

MANY MINDS

Registered Charity number: 1175721

Report and Financial Statements For the year ended 31 December 2022

MANY MINDS

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For the year ended 31 December 2022

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Reference and administration information

Charity Name: Many Minds

Registered charity number: 1175721

Charity's principal address: 10 Chelsea Park, Bristol, BS5 6AG

Trustee name	Office	Dates acted if not full year	Name of person (or body) entitled to appoint trustee (if any)
Becky (Rebecca) Chapman	Chair		
Sandra Masters			
Tom Newman			
Carina Andrews		1 st Jan – 12 th Feb	
Tabatha Rodney			
M Blaydes			
Angelina McClelland		12 th Oct onwards	

Staff employed by charity: Olivia Ware (Executive Director), Viki Browne (Artistic Director), Laura Singer (Access Support Worker), Anna Rathbone (Assistant Facilitator).

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Trustees Annual Report

For the year ended 31 December 2022

The Trustees present their report and financial statements for the year ending 31st December 2022. The reference and administrative information set out on page 3 forms part of this report.

Structure, governance and management

Type of governing document: Constitution

How charity is constituted: Association

Trustee selection methods: The Many Minds constitution allows trustees to be appointed by the Board. Member Trustees are elected by the membership at the AGM.

Trustees are given a welcome pack when joining the Board and training on Being a Good Board Member run by Voscur. New Member Trustees are given a mentor to support them join the Board.

The charity's policies and procedures include:

- Safeguarding
- Equality and Diversity
- Confidentiality
- Data Protection
- Financial Controls
- Complaints
- Conflicts of Interest
- Managing Risk
- Pay Policy
- Disciplinary and Grievance
- Trustee Code of Conduct

Trustees regularly review the risks to Many Minds and manage them in line with the risk policy. Where necessary, external advice is sought to supplement internal expertise.

Objectives and activities

Objectives

1. To promote the preservation of good mental health and to assist those at risk of mental health problems for the public benefit, through participation in the arts in order to increase awareness, understanding and reduce stigma of mental health to the wider public through creative activities, performance and professional theatre productions.
2. To improve access to the arts and other mainstream services for mental health service users by working in partnerships to raise awareness and reduce barriers to access.
3. To improve confidence, self-esteem, social networks and progression into education, training and employment for mental health service users and those at risk through involvement in creative activities and mentoring.

Activities

In planning the activities for the year, Many Minds trustees have had regard to the Charity Commission Guidance on public benefit.

Many Minds activities undertaken:

To promote the preservation of good mental health, Many Minds runs weekly open access workshops for people who identify with experiences of mental illness. These workshops have led to 2 performances in neighbourhoods and a large scale ambitious musical performance in partnership with the Bristol Old Vic. These performances have mental health access at the heart of the creative process and have helped to reduce public stigma of mental illness.

Many Minds has run facilitation training for members alongside 1-2-1 mentoring to improve confidence, self-esteem, social networks and progression into education, training and employment.

To improve access to arts and other services, Many Minds has run training and consultancy sessions for individuals and organisations in mental health access strategies, recruitment and wellbeing policies.

Volunteers

Many Minds has a dedicated team of volunteers who have helped to support members in workshop sessions and public performances. Many of the membership have taken on volunteer roles for personal and career progression. Volunteers have given 228 hours of their time over the year.

Achievements and performance

Winter Workshops

We kicked off our year refreshing and developing our skills in devising and performance theory to lay the foundations for creating Same Storm Same Sky, our big musical show at the Bristol Old Vic. We specifically focused on using autobiography, exploring symbols, simile and metaphor, playing with pop culture references, games and improvised parties in the creation of performance.

This was the first series where we were supported by Anna Rathbone who we employed as an Assistant Facilitator in a training and development role and worked with over the year.

'I enjoyed working with five different directors /facilitators over the year learning about different approaches. It felt particularly good when I stepped up to co-lead the Youth Strand as part of Same Storm Same Sky taking on more responsibility and feeling more confident than I did before about running a series of workshops for a new group'
Anna, Assistant Facilitator

Stories in Neighbourhoods

As part of Mental Health Awareness Week, Many Minds teamed up with black women's playback group Breathing Fire, Bristol City Council, Oasis Youth Hub and Fit and Fab to run 12 weeks of workshops in Filwood and Lawrence Weston. Together we explored things that residents wanted to celebrate in their local areas and changes they wanted to make.

The groups came together to perform in each area. Oasis Youth Hub's young people created a fun game exploring popular slang from Laurence Weston and-a participatory piece about what they liked and disliked and their dreams for the future which included more provision for young people and a beach.

The Knowle West group devised a piece of Forum Theatre about a mother struggling with drug dealing and bullying from neighbours, inaccessible healthcare systems and how this was negatively affecting her hopes for her child's future and her mental health.

The audience had the opportunity to come up onto the stage and try and find ways to improve her situation and offer suggestions as to how the community could work together to make change.

'I'm a lot more talkative now than I used to be and I put myself forward for more things now' - Morgan, young participant from Lawrence Weston

'What we watched was standing up for yourself and saying no to things and creating boundaries... which then you would take into real life' -Claudia from Filwood Community Centre

'We all collaborated to make this theatre project come alive. Just a brilliant project, it should be all over Bristol' Valerie Mower, Breathing Fire

Same Storm, Same Sky: A Musical Performance at Bristol Old Vic

Same Storm, Same Sky was our flagship project and most ambitious to date. The idea came out of a dreaming activity with members in 2019 and was three years in the making.

We started to devise the piece and create original music online during the lockdowns alongside Musical Director Verity Standen and developed our ideas as we began to meet and connect in person again. We worked towards making a musical performance for the main stage of the Bristol Old Vic bringing together a wide range of people that you wouldn't normally see on a big stage, and whose voices don't often get heard.

The show explored the feelings of separation and connectedness to each other and nature. We worked with a large creative team for the first time and members had opportunities to work alongside industry professionals to develop new skills. Member, Tabby Rodney collaborated with sound designer, Jack Drewry to work on arranging and recording the music. Tabby also sang live on stage and had one of her original songs debuted on Laura Rawling's show on BBC Radio Bristol.

We also engaged with a group of 10-15 year olds from community theatre ACTA's Sudanese group run by Hiba Abdulaziz and the Bristol Old Vic's youth programme. Anna and Carlota, two Many Minds members who had come through our Facilitator Trainee programme, facilitated a series of workshops and supported them to perform alongside the adult members.

Performances had on-stage captions and we worked with an experienced BSL interpreter to bring the music and soundscapes to life for D/deaf audiences. We were excited to fill out the main stage of the theatre with a diverse audience and create an accessible and inclusive environment for people to celebrate coming together again.

Singers from Bass Choir were sat in the dress circle and surprised audience members by standing up from their seats and creating an improvised harmonious song based on things that audiences said they liked. Everyone was invited to join in a sing along at the end and we were delighted to receive standing ovations from the crowds.

'I really struggle with reaching out for help but in the show I was able to rehearse the action of reaching out in a safe, creative way as I had to facilitate the audience to sing with me. I don't feel like such a burden anymore, that people want to give the support to me that I give to them. I am as worthy as everyone else which has opened up my world. At one point it felt like I would never smile again, but the silliness which is encouraged brought my smile back. ' - Tabby, Member

Facilitation Training

In September we continued to create opportunities for our members to gain skills in leading accessible drama workshops with three different trainee facilitators taking part. Two of our volunteers Alice and Becca, with the support of freelance facilitator, Giulia Bianchini, delivered five workshops together exploring making games, mirroring, music, clowning and improvisation.

Many Minds' Artistic Director, Viki Browne then supported Laura Singer (who took a break from her access/ support role) to run six sessions with our members exploring Augusto Boal's Rainbows of Desire theories as a tool for personal reflection and inner work.

'I was always interested in facilitating but didn't have the confidence and couldn't find anywhere accessible or affordable to learn those skills. I had a lot of support to plan and deliver sessions and the safe environment made it feel less scary. I learnt a lot about how to hold a safe and inclusive space and it allowed me to try out new ideas.

I am still volunteering for Many Minds and have also started to develop my own artistic practice and have set up a community facilitation group outside of Many Minds where I lead theatre games.' - Alice, Volunteer and Many Minds Facilitation Trainee.

Key achievements over the year include:

- 56 new members came to workshops, outreach activities and performances, increasing our total membership to 270 people,
- The total number of members that attended workshops over 2022 was 109.
- We delivered 100 performance workshops
- 53 access sessions were carried out by our Access Support Worker to support members with their mental health needs and signpost them to other support services
- 92% of members said they felt that Many Minds supported their wellbeing
- 92% had an increased sense of ownership
- 85% felt more confident socialising with others
- 85% reported more confident expressing themselves creatively

Financial Review

Total income for the financial year was £191,441 (£116,527) with expenditure of £172,934 (2021 £118,027) and net income £18,507 (2021 net deficit £1,500). At the end of the financial year, total assets amounted to £116,776 represented by restricted funds of £74,527 and unrestricted funds of £42,249.

Many Minds uses an accruals basis of accounting and has set out the basis of preparation and accounting policies in the notes to accounts.

Many Minds gets funding from a range of sources. The charity's main source of income is from public bodies, trusts and foundations. These include Arts Council England, Bristol City Council, Bristol Old Vic, National Lottery Community Fund, Nisbet Trust, Paul Hamlyn Foundation, People's Health Trust and Quartet Community Foundation.

Many Minds has also raised funds of £12,977 from individual donors through a monthly donation scheme and match funding campaigns. This year we took part in the Big Give Christmas Challenge campaign. Funding has also come from and box office receipts and training and consultancy

Reserves Policy

Many Minds trustees have agreed on a reserves policy to ensure organisational resilience, be able to respond to unpredictable financial situations that might arise and to be able to respond to opportunities that might arise throughout the year.

Of the £42,249 of unrestricted funds that have been carried over, the trustees have agreed to retain funds of £18,839 equating to approximately three months of core costs.

This allows for the organisation to have time to put in strategies to secure funding, to be able to uphold obligations as an employer and, if needs be, to ensure that its members can conclude their relationship with the charity in a safe and supportive way.

The trustees have earmarked designated funds of £23,410 to act as match funding to invest in productions, projects or other opportunities and to cover the existing investment in IT fixed assets. The trustees will review the reserves policy annually.

Future plans

Many Minds experienced an increase in both income and expenditure following a successful year of delivery and new ambitious projects and partnerships in 2022.

We continue to experience a rise in our membership and engagement, and we aim to secure funds to continue to run workshops and respond to the increasing demand for activities.

As we move into 2023, the trustees, staff, volunteers and members have taken part in a project looking at our organisational structures through the lens of creativity and wellbeing and have spent time reflecting on our vision, mission and plans for the future.

The charity will aim to secure some core funding over the next 1- 3 years to build its resilience and sustainability and ensure that innovative and effective projects and activities can continue to be delivered for its members. Many Minds aims to continue its current strands of work and develop new projects where there is growing need and to continue to make the arts more inclusive and accessible for people experiencing mental ill-health.

Declaration

Approved by the trustees on 19th June 2023 and signed on their behalf by:

Becky Chapman, Chair of Board of Trustees

Signed: 

Independent Examiner's Report

To the trustees of

Many Minds

I report to the trustees on my examination of the accounts of the Many Minds ("the Trust") for the year ended 31 December 2022, which are set out on pages 12 to 19.

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

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

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts 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.

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.

Date: 7th Sep 2023

Signed: _____

Michael Evans C.A.,

Member of the Institute of Chartered Accountant of Scotland,

145 Barclay Road, London, E17 9JL

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Statement of Financial Activities

for the year ended 31 December 2022

	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year funds £
Income from:				
(Note 6)				
Public Funding Sources	-	92,200	92,200	39,249
Trusts and Foundations	-	69,050	69,050	59,929
Partnerships	-	15,010	15,010	5,530
Individual Donations & Match Funding	12,977	-	12,977	11,270
Activities	2,204	-	2,204	549
Total	15,181	176,260	191,441	116,527
Expenditure on:				
Payroll	-	80,911	80,911	74,423
Freelance worker and artist fees	4,512	46,772	51,284	24,038
General Running Expenses	4,485	3,200	7,685	6,123
Marketing and Communications	775	3,492	4,267	3,500
Production costs	-	4,208	4,208	1,524
Rent and venue hire	2,572	16,135	18,707	5,336
Subsistence	134	2,758	2,892	284
Travel	-	517	517	336
Depreciation	2,463	-	2,463	2,463
Total	14,941	157,993	172,934	118,027
Net income	240	18,267	18,507	(1,500)
Reconciliation of Funds:				
(Note 7)				
Total funds brought forward	42,009	56,260	98,269	99,769
Total funds carried forward	42,249	74,527	116,776	98,269

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Balance Sheet

As at 31 December 2022

	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year funds £
Fixed assets	409	-	409	2,872
Current assets				
Debtors	5,727	3,543	9,270	3,824
Cash at bank and in hand	38,142	70,984	109,126	93,711
	43,869	74,527	118,396	97,535
Creditors: amounts falling due within one year	2,029	-	2,029	2,138
Net current assets	41,840	74,527	116,367	95,397
Total net assets	42,249	74,527	116,776	98,269
Funds of the charity (note 7)				
Restricted income funds	-	74,527	74,527	56,260
Unrestricted funds:				
Designated funds	23,410	-	23,410	25,873
General	18,839	-	18,839	16,136
Total funds of the charity	42,249	74,527	116,776	98,269

Approved by the Trustees on 19th
June 2023 and signed on their behalf
by



Rebecca Chapman

Chair

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Statement of Cash Flows

for the year ended 31 December 2022

	Total funds £	Prior year funds £
Cash flows from operating activities:		
Net income for the year (as per the statement of financial activities)	18,507	(1,500)
Adjustments for:		
Depreciation charge	2,463	2,463
(Increase)/decrease in debtors	(5,446)	6,754
Increase/(decrease in creditors)	(109)	(1,103)
Net cash provided by operating activities	15,415	6,614
Cash flows from investing activities:		
Purchase of fixed assets	-	-
Net cash provided by (used in) investing activities	-	-
Change in cash in the year	15,415	6,614
Cash at the beginning of year	93,711	87,097
Cash at the end of the year	109,126	93,711

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Notes to the financial statements

1. Basis of preparation

(a) Basis of Accounting

These financial statements have been prepared under the historic cost convention in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Statement of Recommended Practice issued by the Charity Commission for England and Wales ("Charities SORP"), and the Charities Act 2011.

(b) Going Concern

The Trustees have examined the Charity's budget and cash flow projections and consider that there are no material uncertainties about the Charity's ability to continue as a going concern. Consequently, these financial statements have been prepared on a going concern basis.

(c) Structure of the Statement of Financial Activities

In the Statement of Financial Activities the Charity has adopted the structure of presentation based on the nature of components of income and expenditure, as permitted by the Charities SORP for smaller charities.

2. Accounting Policies

(a) Fund Structure

Restricted Income Funds are those funds which are to be used in accordance with specific restrictions imposed by the donors.

Unrestricted Income Funds comprise those funds which the trustees are free to use for any purpose in furtherance of the charitable objectives.

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

(b) Incoming Resources

Incoming resources are recognised once the charity has entitlement to the resources, it is more likely than not that the resources will be received and their monetary value can be measured with sufficient reliability.

In accordance with Charities SORP the value of volunteer help is not determined in the accounts, given the absence of a reliable measurement base, but is described in the Trustees' report.

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Notes to the financial statements

(c) Resources Expended

Liabilities are recognised as resources expended as soon as there is a legal or constructive obligation committing the charity to the expenditure and the amount can be measured with reasonable certainty.

(d) Fixed Assets

Fixed assets consist of IT equipment which is stated at cost (£7,388) less depreciation (£6,979) applied on a straight line basis over a 3 year estimated life.

3. Employees

The average headcount of employees was 3.7 in 2022 (3.2 in 2021).

No employee received more than £60,000 in the current and prior years.

4. Trustees and Independent Examiner

The Trustees and Independent Examiner have not received any remuneration, employment benefits or reimbursement of expenses from the charity in the current and prior years.

5. Related party transactions

The Trustees have referred to the definition of related parties set out in the Charities SORP and confirm that there are no related party transactions to report.

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Notes to the financial statements

Note 6. Analysis of income

Categories	Sources	Unrestricted Funds	Restricted income funds	Total funds £	Prior year £
Public Funding sources	Arts Council England	-	35,000	35,000	21,649
	Bristol City Council	-	47,200	47,200	17,600
	National Lottery Community Fund	-	10,000	10,000	-
	Total	-	92,200	92,200	39,249
Trusts and Foundations	Nisbet Trust	-	5,000	5,000	-
	Paul Hamlyn Foundation	-	40,000	40,000	40,000
	People's Health Trust	-	16,550	16,550	9,929
	Quartet Community Foundation	-	7,500	7,500	10,000
	Total	-	69,050	69,050	59,929
Partnerships: donated facilities and services	Bristol Old Vic	-	12,400	12,400	4,100
	Garrett Creative	-	2,610	2,610	-
	Wardrobe Ensemble	-	-	-	1,430
	Total	-	15,010	15,010	5,530
Individual Donations and Match Funding Activities		12,977	-	12,977	11,270
	Box Office	2,129	-	2,129	299
	Training & Consultancy	75	-	75	250
	Total	2,204	-	2,204	549
Total Income		15,181	176,260	191,441	116,527

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Notes to the financial statements

Note 7. Funds of the charity

7.1. Details of funds held and movements (Current year)

	Balances brought forward £	Income £	Expenditure £	Transfers £	Balances carried forward £
Restricted funds					
Arts Council England	-	35,000	35,000	-	-
Bristol City Council	24,700	47,200	31,423	-	40,477
Bristol Old Vic	-	12,400	12,400	-	-
Garrett Creative		2,610	2,610		-
National Lottery Community Fund	-	10,000	10,000	-	-
Nisbet Trust	-	5,000	5,000	-	-
Paul Hamlyn Foundation	27,000	40,000	47,000	-	20,000
People's Health Trust	4,560	16,550	9,560	-	11,550
Quartet Community Foundation	-	7,500	5,000	-	2,500
	56,260	176,260	157,993	-	74,527
Unrestricted funds					
Designated funds					
Match Funding Programmes	23,001	-	-	-	23,001
Fixed Assets	2,872	-	-	(2,463)	409
	25,873	-	-	(2,463)	23,410
General fund	16,136	15,181	14,941	2,463	18,839
	42,009	15,181	14,941	-	42,249
Total Funds (Current year)	98,269	191,441	172,934	-	116,776

7.2. Details of funds held and movements (Prior year)

	Balances brought forward £	Income £	Expenditure £	Transfers £	Balances carried forward £
Restricted funds					
Arts Council England	-	21,649	21,649	-	-
Bristol City Council	32,460	17,600	25,360	-	24,700
Bristol Old Vic	-	4,100	4,100	-	-
Clothworkers Foundation	612	-	612	-	-
National Lottery Community Fund	15,518	-	15,518	-	-
Paul Hamlyn Foundation	-	40,000	13,000	-	27,000
People's Health Trust	-	9,929	5,369	-	4,560
Quartet Community Foundation	-	10,000	10,000	-	-
Wardrobe Ensemble	-	1,430	1,430	-	-
	48,590	104,708	97,038	-	56,260
Unrestricted funds					
Designated					
Match Funding Programmes	23,001	-	-	-	23,001
Fixed Assets	5,335	-	-	(2,463)	2,872
	28,336	-	-	(2,463)	25,873
General fund	22,843	11,819	20,989	2,463	16,136
	51,179	11,819	20,989	-	42,009
Total Funds (Prior year)	99,769	116,527	118,027	-	98,269

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Notes to the financial statements

7.3. Explanatory notes on funds held and movements

All funds held are used in furtherance of the objects of the charity which are set in the Trustee's report.

Restricted funds are used in accordance with the donors' specific requirements to support charitable activities, contribute to core costs and fund investments. The Restricted funds carried forward at 31 December 2022 consist of balances of funding from Bristol City Council, Paul Hamlyn Foundation, People's Health Trust and Quartet which are allocated to specific charitable activities in the 2023 business plan.

The Unrestricted funds are used in accordance with the policies defined by the Trustees. The funds carried forward at 31 December 2022 consist of Designated funds and a General fund. The transfers to Designated Funds are amounts earmarked by the Trustees for match funding to invest in productions, projects or other opportunities and to cover the fixed asset value in the balance sheet of the existing IT investments. The General fund is considered appropriate to ensure organisational resilience in accordance with the reserves policy defined by the Trustees.