bought services to the value of Nil (2021: £6,264.83) from a company in which I J Wallace is a director.

During the year, £324 was paid to S Marshall in the form of a gift (2021: £Nil).

**SHAWMIND****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2022**

	2022 £	2021 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Charitable activities</b>		
Donation - personal	166,380	154,319
Trading receipts	38,251	-
Donations - corporate	-	13,922
Fundraising events	19,094	7,697
Grants	24,026	27,869
Training provision	-	25,015
Other income	-	1,298
	<hr/>	<hr/>
	247,751	230,120
	<hr/>	<hr/>
<b>Total incoming resources</b>	247,751	230,120
 <b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Wages	87,571	48,800
Social security	6,410	6,465
Pensions	1,204	1,335
Fundraising event	829	200
Event costs	966	-
Service provision	-	806
	<hr/>	<hr/>
	96,980	57,606
 <b>Other trading activities</b>		
Bank interest	27	-
 <b>Charitable activities</b>		
Wages	103,079	39,659
Social security	7,938	3,128
Pensions	1,580	550
Insurance	1,287	552
Telephone	644	381
Postage and stationery	55	102
Advertising	12,399	9,422
Sundries	574	981
Consultancy fees	-	240
Software	41	367
Subscriptions	10,019	5,607
Travel and insurance	6,526	2,287
Website and promotions	13,164	12,057
Accountancy	3,600	7,134
Fundraiser expenses	-	3,564
Public speakers and trainers	-	9,686
Staff training and welfare	5,345	1,574
Depreciation	234	86
Legal & professional fees	688	-
Headucation	1,165	-
Grant writer	3,500	-
Donations	5,339	-
	<hr/>	<hr/>
	177,177	97,377

This page does not form part of the statutory financial statements

**SHAWMIND****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2022**

	2022	2021
	£	£
<b>Support costs</b>		
<b>Management</b>		
Entertaining	-	387
<b>Finance</b>		
Bank charges	368	35
Bank loan interest	1,109	1,220
	<u>1,477</u>	<u>1,255</u>
Total resources expended	<u>275,661</u>	<u>156,625</u>
<b>Net (expenditure)/income</b>	<u>(27,910)</u>	<u>73,495</u>

**SHAWMIND**

England & Wales - Charity number 1167947

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# Accounts

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REGISTERED COMPANY NUMBER: 09921207 (England and Wales)  
REGISTERED CHARITY NUMBER: 1167947

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2021  
FOR  
SHAWMIND**

Duncan & Toplis Limited  
14 London Road  
Newark  
Nottinghamshire  
NG24 1TW

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FOR THE YEAR ENDED 31 DECEMBER 2021**

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## SHAWMIND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees, one of which are also directors of the charity, for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

#### OBJECTIVES AND ACTIVITIES

##### Objectives and aims

We exist to support all people with mental health difficulties through early intervention information, training and non-clinical/therapeutic support. We are particularly passionate about working with children and young people as well as employees in the workplace. No one should have to reach crisis point before getting help and by tackling anxiety, and the stigma associated with speaking out about one's mental health, we ultimately aim to save lives.

The key strands of our work are:

- (a) Working with individuals and/or organisations to develop preventative measures that head off serious mental health challenges where possible and that helps transform organisational culture to stop perpetuating mental health stigma.
- (b) Addressing stigma head-on through social media and event campaigns, and through education about what mental health is and is not.
- (c) Working with children, young people and educational organisations to support the development of emotional literacy & psychological resilience at an early age.
- (d) Continuing to influence policy development with respect to children's mental health.

##### Public benefit

Shawmind is a charity on a mission to improve mental health awareness. We are committed to educating individuals and organisations so they understand mental health & emotional wellbeing, and how to manage them effectively to lead successful, fulfilled lives.

By encouraging people to talk about their experiences and feelings, we work towards eradicating the crippling stigma associated with mental illness. We also help young people develop an emotional literacy that can continue throughout their education, employment, and personal lives.

We work closely with partner trainers and speakers to provide bespoke mental health packages - such as training programmes or wellbeing strategies - to businesses, schools, colleges, and universities. We know that one size will not fit all, so our innovative approach is tailor made to fit with the identified need.

Our overarching goal is to support anyone who may be struggling with anxiety or related mental health challenges, both the sufferer and those who support them. In order to achieve this the Charity has a number of powers which are listed in the constitution and summarised below:

1. to provide support and practical advice;
2. to raise money to pay for the charities activities;
3. to make such payments as shall be necessary.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2021**

**ACHIEVEMENT AND PERFORMANCE**

**Charitable activities**

In 2017 our charity made history, becoming the first UK charity to raise the required number of signatures to force a parliamentary debate on children's mental health education. This debate took place later the same year and in July 2018 the government released guidance on proposals for implementing compulsory mental health education into all UK schools from September 2020. However, whilst we are incredibly proud of the part we played in influencing this policy decision, there are still gaps in the process of ensuring better mental health provision for children and young people. This is why our charity is committed to providing support and education to children and adults throughout the year to address this gap.

2020 was a challenging year in that we had to shut down our face-to-face engagements as a result of COVID-19 and find new and more innovative ways of still reaching and helping people. We did this by pivoting to online platforms with our Breathe Cafes, hosting weekly and monthly online sessions for people to connect with our trained volunteers, or to connect with each other around mental health. Much of this work continued in 2021 as the insecurity and anxiety caused by the pandemic kept people away from the office and away from large social engagements.

We continued to reach out to organisations' employees through business networking groups and through the trustees' professional contacts to assist them with the mental health anxiety of returning to work / hybrid working, retrenchment, or business failure as a result of the pandemic. We trained 189 people during the year. We increased the number of engagements in schools and further developed our Headucation offering to support schools in implementing mental health & wellbeing best practice. We trained 119 teachers in mental health awareness and mental health first aid during the year. We also launched a pilot student mental health programme across 3 university campuses, using trained student volunteers to support the mental health of their fellow students. Our Breathe Café mental health drop-in community support services and ManCave men's mental health programmes continued too, initially online and then through establishing two permanent breathe Cafes with existing café partners - one in Wimbledon and one in Newark-on-Trent. Through these initiatives we helped 963 people with various aspects of their mental health during the year. We were also part of a successful CCG contract bid to provide early intervention mental health support to children and young people aged 0-25 years in Nottinghamshire, with the head contract agreed in November 2021 and our work launching in April 2022. The value of this contract to the charity is £54,000 in 2022/3, and a negotiable £29,000 in each of 2023/4 and 2024/5.

The trustees note that income and expenditure increased in the year to 31 December 2021 which resulted in a surplus of £73,495 (2020: deficit of £34,395) for the year.

The Statement of Financial Activities indicates Total Income Resources of £230,120 (2020 - £123,912) and total Resources Expanded of £156,625 (2020 - £158,307).

**FINANCIAL REVIEW**

**Reserves policy**

The majority of funds held by the Charity are held as unrestricted general funds. As at 31 December 2021 the reserves were £42,844 (2020: £30,651) in line with the Charity's reserves policy.

There is an amount of £4,642 in restricted grant funding which the charity has ringfenced and from which disbursements have and will be made according to the wishes of the grantors.

The charity has had the benefit of a draw down loan facility provided by a sister company to the charity, Shaw Callaghan Ltd. This facility showed funds owing to the charity at the end of 2021 £63,098 (2020: £21,090). This amount was settled in February 2022 and the facility closed down.

**FUTURE PLANS**

The charity's focus is on Headucation and getting this into as many schools as possible, and raising the funding to enable this programme to be a successful national programme.

To strengthen our income generation and thereby our sustainability, we will look to appoint a specialist fundraiser and a outreach programmes champion in 2022 - together with our CEO this team would be tasked with ensuring the charity's impact is increased, whilst at the same time improving it's financial viability as an ongoing concern. Our funding patrons have agreed to support the charity through at least 2022. Much of our service delivery can be carried out online and the charity is fully set up for remote working, limiting the impact of any potential future disruption.

The effects of the pandemic, lockdown and now the looming economic impacts will no doubt continue to throw up challenges, but we remain positive for the remainder of 2021 and into 2022. Our services are required more than ever, evidenced by the dramatic increase in children 7 young people's mental health struggles, as well as that of adults.

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, memorandum and articles originally drawn up in 2015 and amended and approved on 22 June 2016, and constitutes an incorporated charity.

## SHAWMIND

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 DECEMBER 2021

#### STRUCTURE, GOVERNANCE AND MANAGEMENT

##### Recruitment and appointment of new trustees

The trustees are those who make up the Committee.

Appointment of trustees is governed by the constitution as follows:-

There will be a minimum number of 4 trustees and a maximum number of 8, consisting of:

- (a) a Chair and a Treasurer
- (b) not less than 1 not more than 6 other elected trustees; and
- (c) optionally a further 1 trustee can be co-opted at any time after the AGM (Annual General Meeting).

The trustee in (a) and (b) above shall be elected for 2 years at the AGM. Retiring trustees are eligible for re-election. Co-opted members in (c) above may join at any time on the invitation of the Committee but shall retire at the next AGM. No co-opted member shall serve for more than 6 consecutive years.

Not less than two weeks before the date of the next AGM each Member shall be sent a form which any Member wishing to stand as a candidate for election to the Committee must complete and return to Secretary to indicate their willingness to act as a member of the Committee if elected.

At the AGM the prospective new elected members of the Committee will be those candidates receiving the highest number of votes from the Members. At the first Committee meeting following the AGM at which the newly elected members of the Committee are elected they shall choose from amongst their number the members who will act as Chair, Treasurer and Secretary.

##### Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The trustees have appointed one of their number as head of a sub-committee which reviews risks to the charity on a quarterly basis and reports to the board in the form of a risk register. Trustees then determine collectively how best to address each risk.

#### REFERENCE AND ADMINISTRATIVE DETAILS

##### Registered Company number

09921207 (England and Wales)

##### Registered Charity number

1167947

##### Registered office

Navigation House Suite 4  
48 Millgate  
Newark  
Nottinghamshire  
NG24 4TS

##### Trustees

N Goddard  
A P Shaw

Director & Treasurer  
Director & Chairman

Resigned 18 August 2021

J E Espey OBE

L Callaghan

V E Collins

Dr A Hakeem

I J Wallace

C Woolston

Appointed 4 March 2020

Resigned 1 February 2021

Resigned 28 June 2021

##### Independent Examiner

Duncan & Toplis Limited  
14 London Road  
Newark  
Nottinghamshire  
NG24 1TW

Approved by order of the board of trustees on 29 September 2022 and signed on its behalf by:

**SHAWMIND**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2021**

A P Shaw - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
SHAWMIND**

**Independent examiner's report to the trustees of Shawmind ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2021.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Simon Shaw  
FCCA  
Duncan & Toplis Limited  
14 London Road  
Newark  
Nottinghamshire  
NG24 1TW

29 September 2022

**SHAWMIND**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2021**

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
<b>Charitable activities</b>					
General		217,370	12,750	230,120	123,912
<b>EXPENDITURE ON</b>					
Raising funds		56,997	609	57,606	70,803
<b>Charitable activities</b>					
General		85,656	13,363	99,019	87,504
<b>Total</b>		<u>142,653</u>	<u>13,972</u>	<u>156,625</u>	<u>158,307</u>
<b>NET INCOME/(EXPENDITURE)</b>		74,717	(1,222)	73,495	(34,395)
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		(36,515)	5,864	(30,651)	3,744
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>38,202</u></u>	<u><u>4,642</u></u>	<u><u>42,844</u></u>	<u><u>(30,651)</u></u>

**SHAWMIND**

**BALANCE SHEET  
31 DECEMBER 2021**

	Notes	Unrestricted fund £	Restricted fund £	2021 Total funds £	2020 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	6	-	-	-	86
<b>CURRENT ASSETS</b>					
Debtors	7	65,565	-	65,565	27,639
Cash at bank		28,667	4,642	33,309	6,422
		<u>94,232</u>	<u>4,642</u>	<u>98,874</u>	<u>34,061</u>
<b>CREDITORS</b>					
Amounts falling due within one year	8	(16,354)	-	(16,354)	(15,918)
		<u>77,878</u>	<u>4,642</u>	<u>82,520</u>	<u>18,143</u>
<b>NET CURRENT ASSETS</b>					
		<u>77,878</u>	<u>4,642</u>	<u>82,520</u>	<u>18,229</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		<u>77,878</u>	<u>4,642</u>	<u>82,520</u>	<u>18,229</u>
<b>CREDITORS</b>					
Amounts falling due after more than one year	9	(39,676)	-	(39,676)	(48,880)
		<u>38,202</u>	<u>4,642</u>	<u>42,844</u>	<u>(30,651)</u>
<b>NET ASSETS/(LIABILITIES)</b>					
		<u>38,202</u>	<u>4,642</u>	<u>42,844</u>	<u>(30,651)</u>
<b>FUNDS</b>					
Unrestricted funds	11			38,202	(36,515)
Restricted funds				4,642	5,864
				<u>42,844</u>	<u>(30,651)</u>
<b>TOTAL FUNDS</b>					
				<u>42,844</u>	<u>(30,651)</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 29 September 2022 and were signed on its behalf by:

A P Shaw - Trustee

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2021**

**1. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

**Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

**Pension costs and other post-retirement benefits**

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

**Going concern**

The financial statements have been prepared on a going concern basis as the trustees believe it is appropriate and that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements.

**2. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Depreciation - owned assets	86	108
	<u>86</u>	<u>108</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 December 2021 nor for the year ended 31 December 2020.

**Trustees' expenses**

There were no reimbursed expenses paid to the trustees during the year ended 31 December 2021 and £0 paid for the year ended 31 December 2020.

**4. STAFF COSTS**

The average monthly number of employees during the year was as follows:

	2021	2020
Employees	3	4
	<u>3</u>	<u>4</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2021	2020
£60,001 - £70,000	-	1
	<u>-</u>	<u>1</u>

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
<b>Charitable activities</b>			
General	94,912	29,000	123,912
	<u>94,912</u>	<u>29,000</u>	<u>123,912</u>
<b>EXPENDITURE ON</b>			
<b>Raising funds</b>			
General	60,804	9,999	70,803
	<u>60,804</u>	<u>9,999</u>	<u>70,803</u>
<b>Charitable activities</b>			
General	74,367	13,137	87,504
	<u>74,367</u>	<u>13,137</u>	<u>87,504</u>
<b>Total</b>	<u>135,171</u>	<u>23,136</u>	<u>158,307</u>
<b>NET INCOME/(EXPENDITURE)</b>	(40,259)	5,864	(34,395)
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	3,744	-	3,744
	<u>3,744</u>	<u>-</u>	<u>3,744</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>(36,515)</u>	<u>5,864</u>	<u>(30,651)</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2021**

**6. TANGIBLE FIXED ASSETS**

	Computer equipment £
<b>COST</b>	
At 1 January 2021 and 31 December 2021	320
<b>DEPRECIATION</b>	
At 1 January 2021	234
Charge for year	86
At 31 December 2021	320
<b>NET BOOK VALUE</b>	
At 31 December 2021	-
At 31 December 2020	86

**7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2021 £	2020 £
Trade debtors	2,020	5,625
Other debtors	63,098	21,090
Prepayments and accrued income	447	924
	<u>65,565</u>	<u>27,639</u>

**8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2021 £	2020 £
Bank loans and overdrafts (see note 10)	9,537	805
Trade creditors	248	11,233
Social security and other taxes	2,191	-
Other creditors	1,078	-
Accrued expenses	3,300	3,880
	<u>16,354</u>	<u>15,918</u>

**9. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

	2021 £	2020 £
Bank loans (see note 10)	39,676	48,880

**10. LOANS**

An analysis of the maturity of loans is given below:

	2021 £	2020 £
Amounts falling due within one year on demand:		
Bank overdrafts	-	805
Bank loans	9,537	-
	<u>9,537</u>	<u>805</u>
Amounts falling between one and two years:		
Bank loans - 1-2 years	9,778	9,204

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**10. LOANS - continued**

	2021 £	2020 £
Amounts falling due between two and five years:		
Bank loans - 2-5 years	<u>29,898</u>	<u>30,073</u>
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	-	9,603

**11. MOVEMENT IN FUNDS**

	At 1.1.21 £	Net movement in funds £	At 31.12.21 £
<b>Unrestricted funds</b>			
General fund	(36,515)	74,717	38,202
<b>Restricted funds</b>			
Restricted fund	5,864	(1,222)	4,642
<b>TOTAL FUNDS</b>	<u>(30,651)</u>	<u>73,495</u>	<u>42,844</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	217,370	(142,653)	74,717
<b>Restricted funds</b>			
Restricted fund	12,750	(13,972)	(1,222)
<b>TOTAL FUNDS</b>	<u>230,120</u>	<u>(156,625)</u>	<u>73,495</u>

**Comparatives for movement in funds**

	At 1.1.20 £	Net movement in funds £	At 31.12.20 £
<b>Unrestricted funds</b>			
General fund	3,744	(40,259)	(36,515)
<b>Restricted funds</b>			
Restricted fund	-	5,864	5,864
<b>TOTAL FUNDS</b>	<u>3,744</u>	<u>(34,395)</u>	<u>(30,651)</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

**11. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	94,912	(135,171)	(40,259)
<b>Restricted funds</b>			
Restricted fund	29,000	(23,136)	5,864
<b>TOTAL FUNDS</b>	<u>123,912</u>	<u>(158,307)</u>	<u>(34,395)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.20 £	Net movement in funds £	At 31.12.21 £
<b>Unrestricted funds</b>			
General fund	3,744	34,458	38,202
<b>Restricted funds</b>			
Restricted fund	-	4,642	4,642
<b>TOTAL FUNDS</b>	<u>3,744</u>	<u>39,100</u>	<u>42,844</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	312,282	(277,824)	34,458
<b>Restricted funds</b>			
Restricted fund	41,750	(37,108)	4,642
<b>TOTAL FUNDS</b>	<u>354,032</u>	<u>(314,932)</u>	<u>39,100</u>

**12. RELATED PARTY DISCLOSURES**

During the year, the charity bought services to the value of £67,882 (2020: £107,550) from a company in which A Shaw is also a Director. These services related to a recharge of salaries from Shaw Callaghan Ltd who operated a payroll system on the charity's behalf.

Amounts that were owed to the charity by the company at the year end was £63,098 (2020: £21,090).

During the year, the charity also bought services to the value of £6,265 (2020: £8,324) from a company in which I J Wallace is a director.

**SHAWMIND****DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2021**

	2021 £	2020 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Charitable activities</b>		
Donation - personal	154,319	34,710
Trading receipts	-	14
Donations - corporate	13,922	16,935
Fundraising events	7,697	11,245
Grants	27,869	51,461
Training provision	25,015	9,100
Other income	1,298	447
	<hr/>	<hr/>
	230,120	123,912
	<hr/>	<hr/>
<b>Total incoming resources</b>	230,120	123,912
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Wages	48,800	55,480
Social security	6,465	6,170
Pensions	1,335	980
Fundraising event	200	6,234
Service provision	806	1,939
	<hr/>	<hr/>
	57,606	70,803
<b>Charitable activities</b>		
Wages	39,659	40,168
Social security	3,128	4,020
Pensions	550	733
Insurance	552	725
Telephone	381	327
Postage and stationery	102	159
Advertising	9,422	4,141
Sundries	981	847
Consultancy fees	240	2,060
Software	367	531
Subscriptions	5,607	1,269
Travel and insurance	2,287	2,969
Website and promotions	12,057	3,998
Accountancy	7,134	7,304
Fundraiser expenses	3,564	4,130
Public speakers and trainers	9,686	5,375
Service charges	-	63
Staff training and welfare	1,574	2,902
Depreciation	86	108
Recruitment fees	-	3,240
Outreach support	-	2,300
	<hr/>	<hr/>
	97,377	87,369
<b>Support costs</b>		
<b>Management</b>		
Entertaining	387	-

This page does not form part of the statutory financial statements

**SHAWMIND**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2021**

	2021 £	2020 £
<b>Management</b>		
<b>Finance</b>		
Bank charges	35	35
Bank loan interest	1,220	100
	<u>1,255</u>	<u>135</u>
Total resources expended	<u>156,625</u>	<u>158,307</u>
<b>Net income/(expenditure)</b>	<u><u>73,495</u></u>	<u><u>(34,395)</u></u>

**SHAWMIND**

England & Wales - Charity number 1167947

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# Accounts

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## Document Details:

<b>Filename:</b>	SHAF10-Charity accounts (final)-GCR-20211029-082553-045[3778886].PDF
<b>Client of:</b>	Duncan & Toplis

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## Signature Details

<b>Name:</b>	Adam Peter Shaw
<b>Email:</b>	adam.shaw@shawmind.org
<b>Date &amp; Time:</b>	29/10/2021 13:37:44 (BST)
<b>IP Address:</b>	35.138.28.47
<b>Signing Statement:</b>	Shawmind confirms that the information is correct and complete to the best of their knowledge and belief.

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REGISTERED COMPANY NUMBER: 09921207 (England and Wales)  
REGISTERED CHARITY NUMBER: 1167947

REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2020  
FOR  
SHAWMIND

Duncan & Toplis Limited  
14 London Road  
Newark  
Nottinghamshire  
NG24 1TW

CONTENTS OF THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2020

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Report of the Trustees	1 to 4
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Balance Sheet	7 to 8
Notes to the Financial Statements	9 to 14
Detailed Statement of Financial Activities	15 to 16

The trustees, two of which are also directors of the charity, for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

## OBJECTIVES AND ACTIVITIES

### Objectives and aims

We exist to support all people with mental health difficulties through early intervention information, training and non-clinical/therapeutic support. We are particularly passionate about working with children and young people as well as employees in the workplace. No one should have to reach crisis point before getting help and by tackling anxiety, and the stigma associated with speaking out about one's mental health, we ultimately aim to save lives.

The key strands of our work are:

(a) Working with individuals and/or organisations to develop preventative measures that head off serious mental health challenges where possible and that helps transform organisational culture to stop perpetuating mental health stigma.

(b) Addressing stigma head-on through social media and event campaigns, and through education about what mental health is and is not.

(c) Working with children, young people and educational organisations to support the development of emotional literacy & psychological resilience at an early age.

(d) Continuing to influence policy development with respect to children's mental health.

### Public benefit

Shawmind is a charity on a mission to improve mental health awareness. We are committed to educating individuals and organisations so they understand mental health & emotional wellbeing, and how to manage them effectively to lead successful, fulfilled lives.

By encouraging people to talk about their experiences and feelings, we work towards eradicating the crippling stigma associated with mental illness. We also help young people develop an emotional literacy that can continue throughout their education, employment, and personal lives.

We work closely with partner trainers and speakers to provide bespoke mental health packages - such as training programmes or wellbeing strategies - to businesses, schools, colleges, and universities. We know that one size will not fit all, so our innovative approach is tailor made to fit with the identified need.

Our overarching goal is to support anyone who may be struggling with anxiety or related mental health challenges, both the sufferer and those who support them. In order to achieve this the Charity has a number of powers which are listed in the constitution and summarised below:

1. to provide support and practical advice;
2. to raise money to pay for the charities activities;
3. to make such payments as shall be necessary.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives and in planning future activities and setting the grant making policy for the year.

REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2020

ACHIEVEMENT AND PERFORMANCE

Charitable activities

In 2017 our charity made history, becoming the first UK charity to raise the required number of signatures to force a parliamentary debate on children's mental health education. This debate took place later the same year and in July 2018 the government released guidance on proposals for implementing compulsory mental health education into all UK schools from September 2020. However, whilst we are incredibly proud of the part we played in influencing this policy decision, there are still gaps in the process of ensuring better mental health provision for children and young people. This is why our charity is committed to providing support & education to children and adults throughout the year to address this gap.

2020 was a challenging year in that we had to shut down our face-to-face engagements as a result of COVID-19 and find new and more innovative ways of still reaching and helping people. We did this by pivoting to online platforms with our Breathe Cafes, hosting weekly and monthly online sessions for people to connect with our trained volunteers, or to connect with each other around mental health.

We also completely redesigned our mental health training offering, developing online courses initially using external trainers, and then, to reduce costs to the charity, by designing our own training courses for adults and children. We continued to reach out to organisations' employees through business networking groups and through the trustees' professional contacts to assist them with the mental health anxiety of working from home, furlough, retrenchment, or business failure as a result of the pandemic. We increased the number of engagements in schools and began focusing on teacher mental health which came under particular stress during the pandemic. Going forward, we see our mental health training as "Headucation" - our programme to educate adults and young people about their mental health, and to actively develop open discussion about mental health in all environments. Proceeds from Headucation training sold to corporate organisations will be applied to funding training for schools, prioritising those in deprived communities first.

The trustees note that income and expenditure decreased in the year to 31 December 2020 which resulted in a deficit of £34,395 (2019: surplus of £125,100) for the year. [The latter aided by a large one-off corporate donation from Shaw Callaghan Ltd].

Staffing costs were reduced during the second lockdown by retrenching staff to try and offset the dramatic impact the pandemic was having on our ability to fundraise.

The Statement of Financial Activities indicates Total Income Resources of £123,912 (2019 - £343,830) and total Resources Expanded of £158,307 (2019 - £218,730).

FINANCIAL REVIEW

Reserves policy

The majority of funds held by the Charity are held as unrestricted general funds. As at 31 December 2020 the reserves were negative £30,651 (2019: £3,744). The Charity recognises this negative position and has taken steps to rectify this. General funds can be used in any way permitted by the constitution which are necessary or desirable to enable the charity to achieve its aims.

There is an amount of £29,000 in restricted grant funding which the charity has ringfenced and from which disbursements have and will be made according to the wishes of the grantors.

REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2020

FUTURE PLANS

Under the direction of a new Operations Director , who joined the charity mid-way through the 2019 year, we were extremely positive going into 2020 and anticipated making further progress with our training offering and securing corporate sponsorship to allow us to deliver courses free of charge in schools up and down the country.

This resolutely remains our aim, albeit due to the pandemic we find ourselves a good 12 months behind where we hoped we would be. However, fundraising events, particularly mass participation, are starting to resume and some level of normality has been restored. Much of our service delivery can be carried out online and the charity is fully set up for remote working, limiting the impact of any future disruption.

The pandemic will no doubt continue to throw up challenges but we remain positive for the remainder of 2021 and into 2022. Our services are required more than ever, our charity exits the pandemic lean and with a determination to make up lost ground.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, memorandum and articles originally drawn up in 2015 and amended and approved on 22 June 2016, and constitutes an incorporated charity.

Recruitment and appointment of new trustees

The trustees are those who make up the Committee.

Appointment of trustees is governed by the constitution as follows:-

There will be a minimum number of 4 trustees and a maximum number of 8, consisting of:

- (a) a Chair and a Treasurer
- (b) not less than 1 not more than 6 other elected trustees; and
- (c) optionally a further 1 trustee can be co-opted at any time after the AGM (Annual General Meeting).

The trustee in (a) and (b) above shall be elected for 2 years at the AGM. Retiring trustees are eligible for re-election. Co-opted members in (c) above may join at any time on the invitation of the Committee but shall retire at the next AGM. No co-opted member shall serve for more than 6 consecutive years.

Not less than two weeks before the date of the next AGM each Member shall be sent a form which any Member wishing to stand as a candidate for election to the Committee must complete and return to Secretary to indicate their willingness to act as a member of the Committee if elected.

At the AGM the prospective new elected members of the Committee will be those candidates receiving the highest number of votes from the Members. At the first Committee meeting following the AGM at which the newly elected members of the Committee are elected they shall choose from amongst their number the members who will act as Chair, Treasurer and Secretary.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The trustees have appointed one of their number as head of a sub-committee which reviews risks to the charity on a quarterly basis and reports to the board in the form of a risk register. Trustees then determine collectively how best to address each risk.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number  
09921207 (England and Wales)

Registered Charity number  
1167947

SHAWMIND

REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 31 DECEMBER 2020

Registered office  
Navigation House  
48 Millgate  
Newark  
Nottinghamshire  
NG24 4TS

Trustees  
N Goddard  
A P Shaw

Director & Treasurer  
Director & Chairman

Resigned 18 August 2021

J E Espey OBE  
L Callaghan  
V E Collins  
Dr A Hakeem  
I J Wallace  
Christopher Woolston

Appointed 4 March 2020

Resigned 1 February 2021  
Resigned 28 June 2021

Independent Examiner  
Duncan & Toplis Limited  
14 London Road  
Newark  
Nottinghamshire  
NG24 1TW

Approved by order of the board of trustees on 29 October 2021 and signed on its behalf by:

A P Shaw - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
SHAWMIND

Independent examiner's report to the trustees of Shawmind ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2020.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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.

Simon Shaw FCCA  
FCCA  
Duncan & Toplis Limited  
14 London Road  
Newark  
Nottinghamshire  
NG24 1TW

29 October 2021

SHAWMIND

STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	Unrestricted fund £	Restricted fund £	2020 Total funds £	2019 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities					
General		94,912	29,000	123,912	343,830
EXPENDITURE ON					
Raising funds		60,804	9,999	70,803	91,653
Charitable activities					
General		74,367	13,137	87,504	127,077
Total		<u>135,171</u>	<u>23,136</u>	<u>158,307</u>	<u>218,730</u>
NET INCOME/(EXPENDITURE)		<u>(40,259)</u>	<u>5,864</u>	<u>(34,395)</u>	<u>125,100</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		3,744	-	3,744	(121,356)
TOTAL FUNDS CARRIED FORWARD		<u><u>(36,515)</u></u>	<u><u>5,864</u></u>	<u><u>(30,651)</u></u>	<u><u>3,744</u></u>

The notes form part of these financial statements

## SHAWMIND

BALANCE SHEET  
31 DECEMBER 2020

	Notes	Unrestricted fund £	Restricted fund £	2020 Total funds £	2019 Total funds £
<b>FIXED ASSETS</b>					
Tangible assets	6	86	-	86	194
<b>CURRENT ASSETS</b>					
Debtors	7	27,639	-	27,639	3,022
Cash at bank and in hand		558	5,864	6,422	4,057
		<u>28,197</u>	<u>5,864</u>	<u>34,061</u>	<u>7,079</u>
<b>CREDITORS</b>					
Amounts falling due within one year	8	(15,918)	-	(15,918)	(3,529)
		<u>12,279</u>	<u>5,864</u>	<u>18,143</u>	<u>3,550</u>
<b>NET CURRENT ASSETS</b>					
		<u>12,279</u>	<u>5,864</u>	<u>18,143</u>	<u>3,550</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		12,365	5,864	18,229	3,744
<b>CREDITORS</b>					
Amounts falling due after more than one year	9	(48,880)	-	(48,880)	-
		<u>(36,515)</u>	<u>5,864</u>	<u>(30,651)</u>	<u>3,744</u>
<b>NET ASSETS</b>					
		<u>(36,515)</u>	<u>5,864</u>	<u>(30,651)</u>	<u>3,744</u>
<b>FUNDS</b>					
	11				
Unrestricted funds				(36,515)	3,744
Restricted funds				5,864	-
				<u>(30,651)</u>	<u>3,744</u>
<b>TOTAL FUNDS</b>					
				<u>(30,651)</u>	<u>3,744</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2020 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

SHAWMIND

BALANCE SHEET - continued  
31 DECEMBER 2020

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 29 October 2021 and were signed on its behalf by:

A P Shaw - Trustee

NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on cost

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Going concern

The financial statements have been prepared on a going concern basis as the trustees believe it is appropriate and that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements.

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2020

## 2. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2020 £	2019 £
Depreciation - owned assets	<u>108</u>	<u>108</u>

## 3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2020 nor for the year ended 31 December 2019.

Trustees' expenses

There were no reimbursed expenses paid to the trustees during the year ended 31 December 2020 and £537 paid for the year ended 31 December 2019.

## 4. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2020	2019
Employees	<u>4</u>	<u>4</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2020	2019
£60,001 - £70,000	<u>1</u>	<u>-</u>

## 5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
General	343,830	-	343,830
EXPENDITURE ON			
Raising funds			
	91,653	-	91,653
Charitable activities			
General	127,077	-	127,077
Total	<u>218,730</u>	<u>-</u>	<u>218,730</u>
NET INCOME	<u>125,100</u>	<u>-</u>	<u>125,100</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2020

## 5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
RECONCILIATION OF FUNDS			
Total funds brought forward	(121,356)	-	(121,356)
TOTAL FUNDS CARRIED FORWARD	<u>3,744</u>	<u>-</u>	<u>3,744</u>

## 6. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 January 2020 and 31 December 2020	<u>320</u>
DEPRECIATION	
At 1 January 2020	126
Charge for year	108
At 31 December 2020	<u>234</u>
NET BOOK VALUE	
At 31 December 2020	<u>86</u>
At 31 December 2019	<u>194</u>

## 7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Trade debtors	5,625	508
Other debtors	21,090	2,300
Prepayments and accrued income	924	214
	<u>27,639</u>	<u>3,022</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2020

## 8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020	2019
	£	£
Bank loans and overdrafts (see note 10)	805	-
Trade creditors	11,233	1,489
Accrued expenses	3,880	2,040
	<u>15,918</u>	<u>3,529</u>

## 9. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2020	2019
	£	£
Bank loans (see note 10)	<u>48,880</u>	<u>-</u>

## 10. LOANS

An analysis of the maturity of loans is given below:

	2020	2019
	£	£
Amounts falling due within one year on demand:		
Bank overdrafts	<u>805</u>	<u>-</u>
Amounts falling between one and two years:		
Bank loans - 1-2 years	<u>9,204</u>	<u>-</u>
Amounts falling due between two and five years:		
Bank loans - 2-5 years	<u>30,073</u>	<u>-</u>
Amounts falling due in more than five years:		
Repayable by instalments:		
Bank loans more 5 yr by instal	9,603	-

## 11. MOVEMENT IN FUNDS

	At 1.1.20	Net movement in funds	At 31.12.20
	£	£	£
Unrestricted funds			
General fund	3,744	(40,259)	(36,515)
Restricted funds			
Restricted fund	-	5,864	5,864
	<u>3,744</u>	<u>(34,395)</u>	<u>(30,651)</u>
TOTAL FUNDS	<u>3,744</u>	<u>(34,395)</u>	<u>(30,651)</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2020

## 11. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	94,912	(135,171)	(40,259)
Restricted funds			
Restricted fund	29,000	(23,136)	5,864
TOTAL FUNDS	<u>123,912</u>	<u>(158,307)</u>	<u>(34,395)</u>

Comparatives for movement in funds

	At 1.1.19 £	Net movement in funds £	At 31.12.19 £
Unrestricted funds			
General fund	(121,356)	125,100	3,744
TOTAL FUNDS	<u>(121,356)</u>	<u>125,100</u>	<u>3,744</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	343,830	(218,730)	125,100
TOTAL FUNDS	<u>343,830</u>	<u>(218,730)</u>	<u>125,100</u>

NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2020

## 11. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.19 £	Net movement in funds £	At 31.12.20 £
Unrestricted funds			
General fund	(121,356)	84,841	(36,515)
Restricted funds			
Restricted fund	-	5,864	5,864
	<u>          </u>	<u>          </u>	<u>          </u>
TOTAL FUNDS	<u>(121,356)</u>	<u>90,705</u>	<u>(30,651)</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	438,742	(353,901)	84,841
Restricted funds			
Restricted fund	29,000	(23,136)	5,864
	<u>          </u>	<u>          </u>	<u>          </u>
TOTAL FUNDS	<u>467,742</u>	<u>(377,037)</u>	<u>90,705</u>

## 12. RELATED PARTY DISCLOSURES

During the year, the charity bought services to the value of £107,550 (2019: £161,793) from a company in which A Shaw is also a Director. These services related to a recharge of salaries from Shaw Callaghan Ltd who operate a payroll system on the charity's behalf.

Amounts that were owed to the charity by the company at the year end was £21,090 (2019: £Nil).

During the year, the charity also bought services to the value of £8,324 (2019: £4,202) from a company in which I J Wallace is a director.

## SHAWMIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2020

	2020 £	2019 £
<b>INCOME AND ENDOWMENTS</b>		
Charitable activities		
Donation - personal	34,710	72,745
Trading receipts	14	168
Donations - corporate	16,935	225,389
Fundraising events	11,245	33,413
Grants	51,461	-
Training provision	9,100	11,370
Breathe income	-	745
Other income	447	-
	<hr/>	<hr/>
	123,912	343,830
	<hr/>	<hr/>
Total incoming resources	123,912	343,830
 <b>EXPENDITURE</b>		
Raising donations and legacies		
Wages	55,480	65,468
Social security	6,170	6,655
Pensions	980	959
Fundraising event	6,234	15,608
Service provision	1,939	2,963
	<hr/>	<hr/>
	70,803	91,653
 Charitable activities		
Wages	40,168	81,371
Social security	4,020	6,308
Pensions	733	1,032
Insurance	725	69
Telephone	327	374
Postage and stationery	159	1,068
Advertising	4,141	428
Sundries	847	1,650
Consultancy fees	2,060	-
Software	531	217
Subscriptions	1,269	2,346
Travel and insurance	2,969	10,137
Website and promotions	3,998	553
Accountancy	7,304	3,926
Fundraiser expenses	4,130	125
Public speakers and trainers	5,375	4,766
Service charges	63	699
Staff training and welfare	2,902	59
Carried forward	81,721	115,128

This page does not form part of the statutory financial statements

## SHAWMIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 31 DECEMBER 2020

	2020 £	2019 £
Charitable activities		
Brought forward	81,721	115,128
Depreciation	108	108
Relocation fees	-	11,444
Recruitment fees	3,240	-
Outreach support	2,300	-
	<u>87,369</u>	<u>126,680</u>
Support costs		
Management		
Entertaining	-	314
Finance		
Bank charges	35	83
Bank loan interest	100	-
	<u>135</u>	<u>83</u>
Total resources expended	<u>158,307</u>	<u>218,730</u>
Net (expenditure)/income	<u>(34,395)</u>	<u>125,100</u>

This page does not form part of the statutory financial statements