

Mind Health

Annual Report

The purpose of the charity is to offer a safe and confidential place where people can talk openly about their darker thoughts and concerns.

The men's group (Blokes United) and women's group (Women United) are two of the main outreach projects, run by Mind Health. The basic principles of these groups are not prescriptive but offer a relaxed, low-key environment which enables users to do the most important thing, talk.

We have found that talking gets worries and stresses off their chests. It also enables listeners to realise that they are not the only ones who think like that. They are not on their own.

We offer free tea/coffee and biscuits, chocolate bars and cakes. There is no entrance fee for anyone.

There seems a never ending and ever-growing need for these groups resulting in larger numbers of attendees.

There has been a slow but steady number of positive activities within the group. The Ladies Group has grown substantially over the past year with growing numbers and positive outcomes.

The charity is a genuine charity i.e. we have no core costs; all trustees attend and give their time and efforts free.

Because of our low running costs, we have <£1000 in the bank. We do not envisage needing reserves.

Impacts & Outcomes

This can be gauged by positive changes within our client base. Some come to us very distressed and emotionally damaged. Their self-esteem can be low or non-existent. After a couple of meetings and given the chance to talk openly their demeanour changes. They become more positive, more self-confident and more relaxed. Many of the client-users are on medication for anxiety and/or depression.

Annual Christmas Activity

This year we took the whole group bowling at Kingswood Leisure Centre, HULL. There were 12 attendees excluding trustees and a good time was had by all. This is a positive team-building activity which creates stronger bonds and greater trust within the groups.

Mind Health Reg. 1175612
Accounts April 2023 - April 2024

Date	Type	Description	Value	Balance
17-Jan-25	POS	Biscuits Chocolate Bars	-£19.73	£909.93
02-Jan-25	BAC	T TAYLOR , PHIL TAYLOR , FP 02/01/25 0044 , L2BZSPT00000653104	£20.00	£929.66
23-Dec-24	DPC	Donation Andy Chudders	£10.00	£909.66
20-Dec-24	POS	Mini Golf Xmas , Meal THE REAL CHINA , HULL HU2 GB	-£85.50	£899.66
13-Dec-24	POS	Mini Golf XmasLOSTCITY WEB , NOTTINGHAM GB	-£90.00	£985.16
06-Dec-24	POS	Cakes	-£12.25	£1,075.16
02-Dec-24	BAC	T TAYLOR , PHIL TAYLOR , FP 02/12/24 0048 , L2BSPSL00000147860	£20.00	£1,087.41
12-Nov-24	BAC	EASY FUNDRAISING , 214953 QUARTER 3 2	£19.53	£1,067.41
04-Nov-24	BAC	T TAYLOR , PHIL TAYLOR , FP 04/11/24 0024 , L2AK4UF00000236698	£20.00	£1,047.88
25-Oct-24	DPC	To A/C 58610197 , PEARSON M & J , Via Online Xfer	-£36.47	£1,027.88
18-Oct-24	POS	Buscuits + Chocolate Bars	-£20.04	£1,064.35
02-Oct-24	BAC	T TAYLOR , PHIL TAYLOR , FP 02/10/24 0134 , L2DAD5100000125847	£20.00	£1,084.39
02-Sep-24	BAC	T TAYLOR , PHIL TAYLOR , FP 02/09/24 0038 , L2LCAIZ00000647292	£20.00	£1,064.39
30-Aug-24	POS	Birthday Cake + Biscuits	-£16.25	£1,044.39
02-Aug-24	BAC	T TAYLOR , PHIL TAYLOR , FP 02/08/24 0148 , L2LCAIZ00000130826	£20.00	£1,060.64
02-Jul-24	BAC	T TAYLOR , PHIL TAYLOR , FP 02/07/24 0153 , 400000001383882554	£20.00	£1,040.64
19-Jun-24	DPC	Donation Life for a Kid	-£500.00	£1,020.64
19-Jun-24	DPC	From A/C 58610197 , PEARSON M & J , Via Online Xfer , Life for a Kid	£500.00	£1,520.64
18-Jun-24	BAC	E FOR KID , CHARITY DONATION , FP 17/06/24 2135 , 4691271253127160	£500.00	£1,020.64
03-Jun-24	BAC	T TAYLOR , PHIL TAYLOR , FP 03/06/24 0039 , 200000001355689024	£20.00	£520.64
10-May-24	DPC	From A/C 58610197 , PEARSON M & J , Via Mobile Xfer	£7.75	£500.64
07-May-24	POS	Biscuits Chocolate Bars	-£7.75	£492.89
02-May-24	BAC	T TAYLOR , PHIL TAYLOR , FP 02/05/24 0147 , 400000001345662620	£20.00	£500.64
15-Apr-24	DPC	From A/C 58610197 , PEARSON M & J , Via Online Xfer	£470.00	£480.64
10-Apr-24	POS	DNESST CONCEPT , TRADING , HONG KONG HK , USD 34.98, VRATE 1.2569	-£28.60	£10.64
08-Apr-24	DPC	To A/C 58610197 , PEARSON M & J , Via Online Xfer	-£470.00	£39.24
02-Apr-24	DPC	Donation Kev Purkis	-£20.00	£509.24
02-Apr-24	BAC	T TAYLOR , PHIL TAYLOR , FP 02/04/24 0110 , 100000001318613182	£20.00	£529.24
25-Mar-24	POS	Biscuits Chocolate Bars	-£8.48	£509.24
25-Mar-24	DPC	From A/C 58610197 , PEARSON M & J , Via Online Xfer	£23.48	£517.72
13-Mar-24	POS	Birthday Cake	-£15.00	£494.24
04-Mar-24	BAC	T TAYLOR , PHIL TAYLOR , FP 04/03/24 0041 , 500000001304924198	£20.00	£509.24
02-Feb-24	BAC	T TAYLOR , PHIL TAYLOR , FP 02/02/24 0146 , 600000001285987019	£20.00	£489.24