

Company registration number: 07264252

Charity registration number: 1173515

MINDAPPLES

(A COMPANY LIMITED BY GUARANTEE)

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

mindapples
love your mind

MINDAPPLES
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MINDAPPLES

REFERENCE AND ADMINISTRATIVE DETAILS

Trustees

A W R Gibson
R K Armes
K Jennings
A Spreadbury
C Clark
K Bance

Registered Office

86-90 Paul Street
London
EC2A 4NE

Company Registration Number 07264252

Charity Registration Number 1173515

Bankers

Royal Bank of Scotland
London Drummonds Branch
49 Charing Cross
London
SW1A 2DX

Independent Examiner

N Smith
Rotherham Taylor Limited
21 Navigation Business Village
Navigation Way
Ashton-on-Ribble
Preston
PR2 2YP

MINDAPPLES

TRUSTEES' REPORT

The trustees have pleasure in presenting their report and the unaudited financial statements of the charitable company for the year ended 31 March 2023.

The financial statements have been prepared on an accruals basis in accordance with the accounting policies set out in the notes to the financial statements and comply with the charity's constitution, Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published on 16 July 2014. The financial statements have been examined by an Independent Examiner.

Structure, Governance and management

Mindapples is Limited by guarantee and its governing document is its updated Memorandum and Articles of Association dated 21 June 2017.

The charitable company is a Registered Charity, number 1173515. The charitable company is incorporated in England and Wales No. 07264252.

The members of the trustee board hold no shares in the charitable company, but each member is a guarantor to an amount not exceeding £1, in the event of the winding up of the charitable company.

Risk Review

The board of trustees has examined the major strategic, business and operational risks which the charitable company faces and confirms that systems have been established to enable regular reports to be produced so that the necessary steps can be taken to lessen these risks.

Public Benefit Statement

The trustees are aware of the Charity Commission guidance on public benefit and take it into account when making decisions about the activities and finances of the charity.

Objectives and Activities

The objectives of Mindapples include the promotion and protection of good mental health worldwide in particular but not exclusively by campaigns, research, training and other services aimed at increasing the mental health of all people and encouraging greater understanding of and consideration for their mental health.

The charity's major activity for this period has been the provision of toolkits and campaign materials to charities and community groups, and training people to use these tools and materials to promote good mental health. The primary focus has been on schools, universities and young people, but services are provided to all charitable and voluntary organisations.

Mindapples does not make grants or provide social investment.

All trustees are voluntary and contribute their time for four meetings per year, plus an annual half-day 'away day', as well as time in between meetings to facilitate the development of new partnerships for the charity.

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TRUSTEES' REPORT

Trustee Recruitment and Appointment

Trustees are appointed based on expertise and experience in one or more of the following areas: mental health awareness, psychology, fundraising and partnerships, public mental health promotion, financial and business administration, and training and education skills.

Under the Articles of Association, decisions on appointments must be made by the board.

Trustee Induction and Training

New trustees are provided with the Charity Commission Welcome Pack, the Articles of Association and the Board Terms of Reference, and access to archived documents showing the history of the charity and significant projects and evaluation data. They also complete a Declaration of Interests Form and a Statement of Expertise.

Trustees are actively encouraged to attend board meetings to ensure that they are always up to date with the latest activities of the charitable company.

The charity is run by the board of trustees and engages one person part-time on a freelance basis for office administration.

Project managers and trainers are engaged on a freelance basis for specific projects or training workshops. During the year under review the charity engaged two contractors on a part-time basis to support the evolution of the school's project.

Mindapples holds a 33% stake in Mindapples Trading Ltd (Company No. 10085965). A member of the Mindapples Board sits on the board of Mindapples Trading Ltd to represent the charity's interests.

Achievements and Performance

During the 2022-23 financial year, Mindapples' main achievements have been as follows:

- Delivered training and resources to 89 schools in the financial year 2022-23 through our "Mindapples for schools" programme, reaching over 18,000 pupils and their communities.
- Built our university programme training 239 student mental health champions across 9 partner universities and Further Education colleges, which included training of both students and staff and physical and digital resources.
- In December 2022, we participated in a public fund-raising campaign, The Big Give Christmas challenge, raising £24,104, to enable us to continue to deliver our "Mindapples for schools" programme over the course of 2023. The know thyself charitable trust was a key donor.
- Provision of wellbeing champions training to other charities and individual volunteers to encourage and support them to promote mental health and wellbeing in their communities.

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TRUSTEES' REPORT

- Ran a series of public webinars throughout the year, which leveraged our new ability to deliver talks online to reach a large public audience for the first time.
- Provision of Mindapples cards and promotional toolkits to partner organisations and volunteers to support their mental health and wellbeing promotion activities, particularly universities, schools, youth mental health projects and healthcare trusts.
- Hire of the Mindapples Tree and distribution of printed learning materials to encourage conversations about how people look after their minds, by local authorities, universities, charities and companies promoting workplace wellbeing.

These activities have provided an environment for encouraging people to learn about how their minds work and what tools and techniques they could use to actively protect and promote their mental health.

Our focus continues to be on young people at transition points in their lives, particularly exam time, leaving school and leaving university, to equip them to understand and talk about mental health and mental functioning in a positive way, free from stigma.

Financial Review

The charity is in a sustainable financial position. Total reserves decreased in the year to £40,891 (2022: £57,601). There were three significant income streams in the year; public fundraising in partnership with "The Big Give Christmas Challenge" raised £24,890 for our "Mindapples for Schools" programme, private donations raised £25,000, and income from charitable activities, predominantly sales of training and resources to universities raised £18,945. Having invested in our programmes for young people over the previous years, we have created a solid and sustainable model, with the universities project approaching a self-sustaining financial position, and the schools project funded from charitable fund raising.

The board will continue to focus on the partnership strategy to boost the charity's income further, focussing primarily on young people in schools, universities and the wider community attached to these.

Mindapples Trading Ltd was profitable in the year ended 31 March 2023, albeit at a lower level in comparison to the years before and continues to be profitable in the current financial year. The charity received a similar donation into core funds in the current year (£3,500 in both 2022 and 2023), and hopes that trading conditions will allow for a more generous donation next year, which will continue to contribute to a more diverse stream of income for the charity.

The charity has only one permanent staff member to keep fixed costs low, but it has increased its staff capacity over the year which has enabled us to deliver more impact for beneficiaries, particularly in the schools programme. The Board is sufficient at the current time to provide both volunteer time and the capacity to develop partnerships further, although there will be further consideration of the need to add different skills or perspectives.

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TRUSTEES' REPORT

Reserves policy and going concern

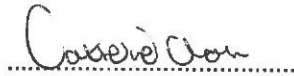
The trustees have adopted a policy of maintaining sufficient cash reserves to cover ongoing overheads for the foreseeable future.

The trustees have prepared a budget and have concluded that the charity continues to be a going concern for the foreseeable future. On that basis they have continued to adopt the going concern basis when preparing the financial statements.

Reappointment of auditor

A resolution to re-appoint N Smith FCCA as independent examiner for ensuing year will be proposed at the annual general meeting.

The annual report was approved by the trustees of the charity on 19TH Dec '23 and signed on its behalf by:



C Clark
Trustee

MINDAPPLES

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MINDAPPLES ('THE COMPANY')

I report to the trustees on my examination of the financial statements of Mindapples ('the charitable company') for the year ended 31 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet and related notes.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charitable company you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the financial statements of the charitable company are not required to be audited under Part 16 of the Act and are eligible for independent examination, I report in respect of my examination of the charitable company's financial statements carried out under section 145 of the Charities Act 2011 ('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 2011 Act.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the financial statements. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no opinion as to whether the financial statements present a 'true and fair' view and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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

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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MINDAPPLES ('THE COMPANY')



.....
N Smith FCCA
Independent Examiner
Rotherham Taylor Limited
21 Navigation Business Village
Navigation Way
Ashton-on-Ribble
Preston
PR2 2YP

Date: 19/12/23

MINDAPPLES**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)**

	Note	Unrestricted funds £	Total 2023 £
Income and Endowments from:			
Donations and legacies	3	50,424	50,424
Charitable activities		18,945	18,945
Investment income		97	97
Total income		<u>69,466</u>	<u>69,466</u>
Expenditure on:			
Charitable activities	4	(68,823)	(68,823)
Support costs	5	<u>(17,353)</u>	<u>(17,353)</u>
Total expenditure		<u>(86,176)</u>	<u>(86,176)</u>
Net expenditure		<u>(16,710)</u>	<u>(16,710)</u>
Net movement in funds		(16,710)	(16,710)
Reconciliation of funds			
Total funds brought forward		<u>57,601</u>	<u>57,601</u>
Total funds carried forward	13	<u><u>40,891</u></u>	<u><u>40,891</u></u>

The notes on pages 11 to 17 form an integral part of these financial statements.

MINDAPPLES**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023
(INCLUDING INCOME AND EXPENDITURE ACCOUNT)**

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and endowments from:				
Donations and legacies	3	20,938	-	20,938
Charitable activities		10,972	-	10,972
Investment income		14	-	14
Total income		31,924	-	31,924
Expenditure on:				
Raising funds		127	-	127
Charitable activities	4	(43,451)	(14,350)	(57,801)
Support costs	5	(33,239)	-	(33,239)
Total expenditure		(76,563)	(14,350)	(90,913)
Net expenditure		(44,639)	(14,350)	(58,989)
Net movement in funds		(44,639)	(14,350)	(58,989)
Reconciliation of funds				
Total funds brought forward		102,240	14,350	116,590
Total funds carried forward	13	57,601	-	57,601

The Statement of Financial Activities includes all gains and losses in the year.

All income and expenditures derive from continuing activities.

The funds breakdown for 2022 is shown in note 13.

The notes on pages 11 to 17 form an integral part of these financial statements.

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(REGISTRATION NUMBER: 07264252)
BALANCE SHEET AS AT 31 MARCH 2023

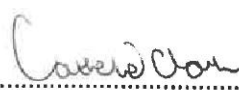
	Note	2023 £	2022 £
Fixed assets			
Tangible assets	7	150	2
Current assets			
Stocks	8	10,347	12,115
Debtors	9	361	210
Cash at bank and in hand		33,750	63,674
		44,458	75,999
Creditors: Amounts falling due within one year	10	(3,717)	(18,400)
Net current assets		40,741	57,599
Net assets		40,891	57,601
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		40,891	57,601
Total funds	13	40,891	57,601

For the financial year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The financial statements on pages 6 to 15 were approved by the trustees, and authorised for issue on 19th Dec 23 and signed on their behalf by:


.....
C Clark
Trustee

The notes on pages 14 to 17 form an integral part of these financial statements.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

1 CHARITY STATUS

The charity is limited by guarantee, incorporated in England and Wales, and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

2 ACCOUNTING POLICIES

Statement of compliance

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)) (issued in October 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Basis of preparation

Mindapples meets the definition of public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

Going concern

The trustees have prepared forecasts which give them adequate comfort that the charitable company is a going concern. Therefore, the trustees are of a view that the charitable company has sufficient resources for at least the next 12 months (from the date of approving the financial statements) and that there are no material uncertainties regarding going concern. As a result, the charitable company's financial statements have been prepared on a going concern basis.

Income and endowments

These are included in the Statement of Financial Activities 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 measure with sufficient reliability.

Cash donations are recognised as income where there is entitlement, sufficient certainty of receipt and the amount can be measured with sufficient reliability.

If a donation, grant or contract is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfillment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

Donations and legacies

Grants and donations are only included in the Statement of Financial Activity 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.

Donated services and facilities are included in the Statement of Financial Activities when received, at the value of the gift to the charity, provided the value of the gift can be measured reliably.

In accordance with the Charities SORP (FRS 102), the time of volunteers is not recognised in the financial statement, but the trustees' annual report provides information about their contribution.

Investment income

Investment income is recognised in the financial statement when the receipt is probable and the amount receivable can be measured reliably.

Governance and Support costs

Support costs are incurred by functions that assist the work of the charity but do not directly undertake charitable activities.

General support costs include rent, travel and subsistence, office administration, finance and IT. Governance costs comprise of expenses involving the public accountability of the charity and its compliance with regulation and good practice, and comprise the cost of the independent examination.

The bases on which support costs have been allocated are set out in the notes to the financial statements.

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.

Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at amortised cost using the effective interest rate method.

Taxation

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

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class

Office equipment

Depreciation method and rate

33% straight line

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NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

Stock

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell.

At the reporting date, stocks are assessed for impairment. If stocks are impaired, the carrying amount is reduced to its selling price less costs to complete and sell; the impairment loss is recognised immediately in profit or loss.

Trade debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade or charity discounts due.

Cash and cash equivalents

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity value of three months or less from the date of acquisition or opening of the deposit or similar account.

Trade creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts.

3 DONATIONS AND LEGACIES

	Unrestricted funds General £	Total funds £
Donations and legacies;		
The Big Give Christmas Challenge	24,104	24,104
Gift Aid	1,320	1,320
Armes Rk Donation	25,000	25,000
Total for 2023	50,424	50,424
Total for 2022	20,938	20,938

MINDAPPLES**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023****4 ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES**

	Unrestricted funds General £	Restricted funds £	Total funds £
Materials and direct costs	6,178	-	6,178
Subcontractor costs	15,480	-	15,480
Purchases	1,768	-	1,768
Admin services CA	20,691	-	20,691
Wages and salaries	23,385	-	23,385
Staff pensions (Defined contribution) - pension scheme 1	355	-	355
Staff costs	317	-	317
Travel and subsistence	575	-	575
Governance costs	74	-	74
Total for 2023	68,823	-	68,823
Total for 2022	43,451	14,350	57,801

5 ANALYSIS OF SUPPORT COSTS

	Unrestricted funds General £	Total funds £
Rent and office costs	1,411	1,411
Insurance	428	428
Independent examination fees	1,350	1,350
Admin services	5,173	5,173
Telephone	273	273
(Profit)/loss on disposal of tangible fixed assets	2	2
Website costs and computer software	4,254	4,254
Sundry expenses	2,549	2,549
Legal and professional	85	85
Advertising and marketing	685	685
Accountancy fees	987	987
Bank charges	156	156
Total for 2023	17,353	17,353
Total for 2022	33,239	33,239

MINDAPPLES

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

The charity allocates costs directly to charitable activities as far as possible, and then apports the remaining costs between general support and the governance function based on the nature of expense.

6 STAFF COSTS

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	23,385	-
Pension costs	355	-
Staff costs	317	-
	<u>24,057</u>	<u>-</u>

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2023 No	2022 No
Average number of employees	<u>1</u>	<u>-</u>

No employee received emoluments of more than £60,000 during the year

7 TANGIBLE FIXED ASSETS

	Office equipment £	Total £
Cost		
At 1 April 2022	717	717
Additions	224	224
Disposals	(717)	(717)
At 31 March 2023	<u>224</u>	<u>224</u>
Depreciation		
At 1 April 2022	715	715
Charge for the year	74	74
Eliminated on disposals	(715)	(715)
At 31 March 2023	<u>74</u>	<u>74</u>
Net book value		
At 31 March 2023	<u>150</u>	<u>150</u>
At 31 March 2022	<u>2</u>	<u>2</u>

MINDAPPLES**NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023****8 STOCK**

	2023	2022
	£	£
Stocks	<u>10,347</u>	<u>12,115</u>

9 DEBTORS

	2023	2022
	£	£
Prepayments	115	110
Other debtors	<u>246</u>	<u>100</u>
	<u>361</u>	<u>210</u>

10 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	60	1,660
Other creditors	2,257	13,790
Accruals	<u>1,400</u>	<u>2,950</u>
	<u>3,717</u>	<u>18,400</u>

11 PENSION AND OTHER SCHEMES**Defined contribution pension scheme**

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £355 (2022 - £Nil).

12 COMMITMENTS**Capital commitments**

The trustees have confirmed that at the year end there were no contingent liabilities or off balance sheet commitments requiring disclosure.

MINDAPPLES

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

13 FUNDS

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Unrestricted funds				
General	<u>57,601</u>	<u>69,466</u>	<u>(86,176)</u>	<u>40,891</u>
	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
Unrestricted funds				
General	102,240	31,924	(76,563)	57,601
Restricted funds	<u>14,350</u>	<u>-</u>	<u>(14,350)</u>	<u>-</u>
Total funds	<u>116,590</u>	<u>31,924</u>	<u>(90,913)</u>	<u>57,601</u>