

SUNDERLAND MIND

England & Wales · Charity number 1171734

Details

Status Registered

Legal form CIO

Registered 2017-02-22

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

Contact

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Church Street East
Hendon
Sunderland
Tyne and Wear
SR1 2BB

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Activities

Objects: A) TO PROMOTE THE PRESERVATION OF MENTAL HEALTH AND TO ASSIST IN RELIEVING AND REHABILITATING PERSONS SUFFERING FROM MENTAL DISORDER OR CONDITIONS OF EMOTIONAL OR MENTAL DISTRESS REQUIRING ADVICE OR TREATMENT: ANDB) TO PROMOTE THE STUDY OF AND RESEARCH INTO MENTAL HEALTH DISORDER AND EMOTIONAL OR MENTAL DISTRESS AND TO OBTAIN AND MAKE RECORDS OF AND DISSEMINATE TO THE PUBLIC THE USEFUL RESULTS OF SUCH RESEARCH AND TO EDUCATE THE PUBLIC IN MATTERS RELATING TO MENTAL HEALTH.

Activities: Sunderland Mind strive to provide quality mental health services for all, treating those experiencing mental illness fairly, positively, with respect and dignity. We provide support, information, advice on a range of activities, groups including counselling. Individuals accessing our service are the driving force behind our organisation and our aim is to improve their quality of life where possible

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability
- **Who:** Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Sunderland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£516,514	£508,304	£433,983	17
2024-03-31	£81,274	£502,203	£425,773	0
2023-03-31	£483,630	£513,675	-	-
2022-03-31	£542,179	£417,303	£401,437	18
2021-03-31	£377,538	£379,468	-	-

Trustees

Name	Role	Appointed
ANNE MORRISON	Chair	2017-08-22
Amanda Lowery		2020-06-30
Anne Marie Boyle		2020-08-04
Billy Broad Mr		2017-08-22
GRAHAM FREND		2017-08-22

SUNDERLAND MIND

England & Wales - Charity number 1171734

Accounts

Charity (CIO) number
1171734

Sunderland Mind
Trustees' Report and Accounts
31 March 2025

Sunderland Mind
Trustees' report and accounts
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Sunderland Mind Trustees' Annual Report

Charity (CIO) number: 1171734

The Trustees' present their report and accounts for the year ended 31 March 2025

Objectives and activities

The purposes of the Charitable Incorporated Organisation (CIO) as set out in its governing document are:

A) To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.

B) To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

The charity operates primarily in the City of Sunderland and surrounding areas.

The main activities undertaken in relation to those purposes during the year have been as follows:-.

Counselling services, adults, children and couples
Social and wellbeing support
Therapeutic services
Training on mental health awareness, volunteering etc.
Telephone support service
Various wellbeing activities
Themed social events
Listening Ear Service, adults and children

The main activities undertaken during the year to further the charity's purpose for the public benefit.

Sunderland Mind strive to provide quality mental health services for all, treating those experiencing mental illness fairly, positively, with respect and dignity. We provide support, information, advice on a range of activities, groups including counselling. Individuals accessing our service are the driving force behind our organisation and our aim is to improve their quality of life where possible.

Sunderland Mind is a well-established local mental health and wellbeing charity with extensive local knowledge and networks and effective partnerships which we have developed over time, the charity has served the population of Sunderland for over 50 years. Genuine service user involvement is at the heart of all our work.

The trustees have considered the guidance produced by the Charity Commission on the provision of public benefit and they confirm that public benefit has been provided by the range of activities provided.

The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

The short term and longer term aims and objectives.

The charity aims to continue to provide its various services and support to anybody who is in need of them, both in the short and longer term.

Our aims and objectives have not changed and we intend to continue to provide all of our services at a very high standard.

The charity's strategies for achieving its aims and objectives in the future.

Project goals 2025 - 2028

The Wellbeing Hub - We will continue to promote recovery and improve mental health & wellbeing across our communities. We will accomplish this by the delivery of community groups and activities which will support the wellbeing of people of all ages. Our services will be enhanced by sharing community self-help and wellbeing resources. We will use our monthly data/stats report and our communications channels/poll to monitor, adapt and develop services.

Training - Sunderland Mind will continue to develop a training project to meet the needs of the organisation and our community. We will further establish our training programme through the continuation of our relationships with businesses, educational providers organisations. The training programme will continue to be delivered to a high standard whilst generating income and supporting sustainability.

Counselling - We will maintain our current high standard of individual counselling work with clients and develop further the community impact of the counselling service by offering support via group work.

Young People's Project - To work with young people to develop an adaptive and responsive service in a rapidly changing world we will strive to increase the service offer this will include further development of our Young Persons Counselling.

Family Support – As a new theme of support we will continue to design and deliver this element of new work to ensure that we can offer a 360 degree of holistic support. This will be continued through the funding secured from Big Lottery Reaching Communities.

Health and Safety – work on developing and improving the Wellbeing Hub to offer a safe warm non-threatening environment will continue.

People Management: Trustees, Staff and volunteers working as one team in a safe, stimulating, healthy environment that helps staff and volunteers work together towards shared goals.

Financial management - We will continue with our robust financial monitoring systems to ensure that the Charity's resources continue to be properly managed and safeguarded.

How the activities undertaken during the year contributed to the achievement of the aims and objectives.

All of our activities undertaken during the year have contributed to achieving our aims and objectives.

Resources used in the activities undertaken during the year.

Virtually all of the charity's resources expended are used on charitable activities.

The contribution of volunteers during the year.

Volunteers play an important role in the charity's work, our volunteers help in the social groups with facilitation, fundraising activities and publicity events. Their ongoing contribution to the charity helps the staff and the charity achieve our targets and helps to ensure that we deliver the best service possible.

The main achievements and performance of the charity during the year.

Over the last year as the country continues to struggle with the cost-of-living crisis the demand on services has rapidly increased. The energy crisis and increased bills impacts individuals and organisations like ours with a large, community wellbeing centre, the Wellbeing Hub to run and maintain. Working to generate core funding which is crucial for the organisation to continue to enable the resource to be used by our community. We are proud of our community Hub, which has become a well-used social hub within our community. The Wellbeing Hub has given us the opportunity not only to welcome more visitors to our building in a safe environment but to expand our services and offer more vital group work which keeps our community well. The Wellbeing Hub offers a wider weekly programme of wellbeing activities including gardening, Men's Group, Walking Groups, Knitting Group, Sew and Reuse Group, Coffee Morning, Creative Space, Craft Sessions, Lunch Club, Coffee Afternoon Drop in, we offer Young People activities on an early evening and holiday activities. Working with partners who have a presence in the Wellbeing Hub to extend our range of activities including Addiction Support, yoga, keep fit, Cookery Courses.

We have also this year been successful in securing a grant from the Big Lottery Reaching Communities Fund to start and deliver a much needed Family Support project named 'Strength and Resilience for All' This particular project will increase our reach working with families building resilience, ensuring that they have the correct support at the right time while building capacity and capability within the family dynamics.

Over the last year (April 24 to March 25) we have delivered 6,640 individual counselling sessions, to adults, couples and young people. The Listening Ear service has delivered 1,480 sessions to individuals who generally need just a little bit of extra support at difficult times in their lives. There has once again been a significant increase in the number of individuals accessing social and wellbeing support in the last year, collectively the recorded attendance is 8,650 who have attended the weekly group sessions and one off specific activities for e.g Christmas Fayre, Family Picnics, Mental Health Awareness Events We have dealt with over 110,000 telephone, email and text enquiries. Our Instagram reach for the last year is 42.4k, this is a 376% increase from the previous year. When it comes to content interactions 1343 we also have seen an increase of 145%. For Facebook, a reach of 104.9k has been recorded which is an increase of 4.2%. Our Content Interactions on this platform have reached 9.4k which is an increase of 40.3% from the previous year. (Information from website relaunch on 6th June) Since we updated and relaunched the website, we have had 6.9k active users access our site and a total of 57k events on our website take place. This includes views and interactions on pages. Our most popular pages are our home page (6,231 views), groups page (1324 views), counselling (1124 views), volunteering opportunities (938 views) and activities and services (801 views).

We have delivered training to over 190 individuals in Mental Health Awareness and Volunteer Roles and Responsibilities, including Boundaries Training (both personal and professional) and Counselling Communication Skills. In total we have received over 1600 visitors, carers for both children and adults to our centre across the last year.

Our support offer is built around choice, current activities include: information resources (including website and digital platforms), counselling (Adult and Young people), telephone support, therapeutic group work, wellbeing activities, training and volunteering opportunities. We also offer specifically themed social events throughout the year. Genuine service involvement is at the heart of all that we do always endeavouring to challenge and reduce stigma and discrimination.

We disseminate mental health and wellbeing information through a variety of media, including external publications, our own publications, social media, surveys, our website, service leaflets and promotional material including ensuring that we share all information on partner newsletters.

We have continued with delivery of telephone support initially started in the time of the Covid 19 Pandemic, but the offer of telephone, online (Teams or Zoom) or face to face means that every individual has the choice of their preferred medium. Some prefer to undertake a mixture of telephone and face to face as the needs change.

The difference the charity's performance during the year has made to the beneficiaries of the charity.

We are confident that the services provided by the charity make a real positive difference to our service users.

The degree to which the achievements and performance during the year have benefited wider society.

Our services are available to all residents in the area and the positive difference that we can make will benefit the wider society as a whole.

The significant charitable activities undertaken in the year.

The 2 main charitable activities undertaken during the year have been 'Counselling Services' and Wellbeing Activities'.

How the achievements during the year measure up to the objectives set.

The charity trustees feel that we have achieved all of the objectives that we set at the beginning of the year.

Structure, governance and management of the charity.

The methods used to recruit and appoint new charity trustees.

Trustees are recruited and selected using safer recruitment processes. We advertise openly to actively promote equality of opportunity for all and welcome applications from a wide range of candidates. We select all candidates for interview based on their skill, qualifications and experience, including lived experience of mental health issues. All potential trustees must complete an application form and shortlisting and interview are always undertaken by more than one person, usually the CEO and a trustee. If successful the chairperson will confirm in writing and the individual will be formally appointed at the next board meeting. Sunderland Mind has a duty of care to our client group so references will be checked and a DBS check undertaken. Each trustee is expected to complete a skills audit in order to ensure that we have the right skill mix and address any potential gaps.

The policies and procedures for the induction and training of trustees.

All trustees are inducted to the organisation through meetings with other trustees and senior staff. Additional training is provided as required including Safeguarding, Roles and Responsibilities and any other as deemed necessary.

The charity's organisational structure.

Sunderland Mind is a well-established local Charitable Incorporated Organisation governed by its Memorandum of Articles of Association, we have been delivering mental health and wellbeing services and support since 1973. We are affiliated to National Mind and are one of around 125 Local Mind Associations. Each one is an independent charity ran by local people, for local people and we are responsible for our own funding and services. Mind provides a nationwide support network including access to legal advice and other resources.

How the charity makes decisions and how decisions are delegated.

Sunderland Mind's management committee are responsible for the strategic direction of the organisation. At present the committee has six members from a variety of backgrounds relevant to the work of the charity. The Chief Executive Officer is appointed by the trustees and is responsible for all aspects of the charity's operations, including obtaining adequate funding to finance the charity's services. The complete organisation structure consists of a CEO, accountable to the management committee with two senior managers accountable to the CEO. They are Organisational Development Manager, Counselling Clinical Lead they both have line management plus clinical supervision responsibilities for the administration, wellbeing and counselling staff. There are currently six staff in the wellbeing team and eight in the counselling team. We also employ a cleaner.

We also have a strong volunteer team of 6 dedicated individuals who support the organisation across all areas of delivery, they are all trained in Roles and Responsibilities, Boundaries, Mental Health Awareness and Communication skills.

All new staff and volunteers are interviewed and an assessment is carried out of their skill, qualifications and experience against their job description and capability.

The Chief Executive Officer and other senior management personnel to whom day to day management is delegated.

Chief Executive Officer: Trish Cornish

Setting pay and remuneration of key management personnel.

Employees pay is set by the trustees and management committee.

Comparative salaries are sought and benchmarked against suitable pay scales, using other local minds and similar organisations. For new posts we use NJC pay scales as guide which are widely used in the Voluntary and Community sectors.

The trustees' bankers and advisors.

Bankers: NatWest, 52 Fawcett Street, Sunderland, SR1 1SB.

Solicitors: McKenzie Bell, 47 John Street, Sunderland, SR1 1QU.

Financial Review

The charity's financial position at the end of the year ended 31 March 2025

The financial position of the charity at 31 March 2025 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

	2025 £	2024 £
Net income	<u>8,210</u>	<u>54,381</u>
Unrestricted Revenue Funds available for the general purposes of the charity	<u>403,578</u>	<u>410,692</u>
Restricted Revenue Funds	17,017	-
Restricted Fixed Asset Funds	<u>13,388</u>	<u>15,081</u>
Total Restricted Funds	<u>30,405</u>	<u>15,081</u>
Total Funds	<u><u>433,983</u></u>	<u><u>425,773</u></u>

Financial review of the position at the reporting date, 31 March 2025.

Sunderland Mind have implemented robust financial systems to ensure that the Charity's resources continue to be properly managed and safeguarded. During the year our income dropped to £516,514 (2024: £556,584) and our expenditure increased to £508,304 (2024: £502,203).

The charity still managed to record a small surplus of £8,210 for the year despite the drop in income etc. mentioned above.

While this provides some certainty and continuity of funding going forward we are still in a position where demand on service outweighs the funding we receive.

The Trustees consider that our unrestricted net current assets of £284,740 as at 31st March 2025 are sufficient to meet ongoing operational obligations.

Policies on reserves.

The management board has continued to pay scrutiny to the charity's requirements for reserves. The year has been another successful one for Sunderland Mind, but we appreciate that the threat of difficult times continues to lie ahead due to the many changing circumstances out of our control, including the global financial difficulties and the continued fallout from Covid 19. This however does not change our view on the amounts necessary to fund core activities which have increased over the last year. We aim to hold undesignated reserves of between 3 and 6 months core costs.

The trustees are satisfied the current reserves are within the target range set but continue to monitor the position closely.

Cash reserves as at 31st March 2025 amounted to £277,328 (2024: £272,483). Unrestricted funds are currently standing at £403,578.

Going Concern.

There are no current concerns about the CIO's future.

Availability and adequacy of assets of each of the funds.

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Significant events which have affected the financial performance and the financial position.

There have been no significant events affecting the financial performance and position during the year.

The major risks to which the Charity is exposed and reviews and systems to mitigate them.

The trustees have examined the major risks which the charity faces in relation to external factors, governance and management, internal operations and business. The likelihood and impact of risks and what systems should be in place to control and reduce those risks are kept under review by the management committee throughout the year.

Sunderland Mind's Risk Register includes risks regarding governance, operational, financial, external factors and compliance with law and regulation is reviewed regularly. Trustees consider potential risks when planning and managing the charity's business. Risk management is a regular agenda item at Executive Committee meetings. Systems are designed to provide reasonable, although not absolute assurance against material loss or misstatement of loss.

There have been no major risks identified during the year

Factors likely to affect future financial performance .

The charity is not aware of any factors that are likely to affect future financial performance.

Principal funding sources in the year and how these support the key objectives of the charity.

Fundraising and Income generation:-

Sunderland Mind abide by the fundraising code of practice, all funding received is to meet the objectives of the service. Our main source of income is grant funding. However as we have an active presence in the city and wider community we do receive donations from individuals who have chosen to fundraise for Sunderland Mind by a variety of means (Marathon Running, sponsored walks. Bake sales) Families sometimes donate the collection that they have made at the funeral of a loved one.

Our major funders and sources of income during the year have been:-

Reaching Communities - Big Lottery	Innovate Uk
NHS NE & Ncumbria	Room hire
Sunderland City Council	Counselling sessions
CNTW NHS Foundation Trust	Various donations and fundraising events
CNTW - Listening Ear	Gentoo
CNTW NHS	

Plans For the Future.

Summary of plans for the future and the trustees' perspective of the future direction of the charity.

We recognise that it is now more important than ever to plan effectively for our future income, if we don't there is a real risk that our income may decrease and our users and services may suffer. That being said since the year has been very successful we are experiencing greater levels of support and positivity.

As the charity is operating well, the plan over the coming years is to maintain the success and quality of the services provided.

It is felt that no major changes are needed at the present time.

See also our project goals described earlier in the Trustees Report.

Details of the Independent Examiner.

SE Squirrell FMAAT
8 West Acre
Consett
DH8 0AY

Reference and Administrative details

The charity name.

The legal name of the charity is:- Sunderland Mind

The charity's areas of operation and UK charitable registration.

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1171734.

The charity does not operate in any overseas jurisdictions.

Legal structure of the charity

The charity is constituted as a Charitable Incorporated Organisation (CIO) in England and Wales. The governing document of the charity is the constitution of the CIO as approved by the Charity Commission in England & Wales (CCEW).

The governing document is dated 22 February 2017.

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

The trustees are all individuals.

The principal operating address, telephone number, email and web addresses of the charity are:-

Sunderland Mind Wellbeing Hub
Church Street East
Hendon
Sunderland
Tyne and Wear
SR1 2BB

Telephone	0191 5657218
Email address	admin@sunderlandmind.co.uk
Website	www.sunderlandmind.co.uk

The Trustees in office on the date the report was approved were:-

A Morrison	Chair
D Gardiner	Treasurer
G Frend	
B Broad	
A Lowery	
A M Boyle	

The following persons served as Trustees during the year ended 31 March 2025 :-

The trustees who served as a trustee in the reporting period were as shown above, and there were no changes during the year, or in the period between the year end and the approval of the accounts.

**Sunderland Mind
Trustees' Annual Report**

Statement of Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), .

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departure disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) _____

Full name(s) Dorothy Gardiner

Position Treasurer

Date _____

Sunderland Mind

Report of the Independent Examiner to the Trustees of the charity on the accounts for the year ended 31 March 2025

I report to the Trustees on my examination of the financial statements of the charity on pages 11 to 22 for the year ended 31 March 2025 which have been prepared in accordance with the Charities Act 2011 (the Act) and with the Financial Reporting Standard 102, (effective 1st January 2016) as modified by FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), published by the Charity Commission in England & Wales (CCEW), and under the historical cost convention and the accounting policies set out on page 13.

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described on page 8, you, the charity's Trustees, are responsible for the preparation of the financial statements in accordance with the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to smaller entities, and for being satisfied that the financial statements give a true and fair view.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the Governing Document for the conducting of an audit. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my responsibility to:-

- a) examine the financial statements of the charity under Section 145 of the Act;
- b) follow the applicable procedures in the Directions given by the Charity Commission under section 145(5)(b) of the Act.

Basis of Independent Examiner's Statement and scope of work undertaken

Since the charity's gross income exceeded £250,000, the charity's examiner must be a member of a body listed in section 145 of the Act. I confirm that I am qualified to undertake the examination because I am an authorised member of the Association of Accounting Technicians, which is one of the listed bodies.

I report in respect of my examination of the charity's financial statements carried out under s145 of the Act. In carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act setting out the duties of an independent examiner in relation to the conducting of an independent examination. An independent examination includes a review of the accounting records kept by the charity and of the accounting systems employed by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you, as Trustees, concerning such matters. The purpose of the examination is to establish as far as possible that there have been no breaches of charity legislation and that, on a test basis of evidence relevant to the amounts and disclosures made, the financial statements comply with the SORP.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries and does not cover all the matters that an auditor would consider in arriving at an opinion. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide.

Consequently, I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

Independent Examiner's Statement, Report and Opinion

Subject to the limitations upon the scope of my work as detailed above, I have completed my examination: and can confirm that:-

The gross income of the charity in the year ended 31 March 2025 appears to exceed the sum specified in Section 145(3) of the Act, namely £250,000, and that I am qualified to act as Independent Examiner in accordance with that section by virtue of my being a qualified member of Association of Accounting Technicians;

This is a report in respect of an examination carried out under 145 of the Act and in accordance with Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:-

accounting records were not kept in respect of the charity as required by Section 130 of The Charities Act 2011;

the financial statements do not accord with those records; or

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view, which is not a matter considered as part of an independent examination;

have not been prepared in accordance with the methods and principles set out in the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Signed:-

Mr S E Squirrell - Independent Examiner

Date: _____

Association of Accounting Technicians

8 West Acre
Consett
DH8 0AY

Sunderland Mind
Statement of Financial Activities
for the year ended 31 March 2025

Charity (CIO) number: 1171734

	Notes	Unrestricted funds 2025 £	Restricted income funds 2025 £	Total funds 2025 £	Prior year funds 2024 £
Incoming resources	3, 4				
Income and endowments from:					
Donations and legacies		27,193	116,427	143,620	157,659
Charitable activities		4,525	341,300	345,825	373,582
Other trading activities		27,069	-	27,069	25,343
Other		-	-	-	-
Total		58,787	457,727	516,514	556,584
Resources expended	5				
Expenditure on:					
Raising funds		-	-	-	-
Charitable activities		65,901	442,403	508,304	502,203
Other		-	-	-	-
Total		65,901	442,403	508,304	502,203
Net income/(expenditure)		(7,114)	15,324	8,210	54,381
Transfers between funds		-	-	-	-
Net movement in funds		(7,114)	15,324	8,210	54,381
Reconciliation of funds:					
Total funds brought forward		410,692	15,081	425,773	371,392
Total funds carried forward		403,578	30,405	433,983	425,773

**Sunderland Mind
Balance Sheet
as at 31 March 2025**

	Notes	Total funds	Prior year funds
		2025	2024
		£	£
Fixed assets			
Tangible assets	8	149,243	156,269
Total fixed assets		<u>149,243</u>	<u>156,269</u>
Current assets			
Debtors	9	13,464	952
Cash at bank and in hand	11	277,328	272,483
Total current assets		<u>290,792</u>	<u>273,435</u>
Creditors: amounts falling due within one year	10	(6,052)	(3,931)
Net current assets/(liabilities)		<u>284,740</u>	<u>269,504</u>
Total assets less current liabilities		<u>433,983</u>	<u>425,773</u>
Creditors: amounts falling due after one year	10	-	-
Total net assets or liabilities		<u>433,983</u>	<u>425,773</u>
Funds of the Charity			
Restricted income funds	12	30,405	15,081
Unrestricted funds	12	403,578	410,692
Total funds		<u>433,983</u>	<u>425,773</u>

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA..

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on pages 9 and 10.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

Dorothy Gardiner
Treasurer

Date of approval by the trustees:

The notes attached on pages 14 to 22 form an integral part of these accounts.

Sunderland Mind
Cash Flow Statement for the year ended 31 March 2025

	2025	2024	
	£	£	
Cash flows from operating activities			
Net cash provided by (used in) operating activities as shown below	4,845	61,805	
Cash flows from investing activities			
Purchase of property, plant and equipment	-	-	
Net cash provided by (used in) investing activities	-	-	
Cash flows from financing activities			
Net cash provided by (used in) financing activities	-	-	
Overall cash provided by (used in) all activities	4,845	61,805	
Cash movements			
Change in cash and cash equivalents in the reporting period	4,845	61,805	
Cash and cash equivalents at the beginning of the reporting period	272,483	210,678	
Cash at bank and in hand less overdrafts at the end of the reporting period	277,328	272,483	
Reconciliation of net income/(expenditure) to net cash flow from operating activities			
Net income/(expenditure) as shown in the Statement of Financial Activities	8,210	54,381	
Adjustments for :-			
Depreciation charges	7,026	7,822	
(Increase)/ decrease in debtors	-	12,512	
Increase/ (decrease) in creditors, excluding loans	2,121	6,205	
Net cash provided by (used in) operating activities	4,845	61,805	
Analysis of cash and cash equivalents			
Cash in hand at 31 March 2025	277,328	272,483	
Total cash and cash equivalents	277,328	272,483	
Analysis of change in net debt			
	At start	Cash-	At end
	of year	flows	of year
	£	£	£
Cash	272,483	4,845	277,328
Total	272,483	4,845	277,328

Sunderland Mind

Notes to the Accounts

for the year ended 31 March 2025

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019

and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and with the Charities Act 2011.

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

1.2 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note 2.

1.3 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period.

1.4 Material prior year errors

No material prior year errors have been identified in the reporting period.

2 Accounting policies

2.1 INCOME

Recognition of income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
 - it is more likely than not that the trustees will receive the resources;
- and
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met.

Legacies

Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

Government grants

The charity has received government grants in the reporting period.

Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.
Donated goods	<p>Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.</p> <p>The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.</p> <p>Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.</p> <p>Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.</p> <p>Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.</p>
Donated services and facilities	<p>Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.</p> <p>Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.</p>
Support costs	The charity has incurred expenditure on support costs.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.
Income from membership subscriptions	<p>Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.</p> <p>Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.</p>
Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met and are included as an item of other income in the SoFA.
Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

2.2 EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg staff costs by the time spent.
Redundancy cost	The charity has not made any redundancy payments during the reporting period.
Deferred income	No material item of deferred income has been included in the accounts.
Creditors	Charity creditors are measured at settlement amounts less any trade discounts.
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

2.3 ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £300. They are valued at cost. The depreciation rates and methods used are disclosed in note 8.2.
Investments	Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value. Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock. Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

3 Analysis of income

This analysis is classified by conventional nominal descriptions and not by activity.

Analysis	Unrestricted	Restricted	Total funds	Prior year
	funds	income funds		
	£	£	£	£
Donations and legacies:				
Donations and gifts	18,478	-	18,478	36,212
Reaching Communities - Big Lottery	-	72,103	72,103	19,548
Hedley Solicitors	-	-	-	4,842
Sunderland Care and Support	-	-	-	3,939
Wates Family Grant	-	-	-	3,454
Innovate UK	1,935	-	1,935	1,924
NHS NE & Ncumbria	-	39,324	39,324	35,000
Access Reach Fund	-	-	-	12,000
Tyne Coast Academy	-	-	-	2,418
Sunderland City Council	-	5,000	5,000	37,822
Gentoo	5,323	-	5,323	-
Other income	1,457	-	1,457	500
Total	27,193	116,427	143,620	157,659
Charitable activities:				
Sunderland CCG/Together for Children	-	-	-	38,399
Sunderland City Council	1,495	44,068	45,563	44,068
CNTW NHS Foundation Trust	-	237,155	237,155	228,253
CNTW - Listening Ear	-	38,399	38,399	39,327
CNTW NHS - IAPT Costs	-	21,678	21,678	17,500
Anger Management	10	-	10	610
Private counselling sessions	3,020	-	3,020	4,100
Other counselling	-	-	-	1,325
Total	4,525	341,300	345,825	373,582
Other trading activities:				
Room rental	22,448	-	22,448	19,666
Fundraising events	4,039	-	4,039	5,572
Other	582	-	582	105
Total	27,069	-	27,069	25,343
TOTAL INCOME	58,787	457,727	516,514	556,584

Other information:

All income in the prior year was unrestricted except for:

	£
Sunderland CCG/Together for Children	38,399
Sunderland City Council	81,890
CNTW - Listening Ear	39,327
CNTW NHS - IAPT Costs	17,500
NHS NE & Ncumbria	35,000
CNTW NHS Foundation Trust	228,253
Reaching Communities - Big Lottery	19,548
Access Reach Fund	12,000
Tyne Coast Academy	2,418
Sir James Knott	-
Other counselling	975
Total	475,310

4 Analysis of receipts of government grants

	2025 £	2024 £
Sunderland CCG/Together for Children	-	38,399
NHS NE & Ncumbria	39,324	35,000
CNTW NHS Foundation Trust	237,155	228,253
CNTW - Listening Ear	38,399	39,327
CNTW NHS - IAPT Costs	21,678	17,500
Sunderland City Council	50,563	81,890
Total	387,119	440,369

5 Analysis of expenditure

This analysis is classified by conventional nominal descriptions and not by activity.

Analysis	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year £
Expenditure on raising funds:	-	-	-	-
Total expenditure on raising funds	-	-	-	-
Expenditure on charitable activities				
Salaries	-	352,825	352,825	314,306
Employers NI	-	22,518	22,518	19,759
Pension costs	-	7,129	7,129	6,427
Sub-contracted workers	-	-	-	1,030
Heat, light & water	21,141	-	21,141	19,417
Telephone	3,194	-	3,194	2,773
Insurance	10,949	-	10,949	8,822
Membership & licence fees	2,613	-	2,613	2,955
Supervision, interpreter & DBS's	5,164	-	5,164	14,934
Travel, training & conference	1,740	-	1,740	805
Maintenance, repairs & goods	5,692	34,354	40,046	79,633
IT Website	-	18,551	18,551	7,311
Rent & rates	599	-	599	614
Catering & cleaning	736	-	736	914
Activities, events & sundries	4,039	-	4,039	6,083
Publicity, printing, stationery, advertising & postage	3,375	-	3,375	2,464
Photocopier	4,118	-	4,118	3,334
Legal & professional fees	2,200	-	2,200	2,468
Bank charges	341	-	341	332
Depreciation	-	7,026	7,026	7,822
Total expenditure on charitable activities	65,901	442,403	508,304	502,203
Other	-	-	-	-
Total other expenditure	-	-	-	-
TOTAL EXPENDITURE	65,901	442,403	508,304	502,203

Other information:

Analysis of expenditure on charitable activities

Activity or programme	Activities undertaken directly	Support Costs	2025	2024
	£		£	£
Counselling	232,598	76,758	309,356	338,749
Wellbeing	149,874	49,074	198,948	163,454
Other	-	-	-	-
Total	382,472	125,832	508,304	502,203

Prior year expenditure on charitable activities can be analysed as follows: 340,493 161,710 502,203

Support costs are apportioned based on estimated % of time spent on each activity.

6 Details of certain items of expenditure

6.1 Fees for examination of the accounts

	2025	2024
	£	£
Independent examiner's fees	1,150	1,100
Other fees paid to the independent examiner	-	-

7 Paid Employees

7.1 Staff Costs

	2025	2024
	£	£
Salaries and wages	352,825	314,306
Employers NI	22,518	19,759
Pension costs	7,129	6,427
Total staff costs	382,472	340,492

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

7.2 Average head count in the year

The parts of the charity in which the employees work:-	2025	2024
Fundraising	-	-
Charitable Activities	17	15
Governance	-	-
Other	-	-
Total	17	15

7.3 Redundancy payments

There were no redundancy payments made during the year.

8 Tangible fixed assets

8.1 Cost or valuation

	Land and buildings	Fixtures, fittings and equipment	Total
	£	£	£
At the beginning of the year	153,288	38,086	191,374
Additions	-	-	-
Disposals	-	-	-
At end of the year	153,288	38,086	191,374

8.2 Depreciation

	SL 50 years	SL 10/20%	
	**Basis	** Rate	
At beginning of the year	8,975	26,130	35,105
Disposals	-	-	-
Depreciation	3,066	3,960	7,026
At end of the year	12,041	30,090	42,131

8.3 Net book value

Net book value at the beginning of the year	144,313	11,956	156,269
Net book value at the end of the year	141,247	7,996	149,243

9 Debtors and prepayments

9.1 Analysis of debtors

	2025 £	2024 £
Debtors	11,623	-
Prepayments and accrued income	1,841	952
Total	13,464	952

10 Creditors and accruals

10.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	2025 £	2024 £	2025 £	2024 £
Other creditors	1,384	1,264	-	-
Taxation and social security	-	-	-	-
Trade creditors	780	1,027	-	-
Accruals and deferred income	3,888	1,640	-	-
Total	6,052	3,931	-	-

11 Cash at bank and in hand

	2025 £	2024 £
Cash at bank and on hand	277,328	272,483
Total	277,328	272,483

12 Charity funds

12.1 Details of material funds held and movements during the CURRENT reporting period

Restricted Funds

Fund names	Fund balances	Income	Expenditure	Fund
	b/f.			balances c/f.
	£	£	£	£
Reaching Communities - Big Lottery	-	72,103	60,086	12,017
NHS NE & Ncumbria	-	39,324	39,324	-
Sunderland City Council	11,206	49,068	44,470	15,804
CNTW NHS Foundation Trust	3,875	237,155	238,446	2,584
CNTW - Listening Ear	-	38,399	38,399	-
CNTW NHS - IAPT Costs	-	21,678	21,678	-
Total Restricted Funds	15,081	457,727	442,403	30,405
Unrestricted Funds				
General fund	410,692	58,787	65,901	403,578
Total Unrestricted Funds	410,692	58,787	65,901	403,578
Total Funds	425,773	516,514	508,304	433,983

The purposes for which the funds detailed above are held by the charity are as follows:-

Restricted funds:-

Sunderland City Council Funding for shelter and equipment.
 CNTW NHS Foundation Trust Funding for laptops.

Unrestricted and designated funds-

These funds are held for meeting the objectives of the charity, and to provide reserves for future projects and activities. Subject to charity legislation, they are free from all restrictions on their use.

12.2 Details of material funds held and movements during the PREVIOUS reporting period
Restricted Funds

Fund names	Fund balances b/f. £	Income £	Expenditure £	Fund balances c/f. £
Sunderland CCG/Together for Children	-	38,399	38,399	-
NHS NE & Ncumbria	-	35,000	35,000	-
Access Reach Fund	-	12,000	12,000	-
Reaching Communities - Big Lottery	-	19,548	19,548	-
Tyne Coast Academy	-	2,418	2,418	-
Sunderland City Council	19,107	81,890	89,791	11,206
CNTW NHS Foundation Trust	5,167	228,253	229,545	3,875
CNTW - Listening Ear	-	39,327	39,327	-
CNTW NHS - IAPT Costs	-	17,500	17,500	-
Cumbria NHS	3,028	-	3,028	-
Therapy - Housing Options	-	975	975	-
Total Funds	27,302	475,310	487,531	15,081
Unrestricted Funds				
General fund	344,090	81,274	14,672	410,692
Total Unrestricted Funds	344,090	81,274	14,672	410,692
Total Funds	371,392	556,584	502,203	425,773

13 Transactions with trustees and related parties

13.1 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with

13.2 Trustees' expenses

No trustee expenses have been incurred.

13.3 Transaction(s) with related parties

There have been no related party transactions in the reporting period.

14 Defined contribution pension scheme

The charity operates a defined contribution pension scheme through NEST.

The total amount of contributions recognised in the SOFA as an expense is £7,129.

SUNDERLAND MIND

England & Wales - Charity number 1171734

Accounts

Charity (CIO) number
1171734

Sunderland Mind

Accounts

31 March 2024

Sunderland Mind
Trustees' report and accounts
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Sunderland Mind
Trustees' Annual Report
Charity (CIO) number: 1171734

The Trustees' present their report and accounts for the year ended 31 March 2024

Objects and activities of the charity

The purposes of the charity as set out in its governing document.

A) To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.

B) To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

The charity operates primarily in the City of Sunderland and surrounding areas.

The charitable objectives of Sunderland Mind are to promote the preservation and the safeguarding of mental health and the relief of persons suffering from mental disorder in association with Mind (National Association for Mental Health) in accordance with the aims and objects of Mind.

Sunderland Mind strive to provide quality mental health services in a non-judgemental environment for those coping or recovering from mental ill health and emotional distress.

Our vision is of a society that promotes and provides quality mental health services for all and that treats those experiencing mental illness fairly, positively, with respect and dignity and is in accordance with the aims and objectives of Mind - NAMH (National Association for Mental Health)

The main activities undertaken in relation to those purposes during the year.

The main activities undertaken for the public benefit during the year have been as follows:-

- Counselling services, adults, children and couples
- Social and wellbeing support
- Therapeutic services
- Training on mental health awareness, volunteering etc.
- Telephone support service
- Various wellbeing activities
- Themed social events
- Listening Ear Service, adults and children
- Anger Management support sessions

The main activities undertaken during the year to further the charity's purpose for the public benefit.

See information on activities in the section above.

Sunderland Mind is a well-established local mental health and wellbeing charity with extensive local knowledge and networks, the charity has celebrated its 50th anniversary in recent years. Genuine service user involvement is at the heart of all our work.

The trustees have considered the guidance produced by the Charity Commission on the provision of public benefit and they confirm that public benefit has been provided by the range of activities provided.

The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

The short term and longer term aims and objectives.

The charity aims to continue to provide its various services and support to anybody who is in need of them, both in the short and longer term.

Our aims and objectives have not changed and we intend to continue to provide all of our services at a very high standard.

The charity's strategies for achieving its aims and objectives in the future.

The Wellbeing Hub - We will continue to promote recovery and improve mental health & wellbeing across our communities. We will accomplish this by the delivery of community groups and activities which will support the wellbeing of people of all ages. Our services will be enhanced by sharing community self-help and wellbeing resources. We will use our monthly data/stats report and our communications channels/poll to monitor, adapt and develop services.

Training - Sunderland Mind will continue to develop a training project to meet the needs of the organisation and our community. We will further establish our training programme through the continuation of our relationships with businesses, educational providers organisations. The training programme will continue to be delivered to a high standard whilst generating income and supporting sustainability.

Counselling - We will maintain our current high standard of individual counselling work with clients and develop further the community impact of the counselling service by offering support via group work.

Young People's Project - To work with young people to develop an adaptive and responsive service in a rapidly changing world we will strive to increase the service offer this will include further development of our Young Persons Counselling.

Family Support – As a new theme of support we will continue to design and deliver this element of new work to ensure that we can offer a 360 degree of holistic support.

Health and Safety – work on developing and improving the Wellbeing Hub to offer a safe warm non-threatening environment will continue.

People Management: Trustees, Staff and volunteers working as one team in a safe, stimulating, healthy environment that helps staff and volunteers work together towards shared goals.

Financial management ~ We will continue with our robust financial monitoring systems to ensure that the Charity's resources continue to be properly managed and safeguarded.

How the activities undertaken during the year contributed to the achievement of the aims and objectives.

All of our activities undertaken during the year have contributed to achieving our aims and objectives.

Resources used in the activities undertaken during the year.

Virtually all of the charity's resources expended are used on charitable activities.

The contribution of volunteers during the year.

Volunteers play an important role in the charity's work, our volunteers help in the social groups with facilitation, fundraising activities and publicity events. Their ongoing contribution to the charity helps the staff and the charity achieve our targets and helps to ensure that we deliver the best service possible.

The main achievements and performance of the charity during the year.

Over the last year the country has been faced with the cost-of-living crisis and demand on services has rapidly increased, thanks to our local council, community groups across the city were awarded funding to provide a safe, warm place for people to come together, access services and activities, receive a warm meal and receive the support they needed. The energy crisis and increased bills impacts individuals and organisations like ours with a large, community wellbeing centre, the Wellbeing Hub to run and maintain. Working to generate core funding crucial to enable the resource to be used by our community. We are proud of our community Hub, which has become a well-used social hub within our community. The Wellbeing Hub has given us the opportunity not only to welcome more visitors to our building in a safe environment but to expand our services and offer more vital group work which keeps our community well. The Wellbeing Hub offers a wider weekly programme of wellbeing activities including gardening, Mens Group, Knitting Group, Sew and Reuse Group, Coffee Morning, Creative Space, Craft Sessions, Lunch Club, Coffee Afternoon Drop in, we offer Young People activities on an early evening and holiday activities. Working with partners who have a presence in the Wellbeing Hub to extend our range of activities including Addiction Support, yoga, keep fit, Cookery Courses.

Our support services are as always in great demand and we have seen a significant rise as the world moves on from the Covid 19 pandemic. Over the last year (April 23 to March 24) we have received 2048 referrals into the counselling and therapeutic services, every individual will receive a minimum of 6 sessions those who are more complex may need extra session. We have also had 859 referrals for Private Counselling, Couples Counselling and Anger management. There has been a significant increase in individuals accessing social and wellbeing support, in the last year 2758 individuals have attended the weekly group sessions and one of specific activities. We have dealt with over 90,000 telephone, email and text enquiries. We have recorded significant increases to the number of visitors to our social media platforms and website. Facebook – reach over 100.7 k which is an increase of 35.2% from the previous year, content interactions 6.7k which is also a 23.3% increase from the previous year. Instagram Reach is 8.9k an increase of 104% from the previous year and Content Interactions 548 which is 100% increase from the previous year. We have delivered training to over 175 individuals in Mental Health Awareness and Volunteer Roles and Responsibilities, including Boundaries Training (personal and professional) In total we have received over 1500 visitors, carers for both children and adults to our centre across the last year.

Our support offer is built around choice, current activities include: information resources (including website and digital platforms), counselling (Adult and Young people), telephone support, therapeutic group work, wellbeing activities, training and volunteering opportunities. We also offer specifically themed social events throughout the year. Genuine service involvement is at the heart of all that we do always endeavouring to challenge and reduce stigma and discrimination.

We disseminate mental health and wellbeing information through a variety of media, including external publications, our own publications, social media, surveys, our website, service leaflets and promotional material including ensuring that we share all information on partner newsletters.

We have continued with delivery of telephone support in the wake of the pandemic for both counselling, Listening Ear and wellbeing support as some users are still struggling to re-engage for fear of reinfection. It is also a preferred medium for those individuals that work.

Sunderland Mind abide by the fundraising code of practice, all funding received is to meet the objectives of the service. Our main source of income is grant funding. However as we have an active presence in the city and wider community we do receive donations from individuals who have chosen to fundraise for Sunderland Mind by a variety of means (marathon Running, Football Matches etc.).

The charity does not make any material expenditure to raise income and has no plans to do so in the future. Fundraising was extremely effected in the previous year by the onset of the Covid pandemic it is starting to pick up again now as things open up and restart.

We recognise that it is now more important than ever to plan effectively for our future income, if we don't there is a real risk that our income may fall and our users and services may suffer. That being said since the year end we are experiencing more positivity.

The difference the charity's performance during the year has made to the beneficiaries of the charity.

We are confident that the services provided by the charity make a real positive difference to our service users.

The degree to which the achievements and performance during the year have benefited wider society.

Our services are available to all residents in the area and the positive difference that we can make will benefit the wider society as a whole.

The significant charitable activities undertaken in the year.

The 2 main charitable activities undertaken during the year have been 'Counselling Services' and Wellbeing Activities'.

How the achievements during the year measure up to the objectives set.

The charity trustees feel that we have achieved all of the objectives that we set at the beginning of the year.

Structure, governance and management of the charity.

The methods used to recruit and appoint new charity trustees.

Trustees are recruited and selected using safer recruitment processes. We advertise openly to actively promote equality of opportunity for all and welcome applications from a wide range of candidates. We select all candidates for interview based on their skill, qualifications and experience, including lived experience of mental health issues. All potential trustees must complete an application form and shortlisting and interview are always undertaken by more than one person, usually the CEO and a trustee. If successful the chairperson will confirm in writing and the individual will be formally appointed at the next board meeting. Sunderland Mind has a duty of care to our client group so references will be checked and a DBS check undertaken. Each trustee is expected to complete a skills audit in order to ensure that we have the right skill mix and address any potential gaps.

The policies and procedures for the induction and training of trustees.

All trustees are inducted to the organisation through meetings with other trustees and senior staff. Additional training is provided as required including Safeguarding, Roles and Responsibilities and any other as deemed necessary.

The charity's organisational structure.

Sunderland Mind is a well-established local Charitable Incorporated Organisation governed by its Memorandum of Articles of Association, we have been delivering mental health and wellbeing services and support since 1973. We are affiliated to National Mind and are one of around 125 Local Mind Associations. Each one is an independent charity ran by local people, for local people and we are responsible for our own funding and services. Mind provides a nationwide support network including access to legal advice and other resources.

How the charity makes decisions and how decisions are delegated.

Sunderland Mind's management committee are responsible for the strategic direction of the organisation. At present the committee has six members from a variety of backgrounds relevant to the work of the charity. The Chief Executive Officer is appointed by the trustees and is responsible for all aspects of the charity's operations, including obtaining adequate funding to finance the charity's services. The complete organisation structure consists of a CEO, accountable to the management committee with two senior managers accountable to the CEO. They are Organisational Development Manager, Counselling Clinical Lead they both have line management plus clinical supervision responsibilities for the administration, wellbeing and counselling staff. There are currently six staff in the wellbeing team and eight in the counselling team. We also employ a cleaner.

We also have a strong volunteer team of 6 dedicated individuals who support the organisation across all areas of delivery, they are all trained in Roles and Responsibilities, Boundaries, Mental Health Awareness and Communication skills.

All new staff and volunteers are interviewed and assessment is carried out of their skill, qualifications and experience against their job description and capability.

The Chief Executive Officer and other senior management personnel to whom day to day management is delegated.

Chief Executive Officer: Trish Cornish

Setting pay and remuneration of key management personnel.

Employees pay is set by the trustees and management committee.

Comparative salaries are sought and benchmarked against suitable pay scales, using other local minds and similar organisations. For new posts we use NJC pay scales as guide which are widely used in the Voluntary and Community sectors.

The trustees' bankers and advisors.

Bankers: NatWest, 52 Fawcett Street, Sunderland, SR1 1SB.

Solicitors: McKenzie Bell, 47 John Street, Sunderland, SR1 1QU.

Financial Review

The charity's financial position at the end of the year ended 31 March 2024

The financial position of the charity at 31 March 2024 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

	2024	2023
	£	£
Net income	<u>54,381</u>	<u>- 30,045</u>
Unrestricted Revenue Funds available for the general purposes of the charity	<u>410,692</u>	<u>344,090</u>
Restricted Revenue Funds	-	10,527
Restricted Fixed Asset Funds	<u>15,081</u>	<u>16,775</u>
Total Restricted Funds	<u>15,081</u>	<u>27,302</u>
Total Funds	<u>425,773</u>	<u>371,392</u>

Financial review of the position at the reporting date, 31 March 2024 .

Sunderland Mind have implemented robust financial systems to ensure that the Charity's resources continue to be properly managed and safeguarded. During the year our income rose to £556,584, a rise of £72,954 and costs fell to £502,203, a reduction of £11,472.

While this provides some certainty and continuity of funding going forward we are still in a position where demand on service outweighs the funding we receive.

The Trustees consider that our unrestricted net current assets of £269,504 as at 31st March 2024 are sufficient to meet ongoing operational obligations.

Policies on reserves.

The management board has continued to pay scrutiny to the charity's requirements for reserves. The year has been another successful one for Sunderland Mind, but we appreciate that the threat of difficult times continues to lie ahead due to the many changing circumstances out of our control, including the global financial difficulties and the continued fallout from Covid 19. This however does not change our view on the amounts necessary to fund core activities which have increased over the last year. We aim to hold undesignated reserves of between 3 and 6 months core costs.

The trustees are satisfied the current reserves are within the target range set but continue to monitor the position closely.

Cash reserves as at 31st March 2024 amounted to £272,483 (2023: £210,678).

Going Concern.

There are no current concerns about the CIO's future.

Availability and adequacy of assets of each of the funds.

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Significant events which have affected the financial performance and the financial position.

There have been no significant events affecting the financial performance and position during the year.

The major risks to which the Charity is exposed and reviews and systems to mitigate them.

The trustees have examined the major risks which the charity faces in relation to external factors, governance and management, internal operations and business. The likelihood and impact of risks and what systems should be in place to control and reduce those risks are kept under review by the management committee throughout the year.

Sunderland Mind's Risk Register includes risks regarding governance, operational, financial, external factors and compliance with law and regulation is reviewed regularly. Trustees consider potential risks when planning and managing the charity's business. Risk management is a regular agenda item at Executive Committee meetings. Systems are designed to provide reasonable, although not absolute assurance against material loss or misstatement of loss.

There have been no major risks identified during the year

Factors likely to affect future financial performance .

The charity is not aware of any factors that are likely to affect future financial performance.

Principal funding sources in the year and how these support the key objectives of the charity.

The charity's funding comes from various sources (see below). This funding allows the charity to offer various activities

Our major funders and sources of income during the year have been:-

Sunderland CCG/Together for Children	Tyne Coast Academy
Sunderland City Council	Hedley Solicitors
CNTW NHS Foundation Trust	Sunderland Care and Support
CNTW - Listening Ear	Wates Family Grant
CNTW NHS	Innovate Uk
NHS NE & Ncumbria	Counselling sessions
Access Reach Fund	Room rental
National Lottery Community Fund	Various donations and fundraising events

Plans For the Future.

Summary of plans for the future and the trustees' perspective of the future direction of the charity.

As the charity is operating well, the plan over the coming years is to maintain the success and quality of the services provided.

It is felt that no major changes are needed at the present time.

Details of the Independent Examiner.

SE Squirrell FMAAT
8 West Acre
Consett
DH8 0AY

Reference and Administrative details***The charity name.***

The legal name of the charity is:- Sunderland Mind

The charity's areas of operation and UK charitable registration.

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1171734.

The charity does not operate in any overseas jurisdictions.

Legal structure of the charity

The charity is constituted as a Charitable Incorporated Organisation (CIO) in England and Wales. The governing document of the charity is the constitution of the CIO as approved by the Charity Commission in England & Wales (CCEW).

The governing document is dated 22 February 2017.

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

The trustees are all individuals.

The principal operating address, telephone number, email and web addresses of the charity are:-

Sunderland Mind Wellbeing Hub
Church Street East
Hendon
Sunderland
Tyne and Wear
SR1 2BB

Telephone	0191 5657218
Email address	admin@sunderlandmind.co.uk
Website	www.sunderlandmind.co.uk

The Trustees in office on the date the report was approved were:-

A Morrison	Chair
D Gardiner	Treasurer
G Frend	
B Broad	
A Lowery	
A M Boyle	

The following persons served as Trustees during the year ended 31 March 2024 :-

The trustees who served as a trustee in the reporting period were as shown above, and there were no changes during the year, or in the period between the year end and the approval of the accounts.

**Sunderland Mind
Trustees' Annual Report**

Statement of Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), .

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departure disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s) _____

Full name(s) Dorothy Gardiner

Position Treasurer

Date _____

Sunderland Mind

Report of the Independent Examiner to the Trustees of the charity on the accounts for the year ended 31 March 2024

I report to the Trustees on my examination of the financial statements of the charity on pages 12 to 21 for the year ended 31 March 2024 which have been prepared in accordance with the Charities Act 2011 (the Act) and with the Financial Reporting Standard 102, (effective 1st January 2016) as modified by FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), published by the Charity Commission in England & Wales (CCEW), and under the historical cost convention and the accounting policies set out on page 13.

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described on page 7, you, the charity's Trustees, are responsible for the preparation of the financial statements in accordance with the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to smaller entities, and for being satisfied that the financial statements give a true and fair view.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the Governing Document for the conducting of an audit. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my responsibility to:-

- a) examine the financial statements of the charity under Section 145 of the Act;
- b) follow the applicable procedures in the Directions given by the Charity Commission under section 145(5)(b) of the Act.

Basis of Independent Examiner's Statement and scope of work undertaken

Since the charity's gross income exceeded £250,000, the charity's examiner must be a member of a body listed in section 145 of the Act. I confirm that I am qualified to undertake the examination because I am an authorised member of the Association of Accounting Technicians, which is one of the listed bodies.

I report in respect of my examination of the charity's financial statements carried out under s145 of the Act. In carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act setting out the duties of an independent examiner in relation to the conducting of an independent examination. An independent examination includes a review of the accounting records kept by the charity and of the accounting systems employed by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you, as Trustees, concerning such matters. The purpose of the examination is to establish as far as possible that there have been no breaches of charity legislation and that, on a test basis of evidence relevant to the amounts and disclosures made, the financial statements comply with the SORP.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries and does not cover all the matters that an auditor would consider in arriving at an opinion. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide.

Consequently, I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

Independent Examiner's Statement, Report and Opinion

Subject to the limitations upon the scope of my work as detailed above, I have completed my examination: and can confirm that:-

The gross income of the charity in the year ended 31 March 2024 appears to exceed the sum specified in Section 145(3) of the Act, namely £250,000, and that I am qualified to act as Independent Examiner in accordance with that section by virtue of my being a qualified member of Association of Accounting Technicians;

This is a report in respect of an examination carried out under 145 of the Act and in accordance with Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:-

accounting records were not kept in respect of the charity as required by Section 130 of The Charities Act 2011;

the financial statements do not accord with those records; or

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view, which is not a matter considered as part of an independent examination;

have not been prepared in accordance with the methods and principles set out in the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Signed:-

Mr S E Squirrell - Independent Examiner

Date: _____

Association of Accounting Technicians

8 West Acre
Consett
DH8 0AY

Sunderland Mind
Statement of Financial Activities
for the year ended 31 March 2024

Charity (CIO) number: 1171734

	Notes	Unrestricted funds 2024 £	Restricted income funds 2024 £	Total funds 2024 £	Prior year funds 2023 £
Incoming resources	3, 4				
Income and endowments from:					
Donations and legacies		50,871	106,788	157,659	190,202
Charitable activities		5,060	368,522	373,582	266,005
Other trading activities		25,343	-	25,343	27,423
Other		-	-	-	-
Total		81,274	475,310	556,584	483,630
Resources expended	5				
Expenditure on:					
Raising funds		-	-	-	-
Charitable activities		14,672	487,531	502,203	513,675
Other		-	-	-	-
Total		14,672	487,531	502,203	513,675
Net income/(expenditure)		66,602	(12,221)	54,381	(30,045)
Transfers between funds		-	-	-	-
Net movement in funds		66,602	(12,221)	54,381	(30,045)
Reconciliation of funds:					
Total funds brought forward		344,090	27,302	371,392	401,437
Total funds carried forward		410,692	15,081	425,773	371,392

**Sunderland Mind
Balance Sheet
as at 31 March 2024**

	Notes	Total funds	Prior year funds
		2024	2023
		£	£
Fixed assets			
Tangible assets	8	156,269	164,091
Total fixed assets		<u>156,269</u>	<u>164,091</u>
Current assets			
Debtors	9	952	6,759
Cash at bank and in hand	11	272,483	210,678
Total current assets		<u>273,435</u>	<u>217,437</u>
Creditors: amounts falling due within one year	10	(3,931)	(10,136)
Net current assets/(liabilities)		<u>269,504</u>	<u>207,301</u>
Total assets less current liabilities		<u>425,773</u>	<u>371,392</u>
Creditors: amounts falling due after one year	10	-	-
Total net assets or liabilities		<u>425,773</u>	<u>371,392</u>
Funds of the Charity			
Restricted income funds	12	15,081	27,302
Unrestricted funds	12	410,692	344,090
Total funds		<u>425,773</u>	<u>371,392</u>

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA..

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 8.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

Dorothy Gardiner
Treasurer

Date of approval by the trustees:

The notes attached on pages 13 to 21 form an integral part of these accounts.

Sunderland Mind
Cash Flow Statement for the year ended 31 March 2024

	<u>2024</u>		<u>2023</u>
	£		£
Cash flows from operating activities			
Net cash provided by (used in) operating activities as shown below	61,805		(24,893)
Cash flows from investing activities			
Purchase of property, plant and equipment	-	-	18,949
Net cash provided by (used in) investing activities	-		(18,949)
Cash flows from financing activities			
Net cash provided by (used in) financing activities	-		-
Overall cash provided by (used in) all activities	61,805		(43,842)
Cash movements			
Change in cash and cash equivalents in the reporting period	61,805	-	43,842
Cash and cash equivalents at the beginning of the reporting period	210,678		254,520
Cash at bank and in hand less overdrafts at the end of the reporting period	272,483		210,678
Reconciliation of net income/(expenditure) to net cash flow from operating activities			
Net income/(expenditure) as shown in the Statement of Financial Activities	54,381	-	30,045
Adjustments for :-			
Depreciation charges	7,822		7,966
(Increase)/decrease in debtors	5,807	-	1,812
Increase/ (decrease) in creditors, excluding loans	-	6,205	-
Net cash provided by (used in) operating activities	61,805		(24,893)
Analysis of cash and cash equivalents			
Cash in hand at 31 March 2024	272,483		210,678
Total cash and cash equivalents	272,483		210,678
Analysis of change in net debt			
	<i>At start</i>	<i>Cash-</i>	<i>At end</i>
	<i>of year</i>	<i>flows</i>	<i>of year</i>
	£	£	£
Cash	210,678	61,805	272,483
Total	210,678	61,805	272,483

Sunderland Mind
Notes to the Accounts
for the year ended 31 March 2024

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019

and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and with the Charities Act 2011.

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

1.2 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note 2.

1.3 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period.

1.4 Material prior year errors

No material prior year errors have been identified in the reporting period.

2 Accounting policies

2.1 INCOME

Recognition of income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
 - it is more likely than not that the trustees will receive the resources;
- and

- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met.

Legacies

Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

Government grants

The charity has received government grants in the reporting period.

Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so. The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution. Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'. Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable. Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.
Support costs	The charity has incurred expenditure on support costs.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies. Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.
Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met and are included as an item of other income in the SoFA.
Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

2.2 EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg staff costs by the time spent.
Redundancy cost	The charity has not made any redundancy payments during the reporting period.
Deferred income	No material item of deferred income has been included in the accounts.
Creditors	Charity creditors are measured at settlement amounts less any trade discounts.
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

2.3 ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £300. They are valued at cost. The depreciation rates and methods used are disclosed in note 8.2.
Investments	Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value. Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock. Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

3 Analysis of income

This analysis is classified by conventional nominal descriptions and not by activity.

Analysis	Unrestricted	Restricted	Total funds	Prior year
	funds	income funds		
	£	£	£	£
Donations and legacies:				
Donations and gifts	36,212	-	36,212	8,301
Hedley Solicitors	4,842	-	4,842	-
Sunderland Care and Support	3,939	-	3,939	-
Wates Family Grant	3,454	-	3,454	-
Innovate Uk	1,924	-	1,924	-
NHS NE & Ncumbria	-	35,000	35,000	-
Access Reach Fund	-	12,000	12,000	-
National Lottery Community Fund	-	19,548	19,548	-
Tyne Coast Academy	-	2,418	2,418	1,270
Sunderland City Council	-	37,822	37,822	27,452
Cloth Workers	-	-	-	40,000
SARA project	-	-	-	39,770
Cumbria NHS	-	-	-	32,538
Community Foundation	-	-	-	19,321
Gentoo	-	-	-	6,894
CNTW NHS Foundation Trust	-	-	-	5,840
Sunderland University	-	-	-	2,950
Aspire North East	-	-	-	2,393
Beaverbrooks Charitable Trust	-	-	-	1,800
Sir James Knott	-	-	-	500
Rotary Club	-	-	-	500
Cash exchange	-	-	-	657
Other income	500	-	500	16
Total	50,871	106,788	157,659	190,202
Charitable activities:				
Sunderland CCG/Together for Children	-	38,399	38,399	89,350
Sunderland City Council	-	44,068	44,068	33,331
CNTW NHS Foundation Trust	-	228,253	228,253	137,624
CNTW - Listening Ear	-	39,327	39,327	-
CNTW NHS - IAPT Costs	-	17,500	17,500	-
Anger Management	610	-	610	1,510
Private counselling sessions	4,100	-	4,100	4,190
Other counselling	350	975	1,325	-
Total	5,060	368,522	373,582	266,005
Other trading activities:				
Room rental	19,666	-	19,666	15,704
Fundraising events	5,572	-	5,572	10,879
Other	105	-	105	840
Total	25,343	-	25,343	27,423
TOTAL INCOME	81,274	475,310	556,584	483,630

Other information:

All income in the prior year was unrestricted except for:

	£
Sunderland CCG/Together for Children	89,350
Sunderland City Council	60,783
SARA project	39,770
Cloth Workers	40,000
CNTW NHS counselling	137,624
Cumbria NHS	32,538
Community Foundation	9,321
CNTW NHS Foundation Trust	5,840
Sunderland University	2,950
Aspire North East	2,393
Tyne Coast Academy	1,270
Sir James Knott	500
Rotary Club	500
Total	422,839

4 Analysis of receipts of government grants

	2024	2023
	£	£
Sunderland CCG/Together for Children	38,399	89,350
NHS NE & Ncumbria	35,000	-
CNTW NHS Foundation Trust	228,253	-
CNTW - Listening Ear	39,327	-
CNTW NHS - IAPT Costs	17,500	-
Cumbria NHS	-	32,538
CNTW NHS	-	143,464
Sunderland City Council	81,890	60,783
Total	440,369	326,135

5 Analysis of expenditure

This analysis is classified by conventional nominal descriptions and not by activity.

Analysis	Unrestricted funds	Restricted income funds	Total funds	Prior year
	£	£	£	£
Expenditure on raising funds:	-	-	-	-
Total expenditure on raising funds	-	-	-	-
Expenditure on charitable activities				
Salaries	-	314,306	314,306	331,678
Employers NI	-	19,759	19,759	20,576
Pension costs	-	6,427	6,427	6,404
Sub-contracted workers	-	1,030	1,030	1,995
Heat, light & water	-	19,417	19,417	12,435
Telephone	-	2,773	2,773	3,021
Insurance	-	8,822	8,822	7,127
Membership & licence fees	-	2,955	2,955	1,207
Supervision, interpreter & DBS's	-	14,934	14,934	1,997
Travel, training & conference	-	805	805	63
Maintenance, repairs & goods	14,672	64,961	79,633	96,003
IT Website	-	7,311	7,311	-
Rent & rates	-	614	614	5,789
Catering & cleaning	-	914	914	888
Activities, events & sundries	-	6,083	6,083	6,720
Publicity, printing, stationery, advertising & postage	-	2,464	2,464	1,785
Photocopier	-	3,334	3,334	4,578
Legal & professional fees	-	2,468	2,468	2,362
Cash exchange	-	-	-	657
Bank charges	-	332	332	424
Depreciation	-	7,822	7,822	7,966
Total expenditure on charitable activities	14,672	487,531	502,203	513,675
Other				
	-	-	-	-
Total other expenditure	-	-	-	-
TOTAL EXPENDITURE	14,672	487,531	502,203	513,675

Other information:

Analysis of expenditure on charitable activities

Activity or programme	Activities undertaken directly	Support Costs	2024	2023
	£	£	£	£
Counselling	229,595	109,154	338,749	307,764
Wellbeing	110,898	52,556	163,454	205,911
Other	-	-	-	-
Total	340,493	161,710	502,203	513,675

Prior year expenditure on charitable activities can be analysed as follows: 358,658 155,017 513,675

Support costs are apportioned based on the time spent by staff on each activity.

6 Details of certain items of expenditure

6.1 Fees for examination of the accounts

	2024	2023
	£	£
Independent examiner's fees	1,100	1,000
Other fees paid to the independent examiner	-	-

7 Paid Employees

7.1 Staff Costs

	2024	2023
	£	£
Salaries and wages	314,306	331,678
Employers NI	19,759	20,576
Pension costs	6,427	6,404
Total staff costs	340,492	358,658

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

7.2 Average head count in the year

The parts of the charity in which the employees work:-	2024	2023
Fundraising	-	-
Charitable Activities	15	17
Governance	-	-
Other	-	-
Total	15	17

7.3 Redundancy payments

There were no redundancy payments made during the year.

8 Tangible fixed assets

8.1 Cost or valuation

	Land and buildings	Fixtures, fittings and equipment	Total
	£	£	£
At the beginning of the year	153,288	46,168	199,456
Additions	-	-	-
Disposals	-	(8,082)	(8,082)
At end of the year	153,288	38,086	191,374

8.2 Depreciation

	SL 50 years	SL 10/20%	
At beginning of the year	5,910	29,455	35,365
Disposals	-	(8,082)	(8,082)
Depreciation	3,065	4,757	7,822
At end of the year	8,975	26,130	35,105

8.3 Net book value

Net book value at the beginning of the year	147,378	16,713	164,091
Net book value at the end of the year	144,313	11,956	156,269

9 Debtors and prepayments

9.1 Analysis of debtors

	2024 £	2023 £
Debtors	-	5,840
Prepayments and accrued income	952	919
Total	952	6,759

10 Creditors and accruals

10.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	2024 £	2023 £	2024 £	2023 £
Other creditors	1,264	1,065	-	-
Taxation and social security	-	4,687	-	-
Trade creditors	1,027	513	-	-
Accruals and deferred income	1,640	3,871	-	-
Total	3,931	10,136	-	-

11 Cash at bank and in hand

	2024 £	2023 £
Cash at bank and on hand	272,483	210,678
Total	272,483	210,678

12 Charity funds

12.1 Details of material funds held and movements during the CURRENT reporting period

Restricted Funds

Fund names	Fund balances b/f. £	Income £	Expenditure £	Fund balances c/f. £
Sunderland CCG/Together for Children	-	38,399	38,399	-
NHS NE & Ncumbria	-	35,000	35,000	-
Access Reach Fund	-	12,000	12,000	-
National Lottery Community Fund	-	19,548	19,548	-
Tyne Coast Academy	-	2,418	2,418	-
Sunderland City Council	19,107	81,890	89,791	11,206
CNTW NHS Foundation Trust	5,167	228,253	229,545	3,875
CNTW - Listening Ear	-	39,327	39,327	-
CNTW NHS - IAPT Costs	-	17,500	17,500	-
Cumbria NHS	3,028	-	3,028	-
Therapy - Housing Options	-	975	975	-
Total Restricted Funds	27,302	475,310	487,531	15,081
Unrestricted Funds				
General fund	344,090	81,274	14,672	410,692
Total Unrestricted Funds	344,090	81,274	14,672	410,692
Total Funds	371,392	556,584	502,203	425,773

The purposes for which the funds detailed above are held by the charity are as follows:-

Restricted funds:-

Sunderland City Council Funding for shelter and sewing machines.
 CNTW NHS Foundation Trust Funding for laptops.

Unrestricted and designated funds-

These funds are held for meeting the objectives of the charity, and to provide reserves for future projects and activities. Subject to charity legislation, they are free from all restrictions on their use.

12.2 Details of material funds held and movements during the PREVIOUS reporting period

Restricted Funds

Fund names	Fund balances	Income	Expenditure	Fund
	b/f.			balances c/f.
	£	£	£	£
Sunderland CCG/Together for Children	38,719	89,350	128,069	-
SARA Project	35,461	39,770	75,231	-
Cloth Workers	-	40,000	40,000	-
Cumbria NHS	-	32,538	29,510	3,028
Sunderland City Council	-	60,783	41,676	19,107
Community Foundation	-	9,321	9,321	-
CNTW NHS Foundation Trust	-	5,840	673	5,167
Sunderland University	-	2,950	2,950	-
Aspire North East	-	2,393	2,393	-
Tyne Coast Academy	-	1,270	1,270	-
Sir James Knott	-	500	500	-
Rotary Club	-	500	500	-
CNTW NHS counselling	-	137,624	137,624	-
Monkwearmouth School	8,037	-	8,037	-
Sir Tom Cowie Fund	2,500	-	2,500	-
Listening Ear	6,641	-	6,641	-
Awards for All	2,280	-	2,280	-
Sundry other funds	1,242	-	1,242	-
Total Funds	94,880	422,839	490,417	27,302
Unrestricted Funds				
General fund	306,557	60,791	23,258	344,090
Total Unrestricted Funds	306,557	60,791	23,258	344,090
Total Funds	401,437	483,630	513,675	371,392

13 Transactions with trustees and related parties

13.1 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with

13.2 Trustees' expenses

No trustee expenses have been incurred.

13.3 Transaction(s) with related parties

There have been no related party transactions in the reporting period.

14 Defined contribution pension scheme

The charity operates a defined contribution pension scheme through NEST.

The total amount of contributions recognised in the SOFA as an expense is £6,427.

SUNDERLAND MIND

England & Wales - Charity number 1171734

Accounts

Charity (CIO) number
1171734

Sunderland Mind
Trustees' Report and Accounts
31 March 2023

**Sunderland Mind
Trustees' report and accounts
Contents**

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Sunderland Mind
Trustees' Annual Report
Charity (CIO) number: 1171734

The Trustees present their report and accounts for the year ended 31 March 2023

Objectives and Activities

Summary of the purposes of the charity as set out in its governing document

A) To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.

B) To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

The charitable objectives of Sunderland Mind are to promote the preservation and the safeguarding of mental health and the relief of persons suffering from mental disorder in association with Mind (National Association for Mental Health) in accordance with the aims and objects of Mind.

Sunderland Mind strive to provide quality mental health services in a non-judgemental environment for those coping or recovering from mental ill health and emotional distress.

Our vision is of a society that promotes and provides quality mental health services for all and that treats those experiencing mental illness fairly, positively, with respect and dignity and is in accordance with the aims and objectives of Mind - NAMH (National Association for Mental Health)

Summary of the main activities in relation to those purposes for the public benefit.

The main activities undertaken for the public benefit during the year have been as follows:-

- Counselling services, adults and children
- Group work activities
- Drop in sessions
- Peer Support Sessions both male and female
- Young Peoples Project
- Life Support Project
- Bereavement Support Group
- Suicide Support Group
- Emotional resilience in the school setting
- Listening Ear Service, adults and children
- SARA Peer Support Project
- Anger Management
- Couples Counselling

We provide advice, support, information and campaign to tackle stigma and discrimination and protect good mental health for all who reside in the City of Sunderland.

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit

The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional information

Contribution made by volunteers

The charity is reliant on the support of its volunteers to achieve its objects and the work of volunteers is invaluable.

Achievements and Performance

Summary of the main achievements of the charity.

This year has been another very busy year as we continue to recover from the Covid 19 Pandemic which threw the year into a widespread panic effecting lives in a variety of ways some more severe than others. We have therefore continued to offer support packages to deal with a variety of issues and a major increase in Bereavement Support. The greatest change for the organisation is how we have needed to embrace a new hybrid way of working which has been dictated by the fallout from Covid 19 and built into the future Business Continuity Plan.

Counselling Service

The delivery of the Counselling service continues to embrace the changes to delivery offering a new hybrid model as there is still a worry about the legacy of Covid 19. The themes for support remain constant i.e. Anxiety, Depression, Loneliness and Bereavement.

The organisation is currently working towards a Single Point of Access as a partnership with Cumbria, Northumberland, Tyne and Wear Trust (CNTW) Washington Mind and Sunderland Counselling Service. We have reinstated the Anger Management Service taking both Professional and Self Referrals into the service. Couples Counselling Service has seen a small increase once again as a direct impact of the lockdown which meant some couples struggled in the enforced situation of 24 hours together. Childrens Counselling has been a new offer from the organisation this year offering a service from 8 year old to 17 we take referrals from schools, parents/carers and professionals.

Drop In Service

This service has now been reinstated and operates on a Monday it has become a place for new service users to build friendships in a warm non threatening environment. It is a place to share issues and get resolutions from staff and peers. It is for some the first step into some of the other activities.

Support 2022/23

This project has continued in the wake of the lockdown to delivering a variety of self confidence building sessions. Activities include Art, Craft, Knitting and sewing. Once a week service users stay for a hot lunch served between sessions, on occasions they may just have a fun based session which will include games, bingo and quizzes. We have also offered a weekly low level fitness session which is bespoke to the participants.

Young Peoples Project

This project continues to grow from strength to strength and over the last year we have supported over 700 young people through a variety of mediums and platforms. We offer twice weekly sessions for Junior and Senior children this is not traditional youth work as we focus on Emotional Resilience Support. We have also offered holiday clubs to the young people in all of the school holidays.

Listening Ear

This service is offered to both adults and young people who need to off load in a confidential situation. It is offered to individuals who either do not fit the criteria for counselling and sometimes only need reassurance. This project has continued to grow across the whole year. We have offered the service to young people directly in two of the larger secondary schools the teaching staff can refer directly into the individual sessions which are 30 minutes per child for a period of 6 weeks always with the same worker. A child can also ask to be referred for support. The adult service tends to be more telephone based especially if they have been referred from the hospital discharge team.

Support Groups

Bereavement Support- the group meets every Monday to help individuals deal with their sometimes overwhelming feelings of grief helping them with the support of others to move on and understanding and normalising the feelings. It support also identifies that they are not alone. The group members have all been contacted on a weekly basis for a catch up and to ensure that their mental health was not deteriorating whilst in lockdown.

Keeping On – This group was new last year so it was imperative that we maintain contact with all the participants, support has been by telephone or email, the facilitator has been in constant contact but as the group is peer led they have also been supporting each other especially in the darkest of times.

SARA

This has been a pilot project that we have operated as a Peer Support Project, individuals were referred to the project by professionals or family members to access support to attend a group in their area in order to build their own confidence to rejoin Society. Individuals may have lost a family member or just become isolated especially as fallout from Covid, they may just have no wider family support or friends so the overarching idea is to help the individual to build new friendships or start a new activity.

Financial Review

Review of the charity's financial position at the end of the period

The trustees consider the financial performance of the CIO during the year to have been satisfactory.

The CIO has recorded a deficit this year of £30,045, unrestricted reserves have increased to £344,090 and restricted reserves have decreased to £27,302. The total reserves includes £164,091 of fixed assets and these funds can only be realised if the assets are sold.

The deficit recorded in the CIO's accounts is due to a significant drop in income during the year as well as a large increase in expenditure.

The main reason for the large increase in expenditure was due to the CIO needing to carry out some major refurbishment and repairs to our building.

Total funds held by the CIO at the year end were £371,392, down from £401,437 in the previous year.

Statement explaining the policy for holding reserves stating why they are held

The trustees aim to maintain cash reserves at a level that is sufficient to meet the full running costs of the CIO for a period of 6 months.

This would enable the charity to be able to continue providing our services should future funding and income drop. The reserves will also act as a safety net for any large unexpected expenditure that may arise in the future.

Amount of reserves held

Cash reserves as at 31st March 2023 amounted to £210,678 (2022: £254,520). The trustees are satisfied with the current amount held, as they will be sufficient to meet the reserves policy based on the expected unfunded running costs in the coming year.

Reasons for holding zero reserves

The charity has no plans to hold zero reserves.

Details of fund materially in deficit

There are no funds in deficit.

Explanation of any uncertainties about the charity continuing as a going concern

There are no current concerns about the CIO's future.

Additional information

The charity's principal sources of funds (including any fundraising)

The charity's funding comes from various sources (see below). This funding allows the charity to offer various activities and services which allow us to achieve our ongoing objectives.

Our major funders and sources of income during the year have been:-

Sunderland CCG/Together for Children	Community Foundation
Sunderland City Council	CNTW NHS Foundation Trust
CNTW NHS counselling	Gentoo
Cloth Workers	Beaverbrooks Charitable Trust
SARA project	Tyne Coast Academy
Cumbria NHS	Counselling sessions
Sunderland University	Room rental
Aspire North East	Various donations and fundraising events

Structure, Governance and Management

Type of governing document

The Charity is governed as a CIO - Association registered on 22 February 2017.

How the the charity is constituted

Sunderland Mind is a Charitable Incorporated Organisation (CIO) number 1171734.

Trustee selection methods including details of any constitutional provisions

Trustees are elected at the AGM and can serve for three years. Trustees can be re-appointed at the subsequent meeting.

Reference and Administrative details

Charity name	Sunderland Mind
Charitable Incorporated Organisation number	1171734
Charity's principal address	Sunderland Mind Wellbeing Hub Church Street East Hendon Sunderland Tyne and Wear SR1 2BB

Names of the charity trustees who manage the charity

A Morrison	Chair		
D Gardiner	Treasurer	appointed	11/10/2022
G Frend			
B Broad			
A Lowery			
A M Boyle			

All trustees served for the whole year unless stated above.

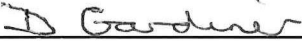
Additional information

Details of the Independent Examiner:
SE Squirrell FMAAT
8 West Acre
Consett
DH8 0AY

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	
Full name(s)	Dorothy Gardiner
Position	Treasurer
Date	19.1.2024

Independent Examiner's Report

Report to the trustees of Sunderland Mind

On the accounts for the year ended 31 March 2023 Charity (CIO) number: 1171734

Set out on pages 6 to 16

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

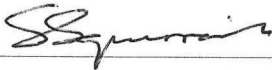
The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Association of Accounting Technicians.

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: _____



Date: 19.1.2024

SE Squirrell FMAAT
The Association of Accounting Technicians

8 West Acre
Consett
DH8 0AY

Sunderland Mind
Statement of Financial Activities
for the year ended 31 March 2023

Charity (CIO) number: 1171734

	Notes	Unrestricted funds 2023 £	Restricted income funds 2023 £	Total funds 2023 £	Prior year funds 2022 £
Incoming resources	3, 4				
Income and endowments from:					
Donations and legacies		27,668	162,534	190,202	274,046
Charitable activities		5,700	260,305	266,005	241,193
Other trading activities		27,423	-	27,423	26,940
Other		-	-	-	-
Total		60,791	422,839	483,630	542,179
Resources expended	5				
Expenditure on:					
Raising funds		-	-	-	-
Charitable activities		23,258	490,417	513,675	417,303
Other		-	-	-	-
Total		23,258	490,417	513,675	417,303
Net income/(expenditure)		37,533	(67,578)	(30,045)	124,876
Transfers between funds		-	-	-	-
Net movement in funds		37,533	(67,578)	(30,045)	124,876
Reconciliation of funds:					
Total funds brought forward		306,557	94,880	401,437	276,561
Total funds carried forward		344,090	27,302	371,392	401,437

**Sunderland Mind
Balance Sheet
as at 31 March 2023**

	Notes	Total funds	Prior year funds
		2023 £	2022 £
Fixed assets			
Tangible assets	8	164,091	153,108
Total fixed assets		<u>164,091</u>	<u>153,108</u>
Current assets			
Debtors	9	6,759	4,947
Cash at bank and in hand	11	210,678	254,520
Total current assets		<u>217,437</u>	<u>259,467</u>
Creditors: amounts falling due within one year	10	(10,136)	(3,450)
Net current assets/(liabilities)		<u>207,301</u>	<u>256,017</u>
Total assets less current liabilities		<u>371,392</u>	<u>409,125</u>
Creditors: amounts falling due after one year	10	-	(7,688)
Total net assets or liabilities		<u>371,392</u>	<u>401,437</u>
Funds of the Charity			
Restricted income funds	12	27,302	94,880
Unrestricted funds	12	344,090	306,557
Total funds		<u>371,392</u>	<u>401,437</u>

Dorothy Gardiner
Treasurer

D Gardiner

Date of approval by the trustees:

19.1.2024

**Sunderland Mind
Notes to the Accounts
for the year ended 31 March 2023**

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019

and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and with the Charities Act 2011.

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

1.2 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note 2.

1.3 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period.

1.4 Material prior year errors

No material prior year errors have been identified in the reporting period.

2 Accounting policies

2.1 INCOME

Recognition of income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
 - it is more likely than not that the trustees will receive the resources;
- and

- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met.

Legacies

Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

Government grants

The charity has received government grants in the reporting period.

Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.
Donated goods	<p>Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.</p> <p>The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.</p> <p>Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.</p> <p>Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.</p> <p>Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.</p>
Donated services and facilities	<p>Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.</p> <p>Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.</p>
Support costs	The charity has incurred expenditure on support costs.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.
Income from membership subscriptions	<p>Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.</p> <p>Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.</p>
Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met and are included as an item of other income in the SoFA.
Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

2.2 EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg staff costs by the time spent.
Redundancy cost	The charity has made a redundancy payment during the reporting period.
Deferred income	No material item of deferred income has been included in the accounts.
Creditors	Charity creditors are measured at settlement amounts less any trade discounts.
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

2.3 ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £300. They are valued at cost. The depreciation rates and methods used are disclosed in note 8.2.
Investments	Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower of cost or net realisable value. Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock. Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

3 Analysis of income

This analysis is classified by conventional nominal descriptions and not by activity.

Analysis	Unrestricted	Restricted	Total funds	Prior year
	funds	income funds		
	£	£	£	£
Donations and legacies:				
Donations and gifts	8,301	-	8,301	18,797
Legacy	-	-	-	17,500
Cloth Workers	-	40,000	40,000	-
SARA project	-	39,770	39,770	70,961
Cumbria NHS	-	32,538	32,538	-
Sunderland City Council	-	27,452	27,452	49,918
Community Foundation	10,000	9,321	19,321	3,000
Gentoo	6,894	-	6,894	-
CNTW NHS Foundation Trust	-	5,840	5,840	-
Sunderland University	-	2,950	2,950	-
Aspire North East	-	2,393	2,393	-
Beaverbrooks Charitable Trust	1,800	-	1,800	-
Tyne Coast Academy	-	1,270	1,270	-
Sir James Knott	-	500	500	-
Rotary Club	-	500	500	-
Sunderland CCG	-	-	-	50,000
Monkwearmouth School	-	-	-	17,823
Sir Tom Cowie Fund	-	-	-	15,000
Listening Ear	-	-	-	13,283
Awards for All	-	-	-	9,124
Greggs Foundation	-	-	-	3,850
Southmoor School	-	-	-	2,175
Fancy a Day Out	-	-	-	900
Cash exchange	657	-	657	1,465
Other income	16	-	16	250
Total	27,668	162,534	190,202	274,046
Charitable activities:				
Sunderland CCG/Together for Children	-	89,350	89,350	199,580
Sunderland City Council	-	33,331	33,331	33,331
CNTW NHS counselling	-	137,624	137,624	-
Anger Management	1,510	-	1,510	890
Private counselling sessions	4,190	-	4,190	5,565
Together for Children	-	-	-	1,050
Other	-	-	-	777
Total	5,700	260,305	266,005	241,193
Other trading activities:				
Room rental	15,704	-	15,704	18,056
Fundraising events	10,879	-	10,879	8,884
Other	840	-	840	-
Total	27,423	-	27,423	26,940
TOTAL INCOME	60,791	422,839	483,630	542,179

Other information:

All income in the prior year was unrestricted except for:

	£
Sunderland CCG/Together for Children	249,580
Sunderland City Council	83,249
SARA project	70,961
Monkwearmouth School	17,823
Sir Tom Cowie Fund	15,000
Listening Ear	13,283
Awards for All	9,124
Greggs Foundation	3,850
Community Foundation	3,000
Southmoor School	2,175
Fancy a Day Out	900
Total	468,945

4 Analysis of receipts of government grants

	2023 £	2022 £
Sunderland CCG/Together for Children	89,350	249,580
Cumbria NHS	32,538	-
CNTW NHS	143,464	-
Sunderland City Council	60,783	83,249
Total	326,135	332,829

5 Analysis of expenditure

This analysis is classified by conventional nominal descriptions and not by activity.

Analysis	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year £
Expenditure on raising funds:	-	-	-	-
Total expenditure on raising funds	-	-	-	-
Expenditure on charitable activities				
Salaries	-	331,678	331,678	304,889
Employers NI	-	20,576	20,576	16,061
Pension costs	-	6,404	6,404	4,939
Sub-contracted workers	-	1,995	1,995	10,107
Heat, light & water	-	12,435	12,435	11,039
Telephone	-	3,021	3,021	4,009
Insurance	-	7,127	7,127	2,393
Membership & licence fees	-	1,207	1,207	675
Supervision, interpreter & DBS's	-	1,997	1,997	1,113
Travel, training & conference	-	63	63	165
Maintenance, repairs & goods	19,815	76,188	96,003	21,611
Rent & rates	-	5,789	5,789	12,089
Catering & cleaning	-	888	888	321
Activities, events & sundries	-	6,720	6,720	4,058
Publicity, printing, stationery, advertising & postage	-	1,785	1,785	2,462
Photocopier	-	4,578	4,578	3,483
Legal & professional fees	2,362	-	2,362	2,346
Movement in provisions	-	-	-	7,688
Cash exchange	657	-	657	1,465
Bank charges	424	-	424	32
Depreciation	-	7,966	7,966	6,358
Total expenditure on charitable activities	23,258	490,417	513,675	417,303
Other	-	-	-	-
Total other expenditure	-	-	-	-
TOTAL EXPENDITURE	23,258	490,417	513,675	417,303

Other information:

Analysis of expenditure on charitable activities

Activity or programme	Activities undertaken directly £	Support Costs £	2023 £	2022 £
Counselling	214,754	93,010	307,764	264,717
Wellbeing	143,904	62,007	205,911	152,586
Other	-	-	-	-
Total	358,658	155,017	513,675	417,303

Prior year expenditure on charitable activities can be analysed as follows:	343,850	73,453	417,303
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Support costs are apportioned based on the time spent by staff on charitable activities.

6 Details of certain items of expenditure

6.1 Fees for examination of the accounts

	<u>2023</u> £	<u>2022</u> £
Independent examiner's fees	1,000	990
Other fees paid to the independent examiner	-	-

7 Paid Employees

7.1 Staff Costs

	<u>2023</u> £	<u>2022</u> £
Salaries and wages	331,678	304,889
Employers NI	20,576	16,061
Pension costs	6,404	4,939
Other employee benefits	-	520
Total staff costs	<u>358,658</u>	<u>326,409</u>

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

7.2 Average head count in the year

The parts of the charity in which the employees work:-	<u>2023</u>	<u>2022</u>
Fundraising	-	-
Charitable Activities	17	18
Governance	-	-
Other	-	-
Total	<u>17</u>	<u>18</u>

7.3 Redundancy payments

Total amount of redundancy payments during the year were	<u>£</u> 787
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8 Tangible fixed assets

8.1 Cost or valuation

	Land and buildings	Fixtures, fittings and equipment	Total
	£	£	£
At the beginning of the year	142,177	39,007	181,184
Additions	11,111	7,838	18,949
Disposals	-	(677)	(677)
At end of the year	153,288	46,168	199,456

8.2 Depreciation

	**Basis SL	SL	
	50 years	10/20%	
	£	£	£
At beginning of the year	2,843	25,233	28,076
Disposals	-	(677)	(677)
Depreciation	3,067	4,899	7,966
At end of the year	5,910	29,455	35,365

8.3 Net book value

Net book value at the beginning of the year	139,334	13,774	153,108
Net book value at the end of the year	147,378	16,713	164,091

9 Debtors and prepayments

9.1 Analysis of debtors

	2023 £	2022 £
Debtors	5,840	-
Prepayments and accrued income	919	4,947
Total	6,759	4,947

10 Creditors and accruals

10.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	2023 £	2022 £	2023 £	2022 £
Other creditors	1,065	1,222	-	-
Taxation and social security	4,687	(527)	-	-
Trade creditors	513	-	-	-
Accruals and deferred income	3,871	2,755	-	-
Total	10,136	3,450	-	-

11 Cash at bank and in hand

	2023 £	2022 £
Cash at bank and on hand	210,678	254,520
Total	210,678	254,520

12 Charity funds

12.1 Details of material funds held and movements during the CURRENT reporting period

Restricted Funds

Fund names	Fund balances	Income	Expenditure	Fund
	b/f.			balances c/f.
	£	£	£	£
Sunderland CCG/Together for Children	38,719	89,350	128,069	-
SARA Project	35,461	39,770	75,231	-
Cloth Workers	-	40,000	40,000	-
Cumbria NHS	-	32,538	29,510	3,028
Sunderland City Council	-	60,783	41,676	19,107
Community Foundation	-	9,321	9,321	-
CNTW NHS Foundation Trust	-	5,840	673	5,167
Sunderland University	-	2,950	2,950	-
Aspire North East	-	2,393	2,393	-
Tyne Coast Academy	-	1,270	1,270	-
Sir James Knott	-	500	500	-
Rotary Club	-	500	500	-
CNTW NHS counselling	-	137,624	137,624	-
Monkwearmouth School	8,037	-	8,037	-
Sir Tom Cowie Fund	2,500	-	2,500	-
Listening Ear	6,641	-	6,641	-
Awards for All	2,280	-	2,280	-
Sundry other funds	1,242	-	1,242	-
Total Restricted Funds	94,880	422,839	490,417	27,302
Unrestricted Funds				
General fund	306,557	60,791	23,258	344,090
Total Unrestricted Funds	306,557	60,791	23,258	344,090
Total Funds	401,437	483,630	513,675	371,392

The purposes for which the funds detailed above are held by the charity are as follows:-

Restricted funds:-

Sunderland City Council	Funding for both sewing and warm spaces projects and assets.
CNTW NHS Foundation Trust	Funding for laptops.
Cumbria NHS	Funding for IAPT service costs.

Unrestricted and designated funds-

These funds are held for meeting the objectives of the charity, and to provide reserves for future projects and activities. Subject to charity legislation, they are free from all restrictions on their use.

12.2 Details of material funds held and movements during the PREVIOUS reporting period
Restricted Funds

Fund names	Fund balances b/f. £	Income £	Expenditure £	Fund balances c/f. £
Sunderland CCG/Together for Children	8,563	249,580	219,424	38,719
Sports Fund	3,193	-	3,193	-
Sunderland City Council	-	83,249	83,249	-
SARA Project	-	70,961	35,500	35,461
Monkwearmouth School	-	17,823	9,786	8,037
Sir Tom Cowie Fund	-	15,000	12,500	2,500
Listening Ear	-	13,283	6,642	6,641
Awards for All	-	9,124	6,844	2,280
Greggs Foundation	-	3,850	3,850	-
Sundry other funds	-	6,075	4,833	1,242
Total Funds	11,756	468,945	385,821	94,880
Unrestricted Funds				
General fund	264,805	73,234	31,482	306,557
Total Unrestricted Funds	264,805	73,234	31,482	306,557
Total Funds	276,561	542,179	417,303	401,437

13 Transactions with trustees and related parties

13.1 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with

13.2 Trustees' expenses

No trustee expenses have been incurred.

13.3 Transaction(s) with related parties

There have been no related party transactions in the reporting period.

14 Defined contribution pension scheme

The charity operates a defined contribution pension scheme through NEST.

The total amount of contributions recognised in the SOFA as an expense is £6,404.

SUNDERLAND MIND

England & Wales - Charity number 1171734

Accounts

The Charity Registration Number is :- 1171734

Sunderland Mind
Report and Accounts
31 March 2022

Sunderland Mind

Report and accounts for the year ended 31 March 2022

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Sunderland Mind

Trustees' Annual Report for the year ended 31 March 2022

The Trustees present their Report and Accounts for the year ended 31 March 2022.

Reference and administrative details

The charity name.

The legal name of the charity is:- Sunderland Mind.

The charity is also known by its operating name, N/A.

The charity's areas operation and UK charitable registration.

The charity is registered in England & Wales with the Charity Commission in England & Wales (CCEW) with charity number 1171734.

The charity does not operate in any overseas jurisdictions.

Legal structure of the charity

The charity is constituted as a Charitable Incorporated Organisation (CIO) in England & Wales. The governing document of the charity is the constitution of the CIO as approved by the Charity Commission in England & Wales (CCEW) .

The governing document is dated 22 February 2017

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

The trustees are all individuals.

The principal operating address, telephone number, email and web addresses of the charity are:-

Sunderland Mind Wellbeing Hub

Church Street East, Hendon

Sunderland, Tyne and Wear, SR1 2BB

Telephone 0191 5657218

Email Address admin@sunderlandmind.co.uk Web address www.sunderlandmind.co.uk

The Trustees in office on the date the report was approved were:-

A Morrison

G Frend

B Broad

A Lowery

A M Boyle

The following persons served as Trustees during the year ended 31 March 2022 :-

The trustees who served as a trustee in the reporting period, and, if applicable, their dates of appointment or resignation during the year were:-.

<i>Name</i>	<i>Appointed</i>	<i>Resigned/Retired</i>
A Morrison		
G Frend		
B Broad		
A Lowery		
A M Boyle		
M Nichols		18th May 2021

Sunderland Mind

Trustees' Annual Report for the year ended 31 March 2022

Objects and activities of the charity

The purposes of the charity as set out in its governing document.

A) To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.

B) To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

The charity operates primarily in the City of Sunderland and surrounding areas.

The charitable objectives of Sunderland Mind are to promote the preservation and the safeguarding of mental health and the relief of persons suffering from mental disorder in association with Mind (National Association for Mental Health) in accordance with the aims and objects of Mind.

Sunderland Mind strive to provide quality mental health services in a non-judgemental environment for those coping or recovering from mental ill health and emotional distress.

Our vision is of a society that promotes and provides quality mental health services for all and that treats those experiencing mental illness fairly, positively, with respect and dignity and is in accordance with the aims and objectives of Mind - NAMH (National Association for Mental Health)

The main activities undertaken in relation to those purposes during the year.

Counselling services Adult and Children

Anger Management

Couples Counselling

Wellbeing Activities - Art Group, Craft Group, Ladies Group, Mens Group, Knitting Group, Coffee Morning, Seated Exercise, Fishing, Boys Group, Girls Group.

SARA project

Young Peoples Project

Life Support Project

Bereavement Support Group

Suicide Support Group

Emotional resilience in the school setting Listening Ear Service (Adults and Children)

We provide advice, support, information and campaign to tackle stigma and discrimination and protect good mental health for all who reside in the City of Sunderland.

The main activities undertaken during the year to further the charity's purpose for the public benefit.

See information on activities above

Sunderland Mind is a well-established local mental health and wellbeing charity with extensive local knowledge and networks, the charity will be celebrating the 50th anniversary during the coming year. Genuine service user involvement is at the heart of all our work.

The trustees have considered the guidance produced by the Charity Commission on the provision of public benefit and they confirm that public benefit has been provided by the range of activities provided.

The trustees have had regard to the Charity Commission's guidance on public benefit in managing the activities of the charity.

Sunderland Mind

Trustees' Annual Report for the year ended 31 March 2022

The short term and longer term aims and objectives.

After successfully purchasing the building we will strive over the next couple of years to seek funding to update and replace certain areas of the building as requires i.e Windows and Doors

Community engagement is high on our agenda to ensure that we continue to deliver the much needed services required serving the needs identified.

We will continue to offer as many social support groups as identified.

We aim to design and deliver more training to the wider sector

We will continue to deliver the most appropriate service to fulfil all requirements around counselling, ensuring flexibility in delivery, face to face, telephone or zoom

The charity's strategies for achieving its aims and objectives in the future.

We will maintain our BACP membership, staff none accredited will strive for accreditation and we would hope to have the organisation accredited in the very near future.

Trustees, staff and volunteers working as one team in a safe, stimulating, healthy environment that helps all staff and volunteers work together towards shared goals

The organisation is well resourced with long term funding in place to enable continued innovation and creativity to thrive.

How the activities undertaken during the year contributed to the achievement of the aims and objectives.

Our support services are as always in great demand and we have seen a significant rise as the world moves on from the Covid 19 pandemic. Over the last year (April 21 to March 22) we have received 1048 referrals into the counselling and therapeutic services, 433 individuals accessing social and wellbeing support we have dealt with over 90,000 telephone, email and text enquiries. We have recorded 142,086 visitors to our social media platforms and website. We have delivered training to over 200 individuals in Mentoring and Befriending and Volunteer Roles and Responsibilities. In total we have received over 1500 visitors, carers for both children and adults to our centre across the last year.

Our support offer is built around choice, current activities include: information resources (including website and digital platforms), counselling (Adult and Young people), telephone support, therapeutic group work, wellbeing activities, training and volunteering opportunities. We also offer specifically themed social events throughout the year. Genuine service involvement is at the heart of all that we do always endeavouring to challenge and reduce stigma and discrimination

We disseminate mental health and wellbeing information through a variety of media, including external publications, our own publications, social media, surveys, our website, service leaflets and promotional material including ensuring that we share all information on partner newsletters.

We have continued with delivery of telephone support in the wake of the pandemic for both counselling, Listening Ear and wellbeing support as some users are still struggling to re-engage for fear of reinfection. It is also a preferred medium for those individuals that work.

Sunderland Mind

Trustees' Annual Report for the year ended 31 March 2022

Resources used in the activities undertaken during the year.

Virtually all of the charity's resources expended are used on charitable activities.

The contribution of volunteers during the year.

The charity is reliant on the support of its volunteers to achieve its objects and the work of volunteers is invaluable.

Volunteers play an important role in the charity's work, our volunteers help in the social groups with facilitation, fundraising activities and publicity events. Their ongoing contribution to the charity helps the staff and the charity achieve our targets and helps to ensure that we deliver the best service possible.

Grant making policies and how these contributed to the achievement of the charity's aims and objectives during the year.

The charity has not distributed any grants during the year.

The main achievements and performance of the charity during the year.

This year has been exceptionally busy as we navigate a pathway out of the Pandemic Covid 19, we have continued to embrace a different way of working. Although we have returned to face to face provision we continue to offer a telephone or Zoom option as some of our clients are still fearful of contact but for some it is more convenient. The previous year also gave us the time to look at what we delivered and identify any gaps in our provision one of our biggest changes is the introduction of Children's Counselling

Counselling Service

Adult Service

The delivery of the Counselling Service continues to be exceptionally busy, some of this is related to the fallout from Covid 19, the fear of re engaging with society as we transition back to a new normal. The need for Bereavement support has increased as individuals deal with the grief of dealing with the loss of loved ones or friends through Covid and the inability to attend funerals or visit hospitals or even just be there for support to friends and family. There is also an increase in those suffering with Anxiety caused by the return to work, mixing with others and having to be in enclosed spaces.

The current support offer still includes Telephone Counselling and on the odd occasion Zoom or Teams. We are operating a new system as part of the partnership with Washington Mind, Sunderland Counselling Service, Cumbria, Northumberland, Tyne and Wear Trust and ourselves, all service users need to refer direct to CNTW which is the Single Point of Access (SPA) that is the triage point and it is aimed to make a patients journey easier by the fact that this method means they only need to tell their story once, reducing the upset and anxiety.

Childrens Counselling

This is a new service that we have been funded to deliver this year as we were experiencing growing numbers of parents asking for support for their children, due to waiting lists and those that have been in other services but are still in need of further support. The allocated counsellor has been extremely busy in her first year and we do not expect this to change due to the variety of issues that are presented.

Sunderland Mind

Trustees' Annual Report for the year ended 31 March 2022

Anger Management

This service continues to receive regular referrals from statutory agencies as well as direct referrals from individuals who have identified for themselves that they need help and support.

Couples

There is an increase in referrals to this service as life for a lot of couples has been deeply affected by the pandemic and the fallout and major life changes that Covid 19 has brought.

Life Support 2021/2022

This project funding oversees the delivery of all the Wellbeing activities that we currently offer by careful financial management and the addition of small grants i.e. Community Foundation we can deliver a vast array of different much needed services and support groups. The list below continues to grow and change as the need dictates.

Boys group	Fishing
Girls Group	Knitting
Drama	Seated Exercise
Mens Group	Drop in
Ladies Group	Fitness
Art Group	Cookery

Support Groups

Bereavement Support - the group meets every Monday to help individuals deal with their sometimes overwhelming feelings of grief helping them with the support of others to move on and understanding and normalising the feelings. It support also identifies that they are not alone. The group members have all been contacted on a weekly basis for a catch up and to ensure that their mental health was not deteriorating whilst in lockdown.

Keeping On - This group continues to offer the support to those individuals and families in what is one of the darkest times of their lives, helping them to steer a pathway learning how to cope.

SARA Project

This is a new project which initially offered a Peer Mentoring Service to the residents of the Southwick Area of the city, it was later decided to widen the area of benefit to the whole city. The project matches individuals who are struggling to engage in their communities with a volunteer who meets them to help with the confidence of attending a local group, or going for a walk and a coffee. It is also a listening service for those who at the meeting want to off load issues. It has been very positively received by the beneficiaries, the volunteer mentors are also reporting great positive changes to their personal mental wellbeing and they feel a rewarding sense of achievement.

One of the organisations greatest achievements this year is that we were able to purchase the Wellbeing Hub from the Diocese of Durham, this has given us the opportunity to look forward positively. The building will need some structural repairs which we will phase in over the next couple of years to ensure that we have a safe, warm environment for those that are most in need, the space within the building will allow for continued growth in our delivery and we hope to harness the space outside in the gardens as the years progress.

It has been another busy year for the whole organisation, Executive Board, staff and volunteers. We continue to deal with the after effects of the Covid 19 Pandemic which we believe will be with us for some considerable time.

Sunderland Mind

Trustees' Annual Report for the year ended 31 March 2022

The difference the charity's performance during the year has made to the beneficiaries of the charity.

We are confident that the services provided by the charity make a real positive difference to our service users.

The degree to which the achievements and performance during the year have benefited wider society.

Our services are available to all residents in the area and the positive difference that we can make will benefit the wider society as a whole.

The significant charitable activities undertaken in the year.

The main 2 charitable activities undertaken during the year have been 'Counselling Services' and 'Wellbeing Activities'.

How the achievements during the year measure up to the objectives set.

The charity feels that we have achieved all of the objectives that we set at the beginning of the year.

Structure, governance and management of the charity

The methods used to recruit and appoint new charity trustees.

Trustees are elected at the AGM and can serve for three years. Trustees can be re-appointed at the subsequent meeting.

The policies and procedures for the induction and training of trustees.

Trustees are recruited and selected using safer recruitment processes. We advertise openly to actively promote equality of opportunity for all and welcome applications from a wide range of candidates. We select all candidates for interview based on their skill, qualifications and experience, including lived experience of mental health issues. All potential trustees must complete an application form and shortlisting and interview are always undertaken by more than one person, usually the CEO and a trustee. If successful the chairperson will confirm in writing and they will be formally appointed at the next board meeting. Sunderland Mind has a duty of care to our client group so references will be checked and a DBS check undertaken. Each trustee is expected to complete a skills audit in order to ensure that we have the right skill mix and address any potential gaps.

All trustees are inducted to the organisation through meetings with other trustees and senior staff. Additional training is provided as required.

The charity's organisational structure.

Sunderland Mind is a Charitable Incorporated Organisation (CIO) number 1171734.

Sunderland Mind is a well-established local Charitable Incorporated Organisation governed by its Memorandum of Articles of Association, we have been delivering mental health and wellbeing services and support since 1973. We are affiliated to National Mind and are one of around 125 Local Mind Associations. Each one is an independent charity ran by local people, for local people and we are responsible for our own funding and services. Mind provides a nationwide support network including access to legal advice and other resources.

Sunderland Mind

Trustees' Annual Report for the year ended 31 March 2022

How the charity makes decisions and how decisions are delegated.

Sunderland Minds management committee are responsible for the strategic direction of the organisation. At present the committee has five members from a variety of backgrounds relevant to the work of the charity. The Chief Executive Officer is appointed by the trustees and is responsible for all aspects of the charity's operations, including obtaining adequate funding to finance the charity's services. The complete organisation structure consists of a CEO, accountable to the management committee with two senior managers accountable to the CEO.

They are Operations Manager, Clinical Lead they both have line management plus clinical supervision responsibilities for the administration, project and counselling staff. There are five staff in the wellbeing team and seven in the counselling team. We also employ a cleaner.

All staff are interviewed and assessment is carried out of their skill, qualifications and experience against their job description and capability. Comparative salaries are sought and benchmarked against suitable pay scales, using other local minds and similar organisations. For new posts we use NJC pay scales as guide which are widely used in the Voluntary and Community sectors.

The Chief Executive Officer and other senior management personnel to whom day to day management is delegated

Chief Executive Officer: Trish Cornish

Finance Manager: Dorothy Gardiner

Setting pay and remuneration of key management personnel

Pay is set by the trustees and management committee

Comparative salaries are sought and benchmarked against suitable pay scales, using other local minds and similar organisations.

The total salary paid to the key management personnel during the year was £56,010.

Bankers NatWest, Sunderland Branch, 52 Fawcett Street, Sunderland, SR1 1SB

Solicitors McKenzie Bell, 47 John Street, Sunderland, SR1 1QU

Financial review

The charity's financial position at the end of the year ended 31 March 2022

The financial position of the charity at 31 March 2022 and comparatives for the prior period, as more fully detailed in the accounts, can be summarised as follows:-

	2022	2021
	£	£
Net income	124,876	(1,930)
Unrestricted Revenue Funds available for the general purposes of the charity	306,557	264,805
Restricted Revenue Funds	94,880	11,756
Total Funds	401,437	276,561

Sunderland Mind

Trustees' Annual Report for the year ended 31 March 2022

Financial review of the position at the reporting date, 31 March 2022 .

Sunderland Mind have implemented robust financial systems to ensure that the Charity's resources continue to be properly managed and safeguarded. During the year our income rose to £542,179, a rise of approximately 43% and costs rose to £417,303

While this provides some certainty and continuity of funding going forward we are still in a position where demand on service outweighs the funding we receive.

The Trustees consider that our net current assets of £256,017 as at 31st March 2022 are sufficient to meet ongoing operational obligations.

Fundraising and Income generation

Sunderland Mind abide by the fundraising code of practice, all funding received is to meet the objectives of the service. Our main source of income is grant funding. However as we have an active presence in the city and wider community we do receive donations from individuals who have chosen to fundraise for Sunderland Mind by a variety of means (marathon Running, Football Matches etc.)

The charity does not make any material expenditure to raise income and has no plans to do so in the future. Fundraising was extremely effected in the previous year by the onset of the Covid pandemic it is starting to pick up again now as things open up and restart.

We recognise that it is now more important than ever to plan effectively for our future income, if we don't there is a real risk that our income may fall and our users and services may suffer. That being said since the year end we are experiencing more positivity.

Policies on reserves.

The management board has continued to pay scrutiny to the charity's requirements for reserves. The year has been another successful one for Sunderland Mind, but we appreciate that the threat of difficult times continues to lie ahead due to the many changing circumstances out of our control, including the global financial difficulties and the continued fallout from Covid 19. This however does not change our view on the amounts necessary to fund core activities which have increased over the last year. We aim to hold undesignated reserves of between 3 and 6 months core costs.

The trustees are satisfied the current reserves are within the target range set but continue to monitor the position closely.

The trustees also aim to maintain cash reserves at a level that is sufficient to meet the full running costs of the CIO for a minimum period of six months.

This would enable the charity to be able to continue providing our services should future funding and income drop. The reserves will also act as a safety net for any large unexpected expenditure that may arise in the future.

Cash reserves as at 31st March 2022 amounted to £254,520 (2021: £259,426). The cash reserves have decreased this year despite the charity recording a good surplus in the accounts. This is due to the cash purchase of our premises costing £142k. The trustees are satisfied with the current amount held, as they should be sufficient to meet the reserves policy based on expected running costs in the coming year.

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in each fund are available and adequate to fulfil its obligations in respect of each fund.

Significant events which have affected the financial performance and the financial position.

There have been no significant events affecting the financial performance and position during the year.

Sunderland Mind

Trustees' Annual Report for the year ended 31 March 2022

The major risks to which the Charity is exposed and reviews and systems to mitigate them.

The trustees have examined the major risks which the company faces in relation to external factors, governance and management, internal operations and business. The likelihood and impact of risks and what systems should be in place to control and reduce those risks are kept under review by the management committee throughout the year.

Sunderland Mind's Risk Register includes risks regarding governance, operational, financial, external factors and compliance with law and regulation is reviewed regularly. Trustees consider potential risks when planning and managing the charity's business. Risk management is a regular agenda item at Executive Committee meetings. Systems are designed to provide reasonable, although not absolute assurance against material loss or misstatement of loss.

There have been no major risks identified during the year

Factors likely to affect future financial performance .

The charity is not aware of any factors that are likely to affect future financial performance.

Principal funding sources in the year and how these support the key objectives of the charity.

The charity's funding comes from various sources (see below). This funding allows the charity to offer various activities and services which allow us to achieve our ongoing objectives.

Our major sources of income during the year have been:-

Sunderland CCG	SARA Project
Sunderland City Council	Sir Tom Cowie Fund
Education and training sessions	Counselling sessions
Listening Ear	Awards for All
Greggs Foundation	Community Foundation
Donations and fundraising events	

Plans For the Future

Summary of plans for the future and the trustees' perspective of the future direction of the charity.

As the charity is operating well, the plan over the coming years is to maintain the success and quality of the services provided.

It is felt that no major changes are needed at the present time.

Funds held as custodian trustees on behalf of others

There are no funds held as custodian trustees on behalf of others.

Details of The Independent Examiner

Mr S E Squirrell
Member of Association of Accounting Technicians
8 West Acre

Consett
Co Durham
DH8 0AY

Sunderland Mind

Trustees' Annual Report for the year ended 31 March 2022

Statement of Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), .

In particular, charity law requires the Trustees, if they prepare accounts on an accruals basis, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Trustees are required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with regulations made under the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that , on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

This report was approved by the board of trustees on 29 November 2022.

GRAHAM FREND
Trustee

Sunderland Mind

Report of the Independent Examiner to the Trustees of the charity on the accounts for the year ended 31 March 2022

I report to the Trustees on my examination of the financial statements of the charity on pages 13 to 40 for the year ended 31 March 2022 which have been prepared in accordance with the Charities Act 2011 (the Act) and with the Financial Reporting Standard 102, (effective 1st January 2016) as modified by FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), published by the Charity Commission in England & Wales (CCEW) , and under the historical cost convention and the accounting policies set out on page 21.

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described on page 10, you, the charity's Trustees, are responsible for the preparation of the financial statements in accordance with the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to smaller entities, and for being satisfied that the financial statements give a true and fair view.

The Trustees consider that the audit requirement of Section 144(1) of the Charities Act 2011 (the Act) does not apply, and that there is no requirement in the Governing Document for the conducting of an audit. As a consequence, the Trustees have elected that the financial statements be subject to independent examination.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my responsibility to:-

- a) examine the financial statements of the charity under Section 145 of the Act;
- b) follow the applicable procedures in the Directions given by the Charity Commission under section 145(5)(b) of the Act.

Basis of Independent Examiner's Statement and scope of work undertaken

Since the charity's gross income exceeded £250,000, the charity's examiner must be a member of a body listed in section 145 of the Act. I confirm that I am qualified to undertake the examination because I am an authorised member of Association of Accounting Technicians, which is one of the listed bodies.

I report in respect of my examination of the charity's financial statements carried out under s145 of the Act. In carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act setting out the duties of an independent examiner in relation to the conducting of an independent examination. An independent examination includes a review of the accounting records kept by the charity and of the accounting systems employed by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from you, as Trustees, concerning such matters. The purpose of the examination is to establish as far as possible that there have been no breaches of charity legislation and that, on a test basis of evidence relevant to the amounts and disclosures made, the financial statements comply with the SORP.

The procedures undertaken do not provide all the evidence that would be required in an audit, and information supplied by the Trustees in the course of the examination is not subjected to audit tests or enquiries and does not cover all the matters that an auditor would consider in arriving at an opinion. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide

Consequently, I do not express an audit opinion on the view given by the financial statements, and in particular, I express no opinion as to whether the financial statements give a true and fair view of the affairs of the charity, and my report is limited to the matters set out in the statement below.

I planned and performed my examination so as to satisfy myself that the objectives of the independent examination are achieved and before finalising the report I obtained written assurances from the Trustees of all material matters.

Sunderland Mind

Independent Examiner's Statement, Report and Opinion

Subject to the limitations upon the scope of my work as detailed above, I have completed my examination: and can confirm that:-

The gross income of the charity in the year ended 31 March 2022 appears to exceed the sum specified in Section 145(3) of the Act, namely £250000, and that I am qualified to act as Independent Examiner in accordance with that section by virtue of my being a qualified member of Association of Accounting Technicians;

This is a report in respect of an examination carried out under 145 of the Act and in accordance with Directions given by the Charity Commission under section 145(5)(b) of the Act which may be applicable;

and that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:-

accounting records were not kept in respect of the charity as required by with Section 130 of The Charities Act 2011;

the financial statements do not accord with those records; or

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view, which is not a matter considered as part of an independent examination;

have not been prepared in accordance with the methods and principles set out in the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Signed:-

Mr S E Squirrell - Independent Examiner

Association of Accounting Technicians

8 West Acre

Consett

Co Durham

DH8 0AY

This report was signed on 29 November 2022

Sunderland Mind - Statement of Financial Activities for the year ended 31 March 2022

Statement of Financial Activities for the year ended 31 March 2022

	SORP Ref	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
		2022	2022	2022	2021
		£	£	£	£
Income & Endowments from:					
Donations & Legacies	A1	38,012	236,034	274,046	144,495
Charitable activities	A2	8,282	232,911	241,193	211,595
Other trading activities	A3	26,940	-	26,940	21,448
Total income	A	73,234	468,945	542,179	377,538
Expenditure on:					
Charitable activities	B2	31,482	385,821	417,303	361,468
Other	B3	-	-	-	18,000
Total expenditure	B	31,482	385,821	417,303	379,468
Net income for the year		41,752	83,124	124,876	(1,930)
Net income after transfers	A-B-C	41,752	83,124	124,876	(1,930)
Net movement in funds		41,752	83,124	124,876	(1,930)
Reconciliation of funds:-					
	E				
Total funds brought forward		264,805	11,756	276,561	278,491
Total funds carried forward		306,557	94,880	401,437	276,561

The 'SORP Ref' indicated above is the classification of income set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

A Statement of Total Recognised Gains and Losses is included as a primary statement in these accounts.

All activities derive from continuing operations

The notes attached on pages 21 to 40 form an integral part of these accounts.

Sunderland Mind - Statement of Financial Activities for the year ended 31 March 2022

Sunderland Mind - Analysis of prior year total funds, as required by paragraph 4.2 of the SORP

	SORP Ref	Prior Year Unrestricted Funds 2021 £	Prior Year Restricted Funds 2021 £	Prior Year Total Funds 2021 £
Income & Endowments from:				
Donations & Legacies	A1	59,079	85,416	144,495
Charitable activities	A2	44,347	167,248	211,595
Other trading activities	A3	21,448	-	21,448
Investments	A4	-	-	-
Other	A5	-	-	-
Total income	A	<u>124,874</u>	<u>252,664</u>	<u>377,538</u>
Expenditure on:				
Raising funds	B1	-	-	-
Charitable activities	B2	87,642	273,826	361,468
Other	B3	18,000	-	18,000
Tax on surplus on ordinary activities	B3	-	-	-
Other taxation	B3	-	-	-
Total expenditure	B	<u>105,642</u>	<u>273,826</u>	<u>379,468</u>
Net gains on investments	B4	-	-	-
Net income for the year		19,232	(21,162)	(1,930)
Transfers between funds	C	-	-	-
Net income after transfers		<u>19,232</u>	<u>(21,162)</u>	<u>(1,930)</u>
Net movement in funds		<u>19,232</u>	<u>(21,162)</u>	<u>(1,930)</u>
Reconciliation of funds:-				
Total funds brought forward	E	245,573	32,918	278,491
Total funds carried forward		<u>264,805</u>	<u>11,756</u>	<u>276,561</u>

All activities derive from continuing operations

Sunderland Mind - Statement of Financial Activities for the year ended 31 March 2022

A Statement of Total Recognised Gains and Losses is included in these accounts as a separate primary statement

Statement of Total Recognised Gains and Losses for the year ended 31 March 2022

	2022 £	2021 £
Surplus for the year :-		
Net excess of income over expenditure from operations before tax	124,876	16,070
Realised gains/(losses) on the disposal of tangible fixed assets	-	(18,000)
Realised gains on disposals of social investments which are programme related	-	-
<i>Income from operations before tax in the Statement of Financial Activities</i>	124,876	(1,930)
Net Movement in funds before taxation	124,876	(1,930)
Funds generated in the year as shown on Statement of Financial Activities	124,876	(1,930)

Sunderland Mind - Resources applied in the year ended 31 March 2022 towards fixed assets for Charity use:-

	2022 £	2021 £
Funds generated in the year as detailed in the SOFA	124,876	16,070
Resources applied on functional fixed assets	(146,619)	128,754
Other applications of funds	-	-
Net resources available to fund charitable activities	(21,743)	144,824

The resources applied on fixed assets for charity use represents the cost of additions less proceeds of any disposals.

Sunderland Mind - Statement of Financial Activities for the year ended 31 March 2022

Movements in revenue and capital funds for the year ended 31 March 2022

Revenue accumulated funds

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Last year Total Funds 2021 £
Accumulated funds brought forward	264,805	11,756	276,561	278,491
Recognised gains and losses before transfers	41,752	83,124	124,876	(1,930)
	306,557	94,880	401,437	276,561
Closing revenue funds	306,557	94,880	401,437	276,561
Summary of funds	Unrestricted and Designated funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Last Year Total Funds 2021 £
Revenue accumulated funds	306,557	94,880	401,437	276,561

The notes attached on pages 21 to 40 form an integral part of these accounts.

Sunderland Mind - Balance Sheet as at 31 March 2022

	SORP		2022	2021
	Note	Ref	£	£
Fixed assets				
Tangible assets	9	A2	153,108	12,847
Current assets				
Debtors	10	B2	4,947	6,153
Cash at bank and in hand		B4	254,520	259,426
Total current assets			<u>259,467</u>	<u>265,579</u>
Creditors: amounts falling due within one year	11	C1	<u>(3,450)</u>	<u>(1,865)</u>
Net current assets			256,017	263,714
			<u>409,125</u>	<u>276,561</u>
Net assets				
Provisions for contingent assets	14	C3	(7,688)	-
The total net assets of the charity			<u>401,437</u>	<u>276,561</u>

The total net assets of the charity are funded by the funds of the charity, as follows:-

Restricted funds				
Restricted Revenue Funds	18	D2	94,880	11,756
			94,880	11,756
Unrestricted Funds				
Unrestricted Revenue Funds	18	D3	306,557	264,805
			306,557	264,805
Designated Funds				
Total charity funds			<u>401,437</u>	<u>276,561</u>

Sunderland Mind - Balance Sheet as at 31 March 2022

The 'SORP Ref' indicated above is the classification of Balance Sheet items as set out in the formal SORP documents. As required by paragraph 4.60 of the SORP, the brought forward and carried forward funds above have been agreed to the SOFA..

The Trustees acknowledge their responsibilities for complying with the requirements of charity legislation with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 12.

The Trustees are satisfied that, although the charity is not registered under the Companies Acts, if it were so registered, it would be eligible to prepare accounts in accordance with the provisions in Part 15 of the Companies Act 2006. applicable to companies subject to the small companies regime.

GRAHAM FREND

Trustee

Approved by the board of trustees on 29 November 2022

The notes attached on pages 21 to 40 form an integral part of these accounts.

Sunderland Mind

Cash Flow Statement for the year ended 31 March 2022

	2022	2021
	£	£
Cash flows from operating activities		
Net cash provided by operating activities as shown below	A <u>141,713</u>	<u>12,081</u>
Cash flows from investing activities		
Proceeds from sale of property, plant and equipment	-	120,000
Purchase of property, plant and equipment	(146,619)	(3,246)
Net cash provided by investing activities	B <u>(146,619)</u>	<u>116,754</u>
Cash flows from financing activities		
Net cash provided by financing activities	C <u>-</u>	<u>-</u>
Overall cash provided by all activities	A+B+C <u>(4,906)</u>	<u>128,835</u>
Cash movements		
Change in cash and cash equivalents from activities in the year ended 31 March 2022	(4,906)	128,835
Cash and cash equivalents at 1 April 2021	259,426	130,591
Change in cash and cash equivalents due to exchange rate movements	-	-
Cash at bank and in hand less overdrafts at 31 March	<u>254,520</u>	<u>259,426</u>

Sunderland Mind

Cash Flow Statement for the year ended 31 March 2022

Sunderland Mind

Cash Flow Statement for the year ended 31 March 2022 - Continued

Reconciliation of net income to net cash flow from operating activities

Net income as shown in the Statement of Financial Activities	124,876	(1,930)
Adjustments for :-		
Depreciation charges	6,358	2,915
Write downs of investments	-	-
Net unrealised losses on investment assets	-	-
Loss on the sale of Fixed and Intangible Assets	-	18,000
Decrease in debtors	1,206	(3,200)
Increase in creditors, excluding loans	1,585	(3,704)
Increase in provisions	7,688	-
Net cash provided by operating activities	A 141,713	12,081

Analysis of cash and cash equivalents

	2022	2021
	£	£
Cash in hand at for the year ended 31 March 2022	254,520	259,426
Notice deposits - (less than 3 months)	-	-
Total cash and cash equivalents	254,520	259,426

Analysis of change in net debt

	<i>At start of year</i>	<i>Cash Flows and</i>	<i>At end of year</i>
Cash	259,426	(4,906)	254,520
Total	259,426	(4,906)	(4,906)

Sunderland Mind

Notes to the Accounts for the year ended 31 March 2022

1 Accounting policies

Policies relating to the production of the accounts.

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016) and 'FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), published by the Charity Commission in England & Wales (CCEW), effective January 2016, and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in October 2018 and applicable to all accounting periods beginning on or after 1st January 2019), (The SORP), in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

Risks and future assumptions

There are currently no known risks or future assumptions.

The charity is a public benefit entity.

Policies relating to categories of income and income recognition.

Nature of income

Gross income represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Categories of Income

Income is categorised as income from exchange transactions (contract income) and income from non-exchange transactions (gifts), investment income and other income.

Income from exchange transactions is received by the charity for goods or services supplied under contract or where entitlement is subject to fulfilling performance related conditions. The income the charity receives is approximately equal in value to the goods or services supplied by the charity to the purchaser.

Income from a non-exchange transaction is where the charity receives value from the donor without providing equal value in exchange, and includes donations of money, goods and services freely given without giving equal value in exchange.

Income recognition

Income is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Accounting for deferred income and income received in advance

Where terms and conditions relating to income have not been met or uncertainty exists as to whether the charity can meet any terms or conditions otherwise within its control, income is not recognised but is deferred as a liability until it is probable that the terms or conditions imposed can be met.

Any grant that is subject to performance-related conditions received in advance of delivering the goods and services required by that condition, or is subject to unmet conditions wholly outside the control of the recipient charity, is accounted for as a liability and shown on the balance sheet as deferred income. Deferred income is released to income in the reporting period in which the performance-related or other conditions that limit recognition are met.

When income from a grant or donation has not been recognised due to the conditions applying to the gift not being wholly within the control of the recipient charity, it is disclosed as a contingent asset if receipt of the grant or donation is probable once those conditions are met.

Sunderland Mind

Notes to the Accounts for the year ended 31 March 2022

Where time related conditions are imposed or implied by a funder, then the income is apportioned to the time periods concerned, and, where applicable, is accounted for as a liability and shown on the balance sheet as deferred income. When grants are received in advance of the expenditure on the activity funded by them, but there are no specific time related conditions, then the income is not deferred.

Any condition that allows for the recovery by the donor of any unexpended part of a grant does not prevent recognition of the income concerned, but a liability to any repayment is recognised when repayment becomes probable.

Income from legacies

Income from legacies is recognised when the charity has sufficient evidence that a gift has been left to them, that where required, probate has been granted, the executor is satisfied that the property in question will not be required to satisfy claims in the estate, that it is probable that the amount will be received by the charity, and the amount to be received can be estimated with sufficient accuracy, and that any conditions attached to the legacy are either within the control of the charity or have been met.

Where a payment is received from an estate or is notified as receivable by the executors after the reporting date and before the accounts are authorised for issue but it is clear that the payment had been agreed by the executors prior to the end of the reporting period, then the amount concerned is treated as an adjusting event and accrued as income in the accounting period if receipt is probable.

Where the charity has established entitlement to a legacy but there is uncertainty as to the amount of the payment, details of the legacy are disclosed as a contingent asset until the criteria for income recognition are met. Where a legacy is subject to the interest of a life tenant, the legacy is not recognised as income until the death of the life tenant.

If it is doubtful that full settlement of a legacy debtor will be received, then an adjustment is made to reduce the amount of the legacy debtor and legacy income rather than charging the adjustment as expenditure in the Statement of Financial Activities

Donated goods, facilities and services

Donated fixed assets are recognised at the current fair value. All such donations are recognised as donation income, and debited to fixed assets.

Donated goods that are not fixed assets are accounted for at a fair value, unless it is impractical to reliably measure the value of the donated items.

In the absence of any direct evidence of fair value of donated goods, then a value is derived from the cost of the item to the donor or, in the case of goods that are expected to be sold, the estimated resale value after deducting any anticipated costs of sales.

If it is impracticable to measure the fair value of goods donated for resale, or the costs of valuation outweigh the benefits, the donated goods are recognised as income when sold, with an equivalent amount being recognised as an expense.

The costs of goods donated for distribution to beneficiaries is deemed to be the fair value of those goods upon receipt. When the goods are distributed freely or for a nominal consideration, then the carrying amount is adjusted at the time of sale, to the value at the point of distribution and the adjustment is shown as a cost of donations made.

The carrying amount of any stock held for distribution is assessed for impairment at the reporting date. All donated goods are recognised as donation income, and debited to trading stock. When trading stock is subsequently sold, or appropriated to meet an expense, then the carrying value of the stock is recognised as an expense. In accordance with the SORP, goods donated for distribution to beneficiaries, or for consumption by the charity are included in '*legacies and donations*'. Goods donated for resale are included in '*Income from other trading activities*'

The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt. If the goods held are to be distributed freely or for a nominal consideration, then the carrying amount is subsequently adjusted to reflect the lower of deemed cost adjusted for any loss of service potential and replacement cost. Replacement cost is the economic cost incurred if the charity was to replace the service potential of the donated goods at its own expense in the most economic manner.

Donated services and facilities (including seconded staff and use of property) are included in the accounts on the basis of the value of the gift to the charity.

All donated services and facilities are recognised as donation income when received, (provided the value of the gift can be measured reliably) and recognised as an expense with an equivalent value.

Sunderland Mind

Notes to the Accounts for the year ended 31 March 2022

Policies relating to expenditure on goods and services provided to the charity.

Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated..

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Allocating costs to activities

Direct costs that are specifically related to an activity are allocated to that activity. Shared direct costs and support costs are apportioned between activities.

The basis for apportionment, which is consistently applied, and proportionate to the circumstances, is :-

All costs other than direct costs are apportioned to activities based on the time spent by all staff in connection with each activity.

Policies relating to assets, liabilities and provisions and other matters.

Tangible fixed assets

Tangible fixed assets are measured at their original cost value, or subsequent revaluation, or if donated, as described above. Cost value includes all costs expended in bringing the asset into its intended working condition. Assets are capitalised if they can be used for more than one year, and cost at least £300.

Depreciation has been provided at the following rates in order to write off the assets to their anticipated residual value over their estimated useful lives.

Freehold premises	2 % straight line
Equipment, Fixtures and Fittings	10 & 20 % straight line

A regular annual review of the likelihood of asset impairment is undertaken.

Stocks and work in progress

Stock is valued at the lower of cost and net realisable value.

Debtors

Debtors are measured at their recoverable amounts at the balance sheet date.

Creditors and provisions

Charity creditors are measured at settlement amounts less any trade discounts.

Financial instruments including cash and bank balances

Cash held by the charity is included at the amount actually held and counted at the year end. Bank balances, whether in credit or overdrawn, are shown at the amounts properly reconciled to the bank statements.

Leasing and hire purchase contracts and commitments

Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the charity, are capitalised in the balance sheet and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability.

The interest element of the rental obligations is charged to the profit and loss account over the period of the lease and represents a constant proportion of the balance of capital repayments outstanding.

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Sunderland Mind

Notes to the Accounts for the year ended 31 March 2022

Pensions - defined contribution schemes

The charity operates a defined contribution pension scheme. Contributions are charged to the profit and loss account as they become payable in accordance with the rules of the scheme.

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds are unrestricted funds earmarked by the Trustees for particular purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal or as implied by law.

There are no endowment funds.

2 Liability to taxation

The Trustees consider that the charity satisfies the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 for UK corporation tax purposes. Accordingly, the Charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by chapter 3 part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively on the specific charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Significance of financial instruments to the charity's position

There are no significant implications of such matters to the charity's position.

5 Net surplus before tax in the financial year

	2022	2021
	£	£
The net surplus before tax in the financial year is stated after charging:-		
Depreciation of owned fixed assets	6,358	2,915
Pension costs	4,940	4,052

6 Staff costs and emoluments

<i>Salary costs</i>	2022	2021
	£	£
Gross Salaries excluding trustees and key management personnel	304,889	271,699
Employer's National Insurance for all staff	16,061	14,011
Employer's operating costs of defined contribution pension schemes	4,940	4,052
Total salaries, wages and related costs	325,890	289,762

The average number of part time staff employed in the year was	12	14
The average number of full time staff employed in the year was	6	3
The estimated full time equivalent number of all staff employed in the year was	12	10

Sunderland Mind

Notes to the Accounts for the year ended 31 March 2022

The estimated equivalent number of full time staff deployed in different activities in the year was:-

Engaged on charitable activities	12	10
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<i>The estimated full time equivalent number of all staff employed as above</i>	12	10
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Neither the trustees nor any persons connected with them have received any remuneration from the charity or any related entity, either in the current or prior year.

No employees received emoluments (excluding pension costs) in excess of £60,000 per annum.

Highest paid employee:-

The remuneration in the year year was	45,500	32,000
Pension contributions paid by the employer	1,081	773

<i>Total remuneration package included in total salaries above</i>	46,581	32,773
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7 Defined contribution pension schemes

The charity operates a defined contribution pension scheme, the costs of which are shown above.

Pension costs are allocated to activities based on time spent by the relevant staff members.

Any liabilities and assets associated with the scheme are shown under debtors and creditors.

8 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity, or any related entity.

9 Tangible fixed assets

<i>Current Year</i>	Land and Buildings	Equipment, Fixtures and Fittings	Motor Vehicles	Total
	£	£	£	£
Cost				
At 1 April 2021	-	34,565	-	34,565
Additions	142,177	4,442	-	146,619
At 31 March 2022	142,177	39,007	-	181,184
Depreciation				
At 1 April 2021	-	21,718	-	21,718
Charge for the year	2,843	3,515	-	6,358
At 31 March 2022	2,843	25,233	-	28,076
Net book value				
At 31 March 2022	139,334	13,774	-	153,108
At 31 March 2021	-	12,847	-	12,847

Sunderland Mind

Notes to the Accounts for the year ended 31 March 2022

<i>Prior Year</i>	Land and Buildings	Equipment, Fixtures and Fittings	Motor Vehicles	Total
	£	£	£	£
Cost				
01 April 2020	150,000	31,319	-	181,319
Additions	-	3,246	-	3,246
Disposals	(150,000)	-	-	(150,000)
31 March 2021	-	34,565	-	34,565
Depreciation				
01 April 2020	12,000	18,803	-	30,803
Charge for the year	-	2,915	-	2,915
On disposals	(12,000)	-	-	(12,000)
31 March 2021	-	21,718	-	21,718
Net book value				
31 March 2021	-	12,847	-	12,847
31 March 2020	138,000	12,516	-	150,516

All assets are used for direct charitable purposes.

10 Debtors

	2022	2021
	£	£
Prepayments and accrued income	4,947	6,153

11 Creditors: amounts falling due within one year

	2022	2021
	£	£
Accruals	2,755	1,109
PAYE, NIC VAT and other taxes	(527)	-
	2,228	1,109
Defined contribution pension scheme liabilities due within one year	1,222	756

12 Loans to trustees included in debtors

There have been no loans to trustees during the year.

13 Guarantees made by the charity on behalf of trustees

There have been no guarantees made by the charity during the year.

Sunderland Mind

Notes to the Accounts for the year ended 31 March 2022

14 Charitable provisions and funding commitments

<i>Current Year</i>	Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
	2022	2022	2022	2021
	£	£	£	£
Provisions and commitments made in the year	-	7,688	7,688	-
<i>Prior Year</i>	Prior Year Unrestricted Funds	Prior Year Restricted Funds	Prior Year Total Funds	
	2021	2021	2021	
	£	£	£	
	-	-	-	

The provision is to provide for an expected refund of grant to Sunderland City Council.

15 Income and Expenditure account summary

	2022 £	2021 £
At 1 April 2021	276,561	278,491
Surplus after tax for the year	124,876	(1,930)
At 31 March 2022	401,437	276,561

16 No related party transactions

There were no transactions with related parties in the year.

17 Particulars of how particular funds are represented by assets and liabilities

At 31 March 2022	Unrestricted funds	Designated funds	Restricted funds	Total Funds
	£	£	£	£
Tangible Fixed Assets	153,108	-	-	153,108
Current Assets	164,587	-	94,880	259,467
Current Liabilities	(3,450)	-	-	(3,450)
Provisions for liabilities and charges	(7,688)	-	-	(7,688)
	306,557	-	94,880	401,437

Sunderland Mind

Notes to the Accounts for the year ended 31 March 2022

At 1 April 2021	Unrestricted funds	Designated funds	Restricted funds	Total Funds
	£	£	£	£
Tangible Fixed Assets	12,847	-	-	12,847
Current Assets	253,823	-	11,756	265,579
Current Liabilities	(1,865)	-	-	(1,865)
	264,805	-	11,756	276,561

18 Change in total funds over the year as shown in Note 17 , analysed by individual funds

	Funds brought forward from 2021	Movement in funds in 2022	Transfers between funds in 2022	Funds carried forward to 2023
	£	See Note 19 £	See Note 0 £	£
Unrestricted and designated funds:-				
Unrestricted Revenue Funds	264,805	41,752	-	306,557
Total unrestricted and designated funds	264,805	41,752	-	306,557
Restricted funds:-				
Sunderland CCG	8,563	30,156	-	38,719
Sports Fund	3,193	(3,193)	-	-
SARA project	-	35,461	-	35,461
Monkwearmouth School	-	8,037	-	8,037
Sir Tom Cowie Fund	-	2,500	-	2,500
Listening Ear	-	6,641	-	6,641
Awards for All	-	2,280	-	2,280
Sundry other funds	-	1,242	-	1,242
Total restricted funds	11,756	83,124	-	94,880
Total charity funds	276,561	124,876	-	401,437

Sunderland Mind

Notes to the Accounts for the year ended 31 March 2022

19 Analysis of movements in funds over the year as shown in Note 18

	Income	Expenditure	Other Gains & Losses	Movement in funds
	2022	2022	2022	2022
	£	£	£	£
Unrestricted and designated funds:-				
Unrestricted Revenue Funds	73,234	(31,482)	-	41,752
Restricted funds:-				
Sunderland CCG	249,580	(219,424)	-	30,156
Sports Fund	-	(3,193)	-	(3,193)
Sunderland City Council	83,249	(83,249)	-	-
SARA project	70,961	(35,500)	-	35,461
Monkwearmouth School	17,823	(9,786)	-	8,037
Sir Tom Cowie Fund	15,000	(12,500)	-	2,500
Listening Ear	13,283	(6,642)	-	6,641
Awards for All	9,124	(6,844)	-	2,280
Greggs Foundation	3,850	(3,850)	-	-
Sundry other funds	6,075	(4,833)	-	1,242
	542,179	(417,303)	-	124,876

20 The purposes for which the funds as detailed in note 18 are held by the charity are:-

Unrestricted and designated funds:-

Unrestricted Revenue Funds

These funds are held for the meeting the objectives of the charity, and to provide reserves for future activities, and , subject to charity legislation, are free from all restrictions on their use.

Restricted funds:-

Sunderland CCG

Funding for counsellor salaries

SARA project

Funding for salaries to provide clients with befriending service, advice and support to help reduce the reliance on medication

Monkwearmouth School

Funding for Listening Ear service salaries

Sir Tom Cowie Fund

Funding for activities, literature and materials for young people

Listening Ear

Funding for salaries to provide education and mental health awareness service to adults and children

Awards for All

Funding for sessional worker salaries

Sundry other funds

Funding for salaries to provide education service at South Moor School and activities and meals during school holidays

Sunderland Mind

Detailed analysis of income and expenditure for the year ended 31 March 2022 as required by the SORP 2015

This analysis is classified by conventional nominal descriptions and not by activity.

21 Donations, Grants and Legacies

	Current year Unrestricted Funds 2022 £	Current year Restricted Funds 2022 £	Current year Total Funds 2022 £	Prior Year Total Funds 2021 £
Donations and gifts from individuals				
Small donations individually less than £1000	8,255	-	8,255	6,159
Just Giving	6,112	-	6,112	3,296
Paypal	4,359	-	4,359	2,706
Virgin Money	71	-	71	3,918
Total donations and gifts from individuals	18,797	-	18,797	16,079

	Current year Unrestricted Funds 2022 £	Current year Restricted Funds 2022 £	Current year Total Funds 2022 £	Prior Year Total Funds 2021 £
Legacies receivable				
Legacy	17,500	-	17,500	-
Total legacies receivable	17,500	-	17,500	-

	Current year Unrestricted Funds 2022 £	Current year Restricted Funds 2022 £	Current year Total Funds 2022 £	Prior Year Total Funds 2021 £
Revenue grants from government and public bodies				
Small grants individually less than £1000	-	1,144	1,144	1,316
Sunderland City Council	-	48,774	48,774	25,000
Sunderland CCG	-	50,000	50,000	53,790
Total public sector revenue grants	-	99,918	99,918	80,106

Revenue grants from government and public bodies - Prior Year analysis

	Prior Year Unrestricted Funds 2021 £	Prior Year Restricted Funds 2021 £	Prior Year Total Funds 2021 £
Prior Year	25,000	55,106	80,106

Sunderland Mind

Detailed analysis of income and expenditure for the year ended 31 March 2022 as required by the SORP 2015

	Current year Unrestricted Funds 2022 £	Current year Restricted Funds 2022 £	Current year Total Funds 2022 £	Prior Year Total Funds 2021 £
Revenue grants and donations from non public bodies				
Small grants individually less than £1000	250	900	1,150	1,350
Monkwearmouth School	-	17,823	17,823	17,886
Sir Tom Cowie Fund	-	15,000	15,000	-
SARA	-	70,961	70,961	-
Listening Ear	-	13,283	13,283	-
Awards for All	-	9,124	9,124	-
Greggs Foundation	-	3,850	3,850	10,000
Community Foundation	-	3,000	3,000	5,000
South Moor School	-	2,175	2,175	6,074
National Mind	-	-	-	5,500
Neighbourly grant	-	-	-	2,500
Total private sector revenue grants	250	136,116	136,366	48,310
Revenue grants and donations from non public bodies (Include Gift Aid donations from subsidiaries) -				
Prior Year analysis				
	Prior Year Unrestricted Funds 2021 £	Prior Year Restricted Funds 2021 £	Prior Year Total Funds 2021 £	
Prior Year	18,000	30,310	48,310	
	Current year Unrestricted Funds 2022 £	Current year Restricted Funds 2022 £	Current year Total Funds 2022 £	Prior Year Total Funds 2021 £
Other				
Cash Exchange	1,465	-	1,465	-
Total Other	1,465	-	1,465	-
Total Donations, Grants and Legacies				
Total Donations, Grants and Legacies A1	38,012	236,034	274,046	144,495
Prior year	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Prior Year Total Funds 2021 £	
Total Donations, Grants and Legacies A1	59,079	85,416	144,495	

Sunderland Mind

Detailed analysis of income and expenditure for the year ended 31 March 2022 as required by the SORP 2015

Performance related grants from public bodies to fund charitable activities - Prior Year analysis

	Prior Year Unrestricted Funds 2021 £	Prior Year Restricted Funds 2021 £	Prior Year Total Funds 2021 £	
Prior Year	<u>41,951</u>	<u>133,917</u>	<u>175,868</u>	
	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Prior Year Total Funds 2021 £

Total Charitable income from funders:-

Current year - income from funders	<u>-</u>	<u>232,911</u>	<u>232,911</u>	<u>209,199</u>
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Prior year

	Prior Year Unrestricted Funds 2021 £	Prior Year Restricted Funds 2021 £	Prior Year Total Funds 2021 £	
Prior Year - Income from funders	<u>41,951</u>	<u>167,248</u>	<u>209,199</u>	

24 Total Income from charitable activities

	Current year Unrestricted Funds 2022 £	Current year Restricted Funds 2022 £	Current year Total Funds 2022 £	Prior Year Total Funds 2021 £
Total income from charitable trading	8,282	-	8,282	2,396
Income from funders	-	232,911	232,911	209,199
Total from charitable activities	<u>8,282</u>	<u>232,911</u>	<u>241,193</u>	<u>211,595</u>

A2

Sunderland Mind

Detailed analysis of income and expenditure for the year ended 31 March 2022 as required by the SORP 2015

Income from charitable activities - Prior Year analysis

<i>Prior year</i>	Prior Year	Prior Year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds
	2021	2021	2021
	£	£	£
Total income from charitable trading	2,396	-	2,396
Income from funders	41,951	167,248	209,199
	44,347	167,248	211,595

25 Income from other, non charitable, trading activities

	Current year	Current year	Current year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2022	2022	2022	2021
	£	£	£	£
Income from fundraising events	8,884	-	8,884	250
Room rental	18,056	-	18,056	21,198
Total from other activities	26,940	-	26,940	21,448

26 Expenditure on charitable activities - Direct spending

<i>Current Year</i>	Current year	Current year	Current year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2022	2022	2022	2021
	£	£	£	£
Gross wages and salaries - charitable activities	27,617	277,272	304,889	271,699
Employers' NI - Charitable activities	-	16,061	16,061	14,011
Defined contribution pension costs - charitable activities	-	4,940	4,940	4,052
Travel and Subsistence - Charitable Activities	-	165	165	258
Subcontract payments	-	10,107	10,107	680
Total direct spending	27,617	308,545	336,162	290,700

<i>Prior Year</i>	Prior Year	Prior Year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds
	2021	2021	2021
	£	£	£
Gross wages and salaries - charitable activities	21,703	249,996	271,699
Employers' NI - Charitable activities	1,011	13,000	14,011
Subcontract payments	-	680	680
Total direct spending	27,024	263,676	290,700

Sunderland Mind

Detailed analysis of income and expenditure for the year ended 31 March 2022 as required by the SORP 2015

27 Support costs for charitable activities

<i>Current Year</i>	Current year	Current year	Current year	Prior Year
	Unrestricted	Restricted	Total Funds	Total Funds
	Funds	Funds		
	2022	2022	2022	2021
	£	£	£	£
<i>Employee costs not included in direct costs</i>				
Training and welfare - staff	-	837	837	182
Payroll fees and charges	-	1,116	1,116	1,170
Staff Benefits	-	340	340	495
<i>Premises Expenses</i>				
Rent payable under operating leases	-	12,250	12,250	21,000
Rates and water charges	-	651	651	1,130
Light heat and power	-	10,227	10,227	8,103
Cleaning and waste management	-	1,013	1,013	952
Premises repairs, renewals and maintenance	-	11,300	11,300	6,669
Other Premises Costs	-	829	829	654
<i>Administrative overheads</i>				
Telephone, fax and internet	-	4,009	4,009	4,614
Postage	-	1,287	1,287	1,183
Stationery and printing	-	4,156	4,156	3,161
Membership subscriptions	-	389	389	1,765
Equipment expenses	-	1,291	1,291	121
Software licences and expenses	-	626	626	171
Health and safety costs	-	347	347	253
Advertising and marketing	-	510	510	-
Liability and contents insurance	-	2,393	2,393	6,266
Sundry expenses	-	1,505	1,505	442
Equipment, repairs, expenses and maintenance	-	6,186	6,186	3,224
Activity and resource costs	-	3,316	3,316	368
Licences and Permits	-	119	119	157
Supervision and DBS's	-	1,113	1,113	887
<i>Professional fees paid to advisors other than the auditor or examiner</i>				
Legal fees	-	23	23	3,681
Other legal and professional	-	240	240	480
<i>Financial costs</i>				
Bank charges	32	-	32	-
Depreciation & Amortisation in total for the period	2,843	3,515	6,358	2,915
Support costs before reallocation	2,875	69,588	72,463	70,043
Total support costs - Current Year	2,875	69,588	72,463	70,043

The basis of allocation of costs between activities is described under accounting policies

Sunderland Mind

Detailed analysis of income and expenditure for the year ended 31 March 2022 as required by the SORP 2015

<i>Prior Year</i>	Current year	Current year	Prior Year
	Unrestricted	Restricted	Total Funds
	Funds	Funds	Total Funds
	2022	2022	2021
	£	£	£
Premises Expenses			
Cleaning and waste management	70	882	952
Premises repairs, renewals and maintenance	1,164	5,505	6,669
Administrative overheads			
Membership subscriptions	1,285	480	1,765
Activity and resource costs	-	368	368
Financial costs			
Depreciation & Amortisation in total for the period	-	2,915	2,915
Support costs before reallocation	59,893	10,150	70,043
Total support costs - Prior Year	59,893	10,150	70,043

The basis of allocation of costs between activities is described under accounting policies

28 Other Expenditure - Governance costs

<i>Current Year</i>	Current year	Current year	Current year	Prior Year
	Unrestricted	Restricted	Total Funds	Total Funds
	Funds	Funds	Total Funds	Total Funds
	2022	2022	2022	2021
	£	£	£	£
Independent Examiner's fees	990	-	990	725
Total Governance costs	990	-	990	725

All the expenditure in the prior year was unrestricted.

29 Total Charitable expenditure

<i>Current Year</i>		Current year	Current year	Current year	Prior Year
		Unrestricted	Restricted	Total Funds	Total Funds
		Funds	Funds	Total Funds	Total Funds
		2022	2022	2022	2021
		£	£	£	£
Total direct spending	B2a	27,617	308,545	336,162	290,700
Total support costs	B2d	2,875	69,588	72,463	70,043
Total Governance costs	B2e	990	-	990	725
Movements in provisions and commitments	B2e	-	7,688	7,688	-
Total charitable expenditure	B2	31,482	385,821	417,303	361,468

Sunderland Mind

Detailed analysis of income and expenditure for the year ended 31 March 2022 as required by the SORP 2015

		Prior Year Unrestricted Funds	Prior Year Restricted Funds	Prior Year Total Funds
<i>Prior Year</i>		2021	2021	2021
		£	£	£
Total direct spending	B2a	27,024	263,676	290,700
Total support costs	B2d	59,893	10,150	70,043
Total Governance costs	B2e	725	-	725
Total charitable expenditure	B2	87,642	273,826	361,468

30 Gains and losses on fixed asset disposals and summary of impairments

Realised losses on disposals of tangible fixed assets held for the charity's own use		-	-	-	18,000
Total losses	B3	-	-	-	18,000

All the expenditure in the prior year was unrestricted.

<i>Prior year</i>		Prior Year Unrestricted Funds	Prior Year Restricted Funds	Prior Year Total Funds	
		2021	2021	2021	
		£	£	£	
		-	-	-	
Summary of impairment (losses) and reversals					
				2022	2021
				£	£
Included in row B2 in the SOFA:-				-	-

31 Total of other expenditure

		Current year Unrestricted Funds	Current year Restricted Funds	Current year Total Funds	Prior Year Total Funds
<i>Current Year</i>		2022	2022	2022	2021
		£	£	£	£
Total other expenses and costs		-	-	-	18,000
Total other expenditure	B3	-	-	-	18,000

All the expenditure in the prior year was unrestricted.

<i>Prior Year</i>		Prior Year Unrestricted Funds	Prior Year Restricted Funds	Prior Year Total Funds
		2021	2021	2021
		£	£	£
Total other expenses and costs		18,000	-	18,000
Total other expenditure	B3	18,000	-	18,000

Sunderland Mind

Activity analysis of Income and expenditure for the for the year ended 31 March 2022

This analysis is classsified by activity and not by conventional nominal descriptions.

32 Analysis of income by activity

Activity	SOFA ref	2022 £	2021 £
Income from charitable activities			
Primary purpose and ancillary trading ¹		8,282	2,221
Counselling services		199,580	175,868
Wellbeing activities		33,331	33,506
Total Income from charitable activities	A2	241,193	211,595
Income from other, non charitable, trading activities			
Fundraising activities		8,884	250
Room rental		18,056	21,198
Total Income from other, non charitable, trading activities	A3	26,940	21,448
Summary of Total Income, including the items above			
Charitable activities	A2	241,193	211,595
Other activities	A3	26,940	21,448
Donations & Legacies	A1	274,046	144,495
Total income as shown in the SOFA	A	542,179	377,538
Categories of income			
Income from exchange transactions		542,179	377,538

Sunderland Mind

Activity analysis of Income and expenditure for the for the year ended 31 March 2022

33 Analysis of charitable expenditure by activity

Activity	Direct costs	Support costs	Grant funding of activities	Total	Total
	2022	2022	2022	2022	2021
	£	£	£	£	£
Counselling services					
Direct costs	214,408	-	-	214,408	342,743
Employee costs not included in direct costs	-	1,422	-	1,422	-
Premises expenses	-	22,488	-	22,488	-
Administrative overheads	-	16,893	-	16,893	-
Professional fees	-	163	-	163	-
Financial costs	-	3,962	-	3,962	-
Provisions and commitments	4,767	-	-	4,767	-
Total Counselling services	219,175	44,928	-	264,103	342,743
	Direct costs	Support costs	Grant funding of activities	Total	Total
	2022	2022	2022	2022	2021
	£	£	£	£	£
Wellbeing activities					
Direct costs	121,754	-	-	121,754	-
Employee costs not included in direct co	-	871	-	871	-
Premises expenses	-	13,782	-	13,782	-
Administrative overheads	-	10,354	-	10,354	-
Professional fees	-	100	-	100	-
Financial costs	-	2,428	-	2,428	-
Provisions and commitments	2,921	-	-	2,921	-
Total Wellbeing activities	124,675	27,535	-	152,210	-
	Direct costs	Support costs	Grant funding of activities	Total	Total
	2022	2022	2022	2022	2021
	£	£	£	£	£
Other charitable activities					
Losses on disposals of fixed assets	-	-	-	-	18,000

Sunderland Mind

Activity analysis of Income and expenditure for the for the year ended 31 March 2022

Summary of charitable costs by activity

	Direct costs	Support costs	Grant funding of activities	Total	Total
	2022	2022	2022	2022	2021
	£	£	£	£	£
Total Counselling services	219,175	44,928	-	264,103	342,743
Total Wellbeing activities	124,675	27,535	-	152,210	-
Total Other charitable activities	-	-	-	-	18,000
Total Governance costs as detailed in Note 28	-	990	-	990	725
Total charitable expenditure	343,850	73,453	-	417,303	361,468

The basis of allocation of costs between activities is described under accounting policies

The breakdown of this expenditure by type of spending (ie nominal classification) is detailed in note 29

Analysis of support and governance costs by charitable activities

Activity	Governance	Finance	Human Resources	Other Overheads	Total
Counselling services	-	3,962	1,422	39,544	44,928
Wellbeing activities	990	2,428	871	24,236	28,525
Grand Total	990	6,390	2,293	63,780	73,453

34 Analysis of non charitable expenditure by activity

Activity

<i>Governance costs</i>	Governance costs	Governance costs
	2022	2021
	£	£
Other Expenditure - Governance costs as detailed in Note 28	990	725

The breakdown of this expenditure by type of spending (ie by nominal classification and by fund) is detailed in note 31

SUNDERLAND MIND

England & Wales - Charity number 1171734

Accounts

Charity (CIO) number
1171734

Sunderland Mind
Trustees' Report and Accounts
31 March 2021

Sunderland Mind
Trustees' report and accounts
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Sunderland Mind
Trustees' Annual Report
Charity (CIO) number: 1171734

The Trustees' present their report and accounts for the year ended 31 March 2021

Objectives and Activities

Summary of the purposes of the charity as set out in its governing document

A) To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment.

B) To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate to the public the useful results of such research and to educate the public in matters relating to mental health.

The charitable objectives of Sunderland Mind are to promote the preservation and the safeguarding of mental health and the relief of persons suffering from mental disorder in association with Mind (National Association for Mental Health) in accordance with the aims and objects of Mind.

Sunderland Mind strive to provide quality mental health services in a non-judgemental environment for those coping or recovering from mental ill health and emotional distress.

Our vision is of a society that promotes and provides quality mental health services for all and that treats those experiencing mental illness fairly, positively, with respect and dignity and is in accordance with the aims and objectives of Mind - NAMH (National Association for Mental Health)

Summary of the main activities in relation to those purposes for the public benefit.

The main activities undertaken for the public benefit during the year have been as follows:-

- Counselling services
- Group work activities
- Drop in sessions
- Peer Support Sessions both male and female
- Young Peoples Project
- Life Support Project
- Bereavement Support Group
- Suicide Support Group
- Emotional resilience in the school setting
- Listening Ear Service (Adults and Children)
- Drama Group
- Anger Management
- Couples Counselling

We provide advice, support, information and campaign to tackle stigma and discrimination and protect good mental health for all who reside in the City of Sunderland.

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit

The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional information

Contribution made by volunteers

The charity is reliant on the support of its volunteers to achieve its objects and the work of volunteers is invaluable.

Achievements and Performance

Summary of the main achievements of the charity.

This year has been without doubt the hardest for a long time due only to the world wide Pandemic Covid 19 that put the whole country into lockdown on March 24th 2020. This meant that to continue to offer any service at all we had to make some very different and immediate changes to the way in which we deliver services to the service users that depend on us. Like the rest of the country we had to embrace a way of working effectively from home and retain as much of the service delivery that we could in the first instance.

Counselling Service

The delivery of the Counselling service changed overnight as we offered the service initially on the telephone so that where possible we had no break in service delivery. Staff were furnished with the correct equipment and updated their skills which meant as long as the clients were happy we could still deliver a full service as we continued to receive referrals into all services. Anger Management and Couples Counselling were both put on hold as to ensure that these services are effective it is necessary to be in the same room.

The service is overseen by a Counselling Coordinator who supervises all the Counselling Team the major change for all staff was having supervision over Zoom or Teams which was at times testing but very necessary as some staff struggled with telephone counselling from home. When the first lockdown was relaxed all the counselling team and management returned to work from the building continuing to deliver telephone only support, the building was completely sanitized desks and rooms rearranged to accommodate the 2 metre rule and counsellors all worked from individual rooms. The need for the service has continued to grow with increased referrals over the period with increased referrals identifying Stress, Loneliness, Depression and Bereavement exacerbated by Covid 19 and the lockdown rules.

Drop In Service

This service has been suspended for most of the year due to the imposed restrictions, we have only managed to deliver a few strategic sessions socially distanced.

Life Support 2020/21

This project has continued to deliver some confidence building activity over Zoom offering help and support around a variety of issues. We have managed to offer online fitness, quizzes and some general catch up sessions so individuals could see friends online. There was a break in delivery from April to October when the workers was unfortunately furloughed until we had arranged how to deliver online support.

Young Peoples Project

This project has continued to grow from strength to strength and over the last year we have supported over 500 young people despite the Covid 19 Pandemic, we have resorted to Zoom Sessions and utilising other online platforms. We could restart some of the support sessions in house in the early part of the year as they have a specific Health and Therapeutic outcome, they were always socially distanced and limited numbers. We have continued telephone support to the wider family members throughout the whole period.

Listening Ear

This service is offered to both adults and young people who need to off load in a confidential situation. It is offered to individuals who either do not fit the criteria for counselling and sometimes only need reassurance. This project has continued to grow across the whole year and capacity in the January 2020 was increased due to the increase in requests for support and referrals from the Emergency Department in Sunderland General. The referrals from the school service have also increased, permission was sought from parents to continue the service while the child was at home in case there was any issue with other siblings in the household.

Support Groups

Bereavement Support- the group meets every Monday to help individuals deal with their sometimes overwhelming feelings of grief helping them with the support of others to move on and understanding and normalising the feelings. It support also identifies that they are not alone. The group members have all been contacted on a weekly basis for a catch up and to ensure that their mental health was not deteriorating whilst in lockdown.

Keeping On – This group was new last year so it was imperative that we maintain contact with all the participants, support has been by telephone or email, the facilitator has been in constant contact but as the group is peer led they have also been supporting each other especially in the darkest of times.

It has been a very trying year but it has brought about a lot of new ways of coping with the difficulty of lockdown, we have as an extra support delivered Soup and a Roll to service users doorstep and then had a socially distanced conversation. When they have told us that they were having dark thoughts we have delivered bespoke activity packs that have given them a new focus and a distraction. We have for a lot of our service users been the only contact they had with the outside world so if the last year has taught us anything it is to be Kind and Share a thought for others'

Financial Review

Review of the charity's financial position at the end of the period

The trustees consider the financial performance of the CIO during the year to have been good when taking into account the fact that during the whole year the Covid 19 coronavirus pandemic has been with us.

The CIO has benefitted from Government funding during the year through the 'Job Retention Scheme' (JRS), receiving £41,951 and also a business support grant receiving £25k.

The JRS grant money has enabled the CIO to retain existing staff on furlough and prevented the need for redundancies.

The CIO has recorded a deficit this year of £1,930, unrestricted reserves have increased to £264,805 and restricted reserves have decreased to £11,756. The total reserves includes £12,847 of fixed assets and these funds can only be realised if the assets are sold.

The deficit recorded in the CIO's accounts is largely due to the sale of the CIO's property in Norfolk Street, Sunderland. The property was sold for £120k in December 2020, £18k less than its book value creating an £18k loss on disposal in the accounts.

Total funds held by the CIO at the year end were £276,561.

Statement explaining the policy for holding reserves stating why they are held

The trustees aim to maintain cash reserves at a level that is sufficient to meet the full running costs of the CIO for a minimum period of six months.

This would enable the charity to be able to continue providing our services should future funding and income drop. The reserves will also act as a safety net for any large unexpected expenditure that may arise in the future.

Amount of reserves held

Cash reserves as at 31st March 2021 amounted to £259,426 (2020: £130,591). The increase being mainly due to the sale of our property in Norfolk Street during the year. The trustees are satisfied with the current amount held, as they should be sufficient to meet the reserves policy based on expected running costs in the coming year.

Reasons for holding zero reserves

The charity has no plans to hold zero reserves.

Details of fund materially in deficit

There are no funds in deficit.

Explanation of any uncertainties about the charity continuing as a going concern

There are no current concerns about the CIO's future.

Additional information

The charity's principal sources of funds (including any fundraising)

The charity's funding comes from various sources (see below). This funding allows the charity to offer various activities and services which allow us to achieve our ongoing objectives.

Our major sources of income during the year have been:-

Sunderland CCG	Community Foundation
Sunderland City Council	Education and training sessions
Government Covid 19 support	Counselling sessions
Sunderland CCG - WASP YPP	Room rental
Greggs Foundation	Various donations and fundraising events
National Mind	

Structure, Governance and Management

Type of governing document

The Charity is governed as a CIO - Association registered on 22 February 2017.

How the the charity is constituted

Sunderland Mind is a Charitable Incorporated Organisation (CIO) number 1171734.

Trustee selection methods including details of any constitutional provisions

Trustees are elected at the AGM and can serve for three years. Trustees can be re-appointed at the subsequent meeting.

Reference and Administrative details

Charity name	Sunderland Mind
Charitable Incorporated Organisation number	1171734
Charity's principal address	Sunderland Mind Wellbeing Hub Church Street East Hendon Sunderland Tyne and Wear SR1 2BB

Names of the charity trustees who manage the charity

A Morrison	Chair		
G Frend	Treasurer		
B Broad			
M Nichols			
A Lowery	Appointed	30/06/2020	
A M Boyle	Appointed	04/08/2020	

All trustees served for the whole year unless stated above.

Additional information

Details of the Independent Examiner:

SE Squirrell FMAAT
11 Clarence Gardens
Blackhill
Consett
Co Durham
DH8 5TU

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	_____
Full name(s)	Graham Frend
Position	Treasurer
Date	_____

Independent Examiner's Report

Report to the trustees of Sunderland Mind

On the accounts for the year ended 31 March 2021 Charity (CIO) number: 1171734

Set out on pages 6 to 16

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2021.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Association of Accounting Technicians.

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or

- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: _____

Date: _____

SE Squirrell FMAAT
The Association of Accounting Technicians

11 Clarence Gardens
Blackhill
Consett
Co Durham
DH8 5TU

Sunderland Mind
Statement of Financial Activities
For the year ended 31 March 2021

Charity (CIO) number: 1171734

	Notes	Unrestricted funds 2021 £	Restricted income funds 2021 £	Total funds 2021 £	Prior year funds 2020 £
Incoming resources	3, 4				
Income and endowments from:					
Donations and legacies		59,079	85,416	144,495	54,833
Charitable activities		44,347	167,248	211,595	284,667
Other trading activities		21,448	-	21,448	24,898
Other		-	-	-	-
Total		124,874	252,664	377,538	364,398
Resources expended	5				
Expenditure on:					
Raising funds		-	-	-	-
Charitable activities		105,642	273,826	379,468	388,139
Other		-	-	-	-
Total		105,642	273,826	379,468	388,139
Net income/(expenditure)		19,232	(21,162)	(1,930)	(23,741)
Transfers between funds		-	-	-	-
Net movement in funds		19,232	(21,162)	(1,930)	(23,741)
Reconciliation of funds:					
Total funds brought forward		245,573	32,918	278,491	302,232
Total funds carried forward		264,805	11,756	276,561	278,491

**Sunderland Mind
Balance Sheet
as at 31 March 2021**

	Notes	Total funds	Prior year funds
		2021	2020
		£	£
Fixed assets			
Tangible assets	9	12,847	150,516
Total fixed assets		<u>12,847</u>	<u>150,516</u>
Current assets			
Debtors	10	6,153	2,953
Cash at bank and in hand	12	259,426	130,591
Total current assets		<u>265,579</u>	<u>133,544</u>
Creditors: amounts falling due within one year	11	(1,865)	(5,569)
Net current assets/(liabilities)		<u>263,714</u>	<u>127,975</u>
Total assets less current liabilities		<u>276,561</u>	<u>278,491</u>
Creditors: amounts falling due after one year	11	-	-
Total net assets or liabilities		<u>276,561</u>	<u>278,491</u>
Funds of the Charity			
Restricted income funds	13	11,756	32,918
Unrestricted funds	13	264,805	245,573
Total funds		<u>276,561</u>	<u>278,491</u>

Graham Frend
Treasurer

Date of approval by the trustees:

**Sunderland Mind
Notes to the Accounts
for the year ended 31 March 2021**

1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019

and with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and with the Charities Act 2011.

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

1.2 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note 2.

1.3 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period.

1.4 Material prior year errors

No material prior year errors have been identified in the reporting period.

2 Accounting policies

2.1 INCOME

Recognition of income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
 - it is more likely than not that the trustees will receive the resources;
- and
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met.

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met.

Legacies

Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

Government grants

The charity has received government grants in the reporting period.

Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so. The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution. Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'. Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable. Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.
Support costs	The charity has incurred expenditure on support costs.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies. Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.
Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met and are included as an item of other income in the SoFA.
Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

2.2 EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg staff costs by the time spent.
Redundancy cost	The charity has made no redundancy payments during the reporting period.
Deferred income	
Creditors	No material item of deferred income has been included in the accounts. Charity creditors are measured at settlement amounts less any trade discounts.
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

2.3 ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £250. They are valued at cost. The depreciation rates and methods used are disclosed in note 8.2.
Investments	Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower of cost or net realisable value. Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock. Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

3 Analysis of income

This analysis is classified by conventional nominal descriptions and not by activity.

Analysis	Unrestricted	Restricted	Total funds	Prior year
	funds	income funds		
	£	£	£	£
Donations and legacies:				
Donations and gifts	4,108	-	4,108	5,853
Virgin Money	3,918	-	3,918	168
Paypal Giving Fund & Justgiving	6,002	-	6,002	1,583
Co-op	500	-	500	10,646
VCAS	500	-	500	-
Collection tins	439	-	439	438
Charities Trust	120	-	120	59
Sunderland CCG - WASP YPP	-	34,500	34,500	3,729
Sunderland City Council - Covid 19	25,000	-	25,000	-
Monkwearmouth School	-	17,886	17,886	-
Sunderland CCG - Winter Fund	-	16,386	16,386	-
Greggs Foundation	10,000	-	10,000	-
Southmoor School	-	6,074	6,074	1,775
National Mind	5,500	-	5,500	-
Community Foundation	-	5,000	5,000	3,323
Sunderland CCG - Covid 19	-	2,904	2,904	-
Neighbourly Grant	2,500	-	2,500	-
Fancy a Day Out	-	900	900	1,200
Sunderland CCG - Fogging	-	800	800	-
Community Chest - SCC	-	516	516	-
Cultural Spring - Drama	-	450	450	-
Group takings	361	-	361	2,635
1989 Willan Trust	-	-	-	9,012
Sports Fund	-	-	-	4,476
Awards for All	-	-	-	9,936
Other income	131	-	131	-
Total	59,079	85,416	144,495	54,833
Charitable activities:				
Sunderland CCG	-	133,917	133,917	216,010
Coronavirus Job Retention Scheme	41,951	-	41,951	-
Sunderland City Council	-	33,331	33,331	33,331
Anger Management	1,140	-	1,140	520
Private counselling sessions	1,081	-	1,081	1,250
Outreach sessions	175	-	175	-
Big Lottery	-	-	-	33,546
Other	-	-	-	10
Total	44,347	167,248	211,595	284,667
Other trading activities:				
Room rental	21,198	-	21,198	19,716
Fundraising events	250	-	250	4,976
Other	-	-	-	206
Total	21,448	-	21,448	24,898
TOTAL INCOME	124,874	252,664	377,538	364,398

Other information:

All income in the prior year was unrestricted except for:

	£
Sunderland CCG	216,010
Sunderland City Council	33,331
Big Lottery	33,546
1989 Willan Trust	9,012
Sports Fund	4,476
Community Foundation	3,323
Awards for All	9,936
Southmoor School	1,775
Fancy a Day Out	1,200
Sunderland CCG - WASP YPP	3,729
Total	316,338

4 Analysis of receipts of government grants

	2021 £	2020 £
HMRC - Coronavirus Job Retention Scheme grants	41,951	-
Sunderland City Council - Covid 19 support grant	25,000	-
Sunderland City Council - Local Authority Grant	33,331	33,331
Total	100,282	33,331

5 Analysis of expenditure

This analysis is classified by conventional nominal descriptions and not by activity.

Analysis	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year £
Expenditure on raising funds:	-	-	-	-
Total expenditure on raising funds	-	-	-	-
Expenditure on charitable activities				
Salaries	21,703	249,996	271,699	266,666
Sub-contracted workers	-	680	680	300
Employers NI	1,011	13,000	14,011	14,238
Pension costs	4,052	-	4,052	3,761
Heat, light & water	9,233	-	9,233	14,639
Telephone	4,614	-	4,614	4,405
Membership & licence fees	1,443	480	1,923	3,340
Insurance	6,266	-	6,266	5,219
Legal & professional fees	6,056	-	6,056	3,612
Supervision & DBS's	887	-	887	390
Travel, training & conference	258	-	258	1,982
Maintenance	6,142	5,505	11,647	42,757
Rent & rates	21,000	-	21,000	13,359
Activities & sundries	633	1,250	1,883	2,949
Publicity, printing, stationery & advertising	1,745	-	1,745	2,269
Photocopier	2,599	-	2,599	2,866
Loss on sale of property	18,000	-	18,000	-
Depreciation	-	2,915	2,915	5,387
Total expenditure on charitable activities	105,642	273,826	379,468	388,139
Other	-	-	-	-
Total other expenditure	-	-	-	-
TOTAL EXPENDITURE	105,642	273,826	379,468	388,139

Other information:

Analysis of expenditure on charitable activities

Activity or programme	Activities undertaken directly £	Support Costs £	2021 £	2020 £
All activities	368,136	11,332	379,468	388,139
Total	368,136	11,332	379,468	388,139

Prior year expenditure on charitable activities can be analysed as follows:

376,963	11,176	388,139
---------	--------	---------

6 Support Costs

Support cost	Raising funds £	All Activities £	Grand total £
Governance	-	725	725
HR and payroll	-	1,650	1,650
Other costs	-	8,957	8,957
Total	-	11,332	11,332

Support costs are apportioned based on the time spent by staff on charitable activities, currently estimated to be 100%.

7 Details of certain items of expenditure

7.1 Fees for examination of the accounts

	2021 £	2020 £
Independent examiner's fees	725	695
Other fees paid to the independent examiner	-	-

8 Paid Employees

8.1 Staff Costs

	2021 £	2020 £
Salaries and wages	271,699	266,666
Employers NI	14,011	14,238
Pension costs	4,052	3,761
Other employee benefits	495	520
Total staff costs	290,257	285,185

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

8.2 Average head count in the year

The parts of the charity in which the employees work:-	2021	2020
Fundraising	-	-
Charitable Activities	17	17
Governance	-	-
Other	-	-
Total	17	17

8.3 Redundancy payments

Total amount of redundancy payments during the year were	£
	-

9 Tangible fixed assets

9.1 Cost or valuation

	Land and buildings	Fixtures, fittings and equipment	Total
	£	£	£
At the beginning of the year	150,000	31,319	181,319
Additions	-	3,246	3,246
Disposals	(150,000)	-	(150,000)
At end of the year	-	34,565	34,565

9.2 Depreciation

	SL 50 years	SL 10/20%	
At beginning of the year	12,000	18,803	30,803
Disposals	(12,000)	-	(12,000)
Depreciation	-	2,915	2,915
At end of the year	-	21,718	21,718

**Basis
** Rate

9.3 Net book value

Net book value at the beginning of the year	138,000	12,516	150,516
Net book value at the end of the year	-	12,847	12,847

10 Debtors and prepayments

10.1 Analysis of debtors

	2021 £	2020 £
Prepayments and accrued income	6,153	2,953
Total	6,153	2,953

11 Creditors and accruals

11.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	2021 £	2020 £	2021 £	2020 £
Other creditors	756	542	-	-
Trade creditors	-	4,050	-	-
Accruals and deferred income	1,109	977	-	-
Total	1,865	5,569	-	-

12 Cash at bank and in hand

	2021 £	2020 £
Cash at bank and on hand	259,426	130,591
Total	259,426	130,591

13 Charity funds

13.1 Details of material funds held and movements during the CURRENT reporting period

Restricted Funds

Fund names	Fund balances	Income	Expenditure	Fund
	b/f.			balances c/f.
	£	£	£	£
Sunderland CCG	22,735	154,007	176,742	-
Sunderland CCG - WASP YPP	-	34,500	25,937	8,563
Monkwearmouth School	-	17,886	17,886	-
Southmoor School	-	6,074	6,074	-
Community Foundation	-	5,000	5,000	-
Fancy a Day Out	-	900	900	-
Community Chest - SCC	-	516	516	-
Cultural Spring - Drama	-	450	450	-
Sunderland City Council	-	33,331	33,331	-
1989 Willan Trust	4,506	-	4,506	-
Sports Fund	3,193	-	-	3,193
Awards for All	2,484	-	2,484	-
Total Restricted Funds	32,918	252,664	273,826	11,756
Unrestricted Funds				
General fund	245,573	124,874	105,642	264,805
Total Unrestricted Funds	245,573	124,874	105,642	264,805
Total Funds	278,491	377,538	379,468	276,561

The purposes for which the funds detailed above are held by the charity are as follows:-

Restricted funds:-

Sunderland CCG - WASP YPP	Funding for Young Peoples Project, staff salary.
Sports Fund	Funding for sports activities and equipment

Unrestricted and designated funds-

These funds are held for meeting the objectives of the charity, and to provide reserves for future projects and activities. Subject to charity legislation, they are free from all restrictions on their use.

13.2 Details of material funds held and movements during the PREVIOUS reporting period

Restricted Funds

Fund names	Fund balances	Income	Expenditure	Fund
	b/f.			balances c/f.
	£	£	£	£
Sunderland CCG	-	216,010	193,275	22,735
Big Lottery	-	33,546	33,546	-
Sunderland City Council	2,276	33,331	35,607	-
1989 Willan Trust	-	9,012	4,506	4,506
Sports Fund	-	4,476	1,283	3,193
Southmoor School	-	1,775	1,775	-
Fancy a Day Out	-	1,200	1,200	-
Sunderland City Council - SIB	5,615	-	5,615	-
Sunderland CCG - WASP YPP	-	3,729	3,729	-
Sunderland CCG - Felix	16,500	-	16,500	-
Community Foundation	-	3,323	3,323	-
Awards for All	-	9,936	7,452	2,484
Total Funds	24,391	316,338	307,811	32,918
Unrestricted Funds				
General fund	277,841	48,060	80,328	245,573
Total Unrestricted Funds	277,841	48,060	80,328	245,573
Total Funds	302,232	364,398	388,139	278,491

14 Transactions with trustees and related parties

14.1 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with

14.2 Trustees' expenses

No trustee expenses have been incurred.

14.3 Transaction(s) with related parties

There have been no related party transactions in the reporting period.

15 Defined contribution pension scheme

The charity operates a defined contribution pension scheme through NEST.

The total amount of contributions recognised in the SOFA as an expense is £4,052