

Charity (CIO) number
1171734

Sunderland Mind
Trustees' Report and Accounts
31 March 2023

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 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.

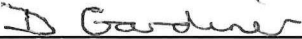
Additional information

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

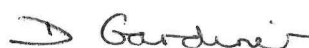
Charity (CIO) number: 1171734

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

Dorothy Gardiner
Treasurer



Date of approval by the trustees:



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 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 funds	Restricted income funds	Total funds	Prior year
	£	£	£	£
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

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

7 Paid Employees

7.1 Staff Costs

	2023 £	2022 £
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	358,658	326,409

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:-	2023	2022
Fundraising	-	-
Charitable Activities	17	18
Governance	-	-
Other	-	-
Total	17	18

7.3 Redundancy payments

Total amount of redundancy payments during the year were	£ 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	** Rate 50 years	SL 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 b/f. £	Income £	Expenditure £	Fund 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.