

MANY MINDS

Registered Charity number: 1175721

Report and Financial Statements
For the year ended 31 December 2024

MANY MINDS

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For the year ended 31 December 2024

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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)
Tom Newman	Chair		
Sandra Masters			
Malaika Kegode			
Tabitha Rodney			
M Blaydes			
Angelina McClelland			

Staff employed by charity: Olivia Ware (Executive Director), Viki Browne (Artistic Director), Laura Singer (Access Support Worker), Ru Brooks (Company Administrator)

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Trustees Annual Report

For the year ended 31 December 2024

The Trustees present their report and financial statements for the year ending 31st December 2024. 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 performances at The Watershed, Travelling Light Studios and Easton Christian Family Centre. 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 delivered mentoring and provided opportunities to volunteer and take on paid roles 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 social and cultural trips or members, as well as 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. We worked with 16 volunteers who gave 522 hours of their time over the year.

Achievements and performance

Many Minds staged more performances than ever before in 2024 with a wide range of partnerships and projects. We were recognised and received a Highly Commended award at The Bristol Life Awards in the Arts category for our work.

IRL Influencer

We worked alongside the University of Bristol and Oasis Brightstowe School with year 8 students. The creative project ran alongside the University's research project running a series of workshops to explore the impact of digital technology on young people's mental health. The students made a production that outlined their own experiences of technology and social media which was performed at their school for parents, teachers and mental health professionals.

Feedback from young people included:

"I didn't know the impact social media was having on my mental health before."

"It made me realise I was addicted and I'm trying to play less on Roblox."

"I am trying to use online less and in person more."

- 66% said the project made them feel happier
- 79% said they felt more connected with each other after the project
- 56% said they had a better understanding of their experiences online
- 44% said they had a better understanding of their mental health in a school settings

The findings were used by University of Bristol as part of a wider research project to create better understanding of young people's experiences amongst health professionals.

Welcome to Bedminster

The project was in partnership with Breathing Fire and Bristol City Council Community Development Team and Breathing Fire. We engaged with residents of Bedminster in weekly workshops running at Windmill Hill City Farm and St Phillips Church.

Participants ranged from 18 – 80-year-olds and came from a wide range of different backgrounds. They worked together to explore themes that were important to them in their communities and devised a piece of forum theatre. None of the participants had ever made a piece of forum theatre or interactive devised performance.

The project explored themes around mental health, accessing health services, gentrification, building developments, local shops closing and struggles to get employment, cost of living crisis and gambling. The performance was staged at St Phillips Church in May. It provoked a strong reaction and a lot of conversation from audiences and many audience members went up on stage to try out solutions to the main characters struggles. Conversations were started about how communities can respond with kindness

to people in difficult times by buying people shopping or giving them advice on how to seek support.

Participants said:

"I met lots of wonderful new people and made friends. The project helped me to grow."

"I found love and comfort. The workshops helped me to get back into the world. I didn't know I would love it so much."

"It helped me to flourish with a diverse range of people supporting each other to grow."

Audience feedback:

"I was just blown away by tonight, I feel like crying, because I was so touched"

"I thought the performance was brilliant. It really tackled some local issues such as gentrification, building in the area, what it is like to be a working-class person living in a community that is gradually changing."

"I loved the personal reflection on community issues. It gave people the space to reflect on the impact everyone can make in someone's life."

Hybrids LIVE

We partnered with the Royal West Academy (RWA) on a performance that interacted with their exhibition: *These Mad Hybrids*. Many Minds members got thinking about what makes us a 'mad hybrid' and how would we interact with artworks and the gallery.

Blending the boundary between art object and human *Hybrids-LIVE* brought to life the exhibits and created living sculptures that journeyed in and around RWA, questioning how we access art.

We worked alongside a costume designer for the project to create versions of our own hybrid selves and members did a workshop with the exhibition curator and artist, Olivia Bax. We also ran outreach workshops with some of the existing engagement groups at the RWA including the mothers and babies group, and people living with dementia. The group attended the visually impaired tour to take inspiration for ideas on increasing access of the performance.

The performance challenged preconceptions about how you should interact with a gallery and shone a light on the every-day performances you wouldn't usually see. It has paved the way for developing this model in other art gallery settings.

Audience feedback included:

88% of people said it made them think or want to do something differently.

"It has made me want to come to more art exhibitions and galleries. It has reminded me of how to really interact with the art on display - to feel it, taste it, smell it. I want to inspire my children to do the same."

"It made me want to speak at whatever I can about accessibility is really important to me."

BloomBox

Bloombox was an immersive, participatory performance made by Many Minds members in partnership with Windmill Hill City Farm that stimulated the senses and shared stories of human-nature connection.

We ran workshops on the farm over 12 weeks. Using biosonification technology, we listened to the plants and collaborated with music producer, Brian d'Souza, to create original music. We also worked alongside Undergrowth Collective, who use arts to bring people closer to connection with nature, to create set based art pieces for the show made from biodegradable threads. Inspired by mycelium networks, we involved audiences in passing threads and connecting us all to ourselves, each other and the natural world.

Audiences were guided around different locations to a series of mini performances and activities led by members that included storytelling of plants, trees and songs from Palestine, reflections and music making in a water feature, listening to trees and the stories they told, mirroring exercises in a polytunnel and interactive poems written by members.

Audiences said:

"I really liked the way it was about the natural world & encouraged us all to focus on appreciating it."

"I enjoyed the pondering of a sense of sense of community, the way we were taught to reconnect with ourselves and each other, as well as, of course nature, which we are a part of."

"I liked it that we were able to walk around and were invited to do activities."

The Dance of Uncertainty

The tough year of funding cuts and increasing uncertainty prompted members to make a participatory performance about the instability of the arts & charity sectors that was inspired by rituals about love and endings.

We worked in partnership with Arnos Vale cemetery over 12 weeks incorporating promenade through the cemetery grounds celebrating every member that had engaged with Many Minds over the past 7 years, interactive demonstrations of how the economic climate has changed and the level of scarcity that was being experienced, catwalks, dances and dreaming with the audience about a better future.

Audiences said:

"I loved how we the audience were invited to join Many Manys for a beautifully reflective retrospective of their work and words, and their members stories, combined with music"

and colour in a moving performance that raised important philosophical questions. As ever, understated, surprising, and delivering powerful feeling.”

“The use of sweets/ snacks to highlight the funding situation was super smart. Really heartfelt and authentic. Framed itself as a piece of community, Many Minds user led piece of composition, which felt really powerful.”

Key achievements over the year include:

- 17 new members came to workshops, outreach activities and performances, increasing our total membership to 331 people.
- The number of members attending workshops was 79 with a total of 585 attendances.
- We delivered 68 performance workshops.
- 36 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.
- 86% felt more confident socialising with others.
- 90% reported more confident expressing themselves creatively.

Financial Review

Total income for the financial year was £61,282 (2023 £91,676) with expenditure of £122,838 (2023 £106,630) and net expenditure of £61,556 (2023 £14,954). At the end of the financial year, total assets amounted to £40,266 represented by unrestricted funds shown in the General fund.

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

Many Minds receives 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, People's Postcode Lottery, Quartet Community Foundation and the University of Bristol.

Many Minds has also raised funds of £31,282 (2023 £2,273) from individual donors through a monthly donation scheme and match funding campaigns.

Reserves Policy

Many Minds trustees have agreed on a reserves policy to ensure organisational resilience, to 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 £40,506 of unrestricted funds comprising the General fund on 31 December 2024, the trustees have agreed to retain a reserve of £27,000.

This allows the charity 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 will review the reserves policy annually.

Future plans

Following our most active year to date, in which we delivered a high volume of activities and staged five productions – more than in any previous year – we are now looking ahead to 2025 and beyond with renewed focus and strategic intent.

Financially, 2024 reflected a significant managed deficit. This was due in part to the delivery of work funded in previous years, with a number of multi-year grants reaching their delivery stage during this period. In addition, rolling over unspent funds allowed us to sustain activities at a high level. However, the financial context has been impacted by broader sector challenges, including cuts to several of our usual funding sources.

In response, our priority for 2025 is to refocus energy on financial sustainability. We will be redeveloping our funding strategy with a focus on diversifying income streams. This includes exploring new relationships with corporate partners, expanding our base of individual donors, and investing in fundraising events. These efforts aim to build greater long-term stability and resilience.

We will also be reviewing and developing our current programmes, identifying ways to increase their reach, deepen their impact, and further our mission to create social change through performance. Crucially, our members will be at the heart of this process, shaping how we evolve in response to community needs.

Looking further ahead, we are excited to continue developing our Creative Residency programme. Over the next 3–4 years, we aim to build partnerships across the arts, social, and corporate sectors to create inclusive spaces for people experiencing mental ill-health. By embedding ourselves in partner organisations and working alongside their staff and creative practitioners, we will generate performance work that creatively responds to each space from a neurodiverse perspective. Through this, we seek to share practices and ideas around accessibility and inclusion, ensuring the arts are open and enriching for all.

We are pleased to report that we have secured a three-year core funding grant from Reaching Communities. This support will provide a measure of stability and enable us to grow, plan strategically, and continue our mission to create powerful performance that drives social change.

Declaration

Approved by the trustees on 17th Sep 2025 and signed on their behalf by:

Tom Newman, Chair of Board of Trustees

Signed:

A handwritten signature in black ink, appearing to read 'T Newman', written over a horizontal line.

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 2024, which are set out on pages 13 to 20.

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: 30/09/2025

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 2024

	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year funds £
Income from: (Note 6)				
Public Funding Sources	-	20,000	20,000	3,800
Trusts and Foundations	-	10,000	10,000	79,618
Partnerships	-	-	-	5,975
Individual Donations & Match Funding	31,282	-	31,282	2,273
Activities	-	-	-	10
Total	31,282	30,000	61,282	91,676
Expenditure on:				
Payroll	16,114	45,867	61,981	63,645
Freelance worker and artist fees	16,350	20,000	36,350	26,325
General Running Expenses	1,982	4,017	5,999	6,203
Marketing and Communications	3,486	3,000	6,486	2,887
Production costs	-	455	455	202
Rent and venue hire	3,043	6,600	9,643	5,754
Subsistence	414	900	1,314	943
Travel	-	610	610	262
Depreciation	-	-	-	409
Total	41,389	81,449	122,838	106,630
Net income (expenditure)	(10,107)	(51,449)	(61,556)	(14,954)
Reconciliation of Funds: (Note 7)				
Total funds brought forward	50,373	51,449	101,822	116,776
Total funds carried forward	40,266	-	40,266	101,822

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Balance Sheet

As at 31 December 2024

	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year funds £
Fixed assets	-	-	-	-
Current assets				
Debtors	1,345	-	1,345	-
Cash at bank and in hand	43,438	-	43,438	103,250
	44,783	-	44,783	103,250
Creditors: amounts falling due within one year	4,517	-	4,517	1,428
Net current assets	40,266	-	40,266	101,822
Total net assets	40,266	-	40,266	101,822
Funds of the charity (note 7)				
Restricted income funds	-	-	-	51,449
Unrestricted funds:				
Designated funds		-	-	23,001
General	40,266	-	40,266	27,372
Total funds of the charity	40,266	-	40,266	101,822

Approved by the Trustees on 17th Sep
2025 and signed on their behalf by



Full name

Thomas Newman

Chair

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Statement of Cash Flows

for the year ended 31 December 2024

	Total funds £	Prior year funds £
Cash flows from operating activities:		
Net income (expenditure) for the year (as per the statement of financial activities)	(61,556)	(14,954)
Adjustments for:		
Depreciation charge	-	409
(Increase)/decrease in debtors	(1,345)	9,270
Increase/(decrease in creditors)	3,089	(601)
Net cash provided by (used in) operating activities	(59,812)	(5,876)
Cash flows from investing activities:		
Purchase of fixed assets	-	-
Net cash provided by (used in) investing activities	-	-
Change in cash in the year	(59,812)	(5,876)
Cash at the beginning of year	103,250	109,126
Cash at the end of the year	43,438	103,250

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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 (2024 and 2023 - £7,388) less depreciation (2024 and 2023 - £7,388,) applied on a straight-line basis over a 3 year estimated life.

3. Employees

The average headcount of employees was 2 in 2024 and 2023.

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 £
Trusts and Foundations	Bristol City Council	-	-	-	3,800
	National Lottery Community Fund	-	20,000	20,000	-
	Total	-	20,000	20,000	3,800
	Nisbet Trust	-	5,000	5,000	-
	Paul Hamlyn Foundation	-	-	-	48,000
	People's Health Trust	-	-	-	6,618
	People's Post Code Lottery	-	-	-	25,000
	Quartet Community Foundation	-	5,000	5,000	-
	Total	-	10,000	10,000	79,618
Partnerships: donated facilities and services	University of Bristol	-	-	-	5,975
	Total	-	-	-	5,975
Individual Donations and Match Funding Activities		31,282	-	31,282	2,273
	Box Office	-	-	-	10
	Total	-	-	-	10
Total Income		31,282	30,000	61,282	91,676

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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					
Bristol City Council	21,557	-	21,557	-	-
National Lottery Community Fund		20,000	20,000	-	-
Nisbet Trust	-	5,000	5,000	-	-
Paul Hamlyn Foundation	25,582	-	25,582	-	-
People's Health Trust	-	-	-	-	-
Quartet Community Foundation	-	5,000	5,000	-	-
University of Bristol	4,310	-	4,310	-	-
	51,449	30,000	81,449	-	-
Unrestricted funds					
Designated funds					
Match Funding Programmes	23,001	-	23,001	-	-
Fixed Assets	-	-	-	-	-
	23,001	-	23,001	-	-
General fund	27,372	31,282	18,388	-	40,266
	50,373	31,282	41,389	-	40,266
Total Funds (Current year)	101,822	61,282	122,838	-	40,266

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

	Balances brought forward £	Income £	Expenditure £	Transfers £	Balances carried forward £
Restricted funds					
Bristol City Council	40,477	3,800	22,720	-	21,557
Paul Hamlyn Foundation	20,000	48,000	42,418	-	25,582
People's Health Trust	11,550	6,618	18,168	-	-
Quartet Community Foundation	2,500	-	2,500	-	-
University of Bristol	-	5,975	1,665	-	4,310
	74,527	64,393	87,471	-	51,449
Unrestricted funds					
Designated					
Match Funding Programmes	23,001	-	-	-	23,001
Fixed Assets	409	-	-	(409)	-
	23,410	-	-	(409)	23,001
General fund	18,839	27,283	19,159	409	27,372
	42,249	27,283	19,159	-	50,373
Total Funds (Prior year)	116,776	91,676	106,630	-	101,822

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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 brought forward at 31 December 2023 consisted of balances of funding from Bristol City Council, Paul Hamlyn Foundation, and University of Bristol which were allocated to specific projects in 2024 as agreed with the donors.

Unrestricted funds are used in accordance with the policies defined by the Trustees. The funds brought forward at 31 December 2023 consisted of Designated funds and a General fund. The Designated Funds were amounts earmarked by the Trustees for charitable activities carried out in 2024. The General fund is considered appropriate to ensure organisational resilience in accordance with the reserves policy defined by the Trustees.