

Charity registration number: 1176942

Cornwall Mind

Annual Report and Financial Statements
for the Year Ended 31 March 2024

Cornwall Mind

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Cornwall Mind

Reference and Administrative Details

Chairman	Anne Jeffery
Trustees	Anne Jeffery Demelza Todd, Vice-Chair Ms Diana Smith Zara Mason Christopher Morse Andy Jago David Craddock (appointed 14 March 2024) Jon Gladstone (appointed 9 July 2024) Liz Rumble (resigned 7 May 2024) Wendy Cousins (resigned 9 July 2024) Penny Lilly-Brickell (resigned 9 July 2024)
Senior Management / Leadership Team	Paul Reeve, CEO Lorna Richardson, Operations Manager Caron Reeves, Finance Officer Kathleen Head, Project Coordinator Kayleigh Reeks, Project Coordinator
Charity Registration Number	1176942
Registered Office	2A Hamley Court Dennison Road Bodmin PL31 2LL
Independent Examiner	GW & Co. Limited Waterside Court Falmouth Road Penryn TR10 8AW

Cornwall Mind

Strategic Report for the Year Ended 31 March 2024

The Trustees present their strategic report together with the financial statements of the Charity for the year ended 31 March 2024.

Financial review

The financial year began with a very ambitious target with many positive opportunities on the horizon. During the year we sold the Cornwall Mind property that had been a short term rental for many years and was in need of total refurbishment which was not a viable option for the charity . That sale has enabled the Board to have more scope to support the CEO in his endeavours for growing Cornwall Mind and to offer an increasing number of services throughout the county .

Plans for that expenditure are still ongoing. However, we have already agreed to contribute to the salary of an Income Generation Manager as a priority in order to grow our Core funding which will allow us to engage with a new range of services . We are also planning to increase our fundraising function with the addition of a Community Fundraiser and have recently been successful in recruiting a suitable individual for the role.

There is great creative strength in our Senior Management Team which will translate into exciting and new areas of operating. They work as a closely knit team, effectively , enthusiastically and efficiently .

Funding comes to Cornwall Mind from a variety of sources including: Cornwall and IOS Integrated Care Board; Cornwall Partnership NHS Foundation trust; National Mind; Various Charitable Trusts and local community fundraising.

Our financial position is reviewed monthly and reported to the Board at our bi-monthly meetings . The Finance Officer and our Finance Advisor to the Board ,who sits alongside the Board as a volunteer, meet regularly to discuss the position . The Finance Sub-Group is made up of the CEO, Finance Officer, volunteer Financial Advisor and Chair of the Board . They meet every eight weeks ahead of the Board Meeting to discuss all matters relating to the charity's finances. This has proved to be the best way of presenting a well prepared, precise financial picture for the Trustees at the Board Meetings.

For the past year we have been moving towards using more ethical, sustainable banking services particularly for the monies from the house sale. We have been successful in seeking new banking arrangements in order to take advantage of the increasing interest rates on our savings accounts.

We have a separate Reserves Policy in place which is considered adequate by the Board in order to meet any potential need such as an unexpected drop in income or to support the charity as it grows.

We feel that we are now well positioned to deliver an ambitious growth plan over the next few years.

Sub Groups

The Finance sub group meets one week before each Board meeting in order to review the financial position. The Financial Report and Summary are sent to Trustees one week ahead of each Board meeting.

The Policies and Procedures sub group engage with the writing of all new policies and revise and amend existing policies . All policies are presented to the Board for ratification .

Both sub groups work independently. Items are brought to Board Meetings for further discussion if required.

Cornwall Mind

Strategic Report for the Year Ended 31 March 2024

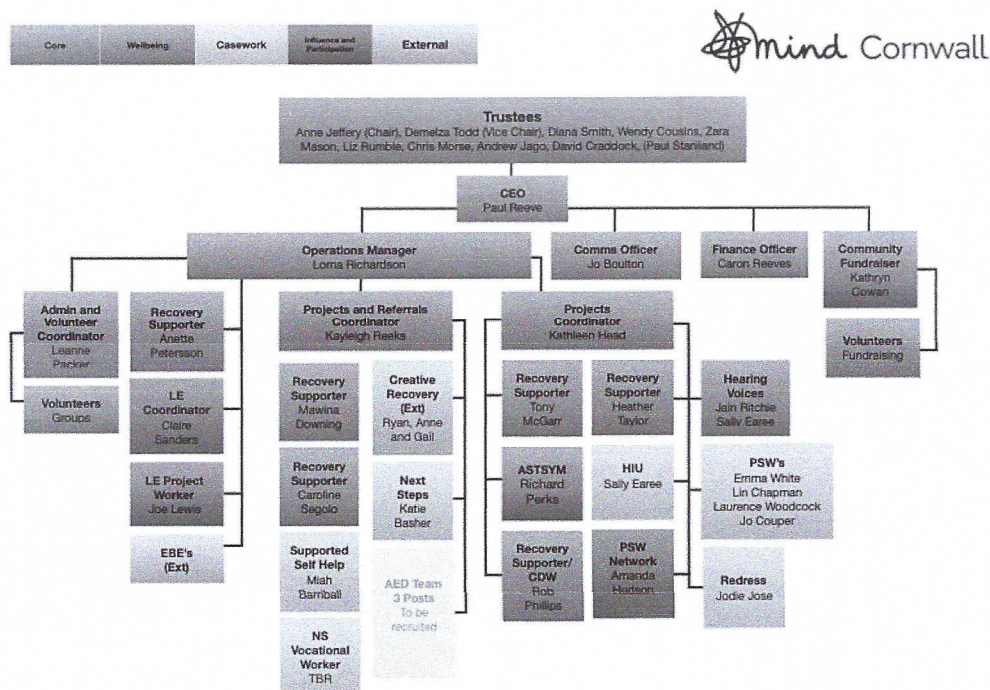
Engagement with employees

The charity hold a Staff Update Day twice each year which brings everyone together including staff, volunteers and trustees.

Alongside annual appraisals, supervision sessions between line managers and staff are held regularly in order to ensure that every staff member feels valued and a very big part of Cornwall Mind. The nature of much of our engagement with clients is done through remote working and we offer support and encouragement to our team and demonstrate that through promoting strong communication and collaboration .

One to one sessions are also regularly held between the Chair and CEO . These are always very positive interactions with an opportunity to discuss strategy, successes & challenges, objectives, risks and health & safety . Together, they work through the current situation and future plans from a strategic point of view. This helps to guide both the charity and the Board

We have a staff member who is a very active Volunteer Co-ordinator and works hard to grow our volunteer numbers. After the Pandemic, it was difficult to recruit volunteers to work face to face but that is now changing and our volunteer numbers are on the increase once more. Whilst we are always seeking to grow the number of Cornwall Mind volunteers, we do have a number of committed people who regularly support the work that we do. We greatly value our volunteers and they are included in the Team Update day held twice a year which is a celebration of the work that we do and the success that we collectively achieve .



Cornwall Mind

Strategic Report for the Year Ended 31 March 2024

The strategic report was approved by the Trustees of the charity on 12/11/24 and signed on its behalf by:

A handwritten signature in dark ink, appearing to read 'Anne Jeffery', written over a dotted line.

Anne Jeffery
Chairman and Trustee

Cornwall Mind

Trustees' Report

The Trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2024.

Objectives and activities

Cornwall Mind is an independent charity committed to supporting better mental health for everyone in Cornwall. Whilst affiliated to national Mind, Cornwall Mind is an independent charity that develops its own strategy and raises its own funding. Our aim is to help people in our local communities to improve their mental health and wellbeing.

The charity makes a very important contribution to improving mental health in Cornwall and is dedicated to delivering improvements to services as well as influencing decisions that affect the wellbeing of everyone who lives here.

The proportion of adults aged 18+ with mental health problems in Cornwall is set to increase until at least 2030. Cornwall Mind supports the population of Cornwall within urban and rural areas of the county on their journey to recovery. The charity considers that it is important to be able to offer a variety of solutions that enable people to move forward. The way that we do this includes the prevention and maintenance of healthy living, supporting recovery and resilience, challenging stigma and improving services.

The charity continues to grow with a strong and sustainable business plan to develop more support throughout Cornwall enabling many more people to access the services that we offer. With over one in four people experiencing a mental health problem in Cornwall, our services are needed more than ever.

We are a strong and inclusive Board of Trustees who support the charity to shape the strategy and we believe in the vision. Each year the Trustees hold a Strategy Day with the CEO to develop plans for the future and creatively engage with the way forward to achieve our goals. Our strategy aims to reach out to everyone who needs the services of Cornwall Mind, seeking ways to work with marginalised and under-represented communities in the county.

Cornwall Mind has achieved great success working with delivery partners. Our CEO has continued to build strong relationships with statutory health services and commissioners which has led to an increase in the number of contracts that we deliver and we are therefore able to support many more people.

We have also increased our work in the Community including expanding the number of Wellbeing Groups that we deliver. These have a strong focus on support to recovery and resilience.

Public benefit

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Cornwall Mind continues on its growth trajectory. The charity is diversifying with new income streams coming online and has been able to start delivering Wellbeing Groups in many new locations in the county. These various groups provide support for many clients who suffer with their mental health and for others, they are a lifeline.

Cornwall Mind

Trustees' Report

This development of new income streams and in new geography has shown significant growth in business development over the year. They fit very well with the Objectives that we set at the beginning of the year and are closely aligned with the Strategy. We have also been successful in the continuation of some existing projects which is a sign that our services are delivered successfully and to a high standard.

Business development over the past year has achieved its target and provides a sustainable model for the future . The CEO works tirelessly for the charity to achieves its objectives . He has strong values around how Cornwall Mind delivers on its commitments and has developed a business plan which is creating sustainable growth.

In the year 2023-24 Cornwall Mind provided 1544 separate interventions for 601 individuals through the activities below.

	Number of different people seen
People in Mind (PiM)	
Allotment groups	35
Art Therapy	7
Art group	34
Bude Peer Recovery group	17
Creative Writing group	38
Eco Action group	16
Garden group	25
Hearing Voices groups (psychosis)	19
Hope Walks (suicide postvention)	20
Music groups	14
Radio/Podcasting groups	15
Singing For Wellbeing group (suicide postvention)	15
Singing For Joy group	15
Social Café	10
Song Writing group (trauma)	10
Looe Wellbeing Group	25
Tennis group	15
Liskeard Wellbeing Group	22
Newquay Peer Recovery group	12
St Austell Peer Recovery group	9
Newquay Walking group	34
Fletcher Ward 5 ways (inpatient unit)	5
5 Ways to Wellbeing Workshops (PiM)	117
5 Ways to Wellbeing Workshops (PSW)	19

Cornwall Mind
Trustees' Report

Peer Support (1:1 casework)	
Rehab PWS's	23
Wellbeing PSW's	12

Projects (1:1 casework)	
HIU (High Intensity Users)	32
CEP (Energy Poverty)	26
Next Steps (Homelessness)	23

Supported Self Help (1:1 structured intervention)	
Assessment Session	62
Intervention Session	37

Total number of sessions attended	763
Cornwall Mind YTD Total Individuals	601

Cornwall Mind

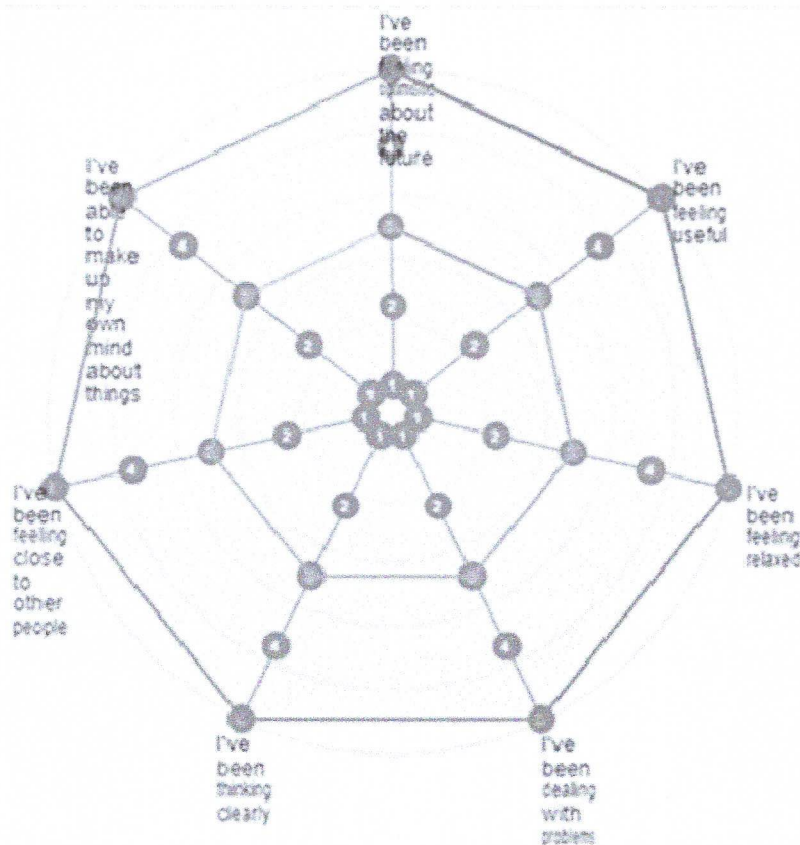
Trustees' Report

Case studies and testimonials

HUI Case Study

OVERVIEW: G is an 81-year-old male who I supported on discharge from Longreach Hospital. G has a diagnosis of Bipolar Affective Disorder and low mood. He required support with social inclusion and confidence building. As part of my support, I visited G in hospital to build a therapeutic relationship and attended his Teams Discharge Meeting with the hospital staff to ascertain best ways of supporting him. He was extremely distressed and the thought of going home overwhelmed him as he didn't think he would be able to cope. My support included taking him shopping, making and taking him to eye/hearing/dental appointments, as well as helping him with light chores around the home. He made great progress and was able to cope much better with life at the end of the support. I researched gardeners in the area and gave him information on Supportmatch, HomeShare, which matches people who have a spare room and need a bit of support with people looking for somewhere to live and able to give support. He continues to go to the Age UK Day Centre once a week for social inclusion, which will be self-funded.

The results of the Short Warwick-Edinburgh Mental Wellbeing Scale completed at start and end of our project intervention (see below) show huge improvements for client.



Cornwall Mind

Trustees' Report

PSW Testimonials

- "I would recommend peer support work to others because it has really helped me pass a difficult part of my life, it has helped me to go out and do things that I love and without personally having support and confidence boosting etc I wouldn't have been able to on my own. I gained support to achieve short-term and long-term goals to support my wellbeing and anxiety and to improve my mental and physical health. I learnt about strengths that I didn't know or believe I had. I have met my goals to attend wellbeing boxing to become physically fit, build confidence and most importantly to find an outlet to release energy tension and manage angry feelings in a positive way. I have taken away confidence and ways to continue to support myself and I am so grateful."
- 1.

- 'I would definitely recommend Peer Support work to others, as one to one contact allows the individual to have personal concern looked at. Rather than a subject such as Bipolar Disorder, Depression, Anxiety etc being looked at as a whole topic, usually with a group of people. I gained individual attention, which allowed me to talk with a peer support worker honestly and openly. After a 3 month period we got to know each other well and this also helped my confidence to increase. I was encouraged to work with a PSW because I have seen others work with them and seen the results which were good. I met the goals of the beginning of my recovery. Weekly meetings enabled me to have an ongoing confidence effect. Thus, I feel the time spent together was beneficial to my overall wellbeing. I have been able to do sketch artwork outside in public on my own and have engaged with people who were inquisitive to what I was doing. I feel that anybody would appreciate the time spent together with a Peer Support Worker, whom has problems with their mental health. Having a good knowledge of mental health problems is definitely a positive in order for the P.S.W to know what they are doing, having experienced such problem themselves. I have improved as a person over the time spent with my P.S.W and I appreciate the effort, not only the patience, put in by both them and myself. I also feel I have exceeded my own expectations of myself, driving to destinations I haven't been to before in my car.'
- 2.

- Emma was my Peer Support Worker at Mind and helped me deal with a serious case of hoarding and clutter. Emma has been an enormous help! I've been so stuck for years a very cluttered garage and workshop. So bad I simply couldn't take it and as a result have clutter all over the home. Each week Emma came and we faced the major declutter together. No easy task (where even to start?) and with my health limitations, Emma did the majority of the lifting while I sorted and many a car trip to the recycling centre or charity shop. I have COPD so I get breathless very quickly, and simply cannot do a lot of the manual work. Emma has been a god send! I really appreciated all her hard work and determination to me. I now feel I can move again. I'm no longer stuck, and the difference this has made to my mental health is pretty much really immeasurable. This means I can now de-clutter other rooms (now I have somewhere to move things) all the corners of the house and organise. It's been many years since I have left organised (and being artistic it means a great deal to me! I cannot thank Emma and Mind enough for helping to pick me up and move forward again.
- 3.

Cornwall Mind

Trustees' Report

Art Group Case Study

This particular lady joined the RAP Art group in April of this year, in which its members shared eight face to face sessions of art. On being asked why she had chosen to join the art group, she said she just 'fancied having a go,' but hadn't done any art since school. During the first session, it was obvious that she felt anxious, which she voiced herself, requiring several smoking breaks. However, by the end, she had completed her first sketch, and on returning to the room after a break and noticing her achievement she responded with, 'Blimey, did I really do that!' Art most definitely unlocked something in her that day, and she arrived at the following sessions with an eagerness to create, always leaving with a sense of joy in everything she produced. At another session, she arrived looking very dishevelled, which concerned me. I spoke with the manager of the residential home she lives in afterwards, who said that her baseline presentation is that she stays in bed most of the day, despite prompts from the staff. On that day, she had woken late, but surprisingly was still eager to attend, not even having had time to eat breakfast. The feedback from the client after the art sessions highlighted the impact, they have had upon her, recognising herself that her mental health had improved. This was echoed by the manager, who said that she always appears proud of the work she has completed and willingly and eagerly shows staff and fellow residents what she has created that day. She talks about what she has learnt and displays a real sense of achievement.

The staff have seen a huge improvement in her mental health and she is now awaiting a care worker to attend future art sessions here at Cornwall Mind.

Cornwall Mind

Trustees' Report

Hope walks and Eco Group Case study

This particular client attended Eco Group in Helston in July/August and regularly attends Hope Walks. She is also a Lived Experience Expert. A few months ago a lady emailed me and said that she was not sure if she should attend Hope Walks as she described herself as 'actively suicidal'. At the time she was on sick leave from work and had been for several months. I told her that she was welcome to come along to walks if she felt she would like to and if it would help her. The client continued to attend Hope Walks at all of the locations and the twilight walk. Often, I would get the opportunity to talk to her 1-1 and have frank conversations about her mental health. She was also able to connect with other walkers and she appeared to appreciate this opportunity. I mentioned the Eco project in Butterfly Wood (Helston) to her and she said she would like to attend. She participated fully in the activities and was keen to shift telegraph poles and wheel barrows of gravel. She seemed to thrive on the 'check-in' discussion part of the session and other members of the group really enjoyed working and talking with her. In one meeting she said that she would not be alive without the support provided by Cornwall Mind. She continues to attend Hope Walks and is a great asset to the sessions as she acts as a peer mentor and makes new members feel welcome and uses her empathy and experience to talk to all of the clients. She has written a very positive piece of feedback for the walks that I am going to use for an evaluation of the project. She is back at work now after 6 months sickness leave. She said that returning to work is really hard and some aspects of her work cause her to feel that she has PTSD. She has difficulty sleeping and says that she is still struggling with her mental health.

5 ways to wellbeing Feedback

What have you learnt from the course?

"I was very nervous, I wanted to leave the first session but decided to stay. After the break, I felt a lot better being there. The other people on the course seemed really nice and welcoming. I realised we were all probably feeling the same. The main things I learnt from the course was getting used to meeting others and it's not so daunting and I liked goal setting. Having to give a time on when you are going to complete something."

"My aim when signing up to this course was to give me a new tool for expressing and making sense of negative thoughts and feelings of anxiety. It has done that and so much more – the facilitator was brilliant, and working with the others to support and share has been great. I only wish the course was longer as I feel we have only just got going!"

Structure, governance and management

Organisational structure

The structure of Cornwall Mind continues to evolve as we grow. As new projects have come online and recruitment has been required for new roles, we have been able to move staff members into new positions. This has often enabled our staff members to grow their experience within the organisation as well as feeling valued and supported in their career.

Staff retention is an issue across the sector. Cornwall Mind is dedicated to providing its staff with the best working environment, conditions and salary that they can. We are a Real Living Wage employer and are proud to offer staff members support and respect in all areas of their employment. We hold these values very strongly and our staff feedback indicates that they feel valued, supported and respected. The ultimate goal is that we improve staff retention and continue to build on our committed team.

Cornwall Mind

Trustees' Report

Our Senior Management Team are embedded in the charity and work alongside the CEO . The strength of this group has been important in balancing the needs of Cornwall Mind during its growth over the year. It has also created more time to enable the CEO to engage with partner organisations, to sit on Boards and Mental Health Groups and to build important relationships within the Mental Health Sector .

Financial Risks

The charity's activities expose it to a number of financial risks including credit risk, cash flow risk and liquidity risk. The use of financial derivatives is governed by the charity's policies approved by the board of Trustees, which provide written principles on the use of financial derivatives to manage these risks. The charity does not use derivative financial instruments for speculative purposes.

General Risks

The Chair meets the CEO regularly for an update on the activities of the charity and a general discussion on strategy and planning. They also regularly review the Risk Register and make adjustments as required. The additions and amendments are then discussed at Board Meetings. The full Risk Register is circulated to Trustees quarterly and Cornwall Mind have a robust business continuity plan.

The charity trustees have considered the major risks to the charity and are satisfied that there are adequate systems and procedures in place to manage those risks.

Mind Quality Mark

Cornwall Mind was due to have an assessment by National Mind in late 2023 which was postponed and we will now be assessed in the autumn of 2024. The Mind Quality Mark (MQM) is an assessment against 20 standards set nationally every 3 years and each local Mind charity has to go through the process.

We feel that the charity is well placed this year to go through this process and to achieve the standard. This is testament to all of the hard work the Management Team and the Board have done to review and establish our systems, policies and procedures over the last three years .

The Trustees have complied with their duty to have regard to the Charity Commission's Public Benefit Guidance when carrying out their activities .

The annual report was approved by the Trustees of the charity on 12/11/24 and signed on its behalf by:



Anne Jeffery
Chairman and Trustee

Cornwall Mind

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable laws and regulations.

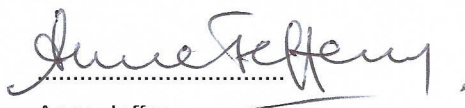
The law applicable to Charities requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records that can disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and reports) regulations 2008, and the provisions of the constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the Trustees of the charity on 12/11/24 and signed on its behalf by:



Anne Jeffery
Chairman and Trustee

Cornwall Mind

Independent Examiner's Report to the Trustees of Cornwall Mind

I report to the Trustees on my examination of the accounts of the Charity for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's Trustees of Cornwall Mind 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 your charity's accounts as carried out under section 145 of the Act 2011. In carrying out my examination and I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ACCA, which is one of the listed bodies.

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 aspect:

1. accounting records were not kept in respect of Cornwall Mind as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting 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.



Deborah Warburton
FCCA
GW & Co. Limited
Waterside Court
Falmouth Road
Penryn
TR10 8AW

Date: 12/11/2024

Cornwall Mind

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2024 £
Income and Endowments from:				
Donations and legacies	3	27,505	-	27,505
Charitable activities	4	-	542,730	542,730
Other trading activities	5	1,488	-	1,488
Investment income	6	9,489	-	9,489
Other income	7	-	39,622	39,622
Total income		<u>38,482</u>	<u>582,352</u>	<u>620,834</u>
Expenditure on:				
Raising funds	8	(6,443)	-	(6,443)
Charitable activities	9	<u>(66,874)</u>	<u>(504,606)</u>	<u>(571,480)</u>
Total expenditure		<u>(73,317)</u>	<u>(504,606)</u>	<u>(577,923)</u>
Net (expenditure)/income		(34,835)	77,746	42,911
Transfers between funds		<u>196,622</u>	<u>(196,622)</u>	<u>-</u>
Net movement in funds		161,787	(118,876)	42,911
Reconciliation of funds				
Total funds brought forward		<u>60,837</u>	<u>469,134</u>	<u>529,971</u>
Total funds carried forward	19	<u>222,624</u>	<u>350,258</u>	<u>572,882</u>
	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	3	41,788	-	41,788
Charitable activities	4	-	472,369	472,369
Other trading activities	5	68,628	-	68,628
Investment income	6	<u>3,127</u>	<u>-</u>	<u>3,127</u>
Total income		<u>113,543</u>	<u>472,369</u>	<u>585,912</u>
Expenditure on:				
Raising funds	8	(28,088)	-	(28,088)
Charitable activities	9	<u>(86,619)</u>	<u>(356,464)</u>	<u>(443,083)</u>
Total expenditure		<u>(114,707)</u>	<u>(356,464)</u>	<u>(471,171)</u>
Net (expenditure)/income		<u>(1,164)</u>	<u>115,905</u>	<u>114,741</u>
Net movement in funds		(1,164)	115,905	114,741
Reconciliation of funds				
Total funds brought forward		<u>62,001</u>	<u>353,229</u>	<u>415,230</u>

The notes on pages 18 to 32 form an integral part of these financial statements.

Cornwall Mind

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Total funds carried forward	19	<u>60,837</u>	<u>469,134</u>	<u>529,971</u>

All of the charity's activities derive from continuing operations during the above two periods.

The notes on pages 18 to 32 form an integral part of these financial statements.

Cornwall Mind

(Registration number: 1176942)
Balance Sheet as at 31 March 2024

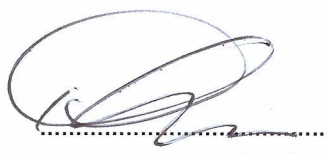
	Note	2024 £	2023 £
Fixed assets			
Tangible assets	15	-	187,000
Current assets			
Debtors	16	76,062	16,292
Cash at bank and in hand	17	521,460	337,659
		597,522	353,951
Creditors: Amounts falling due within one year	18	(24,640)	(10,980)
Net current assets		572,882	342,971
Net assets		572,882	529,971
Funds of the charity:			
Restricted income funds			
Restricted funds	19	350,258	469,134
Unrestricted income funds			
Unrestricted funds		222,624	60,837
Total funds	19	572,882	529,971

The financial statements on pages 15 to 32 were approved by the Trustees, and authorised for issue

on 12/04/24 and signed on their behalf by:



Anne Jeffery
Chairman and Trustee



Demelza Todd
Trustee

DAVID CHADDICK

The notes on pages 18 to 32 form an integral part of these financial statements.

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

1 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Cornwall Mind meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature are recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the grant of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £1,000.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the charity does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

3 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Donations and legacies;		
Donations from individuals	25,888	25,888
Gift aid reclaimed	1,617	1,617
Total for 2024	<u>27,505</u>	<u>27,505</u>
Total for 2023	<u>41,788</u>	<u>41,788</u>

4 Income from charitable activities

	Restricted funds £	Total funds £
Grants received		
	542,730	542,730
Total for 2024	<u>542,730</u>	<u>542,730</u>
Total for 2023	<u>472,369</u>	<u>472,369</u>

5 Income from other trading activities

	Unrestricted funds General £	Total funds £
Trading income;		
Local fundraising and street collection income	1,488	1,488
Total for 2024	<u>1,488</u>	<u>1,488</u>
Total for 2023	<u>68,628</u>	<u>68,628</u>

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

6 Investment income

	Unrestricted funds General £	Total funds £
Interest receivable and similar income; Interest receivable on bank deposits	9,489	9,489
Total for 2024	9,489	9,489
Total for 2023	3,127	3,127

7 Other income

	Restricted funds £	Total funds £
Gains on sale of tangible fixed assets for charity's own use	39,622	39,622
Total for 2024	39,622	39,622

8 Expenditure on raising funds

	Unrestricted funds General £	Total funds £
Other fundraising costs		
Premises expenses	2,709	2,709
Wages	2,766	2,766
	968	968
Total for 2024	6,443	6,443
Total for 2023	28,088	28,088

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

9 Expenditure on charitable activities

		Unrestricted funds General £	Restricted funds £	Total 2024 £
Staff costs	12	58,693	424,425	483,118
Allocated support costs	10	6,083	80,181	86,264
Governance costs		2,098	-	2,098
		<u>66,874</u>	<u>504,606</u>	<u>571,480</u>
		Unrestricted funds General £	Restricted funds £	Total 2023 £
Staff costs	12	44,862	331,722	376,584
Allocated support costs	10	39,844	24,742	64,586
Governance costs		1,913	-	1,913
		<u>86,619</u>	<u>356,464</u>	<u>443,083</u>

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

10 Allocated support costs

Note	Unrestricted funds General £	Restricted funds £	Total 2024 £	Total 2023 £
Staff expenses	-	2,269	2,269	2,465
Office costs	234	19,133	19,367	20,092
Information and technology costs	-	8,447	8,447	10,305
Other costs	5,691	7,923	13,614	9,635
Project costs	-	42,409	42,409	21,946
Finance costs	158	-	158	143
	<u>6,083</u>	<u>80,181</u>	<u>86,264</u>	<u>64,586</u>

11 Trustees remuneration and expenses

No Trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No Trustees have received any reimbursed expenses or any other benefits from the charity during the year.

12 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
Staff costs during the year were:		
Wages and salaries	479,705	365,822
Other staff costs	<u>3,413</u>	<u>10,762</u>
	<u>483,118</u>	<u>376,584</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:

	2024 No	2023 No
Senior management team	3	4
Administrator	1	1
Coordinators	5	4
Community fundraiser	1	1
Media, marketing and communications	1	1
Recovery supporters/Mental Health workers	<u>17</u>	<u>15</u>
	<u>28</u>	<u>26</u>

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

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

13 Independent examiner's remuneration

	2024	2023
	£	£
Examination of the financial statements	<u>2,098</u>	<u>1,913</u>

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

14 Taxation

The charity is a registered charity and is therefore exempt from taxation.

15 Tangible fixed assets

	Land and buildings £	Total £
Cost		
At 1 April 2023	187,000	187,000
Disposals	<u>(187,000)</u>	<u>(187,000)</u>
At 31 March 2024	-	-
Depreciation		
At 31 March 2024	<u>-</u>	<u>-</u>
Net book value		
At 31 March 2024	<u>-</u>	<u>-</u>
At 31 March 2023	<u>187,000</u>	<u>187,000</u>

16 Debtors

	2024 £	2023 £
Trade debtors	63,866	4,880
Prepayments	186	616
Other debtors	<u>12,010</u>	<u>10,796</u>
	<u>76,062</u>	<u>16,292</u>

17 Cash and cash equivalents

	2024 £	2023 £
Cash on hand	89	100
Cash at bank	<u>521,371</u>	<u>337,559</u>
	<u>521,460</u>	<u>337,659</u>

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

18 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	4,350	7,420
Other creditors	7,656	543
Accruals	12,634	3,017
	<u>24,640</u>	<u>10,980</u>

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

19 Funds

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Other recognised gains/(losses) £	Balance at 31 March 2024 £
Unrestricted funds						
<i>General/</i>						
Unrestricted	60,837	38,482	(73,317)	196,622	-	222,624
Restricted funds						
Get Set to Go	6,067	-	(595)	-	-	5,472
Property Fund	187,000	-	-	(226,622)	39,622	-
Next Steps Homelessness	15,442	42,580	(31,775)	-	-	26,247
Winter Discharge	50,698	79,740	(63,153)	-	-	67,285
CPFT PSW Development	19,527	-	(5,283)	-	-	14,244
HIU Caseworker	11,921	78,750	(47,882)	-	-	42,789
Community Energy Project	7,163	9,648	(15,941)	-	-	870
Sing for Wellbeing	930	-	(930)	-	-	-
Heartache and hope	40,930	-	(17,242)	-	-	23,688
Lived experience co-ordinator	3,839	45,127	(40,320)	-	-	8,646
EBE Network	28,050	1,165	(17,314)	-	-	11,901
Lived experience co-ordinator	37,526	19,439	(30,007)	-	-	26,958
Volunteer manager and trainer	11,277	16,450	(9,249)	-	-	18,478
PSW link worker	14,356	23,834	(22,658)	-	-	15,532
EBE role hosting for Cornwall Council	3,676	6,478	(10,146)	-	-	8
Creative recovery	29,805	50	(18,070)	-	-	11,785

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	Other recognised gains/(losses) £	Balance at 31 March 2024 £
Ground works Tesco grants	927	8,875	(8,000)	-	-	1,802
People in Mind (MHSPIC)	-	115,168	(114,879)	(73)	-	216
MIND time to talk day legacy grant	-	3,160	(3,160)	-	-	-
MIND Continuation Fund	-	25,000	(10,440)	-	-	14,560
MIND Supported self help	-	32,111	(29,907)	-	-	2,204
St Enodoc Golf Club donation	-	200	-	-	-	200
CCF/Animal hoarding project	-	5,000	-	-	-	5,000
Hearing voices project	-	35	(108)	73	-	-
CCF cost of living grant 23/24	-	5,000	(1,940)	-	-	3,060
Eating disorder service	-	20,167	(3,607)	-	-	16,560
CCF Headland Trust	-	2,753	-	-	-	2,753
Sir Jules Thorn Trust	-	2,000	(2,000)	-	-	-
Bodmin cafe and bookshop	-	-	-	25,000	-	25,000
Creative initiatives	-	-	-	5,000	-	5,000
Total restricted funds	469,134	542,730	(504,606)	(196,622)	39,622	350,258
Total funds	529,971	581,212	(577,923)	-	39,622	572,882

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Unrestricted funds				
<i>General</i>				
Unrestricted	62,001	113,543	(114,707)	60,837
Restricted				
Cornwall Community Foundation	906	-	(906)	-
Get Set to Go	6,067	-	-	6,067
Property Fund	187,000	-	-	187,000
Next Steps Homelessness	10,369	41,323	(36,250)	15,442
Winter Discharge	11,172	79,744	(40,218)	50,698
CPFT PSW Development	25,853	-	(6,326)	19,527
Influence & participation Grant	-	184	(184)	-
MIND Growth Fund	3,926	3,993	(7,919)	-
HIU Caseworker	73,840	-	(61,919)	11,921
Digital Transformation Fund	1,986	-	(1,986)	-
Co-op Resilience Programme	30,280	26,616	(56,896)	-
Community Energy Project	-	36,099	(28,936)	7,163
Sing for Wellbeing	1,830	-	(900)	930
Heartache and hope	-	48,459	(7,529)	40,930
Lived experience co-ordinator	-	46,204	(42,365)	3,839
EBE Network	-	39,239	(11,189)	28,050
Lived experience co-ordinator	-	42,443	(4,917)	37,526
Volunteer manager and trainer	-	30,000	(18,723)	11,277
PSW link worker	-	22,046	(7,690)	14,356

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2024

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Suicide prevention	-	19,548	(19,548)	-
MINDS time to talk day 2023	-	1,000	(1,000)	-
Safer stronger surviving winter fund	-	795	(795)	-
EBE role hosting for Cornwall Council	-	3,676	-	3,676
Creative recovery	-	30,000	(195)	29,805
Ground works Tesco grants	-	1,000	(73)	927
Total restricted funds	<u>353,229</u>	<u>472,369</u>	<u>(356,464)</u>	<u>469,134</u>
Total funds	<u>415,230</u>	<u>585,912</u>	<u>(471,171)</u>	<u>529,971</u>