

MINDSPACE (STAMFORD) LIMITED

England & Wales · Charity number 1181637

Details

Status Registered

Legal form Charitable company

Company number [11189840](#)

Registered 2019-01-18

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: TO RELIEVE THE NEEDS AND TO PROMOTE THE GOOD HEALTH OF PEOPLE AND THEIR FAMILIES AND CARERS IN THE UNITED KINGDOM SUFFERING FROM MENTAL ILLNESS AND ITS EFFECTS BY THE PROVISION OF EMOTIONAL AND PRACTICAL SUPPORT, ADVICE, EDUCATION AND HEALTH CARE IN SUCH WAYS THAT ARE CHARITABLE IN LAW AND FOR THE BENEFIT OF THE PUBLIC.

Activities: A network of spaces that are mental health friendly allowing members to connect, build relationships and find support.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment
- **Who:** The General Public/mankind

Geography

- Lincolnshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£199,230	£178,774	-	-
2024-03-31	£162,273	£173,538	-	-
2023-03-31	£185,477	£122,169	-	-
2022-03-31	£86,946	£67,611	-	-
2021-03-31	£106,495	£78,229	-	-

Trustees

Name	Role	Appointed
Ann Fiona Spencer		2025-07-03
Christopher Peter Young		2023-05-18
Emma Louise Humphries		2025-09-04
Gavin Breeze		2024-12-05
Kay Parkinson-Featherstone		2025-09-04
Rebecca Avery		2020-05-07
Stefan Zygmunt Rakowski		2021-09-23
Zoe Eggar		2026-05-12

MINDSPACE (STAMFORD) LIMITED

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Accounts

MindSpace Stamford

Report and financial statements for the year ended 31st March 2025





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Company number 11189840
Country of incorporation United Kingdom

Charity number 1181637
Country of registration (England & Wales, Scotland or Northern Ireland)

Registered office and operational address 6 Red Lion Street, Stamford, England, PE9 1PA

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:
Rebecca Avery Chair
Stefan Rakowski Vice Chair
Adam O'Hara Treasurer
Christopher Young
Zoe McKeague
Susan Parslow
Gavin Breeze
Claire Jordan

Bankers Metrobank
One Southampton Row
London
WC1B 5HA

Independent examiner Kate Howitt
TC Group
22 St Peter's St
Stamford
PE9 2PF

The trustees (who are also the Directors of the Company for the purposes of company law) are pleased to present their report and the financial statements for the year ended 31st March 2025.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Chairs Foreword:

As Chair of Trustees, I am proud to introduce MindSpace (Stamford)'s Annual Impact Report for 2024–25. This has been a year of reflection, learning and growth, and one that has helped us become much clearer about what MindSpace is here to do and why it matters so deeply to the people we serve.

Over the past year, I've had the privilege of seeing first-hand the impact MindSpace has on individuals and on our wider community. What stands out most is not a particular project or statistic, but the way people feel when they walk through the door; welcomed, listened to and accepted without judgement. Again and again, we hear how important it is simply to have a safe place to talk and someone who will truly listen.

As trustees, we spent time this year reflecting on our role and purpose. While MindSpace has always been informed by recognised wellbeing approaches, it became clear that our real strength lies in something more human and more fundamental: listening. Many people come to MindSpace feeling overwhelmed, isolated or unsure where to turn. What they often need first is not advice or solutions, but the space to be heard and to begin making sense of how they feel. That understanding has shaped how we now describe and deliver our work.

I am continually impressed by the commitment and compassion shown by our staff and volunteers. Their ability to create a calm, supportive and non-judgemental environment is what makes MindSpace what it is. Volunteers, in particular, play such an important role — not only in supporting others, but in growing in confidence and purpose themselves. It is inspiring to see how often people who arrive needing support go on to become supporters of others.

I would also like to thank my fellow trustees for their time, care and dedication. Their oversight ensures that MindSpace remains well governed, financially responsible and true to its values, while continuing to adapt to the needs of our community.

As we look ahead, I am confident in the direction we are taking. The need for compassionate, community-based support continues to grow, and MindSpace is well placed to respond. We will continue to listen, to learn, and to work alongside our community to ensure that everyone who comes to us feels heard, valued and supported.

Thank you to everyone who has been part of MindSpace this year — whether as a participant, volunteer, partner or supporter. Your contribution makes a real difference.

Beka Avery

Chair of Trustees



2. Our Objectives, Our Purpose and Our Aims

2.1: Our Purpose

MindSpace (Stamford) is a charity based in Stamford town centre, providing accessible, community-based mental wellbeing support for people living, working and learning in Stamford and the surrounding villages, extending to and including Bourne.

While our wellbeing hub premises and wellbeing garden is located in Stamford, our reach extends across surrounding rural communities through outreach activity, partnership delivery and the delivery of the Community Connector service for the Four Counties PCN Area. This ensures people who experience barriers such as isolation, transport difficulties or lack of local provision are still able to access timely, appropriate wellbeing support.

MindSpace provides non-clinical, preventative support that enables people to feel heard, valued and connected. Our work supports individuals to maintain and improve their mental wellbeing through safe spaces, meaningful connection and opportunities to talk openly about life's challenges.

The charity's work is informed by established wellbeing evidence, including the NHS-endorsed Five Ways to Wellbeing, and is delivered in close partnership with statutory and voluntary organisations. However, our primary focus is on providing a listening-led, community-based response that complements clinical services and supports people before difficulties escalate.

The charity's objectives are:

- To relieve the needs and to promote the good health of people and their families and carers in the United Kingdom suffering from mental illness and its effects by the provision of emotional and practical support, advice, education and health care in such ways that are charitable in law and for the benefit of the public.
- MindSpace (Stamford) is a catalyst for the development of a Stamford community mental health transformation model. The charity has increasingly realised the importance of the need for spaces and opportunities for people to talk and be genuinely listened to. In an era of increasing social isolation and loneliness there are many people who either don't have the trusted connections or the language to express feelings, thoughts and emotions.



2.2 Our Approach: Asset Based, Listening Led and Community Driven

MindSpace (Stamford) applies the principles of Asset Based Community Development (ABCD) to shaping mental wellbeing support for people living, working and learning in Stamford, Bourne and the surrounding villages. This means that rather than seeking to introduce new services as the primary response to need, we focus on understanding, strengthening and connecting the assets that already exist within the community.

This includes recognising the value of local people, community groups, shared spaces, skills, lived experience and informal support networks that can often be underutilised. By working collaboratively and building on what already exists, MindSpace can deliver a holistic, sustainable and community-led wellbeing offer that is accessible to all. Where community consultation identifies gaps in provision, we work proactively with local partners – including primary care networks, mental health services, businesses and voluntary organisations – to shape appropriate and responsive support.

A Shift in Focus: From Frameworks to Listening

During 2024–25, the trustees, working closely with the MindSpace team, undertook a period of reflection to clarify MindSpace’s role within the local mental health system. While the charity continues to be informed by evidence-based wellbeing models, including the NHS Five Ways to Wellbeing, it became increasingly clear that MindSpace’s greatest strength lies in the power of listening.

Through years of place-based delivery, volunteer insight, participant feedback and partnership working, we have learned that many people do not initially need structured interventions or clinical pathways. What they most often need is:

- Someone who listens
- Someone who understands and is non-judgemental
- A space where they are accepted as they are
- The ability to talk openly or anonymously
- Support to help them move through difficulty and regain positive wellbeing

People accessing MindSpace often experience anxiety, low mood, stress, burnout, loneliness, relationship difficulties or financial pressure. Some may also experience thoughts of self-harm. A consistent theme is that many do not have someone they feel able to talk to.



As a result, during 2024–25 the charity refined its positioning to place listening at the centre of everything it does. While the Five Ways to Wellbeing continue to inform our activity, MindSpace’s primary contribution is now clearly defined as creating safe, non-judgemental spaces where people can talk, feel heard, and begin to rebuild confidence, connection and resilience.

This clarity has strengthened the organisation’s identity, improved accessibility, and ensured services remain closely aligned with the real needs of the community.

2.3 Building Community Capacity Through Listening

MindSpace’s ambition extends beyond the activities delivered within the hub and the Wellbeing Garden. Our aim is to embed listening skills and wellbeing awareness across the wider community, helping to build a culture where people feel more confident supporting one another.

By working with colleges, employers, community groups and local organisations, we aim to strengthen everyday wellbeing literacy and empower people to notice when someone may be struggling and respond with empathy and understanding. We believe this approach increases community resilience, reduces isolation and helps prevent escalation to crisis, reducing reliance on primary care and statutory services as the first point of support.

Our Vision

To improve the wellbeing of everyone living, working and learning in Stamford and it’s surrounding villages through a community approach.

At MindSpace, people are:

- o Made to feel welcome
- o In a safe place
- o Non-judgmental
- o Diversity is celebrated
- o Support whenever needed and asked for
- o People are able to be themselves: their best (selves) and their vulnerable selves
- o Accepted and listened to
- o Community is the answer to our wellbeing
- o Everyone is empowered to take part, contribute and take action in the best way they can



3. Public Benefit Statement

The trustees have had due regard to the Charity Commission's published guidance on the operation of the public benefit requirement under the Charities Act 2011 when reviewing the charity's aims, activities and future plans. MindSpace (Stamford) exists to promote and protect mental wellbeing by providing accessible, community-based support that helps reduce isolation, improve emotional wellbeing and support people to manage life's challenges more effectively.

The charity's activities are designed to deliver clear public benefit by offering early, non-clinical support to individuals experiencing low mood, anxiety, stress, loneliness and related difficulties. Services are open and accessible, with barriers to participation reduced wherever possible, including through community-based delivery and a donate-what-you-can approach. This helps ensure support is available to those who may otherwise struggle to access help.

The strategies used to achieve public benefit included:

- Organised fundraising
- Promotion of the charity's offer, aims and ethos through social and print media
- Ongoing training and development of trustees, volunteers and contractors
- Developing partnerships with statutory and voluntary organisations
- Analysing data and information to ensure impact is understood and evidenced

The trustees are satisfied that MindSpace's activities continue to provide clear and demonstrable public benefit and are delivered in furtherance of the charity's objectives.

3.1 Delivering Social Value

Social value is central to how MindSpace operates. Our work is intentionally designed to build confidence, resilience and connection through listening, human connection and supportive relationships. Listening is embedded across all activity, helping people feel heard, valued and understood. This approach supports improved wellbeing, reduces isolation and strengthens people's ability to cope with everyday challenges.

MindSpace is a volunteer-enabled organisation and views volunteering as a key contributor to public benefit and delivering social value. Volunteers are supported through induction, training and ongoing supervision, gaining transferable skills in listening, communication, empathy and teamwork. For many, volunteering provides a pathway to increased confidence, social connection and progression into further opportunities, contributing positively to individual wellbeing and wider community resilience.

4. Our People

The work of MindSpace Stamford is delivered by a small team of paid staff supported by our dedicated volunteering team.



At the end of this financial year MindSpace employed 7 part-time staff members which equates to 3.15 full-time equivalent team members based on a 35 hour working week. Our team includes a host, a charity administrator and a garden lead.

At the end of 2025 we are excited to have appointed a Content and Communication Coordinator to our team. This is a new role for the charity and will help spread awareness of our work, meaning more people can access our support and benefit from it.

In 24/25 we inducted 12 new volunteers to our team. In March 2025 we were being supported by 55 active volunteers. We continue to invest in our volunteers training and development with 14 of our volunteers being trained to be 1:1 listeners.

Our wellbeing offer continued to grow with volunteer led sessions being added to our programme. This included the addition of a Hoarding and Chronic Disorganisation Peer Support Group led by a local hoarding and decluttering consultant who wanted to give some time back to her community.

5. Achievements and Performance 2024/2025

MindSpace delivered:

- 1,063 wellbeing sessions delivered
- 956 unique individuals supported
- 8,395 total attendances recorded
- 54 different types of activity

During the reporting period, the service delivered a wide-ranging programme of wellbeing sessions, encompassing activities such as physical exercise, peer support groups and community-based initiatives. Our services are open to any adult living in the area and we target the promotion of the opportunities we can provide towards young adults aged 18+ right up towards those of retirement age and older. Over 60% of attendees returned for multiple sessions, highlighting the ongoing value of the provision and the trust built with participants. Our data shows that people attended MindSpace from a broad geographical area including south Kesteven, East Rutland, East Northamptonshire, Northeast Cambridgeshire and Southeast Lincolnshire.

The diversity of session types and consistently high levels of engagement reflect the important role of MindSpace in supporting mental wellbeing and social connection across our community.

5.1 Key Projects delivered in 24/25:

MindSpace Wellbeing Garden

The period from April 2024 to March 2025 marked a significant year of growth and development for the Wellbeing Garden, both in terms of participation and the breadth of activity offered. Building on the foundations established in 2023/24, the garden continued to evolve into a vibrant, inclusive space supporting wellbeing, creativity and community connection.

Over the year, the garden hosted 273 participant sessions, an increase from 189 sessions the previous year, demonstrating sustained growth in engagement. This increase reflects both rising awareness of the garden and a deliberate expansion of activity designed to appeal to a wider range of users.

Expanding Engagement and Activity

Regular Wellbeing Garden Open Sessions continued to provide a welcoming and accessible entry point, complemented by a growing programme of social and wellbeing-focused activities. Tea and Chat sessions nearly doubled compared to the previous year, highlighting the importance of informal, supportive spaces for social connection and mental wellbeing.

A strong emphasis was placed on horticultural engagement, with the introduction of seed sowing and cuttings workshops, weekly Monday volunteer gardening sessions, and herbology activities. The erection of a polytunnel, supported by the Cummins volunteer team, has significantly enhanced growing capacity and learning opportunities within the garden.

Creative, Community and Outreach Activities

The 2024/25 programme saw a notable expansion of creative and wellbeing events. These included:

- Fortnightly sketching sessions led by a local artist (from April)
- Sound baths introduced in June
- A wreath-making workshop in December
- Seasonal open days, including wassailing in the New Year

Outreach activity was also trialled, including attendance at the Stamford Garden Show, where plant sales and donations helped raise both funds and awareness of the project.

Growing Plots and Family Inclusion

A key development this year was the launch of the Growing Plots initiative, with the garden divided into eight individual plots, including one accessible raised bed. Five plots were taken up during the year, enabling participants to take ownership of a manageable growing



space while receiving ongoing support and advice from the Garden Lead. This initiative was designed to build confidence, encourage regular engagement, and reduce barriers for those new to gardening.

Family engagement was also strengthened through school holiday taster sessions, ensuring the garden remained inclusive and accessible to all ages.

Garden Development and Planting

Significant progress was made in the physical development of the garden. Planting increased substantially across all areas, supported by generous donations, including bulbs from Barchester Healthcare.

A major highlight was the creation of a new Forage Garden, developed by remodelling the existing earth mound with support from local firm Hinchs. This area now contains over 300 edible plants, ranging from herbs to fruit bushes and trees, and has become a key educational and engagement feature.

Further enhancing the space, Adam Frost, presenter of *BBC Gardeners' World*, donated over 200 plants from his RHS Gardeners' World Live show garden. These were used to establish planting around a new water feature, significantly enriching the garden's biodiversity and visual appeal.

Volunteering and Community Contribution

Volunteer involvement remained central to the success of the garden, with at least 800 volunteer hours contributed during the year. Volunteers supported planting, maintenance, session delivery and the development of new areas, playing a vital role in the garden's continued growth.

Overall, 2024/25 represents a year of consolidation and expansion for the Wellbeing Garden. Participation increased significantly, the programme diversified, and the physical space was enhanced through major planting and infrastructure improvements. The garden has continued to grow as a valued community resource, supporting wellbeing, learning and social connection, while laying strong foundations for future development.

Listening Training

14 of our volunteers undertook MindSpace delivered listening training. This equips them with the skills to be dedicated 1:1 listener within our sessions. In this training they gain an understanding of what active listening is, the boundaries between listening and listening to respond with advice and help, and skills to enable authentic listening.

A participant who has been supported by our listening volunteers said: *'I feel lighter after being listened to. It has helped that someone has recognised that I am dealing with a lot, instead of just telling me to keep my chin up.'*

Bourne and Stamford Autistic Groups and Carer Support

MindSpace was a beneficiary of the Virtual Autism Hub LPFT funding. This funding enabled the establishment of three groups to support autistic adults and their parents or carers.

The specialist autistic support groups in both Stamford and Bourne, provided regular, structured opportunities for autistic adults to connect, build confidence and access tailored support in a safe and inclusive environment. Funded through Wave 1 and Wave 2 grant awards, the groups were established to reduce social isolation, improve wellbeing and encourage engagement with wider support services.

Both groups delivered fortnightly, face-to-face sessions, each lasting two hours and held during the daytime. Sessions were designed to offer a supportive space where participants could try new activities, discuss personal challenges, meet others with shared experiences and benefit from informal advice from visiting professionals. Attendance was capped at ten participants per session to ensure a supportive and accessible environment, within community venues.

Participants reported increased confidence, a stronger sense of belonging and improved wellbeing because of attending the groups. In Bourne, attendance remained steady across sessions, and one participant showed significant personal development, gaining confidence through attendance and subsequently progressing into a volunteering role.

The Parent and Carer group is a peer support group which is regularly attended by up to 10 parents and carers. This group is led by a lead with lived experience of supporting an autistic person.

Warm Spaces

The Warm Spaces project, delivered by MindSpace Stamford between November 2024 and March 2025, was funded through the ICB Winter Pressures Fund and supported 65 local residents during the colder months. The project was delivered in partnership with George's Food Hub, a local food surplus organisation, ensuring surplus food was redistributed to provide nutritious meals while reducing food waste.

Each session offered a free, home-cooked meal prepared using surplus food collected by George's Food Hub. It was cooked by a qualified chef volunteer. This partnership enabled the project to support families affected by the cost-of-living crisis while promoting sustainability and reducing waste. Meals catered for a range of dietary needs and provided consistent access to warm, nutritious food throughout the winter period.

Creative activities delivered by Art Pop-Up supported children's wellbeing and engagement. Approximately 85% of children attending had Special Educational Needs,



with most aged between 4 and 8 years. These sessions provided a safe and inclusive creative space, while parents and carers accessed informal listening support and monthly Citizens Advice sessions.

The project supported families experiencing food insecurity, households without cooking facilities, and individuals facing isolation. One elderly attendee, following bereavement and housing disruption, attended weekly and found companionship and emotional support alongside a hot meal. Families reported reduced stress and improved wellbeing as a result of the service.

Cooking and Nutrition Course

MindSpace developed a series of community cookery workshops in partnership with Stamford Second Helpings, a local food surplus organisation, in response to barriers identified around food access, cooking confidence and the underuse of surplus produce. Second helpings had observed that large quantities of donated fruit, vegetables and ingredients were going unused, as many people lacked the confidence or knowledge to cook with unfamiliar items. MindSpace had identified similar challenges through its community gardening project, where surplus produce could not easily be redistributed. Participants also shared that they were relying heavily on ready meals or eating out, which was often expensive, lacked nutrition and unsustainable.

Using this insight, MindSpace developed a practical cookery course funded through the Managed Care Networks Innovation Fund, designed to help people prepare healthy, affordable meals using surplus food accessed through food banks and community fridges. In total, four courses were delivered, each running for six weeks, with six participants attending each course. The workshops focused on simple, accessible cooking techniques, batch cooking, budgeting, and adapting recipes based on available ingredients. For example, substituting spinach for kale depending on what was available at the time. Sessions were delivered in partnership with Second Helpings and led by Sophie Driver, a qualified nutritionist and experienced home cook, who provided hands-on, supportive guidance in a welcoming environment.

The impact of the sessions was reflected in participant feedback. One participant, Miranda (pseudonym), reported feeling more connected to the community and more aware of the practical support available to her, particularly in relation to food access. Through the course, she was signposted to additional support such as George's Food Hub and The Bread & Butter Thing and is now able to access free or discounted food. Miranda also described how the course helped her expand the range of foods she eats, noting that she had never tried a pepper before and was pleased to discover she enjoyed it. She now feels more confident experimenting with cooking, an area that had previously been a significant barrier for her.

Overall, the cookery workshops successfully supported participants to build confidence, improve nutrition, reduce food waste and develop practical skills that contribute to greater independence and wellbeing.

Citizens Advice

MindSpace has continued to work in partnership with Citizens Advice South Lincolnshire, to co-fund and host an advisor embedded within the MindSpace team and Wellbeing Hub Offer. Community members could access both drop-in services and bookable appointments. The service supported 182 unique individuals, demonstrating strong reach within the community. With 255 total attendances, the data shows that a proportion of individuals returned for further support, indicating ongoing or complex needs. Sessions were delivered on a one-to-one basis, ensuring tailored advice and confidentiality. Demand remained consistent throughout the year, reflecting the importance of accessible advice services for issues such as benefits, housing, debt and financial wellbeing.

By coming to MindSpace to access the Citizens Advice service, they were also able to be introduced to the wider wellbeing offer. This included listening support to help manage the stress and impact of the matter for which they sought advice and guidance.

5.2 Our impact: what our participants said:

Cooking course participants: *'It's great the places like this exist for people. I feel I can be myself here and no-one judges me.'*

'This session has been a 'shelter from the storm' for me with my mental health issues.'

Running Group Participants: *'It took a lot of courage to join the Mindspace run group, but I have to say it's one of the best things I have done for my mental health. As soon as I walked up to the group, everyone was so friendly and welcoming and throughout the run I ran with several different people including runners and run leaders. It was great to talk openly and freely without any fear of judgement.'*

'The Friday run has become my favourite time of the week. I look forward to connecting with others with various laughs along the way. Or, sometimes it's just nice to be around others even if I might not feel like talking much that week.'

'I wouldn't consider myself a very strong runner (which is another reason I was slightly anxious to join), however, the run leaders are exceptionally inclusive and make sure no one is left behind on their own and ensuring the group stays together. I've even had an injury in the past so they incorporated a walking group that week to make sure I didn't feel I had to miss out on such an important part of my mental health support.'

Tea and Chat Participants: *'The idea of meeting others in the same situation as me is amazing, I am not alone anymore'*



“You have provided a safe space to be ourselves, giving us the chance to connect with others and helping me to feel less isolated”

Hoarding Group Participants: *‘It’s made a huge difference to my confidence and self-esteem to meet and gel with other people within the group who have similar hoarding and acquiring problems.’*

‘Knowing that each week we have a secure warm, comfortable and welcoming space to meet has - for me - made me feel more willing and able to continue the course and made a vast difference to my existence.’

‘I discovered this oasis of calm and friendliness, about a year ago, when attending a hoarding support group. The ambience, plus the welcoming staff, overcame my social phobia. So much so, I was able to continue on with a more specialised course, ‘Buried In Treasure’, from which I achieved a more positive psychological outcome than expected.’

Warm Space Participants: *“We don’t have to worry about how to feed the kids at least once a week.”*

“The council are fixing my kitchen – warm spaces has come back just at the right time.”

“It’s great to be able to come and get a meal now that the bills are coming in.”

“This group has brought us together and made us a community.”

5.3 Community Support and Fundraising:

Community support and fundraising continued to play a crucial role in sustaining our work throughout the year. During 2024–25, a total of £44,383 was raised thanks to the generosity and dedication of our supporters. We were proud to receive support from NFU Mutual, and to benefit from a range of community-led fundraising activities including The Big Sing event by Stamford Sings, the cyclists of Stamford, and the Stamford Santa Fun Run. We were also honoured to be selected as Charity of the Year for the Stamford Mercury Business Awards, alongside valued support from Hegarty Solicitors and other local partners. These efforts reflect the strength of community engagement and the continued commitment to supporting our work.

6. Financial Review

Our principal activities rest on the foundations of promoting practical ways to achieve, and maintain, a positive mental wellbeing and providing an offer of support within our community.

The charity generated an increase of 25%/16% in restricted and unrestricted income respectively. Due to the increase in restricted funding, the charity was able to increase in restricted expenditure by a corresponding 26%. This is a welcome increase and as has gone to aid the public of Stamford and the wider surrounding areas

However, although unrestricted expenditure had been controlled and saw a sizable reduction in expenditure of 15%, the charity did have an overall deficit of unrestricted funds for the year of £36,290. This resulted in a negative unrestricted reserves position at the balance sheet date of £9,962. The trustees recognise that this is not sustainable in the longer term and have reviewed the underlying causes of the deficit. The deficit has arisen as a result of core operating and support costs exceeding unrestricted income during the year.

The trustees have sought advice and support to develop a plan to restore unrestricted reserves to a positive position and will continue to monitor the charity's financial position closely. Trustees will work to ensure that the charity's reserves position is strengthened.

7. Plans For the Future (2025/2026)

The year ahead represents a key period of consolidation and forward planning for MindSpace. The charity has reached a stage in its development where both its impact and its profile within the community have grown significantly, bringing with it the need to consider how best to sustain, strengthen and develop its work over the longer term.

A priority for 2025–26 will be the continued development of a clear and confident organisational identity. This will include the refinement and launch of a more coherent brand narrative that reflects MindSpace's listening-led approach and enables individuals, partners and stakeholders to more easily understand the support available and how it can be accessed.

The planned expansion of the Corn Exchange building also marks a natural point of transition for the organisation. While the current premises have supported the establishment of a trusted and well-used wellbeing hub, trustees recognise the limitations of the space in relation to accessibility, capacity and long-term operational sustainability.



During the coming year, the Board will begin exploring future premises options that better support the delivery of services in a welcoming, inclusive and accessible environment and align with the charity's longer-term ambitions.

Alongside this, the charity will continue to develop the Wellbeing Garden as a core element of its delivery model, expanding its use as an outdoor wellbeing hub and building further on the success of the growing space initiative. This will enable MindSpace to increase engagement, broaden participation and further embed nature-based wellbeing activity within its offer.

With current Wellbeing Hub, Community Connector and Night Light Café contracts due to conclude in 2026, trustees will also focus on preparing for future commissioning opportunities. This will include strengthening partnerships, consolidating evidence of impact and engaging with commissioners in advance of anticipated tender processes in late 2025 and early 2026.

Finally, trustees will continue to strengthen the organisation's governance and sustainability by developing relationships with local employers and businesses, exploring opportunities for earned income aligned with the charity's values, and recruiting additional trustees with skills in finance, governance, communications and volunteer development.

8. Reserves Policy and Going Concern

Our reserves policy is designed to reflect the underlying risks facing MindSpace (Stamford) and ensure we have an appropriate level of reserves to safeguard our operations and services to our participants. The reserves are reviewed annually by the board alongside the annual budget. At the end of 2025 MindSpace held £179,456 in reserves, however, as noted with the charities financial review, the unrestricted reserves have fallen into deficit which intends on being rectified in the 2026 year.

We hold restricted funds to meet donor's requirements. We hold unrestricted funds which can be used at the trustees' discretion in furtherance of the charity's objectives. Although the charity within this period did not operate a formal designated funds policy where unrestricted funds are earmarked by the trustees for particular purposes, the trustees agreed that any unrestricted reserves surplus needs to be directed towards supporting the operating costs of the premises, including lease costs and staffing costs.

It is envisaged that during the next financial period the trustees will agree to formalise a designated funds policy.

10. Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee. Memorandum and articles incorporated on 6th February 2018 as amended by special resolution(s) dated 15th March 2018 and as registered at Companies House on 21st March 2018 as amended by special resolutions(s) dated 13th September 2018 as registered at Companies House' 26th September 2018. It was registered as a charity on 18th January 2019. The charity is governed under its charitable objects. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

All trustees give their time voluntarily and receive no benefits from the charity.

11. Appointment of trustees

The power to appoint new trustees is vested in the trustees. The trustees normally meet quarterly at which point trustees may resign and be appointed.

Trustees are sought through an open, public process whereby individuals with the essential and appropriate skills sought by the charity and who are representative of the community we serve are invited to a general information session after which they are encouraged to submit an expression of interest and meetings are arranged with existing trustees to explore their skill set.

Trustee Induction and Training

Most trustees are already familiar with the work that the charity undertakes having been invited to attend one of our weekly tea and chat sessions and to participate in our programme of activity wherever possible before submitting an expression of interest in the role.

In the period between submitting their expression of interest and being formally assigned as a trustee, we invite attendance at meetings relevant to their area of expertise as an observer.

On appointment, all trustees must undertake the volunteer induction which is an essential requirement for any volunteer looking to work with us. They will then be invited to have induction sessions with all existing trustees and contractors across all functions of the board to familiarise themselves with the charity and the context within which it operates.

An induction folder holding all key documents has been created and is shared with new trustees. As members of NCVO, MindSpace (Stamford) is able to provide access for new trustees to a number of training sessions, and anyone newly appointed to a trustee role is encouraged to undertake an e-learning module on the role and duties of a trustee.

12. Related parties and relationships with other organisations

MindSpace Stamford do not have any related parties.

In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy which has an increasing focus on the importance of community-based support for people with mental health needs and on promoting and supporting preventative strategies to reduce numbers of referrals to secondary services. To that end MindSpace Stamford Ltd work with the local mental health trust: Lincolnshire Partnership Foundation Trust; Shine Lincolnshire which aims to support people with poor mental health to live well through accessing a range of community services and Citizens Advice South Lincolnshire in addition to working in collaboration with a number of small, local organisations.

The trustees (who are also directors of Mindspace (Stamford) Ltd for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company 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 in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2025 was £8. The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The trustees' annual report has been approved by the trustees on 16th April 2026 and signed on their behalf by

A handwritten signature in black ink, appearing to read "Beka Avery", with a long horizontal line extending to the right.

Beka Avery
Chair of Trustee

MindSpace (Stamford) Limited

Independent examiner's report

For the year ended 31st March 2025

Independent Examiners' Report to the Trustees

We report on the accounts of the charity for the year ended 31st March 2025 which are set out on pages 21 to 30.

Responsibilities and basis of report

We report to the trustees on our examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2025.

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").

We report in respect of our examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out our examination, we have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination which gives us cause to believe that in, any material respect:

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

We 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.

Signed:



27 Apr 2026

Dated: 24th April 2026

Kate Howitt FCCA
TC Group
22 St Peter's St
Stamford PE9 2PF

MindSpace (Stamford) Limited

Statement of financial activities (incorporating income and expenditure account)

For the year ended 31st March 2025

		Unrestricted funds	Restricted funds	Total	
	Notes	2025 £	2025 £	2025 £	2024 £
<u>Income from:</u>					
Donations and legacies	3	44,383	50	44,433	37,862
Charitable activities	4	-	154,797	154,797	124,411
Total income		<u>44,383</u>	<u>154,847</u>	<u>199,230</u>	<u>162,273</u>
 <u>Expenditure on:</u>					
Charitable activities		80,673	98,101	178,774	173,538
Net income for the year/net movement in funds		<u>- 36,290</u>	<u>56,746</u>	<u>20,456</u>	<u>- 11,265</u>
 Opening balances as at:					
01 April 2024		<u>26,328</u>	<u>132,672</u>	<u>159,000</u>	<u>170,265</u>
Fund balances as at:					
31 March 2025		<u>- 9,962</u>	<u>189,418</u>	<u>179,456</u>	<u>159,000</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

MindSpace (Stamford) Limited

Statement of financial position

For the year ended 31st March 2025

	Notes	2025		2024	
		£	£	£	£
Fixed assets					
Tangible assets			721		1,237
Current assets					
Debtors		28,569		-	
Cash at bank		<u>160,023</u>		<u>161,618</u>	
		188,592		161,618	
Creditors					
Amounts falling due within one year		<u>9,857</u>		<u>3,855</u>	
Net current liabilities			<u>178,735</u>		<u>157,763</u>
Total assets less current liabilities			<u><u>179,456</u></u>		<u><u>159,000</u></u>
Creditors					
Amounts falling due after more than one year			-		-
Provisions for liabilities			-		-
Net assets			<u><u>179,456</u></u>		<u><u>159,000</u></u>
Income funds					
Restricted funds			189,418		132,672
Unrestricted funds			- 9,962		<u>26,328</u>
			<u><u>179,456</u></u>		<u><u>159,000</u></u>

For the year ended 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476
2. The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees, authorised for issue on the 16th April 2026 and signed on its behalf by:



17 Apr 2026

Rebecca Avery
Chair, Trustee

1 Accounting policies

Charity information

Mindspace (Stamford) Ltd is a company registered by guarantee without share capital, first registered 6 February 2018.

1.1. Accounting policies

The accounts have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations, but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2. Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3. Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4. Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

1.5. Resources expended

Expenditure is accounted for on an accruals basis.

1.6. Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held with the bank.

1.7. Basic financial assets and liabilities

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the statement of financial activities.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	
	2025 £	2025 £	2025 £	2024 £
Donations and gifts	44,383	50	44,433	37,862
Legacies	-	-	-	-
Total	44,383	50	44,433	37,862

4 Charitable activities

	General income	Projects income	Total	
	2025 £	2025 £	2025 £	2024 £
Income within charitable activities	-	-	-	450
Performance related grants	-	154,797	154,797	123,961
Total	-	154,797	154,797	124,411
Analysis by fund				
Unrestricted funds	-	-	-	450
Restricted funds	-	154,797	154,797	123,961
Total	-	154,797	154,797	124,411

5 Charitable activities

	General income	Projects income	Total	
	2025	2025	2025	2024
	£	£	£	£
Project expenditure	2,795	48,053	50,848	42,447
Contractors	8,746	219	8,965	8,980
Property & office running costs	10,880	17,369	28,249	28,702
Information systems	5,523	-	5,523	4,978
Activities & event costs	4,242	5,409	9,651	17,886
Legal costs	-	-	-	330
Volunteer costs	-	-	-	169
Sundries	-	-	-	110
Training	191	-	191	868
Subscriptions	141	-	141	-
Accountancy fees	5,895	-	5,895	-
Interest paid	27	-	27	49
Marketing costs	1,166	1,849	3,015	3,099
Salaries	40,551	25,202	65,753	65,374
Depreciation	516	-	516	546
	<u>80,673</u>	<u>98,101</u>	<u>178,774</u>	<u>173,538</u>
Analysis by fund				
Unrestricted funds	80,673	-	80,673	95,412
Restricted funds	-	98,101	98,101	78,126
Total	<u>80,673</u>	<u>98,101</u>	<u>178,774</u>	<u>173,538</u>

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. No trustees received expenses in relation to their role.

7 Commitments

At the end of the year the charity was not committed to any contractual payments.

8 Employees

The average monthly number of employees during the year was 6 (2024: 5)

9 Debtors: amounts falling due within one year

	2025	2024
	£	£
Prepayments	13,101	-
Other debtors	15,468	-
Total	<u>28,569</u>	<u>-</u>

10 Creditors: amounts falling due within one year

	2025	2024
	£	£
Accruals	3,380	3,506
Other creditors	6,477	349
Total	<u>9,857</u>	<u>3,855</u>

11 Restricted funds

The income funds of the charity include restricted funds comprising of the following unexpended balances of grants held on trust for specific purposes:

	Balance at 1st April 2024	Incoming resources	Outgoing resources	Transfers from un- restricted	Balance at 31st March 2025
Four Counties Wellbeing Hub	45,793	40,240	16,997	-	69,036
Community Connector	26,743	40,793	42,200	-	25,336
Garden Project	4,293	-	-	-	4,293
Suicide Prevention	1,459	-	-	-	1,459
Night Light Café	54,384	33,611	30,358	-	57,637
Cookery Course	-	7,950	3,564	-	4,386
Hoarding Fund	-	4,850	798	-	4,052
Warm Spaces	-	19,942	2,935	-	17,007
Autism Hub Funding	-	7,461	1,249	-	6,212
Total	<u>132,672</u>	<u>154,847</u>	<u>98,101</u>	<u>-</u>	<u>189,418</u>

Four Counties Wellbeing Hub - Funding to enable the provision of a community based mental health and wellbeing offer in the Four Counties PCN area

MindSpace (Stamford) Limited

Notes to the financial statements

For the year ended 31st March 2025

Community Connector - Funds to enable the delivery of the Community Connector role and service in the Four Counties PCN area.

Garden Project - Funds to invest in the development of the community garden, offering social therapeutic horticultor based sessions to participants.

Suicide Prevention - Funds to deliver innovative approaches to reducing prevalence of suicide in our community.

Night Light Café - Funds to deliver trained staff and volunteers to support an 'out of hours' non-clinical safe space two evenings per week in the MindSpace Wellbeing Hub.

Cookery Course - Providing opportunities for participants from low income backgrounds to understand the relationship between nutrition and mental wellbeing, utilising food available through the food bank and surplus food initiatives.

Hoarding Fund - Providing a safe space and support for people living with hoarding and chronic disorganisation.

Warm Spaces - Providing a weekly warm space for families in partnership with Georges food hub (providing hot nutritious meals) and Art Pop-Up (delivering creative activities for children).

Autism Hub Funding - Enabling the establishment of Autism Groups in Stamford and in Bourne for adults with a later in life autism diagnosis.

12 Analysis of net assets between funds

	Restricted funds	Unrestricted funds	Total	
	2025 £	2025 £	2025 £	2024 £
Fund balances at 31 March 2025 are represented by:				
Tangible assets	-	721	721	1,237
Current assets/(liabilities)	189,418	- 10,683	178,735	157,763
	<u>189,418</u>	<u>- 9,962</u>	<u>179,456</u>	<u>159,000</u>

13 Related party transactions

There were no related party transactions during the 12 month period.

14 Ultimate controlling party

The charity is controlled by the trustees who are also directors of the charitable company.

15 Legal status

The charitable company is a company limited by guarantee and has no share capital. In the event of winding up, the liability of each existing member is limited to £1.

MINDSPACE (STAMFORD) LIMITED

England & Wales - Charity number 1181637

Accounts

Company number: 11189840 (England and Wales)

Charity Number: 1181637 (England)

MindSpace (Stamford) Ltd

Report and financial statements For the year ended 31st March 2024



For the year ended 31st March 2024

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MindSpace (Stamford) Ltd

Reference and administrative information

For the year ended 31st March 2024

Company number	11189840
Country of incorporation	United Kingdom
Charity number	1181637
Country of registration	(England & Wales, Scotland or Northern Ireland)

Registered office and operational address 39 Broad Street, Stamford, Lincolnshire, PE9 1PX

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Rebecca Avery	Chair
Stefan Rakowski	Vice Chair
Adam O'Hara	Treasurer
Daniel Petrie	
Mary Dowglass	
Christopher Young	
Helen Howe	
Zoe McKeague	
Susan Parslow	
Stefan Rakowski	
Alison Toomey	

Bankers	Metrobank One Southampton Row London WC1B 5HA
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Independent examiner	Richard King PSF Accounting 60 Queens Street Stamford PE9 1QS
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The trustees (who are also the Directors of the Company for the purposes of company law) are pleased to present their report and the financial statements for the year ended 31st March 2024.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities purposes and

aims:

MindSpace (Stamford) is a charity situated in Stamford town centre offering access to spaces and activities that enable and support positive wellbeing. The work of the charity is aligned with the NHS endorsed '5 ways to wellbeing' and allow participants to connect, be active, give, be mindful by taking notice in the moment and to learn something new. We work in close partnership with other community and statutory organisations to enable effective signposting towards complimentary support services including medical mental health interventions.

The charity's objects are:

- To relieve the needs and to promote the good health of people and their families and carers in the United Kingdom suffering from mental illness and its effects by the provision of emotional and practical support, advice, education and health care in such ways that are charitable in law and for the benefit of the public.
- MindSpace (Stamford) is a catalyst for the development of a Stamford community mental health transformation model. The charity has increasingly realised the importance of the need for spaces and opportunities for people to talk and be genuinely listened to. In an era of increasing social isolation and loneliness there are many people who either don't have the trusted connections or the language to express feelings, thoughts and emotions.

MindSpace (Stamford) applies the principles of Asset Based Community Development (ABCD) to shaping mental wellbeing services for everyone living, working and learning within Stamford and the surrounding villages. This means that rather than seeking to implement new services as our primary response to need, we seek to understand and collaborate to enhance the resources people can already draw upon, but which may be being underutilised. By recognising the spaces, activities, opportunities, knowledge and support networks that already exist, we are able to deliver a holistic and sustainable, community-based wellbeing offer that is free for anyone to access. Where community consultation highlights that there is a gap in provision, MindSpace is able to proactively work together with community experts to shape the support that's missing. This means working with the local mental health trust, primary care networks, schools, businesses and other community groups.

MindSpace realises the importance of having safe spaces that offer opportunities to talk and be listened to. Central to our work is the promotion of the power of genuine and effective listening. Listening is embedded throughout the charities programme with volunteers encouraged to be trained as listeners. One to one listening sessions can be requested during any of our sessions and some bookable sessions are available two evenings per week. Anyone can take part in our activities on a donate what you can basis, the aim being to eliminate cost as a barrier to accessing wellbeing enhancing opportunities.

Our ambition goes beyond our hub and the activities that MindSpace offers; our goal is to embed enhanced listening skills and knowledge about the importance of maintaining positive wellbeing day to day throughout our town. Our model is simple and based on being a 'wellbeing' role-model to our community and sharing key messages in an easy and accessible way through training. We seek to support local people at each life and learning stage. By working through schools, we can embed these skills early in people's lives; by working through businesses, we can ensure mentally well workplaces. Through community groups we can work with active citizens. The aim is to empower friends, family, neighbours teachers and colleagues to talk and listen more empathically and openly with one another. We believe this will increase the capacity of the community to support individuals when they notice their wellbeing is low or when they experience challenging moments and decrease reliance on primary health services as the first stop on the mental health support journey.

Our vision

To improve the wellbeing of everyone living, working and learning in Stamford through a community approach.

At MindSpace, people are:

- o Made to feel welcome
- o In a safe place o Non-judgmental
- o Diversity is celebrated o Support whenever needed and asked for
- o People are able to be themselves: their best (selves) and their vulnerable selves o Accepted and listened to
- o Community is the answer to our wellbeing
- o Everyone is empowered to take part, contribute and take action in the best way they can

Our aims

We aim to support those living, learning and working in Stamford and the surrounding villages to achieve and sustain positive wellbeing through the delivery of a community-informed and community-led programme of support, activities and education. As well as delivering a diverse offer of wellbeing support aligned to the NHS 5 ways to wellbeing', through strategic partnerships and a community education offer we also aim to achieve a shift in the perceptions of, and experiences of, mental health and wellbeing support. Our ultimate goal is for everyone in our town to experience positive mental wellbeing by living in a community where its citizens are better connected through caring and resilient networks, are skilled in effective listening and are aware of what is on offer to support their own, and others', mental wellbeing outside of medicalised referral routes.

Ensuring our work delivers our aims

In addition to quarterly board meetings and being closely involved in the day to day running of the charity, the trustees review the aims, objectives, and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key project and activity delivered, highlighting the benefits brought to the people who the charity was set up to help. The review also helps the trustees ensure the charity's aims, objectives and activity delivery remained aligned to its stated purposes.

Public Benefit Statement

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities and development of the charity will contribute to the aims and objectives that have been set.

The strategies we used to achieve these objectives included:

- Organised fundraising.
- Promotion of our charities offer, aims and ethos through social and print media - On-going training and development of our trustees, volunteers and contractors - Developing partnerships with statutory and voluntary organisations.
- Analysing data and information to enable our impact to be understood and evidenced.

Headline achievements within our work over 23/24

A Wellbeing Garden Lead:

In April 2023 MindSpace was thrilled to welcome Kay to the team as our Wellbeing Garden Lead. Our ability to employ a team member to develop and support our thriving Wellbeing Garden was enabled by a successful application to Suicide Prevention Wave 3 Fund for a project entitled 'Grow Together'. The overarching purpose of this project was to introduce a social and therapeutic horticultural offer to Stamford. Social and therapeutic horticulture is the process of using plants and gardens to improve physical and mental wellbeing, as well as developing communication and thinking skills. By launching in the spring, the aim was to encourage people to engage in gardening and the outdoors when the weather gets warmer and brighter in a sociable and relaxed outdoor environment.

Within her first year in this role, our Wellbeing Garden Lead has developed a programme of workshops and skills sessions which have included how to propagate plants, harvest seeds and what to sow when. Other local organisations have also been invited in to lead workshops which have included foraging and 'bush crafts'. These sessions have been free and open to anyone looking to boost their wellbeing through engaging in growing, gardening and being out in nature. Alongside this programme has been the offering of supported growing spaces. Our allotment plot has been divided up into easily manageable spaces and assigned to participants. In these spaces participants have successfully grow an array of vegetables and flowers. The results have been fantastic and the feedback from participants has demonstrated how, with the support and guidance of our garden lead, mental health can be significantly improved by engaging with our wellbeing garden.

Mercury Business Awards 2023 Team of the Year:

At a ceremony in September 2023, MindSpace was declared team of the year by the Judges. In presenting the award it was shared that: "The award goes to a contender who has worked tirelessly to create a truly accessible space for the people of Stamford. The fundraising activities are impressive as are the thousands of unique touch points with the people of Stamford. Most Impressive is that this business is set up to save lives and it does. One user said it gives them a reason to wake up in the morning."

MindSpace Stamford becomes the Wellbeing Hub for the Four Counties PCN

In April 2023, MindSpace was proud to be awarded the Lincolnshire Integrated Care Board (ICB) contract for the Four Counties PCN Wellbeing Hub. Seven Wellbeing Hubs have been established across Lincolnshire as part of the

Community Mental Health Transformation project. The ICB outline the aims of the Wellbeing Hub offer as being, *'to provide a community response for people with mental health and wellbeing issues or distress, providing a non-clinical, safe space to support individuals with mental health problems to have choice, understanding, take control of and manage their own mental health, providing alternatives to statutory services and traditional urgent and emergency services.'*

When MindSpace was conceived as the 'Stamford Mental Health Forum' by Dr Dan Petrie in 2018, it was innovative in recognising that the role of the community was being over looked and underutilised in how mental health support was offered. 5 years on and MindSpace has evidenced the value in this approach and has been a part of helping local services to adapt and be shaped in line with this ethos. MindSpace welcomed the adoption of the Wellbeing Hub model and becoming formally commissioned as one was a natural progression for the charity. We are pleased to be benefiting from statutory funding to secure and enhance our offer which has contributed towards our core premise and staffing costs, enabling our space to be maintained and available for other organisations to benefit from. We have been able to maintain our Host Administrator, which means we are able to be open and accessible five days per week. The contract period is until March 2026 after which time the ICB will review it's commissioning arrangements for this service.

Delivering services in partnership: Citizens Advice South Lincs at MindSpace

Following the successful initial pilot in 22/23, MindSpace has continued to host a dedicated Citizens Advice Advisor who enables both bookable and drop-in appointments for anyone who needs them. By being based at MindSpace, our advisor has been able to support people on an on-going basis where their circumstances are complex or evolving. It has also enabled the prompt signposting of people from MindSpace into Citizens Advice where they are experiencing declining mental health and wellbeing on account of financial, housing or other 'life admin' matters. Those who have accessed Citizens Advice services have similarly been signposted towards wellbeing sessions and activities as an avenue to be supported to manage the impact of the stress that their circumstances are causing. The on-going funding of Citizens Advice at MindSpace has been enabled by a Mental Health and Wellbeing Community Investment Fund Grant.

Delivering services in partnership: Sue Ryder Grief Kind Space

In 2023 MindSpace welcomed one of the first Grief Kind Spaces to be established within England into the hub. These weekly sessions provide peer-to-peer support by those impacted by grief following the death of a loved one. The spaces are volunteer enabled drop-in's and we were pleased that some of our existing MindSpace volunteers came forward to support this group. Many of our activity participants at MindSpace have experienced a deterioration in their mental health following a loss and so coming together with Sue Ryder to make this important group available made perfect sense.

Who used and benefited from our services?

Our charity's objects afford us a broad geographical reach but the main focus of our work is on the town of Stamford and the villages that immediately surround it. Stamford is a growing historic market town known for its beauty which promotes a vision of wealth and prosperity. This is a common misconception, in reality, some areas are ranked within the 4th lowest decile on the Index of Multiple Deprivation where the risks of poor physical and mental health are high. Four of the five wards highlighted as 'deprived' within South Kesteven are within Stamford.

Our services are open to any adult living in the area and we target the promotion of the opportunities we are able to provide towards young adults aged 18+ right up towards those of retirement age and older.

Our focus remains on maintaining and improving mental wellbeing and whilst we recognise that many of the people who access our support have a diagnosed mental health condition, this is not a requisite of participation. Our goal is to support people in the hope that their poor mental wellbeing does not escalate towards a diagnosable mental health condition.

Equal access to our services is important to us and we aim to remove, as far as funding allows, cost as a barrier to participation.

Throughout this financial year, MindSpace has maintained a core programme of 32 different activity sessions which has included a 'Playing with words' session, a New Parents Group and a Group supporting women experiencing Peri Menopause. Each month on average, MindSpace has delivered 88 sessions which have been attended by 393 participants.

All of these sessions are enabled by our team of dedicated volunteers who undertake a thorough induction and are given access to training and development opportunities. This year our development offer included Mental Health First Aid Training and Listening Training. At the end of this year MindSpace was grateful to be supported by 62 active volunteers. This means those that were trained and regularly supporting activities and sessions delivered by the charity.

Financial review

Our principal activities rest on the foundations of promoting practical ways to achieve, and maintain, a positive mental wellbeing and providing an offer of support within our community. Despite the challenges faced by the charity during the coronavirus pandemic and economic uncertainty, the result for the period was a surplus of £63,308 showing the actions taken by the trustees ensured the surplus generated for the period provides a robust footing for the future.

Total income increased by 113% on the prior period to £86,946 resulting in total expenditure increasing by 81% meaning there is a surplus for the period of £63,308 representing an increase of 227% on the prior period. The surplus of £63,308 for the period is £18,846 unrestricted which can be used at the trustees' discretion in furtherance of the charity's objectives and £44,462 of restricted, which is to be used for specific purposes as prescribed by the donor.

Total income was bolstered in main through restricted grant funding which saw an increase of £87,167 on the prior period to £126,078. Although, the charity still held fundraising events raising donations of £51,752 – an increase of £11,364 on the previous year.

The charity ensured that total expenditure was tightly controlled and as such, despite the significant uplift in income, there was a relatively lower increase in expenditure.

The surplus for this period results in a total reserves balance of £106,957. Restricted funds representing a higher proportion than last year at 51% (£86,837) and unrestricted funds of £83,428.

This financial period has enabled the charity to create a solid foundation which will be required to support the increased operating costs of the premises, including lease costs and the increased salary expenditure.

Plans for the future

In 2024/25 MindSpace Trustees aim to continue to expand the offer of wellbeing support available to the Stamford (and surrounding villages) community. Alongside this, we will continue in our aims to diversify attendance at our support services and broaden the reach of our offer as well as knowledge and understanding about the NHS 5-Ways to

Wellbeing and the power of listening. Ensuring effective use of our community hub premises will remain a priority and Trustees will seek to develop a plan that ensures its long-term sustainability.

As the NHS Community Mental Health Transformation continues to be implemented and to progress, Trustees will aim to ensure that MindSpace remains an important partner and fulfils its commitment to advocate on behalf of our beneficiaries and wider community. Ensuring effective referrals into the support offered by MindSpace will be a key priority for our People and Operations Lead, as will strengthening our knowledge of, and partnership working with other charities and organisations.

The development of a team at MindSpace who are employed by the charity means that our financial commitments have increased. As grant funding terms come to an end, MindSpace will be focusing on how to sustain the charities infrastructure and services through the development of regular giving and fundraising strategies. A key focus will be on the development of listening training and services that can be offered to local businesses and employing organisations in return for a suggested donation.

Principal risks and uncertainties

The principal risks to which the charity is exposed, as identified by the trustees, have been reviewed and measures put in place to mitigate these risks. All activities undertaken are subject to their own risk assessment process.

The charity has prioritised the need to secure sufficient funding to maintain the town centre premises for the full term of the new lease signed in February 2021.

Reserves policy and going concern

Our reserves policy is designed to reflect the underlying risks facing MindSpace (Stamford) and ensure we have an appropriate level of reserves to safeguard our operations and services to our members.

We hold restricted funds to meet donor's requirements. We hold unrestricted funds which can be used at the trustees' discretion in furtherance of the charity's objectives.

Although the charity within this period did not operate a formal designated funds policy where unrestricted funds are earmarked by the trustees for particular purposes, the trustees agreed that any unrestricted reserves surplus needs to be directed towards supporting the operating costs of the premises, including lease costs.

It is envisaged that during the next financial period the trustees will agree to formalise a designated funds policy.

Structure, governance and management

Governing Document

The organisation is a charitable company limited by guarantee. Memorandum and articles incorporated on 6th February 2018 as amended by special resolution(s) dated 15th March 2018 and as registered at Companies House on 21st March 2018 as amended by special resolutions(s) dated 13th September 2018 as registered at companies house' 26th September 2018. It was registered as a charity on 18th January 2019. The charity is governed under its charitable objects. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 6 to the accounts.

Appointment of trustees

The power to appoint new trustees is vested in the trustees. The trustees normally meet quarterly at which point trustees may resign and be appointed.

Trustees are sought through an open, public process whereby individuals with the essential and appropriate skills sought by the charity and who are representative of the community we serve are invited to a general information session after which they are encouraged to submit an expression of interest and meetings are arranged with existing trustees to explore their skill set.

Trustee induction and training

Most trustees are already familiar with the work that the charity undertakes having been invited to attend one of our weekly tea and chat sessions and to participate in our programme of activity wherever possible before submitting an expression of interest in the role.

In the period between submitting their expression of interest and being formally assigned as a trustee, we invite attendance at meetings relevant to their area of expertise as an observer.

On appointment, all trustees must undertake the volunteer induction which is an essential requirement for any volunteer looking to work with us. They will then be invited to have induction sessions with all existing trustees and contractors across all functions of the board to familiarise themselves with the charity and the context within which it operates.

An induction folder holding all key documents has been created and is shared with new trustees. As members of NCVO, MindSpace (Stamford) is able to provide access for new trustees to a number of training sessions and anyone newly appointed to a trustee role is encouraged to undertake an e-learning module on the role and duties of a trustee.

Related parties and relationships with other organisations

MindSpace Stamford Ltd do not have any related parties.

In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy which has an increasing focus on the importance of community-based support for people with mental health needs and on promoting and supporting preventative strategies to reduce numbers of referrals to secondary services. To that end MindSpace Stamford Ltd work with the local mental health trust: Lincolnshire Partnership Foundation Trust; Shine Lincolnshire which aims to support people with poor mental health to live well through accessing a range of community services and Cambridgeshire, Peterborough and South Lincolnshire Mind in addition to working in collaboration with a number of small, local organisations.

Statement of responsibilities of the trustees

The trustees (who are also directors of Mindspace (Stamford) Ltd for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company 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 in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2024 was £7 (2023: £9). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

MindSpace (Stamford) Ltd

Trustees' annual report

~~For the year ended 2024~~

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The trustees' annual report has been approved by the trustees on 23rd May 2024
behalf by

and signed on their

A handwritten signature in black ink, appearing to read 'Rebecca Avery', written over a faint, illegible printed name.

Rebecca Avery
Chair of Trustees

Independent examiner's report

To the trustees of

MindSpace (Stamford) Ltd

Independent Examiners' Report to the Trustees

We report on the accounts of the charity for the year ended 31st March 2024 which are set out on pages 13 to 23.

Responsibilities and basis of report

We report to the trustees on our examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2024.

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").

We report in respect of our examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out our examination, we have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination which gives us cause to believe that in, any material respect:

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

We 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.

Signed

Date:

Richard King ACCA

PSF Accounting

Stamford

PE9 2QQ

For the year ended 2024

Statement of financial activities (incorporating and income and expenditure account)

For the year ended 2024

		Unrestricted funds	Restricted funds	Total	
	Notes	2024 £	2024 £	2024 £	2023 £
<u>Income from:</u>					
Donations and legacies	3	37,862	-	37,862	52,752
Charitable activities	4	450	123,961	124,411	132,725
Total Income		38,312	123,961	162,273	185,477
		<hr/>	<hr/>	<hr/>	<hr/>
		<hr/>	<hr/>	<hr/>	<hr/>
<u>Expenditure on:</u>					
Charitable activities	5	95,412	78,126	173,538	122,169
Net income for the year/		<hr/>	<hr/>	<hr/>	<hr/>
Opening Balance as at		<u>(57,100)</u>	<u>45,835</u>	<u>(11,265)</u>	<u>63,308</u>

MIndSpace (Stamford) Ltd

1 April 2023	83,428	86,837	170,265	106,957
Fund balances as at				
31 March 2024	26,328	132,672	159,000	170,265
Net movement in funds				

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

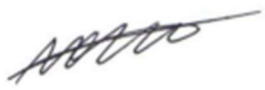
Balance Sheet

	Notes	2024 £	2023 £	2023 £
Fixed assets				
Tangible assets			1,237	1,783
Current assets	9			
Debtors		-	74,850	
Cash at bank and in hand		161,618	96,354	
Creditors: amounts falling due within one year	10	(3,855)	(2,722)	
Net current assets/(liabilities)			157,763	168,482
Total assets less current liabilities			159,000	170,265
Income funds				

For the year ended 2024

Restricted funds	11	132,672	86,837
Unrestricted funds		26,328	83,428
		<u>159,000</u>	<u>170,265</u>

The financial statements on pages 14-21 were approved by the trustees, authorised for issue on the 22/05/2024 and signed on its behalf by;



Adam O'Hara FCCA
Trustee

1 Accounting policies

Charity Information

MIndspace (Stamford) Ltd is a company registered by guarantee without share capital, first registered 6 February 2018.

1.1. Accounting policies

The accounts have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of

Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations, but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2. Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3. Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4. Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

1.5. Resources expended

Expenditure is accounted for on an accruals basis.

1.6. Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held with the bank.

1.7. Basic financial assets and liabilities

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the statement of financial activities.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Total
	2024 £	2024 £	2024 £	2023 £
Donations and gifts	37,862	-	37,862	52,752
Legacies	-	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>
Total	37,862	-	37,862	52,752

4 Charitable activities

=====

	General Income 2024	Projects Income 2024	Total 2024	Total 2023
	£	£	£	£
Total	450	123,961	124,411	132,725
Income within charitable activities	450	-	450	6,647
Performance related grants	-	123,961	123,961	126,078
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Analysis by fund				
Unrestricted funds	450	-	450	6,647
Restricted funds	-	123,961	123,961	126,078
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total	<u> 450</u>	<u> 123,961</u>	<u> 124,411</u>	<u> 132,725</u>

5 Charitable activities

	General Expenditure 2024	Projects Expenditure 2024	Total 2024	Total 2023
	£	£	£	£
Project Expenditure	0	42,447	42,447	16,200
Contractors	8,147	833	8,980	21,606
Property & Office Running Costs	28,302	400	28,702	25,643
Information Systems	4,690	288	4,978	3,636
Activities & Event Costs	11,897	5,989	17,886	17,168
Legal costs	330	0	330	0
Volunteer Costs	169	0	169	460
Sundries	110	0	110	0
Training	762	106	868	1,087
Subscriptions	0	0	0	213
Audit & Accountancy Fees	0	0	0	0
Interest Paid	49	0	49	4
Marketing costs	3,099	0	3,099	3,601
Salaries	37,311	28,063	65,374	32,271
Depreciation	546	0	546	280
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total	<u> 95,412</u>	<u> 78,126</u>	<u> 173,538</u>	<u> 122,169</u>

Analysis by fund

Unrestricted funds	95,412	-	95,412	39,553
Restricted funds	-	78,126	78,126	82,616
	<u>95,412</u>	<u>78,126</u>	<u>173,538</u>	<u>122,169</u>
Total				

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. No trustees received expenses in relation to their role.

7 Commitments

At the end of the year the charity has committed to a contract amount of £13,750 payable within 1 year and £0 over 1 year.

8 Employees

Number of employees

The average monthly number of employees during the year was 5 (2023: 4).

9 Debtors: amounts falling due within one year

	2024	2023
	£	£
Prepayments	-	-
Other debtors	-	74,850
	<u>-</u>	<u>74,850</u>
Total	<u>-</u>	<u>74,850</u>

10 Creditors: amounts falling due within one year

	2024	2023
	£	£
Accruals	3,506	120
Other Creditors	349	2,602
	<u>3,506</u>	<u>2,602</u>

Total	<u>3,855</u>	<u>2,722</u>
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11 Restricted funds

The income funds of the charity include restricted funds comprising of the following unexpended balances of grants held on trust for specific purposes:

	Balance at 1st April 2023	Incoming resources	Resources expended	Balance at 31st March 2024
Four Counties Wellbeing Hub	0	80,550	(34,757)	45,793
Community Connector	38,786	0	(12,043)	26,743
Garden Project	1,000	10,000	(6,707)	4,293
Suicide Prevention	13,485	0	(12,026)	1,459
Winter Pressure Warm Spaces	1,055	0	(1,055)	0
LCC Citizens Advice	1,120	0	(1,120)	0
The Fore (Spring)	2,830	0	(2,830)	0
Night Light Café	27,095	33,411	(6,122)	54,384
MCN Mindfulness	<u>1,466</u>	<u>0</u>	<u>(1,466)</u>	<u>0</u>
Total	86,837	41,522	(50,034)	132,672

Community Connector – Funds to help provide support to members.

Garden Project – Funds to help develop the community garden.

Suicide Prevention – Funds to support a number of activities offered to members.

Winter Pressure Warm Spaces – To help the community pay for heating bills.

LCC Citizens Advice – Funds to help provide advice and support to the community.

The Fore Spring Grant – Funds to support and help the Charity grow.

Night Life Café – Monies to provide staff to enable to open the premises in the evenings.

MCN Mindfulness – Funds to support mindfulness in the community.

12 Analysis of net assets between funds

	Restricted funds 2024 £	Unrestricted funds 2024 £	Total 2024 £	Total 2023 £
Fund balances at 31 March 2024 are represented by:				
Tangible assets	986	-	-	-
Current assets/(liabilities)	131,686	26,328	159,000	170,265
	<u>132,672</u>	<u>26,328</u>	<u>159,000</u>	<u>106,957</u>

13 Related party transactions

There were no related party transactions during the 12 month period.

14 Ultimate controlling party

The charity is controlled by the trustees who are also directors of the charitable company.

15 Legal status

The charitable company is a company limited by guarantee and has no share capital. In the event of a winding up, the liability of each existing member is limited to £1.

MINDSPACE (STAMFORD) LIMITED

England & Wales - Charity number 1181637

Accounts

Company number: 11189840 (England and Wales)

Charity Number: 1181637 (England)

MindSpace (Stamford) Ltd

Report and financial statements

For the year ended 31st March 2023



Contents

For the year ended 31st March 2023

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MindSpace (Stamford) Ltd
Reference and administrative information

For the year ended 31st March 2023

Company number 11189840
Country of incorporation United Kingdom

Charity number 1181637
Country of registration (England & Wales, Scotland or Northern Ireland)

Registered office and operational address 39 Broad Street, Stamford, Lincolnshire, PE9 1PX

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Rebecca Avery	Chair
Dr Dan Petrie	Vice Chair
Adam O'Hara	Treasurer
Mary Dowglass	
Helen Howe	
Zoe McKeague	
Sue Parslow	
Stefan Rakowski	
Alison Toomey	

Bankers Metrobank
One Southampton Row
London
WC1B 5HA

Independent examiner Richard King
PSF Accounting
60 Queens Street
Stamford
PE9 1QS

The trustees (who are also the Directors of the Company for the purposes of company law) are pleased to present their report and the financial statements for the year ended 31st March 2023.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice – Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

Purposes and aims:

MindSpace (Stamford) is a charity situated in Stamford town centre offering access to spaces and activities that enable and support positive wellbeing. The work of the charity is aligned with the NHS endorsed '5 ways to wellbeing' and allow participants to connect, be active, give, be mindful by taking notice in the moment and to learn something new. We work in close partnership with other community and statutory organisations to enable effective signposting towards complimentary support services including medical mental health interventions.

The charity's objects are:

- To relieve the needs and to promote the good health of people and their families and carers in the United Kingdom suffering from mental illness and its effects by the provision of emotional and practical support, advice, education and health care in such ways that are charitable in law and for the benefit of the public.
- MindSpace (Stamford) is a catalyst for the development of a Stamford community mental health transformation model. The charity has increasingly realised the importance of the need for spaces and opportunities for people to talk and be genuinely listened to. In an era of increasing social isolation and loneliness there are many people who either don't have the trusted connections or the language to express feelings, thoughts and emotions.

MindSpace (Stamford) applies the principles of Asset Based Community Development (ABCD) to shaping mental wellbeing services for everyone living, working and learning within Stamford and the surrounding villages. This means that rather than seeking to implement new services as our primary response to need, we seek to understand and collaborate to enhance the resources people can already draw upon, but which may be being underutilised. By recognising the spaces, activities, opportunities, knowledge and support networks that already exist, we are able to deliver a holistic and sustainable, community-based wellbeing offer that is free for anyone to access. Where community consultation highlights that there is a gap in provision, MindSpace is able to proactively work together with community experts to shape the support that's missing. This means working with the local mental health trust, primary care networks, schools, businesses and other community groups.

MindSpace realises the importance of having safe spaces that offer opportunities to talk and be listened to. Central to our work is the promotion of the power of genuine and effective listening. Listening is embedded throughout the charities programme with volunteers encouraged to be trained as listeners. One to one listening sessions can be requested during any of our sessions and some bookable sessions are available two evenings per week. Anyone can take part in our activities on a donate what you can basis, the aim being to eliminate cost as a barrier to accessing wellbeing enhancing opportunities.

Our ambition goes beyond our hub and the activities that MindSpace offers; our goal is to embed enhanced listening skills and knowledge about the importance of maintaining positive wellbeing day to day throughout our town. Our model is simple and based on being a 'wellbeing' role-model to our community and sharing key messages in an easy and accessible way through training. We seek to support local people at each life and learning stage. By working through schools, we can embed these skills early in people's lives; by working through businesses, we can ensure mentally well workplaces. Through community groups we can work with active citizens. The aim is to empower friends, family, neighbours teachers and colleagues to talk and listen more empathically and openly with one another. We believe this will increase the capacity of the community to support individuals when they notice their wellbeing is low or when they experience challenging moments and decrease reliance on primary health services as the first stop on the mental health support journey.

Our vision

To improve the wellbeing of everyone living, working and learning in Stamford through a community approach.

At MindSpace, people are:

- Made to feel welcome
- In a safe place
- Non-judgmental
- Diversity is celebrated
- Support whenever needed and asked for
- People are able to be themselves: their best (selves) and their vulnerable selves
- Accepted and listened to
- Community is the answer to our wellbeing
- Everyone is empowered to take part, contribute and take action in the best way they can

Our aims

We aim to support those living, learning and working in Stamford and the surrounding villages to achieve and sustain positive wellbeing through the delivery of a community-informed and community-led programme of support, activities and education. As well as delivering a diverse offer of wellbeing support aligned to the NHS 5 ways to wellbeing', through strategic partnerships and a community education offer we also aim to achieve a shift in the perceptions of, and experiences of, mental health and wellbeing support. Our ultimate goal is for everyone in our town to experience positive mental wellbeing by living in a community where its citizens are better connected through caring and resilient networks, are skilled in effective listening and are aware of what is on offer to support their own, and others', mental wellbeing outside of medicalised referral routes.

Ensuring our work delivers our aims

In addition to quarterly board meetings and being closely involved in the day to day running of the charity, the trustees review the aims, objectives, and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key project and activity delivered, highlighting the benefits brought to the people who the charity was set up to help. The review also helps the trustees ensure the charity's aims, objectives and activity delivery remained aligned to its stated purposes.

Public Benefit Statement

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities and development of the charity will contribute to the aims and objectives that have been set.

The strategies we used to achieve these objectives included:

- Organised fundraising.
- Promotion of our charities offer, aims and ethos through social and print media
- On-going training and development of our trustees, volunteers and contractors
- Developing partnerships with statutory and voluntary organisations.
- Analysing data and information to enable our impact to be understood and evidenced.

The focus of our work

Development of our team:

The 2022/23 financial year has been an important year for the strategic development and growth of the charity. With the demand for our wellbeing services ever increasing, Trustees have recognised the need to invest in the development of an employed workforce where previously it has commissioned contractors to deliver specific grant funded projects. Following a successful application to the Suicide Prevention Fund (Wave 1), MindSpace was able to employ a Host

administrator in June on an initial one-year contract. The purpose of the Host Administrator role is to ensure that there is a presence at our hub in Stamford five days per week. This has meant greater accessibility to wellbeing services and advice because people can drop in or call MindSpace throughout the week. The host is there to welcome people and support activity sessions as needed. They are a trained listener, a mental health first aider and have undertaken additional professional development pertinent to the role. Our Host Administrator also undertakes core administration duties on behalf of the charity including bookings, event and activity organising, financial administration, maintaining our hub and ensuring the safe delivery of high quality wellbeing positive activities. The success of this role is demonstrated through the increased number of people who have taken part in activities offered by MindSpace this year as well as the growth in what is on offer.

In November, using grant funding awarded from the Fore Trust alongside income generated through fundraising activities, MindSpace recruited to the role of People and Operations lead. The main purpose of the People and Operations lead is to work with MindSpace Trustees to ensure the effectiveness and long-term sustainability of the charity. Through partnership working, our People and Operations lead works to identify potential donors as well as opportunities for fundraising activity or for grant-funding to be sought to enable the delivery of projects and activities that will enhance the well-being of everyone in Stamford. Where gaps have identified the post holder has been involved in identifying community assets that can be enhanced to meet the community need and has undertaken project planning through to final reporting and project conclusion.

MindSpace Community Wellbeing Garden:

In July 2022, MindSpace officially opened a Community Wellbeing Garden in Stamford. This garden has been designed and constructed by a team of dedicated and knowledgeable volunteers and enabled by donations from local organisations and individuals. The vision for the garden has been laid out and guided by the Garden Steering Group, who are all volunteers.

The gardens are free to enter and we hope they provide a safe and welcoming place that our community can visit, enjoy and make use of. The plans for the garden are still evolving but the wellbeing garden aims to offer:

- Volunteering opportunities for adults with a wide range of support needs
- Exploratory education sessions for local school children
- Nature based wellbeing activities including sketching, foraging and mindfulness.
- Events open to the public

We have been very grateful for the support of many organisations, teams and individuals as we worked towards creating our MindSpace Wellbeing Garden. Although there is still a long way to go we can now start to enjoy the progress made.

Delivering services in partnership:

Community Connector

Across the 2022/23 financial year MindSpace has successfully delivered year 1 of the Community Connector contract. This was awarded to MindSpace as part of the Lincolnshire Community Mental

Health transformation and is delivered in partnership with Shine Lincolnshire, whom MindSpace subcontract to provide employment services and training for this particular role. The Community Connectors are responsible for working in partnership with NHS colleagues and voluntary organisations together with members of the community who have been identified as having the drive, enthusiasm and local knowledge to help bring about change. Our community connector has developed services available in the four counties primary care network area and has identified the need for additional provision in the following areas:

1. Effective sharing of local information
2. Housing Support
3. Dementia Cafes
4. A group for older people in Bourne

In addition, our community connector has started a co-production group to inform the development of mental health support services locally and has established the Stamford and Bourne Partnership Group.

Citizens Advice

Using grant funding awarded through the Managed Care Network (Wave 12), MindSpace, in collaboration with Citizens Advice South Lincolnshire, employed a dedicated advisor to be based at our hub in Stamford. During his first quarter based with MindSpace, our advisor was able to support 46 individuals with advice and guidance on matters relating to disability payments, housing and debt management. Services were offered across a mix of bookable appointments and 'drop-in' clinics. This represented a new way of delivery Citizens Advice services through an advisor who is embedded as part of a wider team and able to support individuals on an on-going basis. Alongside practical support, attendees were able to access wellbeing services to help mitigate the impact of the stress and anxiety being experienced alongside their other support needs.

Who used and benefited from our services?

Our charity's objects afford us a broad geographical reach but the main focus of our work is on the town of Stamford and the villages that immediately surround it. Stamford is a growing historic market town known for its beauty which promotes a vision of wealth and prosperity. This is a common misconception, in reality, some areas are ranked within the 4th lowest decile on the Index of Multiple Deprivation where the risks of poor physical and mental health are high. Four of the five wards highlighted as 'deprived' within South Kesteven are within Stamford.

Our services are open to any adult living in the area and we target the promotion of the opportunities we are able to provide towards young adults aged 18+ right up towards those of retirement age and older.

Our focus remains on maintaining and improving mental wellbeing and whilst we recognise that many of the people who access our support have a diagnosed mental health condition, this is not

a requisite of participation. Our goal is to support people in the hope that their poor mental wellbeing does not escalate towards a diagnosable mental health condition.

Equal access to our services is important to us and we aim to remove, as far as funding allows, cost as a barrier to participation.

Throughout this financial year, MindSpace has maintained a core programme of 30 different activity sessions which has included Tea and Chat sessions, boxing and yoga. This year our offering has expanded to include foraging walks and garden-based activities in the warmer months. Across our programme there have been 4,708 check in's by 836 unique individuals.

All of these sessions are enabled by our team of dedicated volunteers who undertake a thorough induction and are given access to training and development opportunities. This year our development offer included ASIST (Applied Suicide Intervention Skills Training) which was delivered by CPSL Mind. At the end of this year MindSpace was grateful to be supported by 54 active volunteers. This means those that were trained and regularly supporting activities and sessions delivered by the charity.

Financial review

Our principal activities rest on the foundations of promoting practical ways to achieve, and maintain, a positive mental wellbeing and providing an offer of support within our community. Despite the challenges faced by the charity during the coronavirus pandemic and economic uncertainty, the result for the period was a surplus of £63,308 showing the actions taken by the trustees ensured the surplus generated for the period provides a robust footing for the future.

Total income increased by 113% on the prior period to £86,946 resulting in total expenditure increasing by 81% meaning there is a surplus for the period of £63,308 representing an increase of 227% on the prior period. The surplus of £63,308 for the period is £18,846 unrestricted which can be used at the trustees' discretion in furtherance of the charity's objectives and £44,462 of restricted, which is to be used for specific purposes as prescribed by the donor.

Total income was bolstered in main through restricted grant funding which saw an increase of £87,167 on the prior period to £126,078. Although, the charity still held fundraising events raising donations of £51,752 – an increase of £11,364 on the previous year.

The charity ensured that total expenditure was tightly controlled and as such, despite the significant uplift in income, there was a relatively lower increase in expenditure.

The surplus for this period results in a total reserves balance of £106,957. Restricted funds representing a higher proportion than last year at 51% (£86,837) and unrestricted funds of £83,428.

This financial period has enabled the charity to create a solid foundation which will be required to support the increased operating costs of the premises, including lease costs and the increased salary expenditure.

Plans for the future

In 2023/24 MindSpace Trustees aim to continue to expand the offer of wellbeing support available to the Stamford (and surrounding villages) community. Alongside this, we will continue in our aims to diversify attendance at our support services and broaden the reach of our offer as well as knowledge and understanding about the NHS 5-Ways to Wellbeing and the power of listening. Ensuring effective use of our community hub premises will remain a priority and Trustees will seek to develop a plan that ensures its long-term sustainability.

As the NHS Community Mental Health Transformation continues to be implemented and to progress, Trustees will aim to ensure that MindSpace remains an important partner and fulfils its commitment to advocate on behalf of our beneficiaries and wider community. Our aspiration is to be formally recognised as a Community Well-being Hub which will bring with it additional funding to enable on-going investment and development of wellbeing services in Stamford and the surrounding area. Ensuring effective referrals into the support offered by MindSpace will be a key priority for our People and Operations Lead, as will strengthening our knowledge of, and partnership working with other charities and organisations.

The development of a team at MindSpace who are employed by the charity means that our financial commitments have increased. As grant funding terms come to an end, MindSpace will be focusing on how to sustain the charities infrastructure and services through the development of regular giving and fundraising strategies. A key focus will be on the development of wellbeing training and consultation services that can be offered to local businesses and employing organisations in return for a suggested donation.

Principal risks and uncertainties

The principal risks to which the charity is exposed, as identified by the trustees, have been reviewed and measures put in place to mitigate these risks. All activities undertaken are subject to their own risk assessment process.

The charity has prioritised the need to secure sufficient funding to maintain the town centre premises for the full term of the new lease signed in February 2021.

Reserves policy and going concern

Our reserves policy is designed to reflect the underlying risks facing MindSpace (Stamford) and ensure we have an appropriate level of reserves to safeguard our operations and services to our members.

We hold restricted funds to meet donor's requirements. We hold unrestricted funds which can be used at the trustees' discretion in furtherance of the charity's objectives.

Although the charity within this period did not operate a formal designated funds policy where unrestricted funds are earmarked by the trustees for particular purposes, the trustees agreed that any unrestricted reserves surplus needs to be directed towards supporting the operating costs of the premises, including lease costs.

It is envisaged that during the next financial period the trustees will agree to formalise a designated funds policy.

Structure, governance and management

Governing Document

The organisation is a charitable company limited by guarantee. Memorandum and articles incorporated on 6th February 2018 as amended by special resolution(s) dated 15th March 2018 and as registered at Companies House on 21st March 2018 as amended by special resolutions(s) dated 13th September 2018 as registered at companies house' 26th September 2018. It was registered as a charity on 18th January 2019. The charity is governed under its charitable objects. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 6 to the accounts.

Appointment of trustees

The power to appoint new trustees is vested in the trustees. The trustees normally meet quarterly at which point trustees may resign and be appointed.

Trustees are sought through an open, public process whereby individuals with the essential and appropriate skills sought by the charity and who are representative of the community we serve are invited to a general information session after which they are encouraged to submit an expression of interest and meetings are arranged with existing trustees to explore their skill set.

Trustee induction and training

Most trustees are already familiar with the work that the charity undertakes having been invited to attend one of our weekly tea and chat sessions and to participate in our programme of activity wherever possible before submitting an expression of interest in the role.

In the period between submitting their expression of interest and being formally assigned as a trustee, we invite attendance at meetings relevant to their area of expertise as an observer.

On appointment, all trustees must undertake the volunteer induction which is an essential requirement for any volunteer looking to work with us. They will then be invited to have induction sessions with all existing trustees and contractors across all functions of the board to familiarise themselves with the charity and the context within which it operates.

An induction folder holding all key documents has been created and is shared with new trustees. As members of NCVO, MindSpace (Stamford) is able to provide access for new trustees to a number of training sessions and anyone newly appointed to a trustee role is encouraged to undertake an e-learning module on the role and duties of a trustee.

Related parties and relationships with other organisations

MindSpace Stamford Ltd do not have any related parties.

In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy which has an increasing focus on the importance of community-based support for people with mental health needs and on promoting and supporting preventative strategies to reduce numbers of referrals to secondary services. To that end MindSpace Stamford Ltd work with the local mental health trust: Lincolnshire Partnership Foundation Trust; Shine Lincolnshire which aims to support people with poor mental health to live well through accessing a range of community services and Cambridgeshire, Peterborough and South Lincolnshire Mind in addition to working in collaboration with a number of small, local organisations.

Statement of responsibilities of the trustees

The trustees (who are also directors of Mindspace (Stamford) Ltd for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently

Trustees' annual report

For the year ended 2023

- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company 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 in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2023 was £9 (2022: £9). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The trustees' annual report has been approved by the trustees on 29th November 2023 and signed on their behalf by



Rebecca Avery
Chair of Trustees

Independent examiner's report

To the trustees of

MindSpace (Stamford) Ltd

Independent Examiners' Report to the Trustees

We report on the accounts of the charity for the year ended 31st March 2023 which are set out on pages 13 to 23.

Responsibilities and basis of report

We report to the trustees on our examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2023.

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").

We report in respect of our examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out our examination, we have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination which gives us cause to believe that in, any material respect:

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

We 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.

Signed



Date: 30/11/2023
Richard King ACCA
PSF Accounting
Stamford
PE9 2QQ

MIndSpace (Stamford) Ltd

Statement of financial activities (incorporating and income and expenditure account)

For the year ended 2023

		Unrestricted funds	Restricted funds	Total	
	Notes	2023 £	2023 £	2023 £	2022 £
<u>Income from:</u>					
Donations and legacies	3	51,752	1,000	52,752	41,388
Charitable activities	4	6,647	126,078	132,725	45,558
		<hr/>	<hr/>	<hr/>	<hr/>
Total Income		58,399	127,078	185,477	86,946
<u>Expenditure on:</u>					
Charitable activities	5	39,553	82,616	122,169	67,611
		<hr/>	<hr/>	<hr/>	<hr/>
Net income for the year/ Net movement in funds		<u>18,846</u>	<u>44,462</u>	<u>63,308</u>	<u>19,335</u>
Opening Balance as at 1 April 2022		<hr/>	<hr/>	<hr/>	<hr/>
Fund balances as at 31 March 2023		<u>83,428</u>	<u>86,837</u>	<u>170,265</u>	<u>106,957</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.


MIndSpace (Stamford) Ltd

Balance Sheet

For the year ended 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets			1,783		-
Current assets	9				
Debtors		74,850		11,496	
Cash at bank and in hand		96,354		101,840	
Creditors: amounts falling due within one year	10	(2,722)		(6,379)	
Net current assets/(liabilities)			168,482		106,957
Total assets less current liabilities			<u>170,265</u>		<u>106,957</u>
Income funds					
Restricted funds	11		86,837		42,375
Unrestricted funds			<u>83,428</u>		<u>64,582</u>
			<u>170,265</u>		<u>106,957</u>

The financial statements on pages 14-21 were approved by the trustees, authorised for issue on the 30/11/2023 and signed on its behalf by;



Adam O'Hara FCCA
Trustee

1 Accounting policies

Charity Information

MIndspace (Stamford) Ltd is a company registered by guarantee without share capital, first registered 6 February 2018.

1.1. Accounting policies

The accounts have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland {FRS 102}" {as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations, but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2. Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3. Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4. Incoming resources

Notes to the financial statements

For the year ended 2023

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

1.5. Resources expended

Expenditure is accounted for on an accruals basis.

1.6. Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held with the bank.

1.7. Basic financial assets and liabilities

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the statement of financial activities.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Total
	2023	2023	2023	2022
	£	£	£	£
Donations and gifts	51,752	1,000	52,752	41,388
Legacies	-	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>
Total	<u>51,752</u>	<u>1,000</u>	<u>52,752</u>	<u>41,388</u>

4 Charitable activities

	General Income 2023 £	Projects Income 2023 £	Total 2023 £	Total 2022 £
Income within charitable activities	6,647	-	6,647	6,536
Performance related grants	-	126,078	126,078	39,022
	<hr/>	<hr/>	<hr/>	<hr/>
Total	<u>6,647</u>	<u>126,078</u>	<u>132,725</u>	<u>45,558</u>
Analysis by fund				
Unrestricted funds	6,647	-	6,536	6,536
Restricted funds	-	126,078	39,022	39,022
	<hr/>	<hr/>	<hr/>	<hr/>
Total	<u>6,647</u>	<u>126,078</u>	<u>45,558</u>	<u>45,558</u>

5 Charitable activities

	General Expenditure 2023 £	Projects Expenditure 2023 £	Total 2023 £	Total 2022 £
Project Expenditure	2,200	14,000	16,200	6,242
Contractors	1,440	20,166	21,606	24,368
Property & Office Running Costs	21,205	4,438	25,643	25,637
Information Systems	3,140	496	3,636	2,779
Activites & Event Costs	8,410	8,758	17,168	6,096
Legal costs	0	0	0	0
Volunteer Costs	460	0	460	488
Sundries	0	0	0	838
Training	935	152	1,087	0
Subscriptions	213	0	213	167
Audit & Accountancy Fees	0	0	0	0
Interest Paid	4	0	4	31
Marketing costs	472	3,129	3,601	450
Salaries	794	31,477	32,271	515
Depreciation	280	0	280	0
Total	39,553	82,616	122,169	67,611
Anlaysis by fund				
Unrestricted funds	39,553	-	39,553	17,577
Restricted funds	-	82,616	82,616	50,034
Total	39,553	82,616	122,169	67,611

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. No trustees received expenses in relation to their role.

7 Commitments

At the end of the year the charity has committed to a contract amount of £15,000 payable within 1 year and £13,750 over 1 year.

Notes to the financial statements

For the year ended 2023

8 Employees

Number of employees

The average monthly number of employees during the year was 4 (2022: 1).

9 Debtors: amounts falling due within one year

	2023	2022
	£	£
Prepayments	-	3,750
Other debtors	74,850	7,746
	<hr/>	<hr/>
Total	<u>74,850</u>	<u>11,496</u>

10 Creditors: amounts falling due within one year

	2023	2022
	£	£
Accruals	1,220	627
Other Creditors	2,602	5,752
	<hr/>	<hr/>
Total	<u>2,722</u>	<u>6,379</u>

Notes to the financial statements

For the year ended 2023

11 Restricted funds

The income funds of the charity include restricted funds comprising of the following unexpended balances of grants held on trust for specific purposes:

	Balance at 31 March 2022	Incoming resources	Resources expended	Balance at 31 March 2023
National Lottery Communities Fund	25,470	0	(25,470)	0
Community Connector	0	40,474	(1,688)	38,786
Garden Project	0	1,000	0	1,000
Suicide Prevention	0	25,000	(11,515)	13,485
Winter Pressure Warm Spaces	0	8,255	(7,200)	1,055
LCC Citizens Advice	0	9,540	(8,420)	1,120
The Fore (Spring)	0	15,000	(12,170)	2,830
Night Light Café	7,230	27,809	(7,944)	27,095
MCN Mindfulness	9,675	0	(8,209)	1,466
	<hr/>	<hr/>	<hr/>	<hr/>
Total	<u>42,375</u>	<u>41,522</u>	<u>(50,034)</u>	<u>86,837</u>

National Lottery Communities Fund – In main, monies to fund a 3rd party contractor to deliver a number of Big Lottery supported projects including the Listening Service, Extended Walks and Drop In Café. Funds also provided to purchase office and IS equipment.

Community Connector – Funds to help provide support to members.

Garden Project – Funds to help develop the community garden.

Suicide Prevention – Funds to support a number of activities offered to members.

Winter Warmer Warm Spaces – To help the community pay for heating bills.

LCC Citizens Advice - Funds to help provide advice and support to the community.

The Fore Spring Grant - Funds to support and help the Charity grow.

Night Life Café - Monies to provide staff to enable to open the premises in the evenings.

MCN Mindfulness - Funds to support mindfulness in the community.

12 Analysis of net assets between funds

	Restricted funds 2023 £	Unrestricted funds 2023 £	Total 2023 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:				
Tangible assets	1,783	-	-	-
Current assets/(liabilities)	85,054	83,428	170,265	106,957
	<u>86,837</u>	<u>83,428</u>	<u>170,265</u>	<u>106,957</u>

13 Related party transactions

There were no related party transactions during the 12 month period.

14 Ultimate controlling party

The charity is controlled by the trustees who are also directors of the charitable company.

15 Legal status

The charitable company is a company limited by guarantee and has no share capital. In the event of a winding up, the liability of each existing member is limited to £1.

MINDSPACE (STAMFORD) LIMITED

England & Wales - Charity number 1181637

Accounts

Company number: 11189840 (England and Wales)

Charity Number: 1181637 (England)

MindSpace (Stamford) Ltd

Report and financial statements

For the year ended 31st March 2022



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For the year ended 31st March 2022

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MindSpace (Stamford) Ltd
Reference and administrative information

For the year ended 31st March 2022

Company number 11189840
Country of incorporation United Kingdom

Charity number 1181637
Country of registration (England & Wales, Scotland or Northern Ireland)

Registered office and operational address 39 Broad Street, Stamford, Lincolnshire, PE9 1PX

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Rebecca Avery	Chair
Dr Dan Petrie	Vice Chair
Adam O’Hara	Treasurer (Appointed 3 rd February 2022)
Mary Dowglass	
Helen Howe	
Zoe McKeague	Appointed 23 rd September 2021
Sue Parslow	Appointed 23 rd September 2021
Stefan Rakowski	Appointed 23 rd September 2021
Alison Toomey	Appointed 23 rd September 2021
Paul Sinfield	Resigned 23 rd September 2021
Dr Cassie Petrie	Resigned 23 rd September 2021
Louise Bellis	Resigned 3 rd February 2022

Bankers Metrobank
One Southampton Row
London
WC1B 5HA

Independent examiner Richard King
PSF Accounting
60 Queens Street
Stamford
PE9 1QS

The trustees (who are also the Directors of the Company for the purposes of company law) are pleased to present their report and the financial statements for the year ended 31st March 2022.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice – Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

Purposes and aims:

MindSpace (Stamford) is a charity situated in Stamford town centre offering spaces that enable and support positive mental wellbeing by allowing members to connect, be listened to, receive sign-posting and advice as well as to access practical activities that are aligned to the NHS 5 ways to wellbeing.

The charity's objects are:

- To relieve the needs and to promote the good health of people and their families and carers in the United Kingdom suffering from mental illness and its effects by the provision of emotional and practical support, advice, education and health care in such ways that are charitable in law and for the benefit of the public.
- MindSpace (Stamford) is a catalyst for the development of a Stamford community mental health transformation model. The charity has increasingly realised the importance of the need for spaces and opportunities for people to talk and be genuinely listened to. In an era of increasing social isolation and loneliness there are many people who either don't have the trusted connections or the language to express feelings, thoughts and emotions.

Our aim is to transform the local culture and change what local mental health support and treatment looks like. It needs to remain community focused and ensure the assets a citizen has, be that individually or through the support of those to whom they feel connected, are fully utilised.

MindSpace (Stamford) advocates for an Asset Based Community Development (ABCD) approach to shaping mental wellbeing services within Stamford and the surrounding villages. This means, rather than seeking to implement new services as our primary response to need, we seek to understand what resources people can already draw upon. By recognising the spaces, activities, opportunities, and support networks that already exist, we can support our communities to develop and maintain positive mental wellbeing in a holistic and sustainable way. Where there is a gap in provision, MindSpace is able to collaborate with community experts to shape the support that's missing. This means working with partners such as the local mental health trust, primary

care organisations, schools, businesses and other community groups to embed this model as the new normal.

Central to our work is the promotion of the power of genuine and effective listening alongside the NHS 5 ways to wellbeing. Anyone within our community can take part in our activities on a donate what you can basis, by providing these services, MindSpace is working to eliminate cost as a barrier to accessing wellbeing enhancing opportunities. In addition to recognising the need for the services we offer, MindSpace realises the importance of having safe spaces that offer opportunities to talk and be genuinely listened to. In an era of increasing social isolation and loneliness there are many people who either don't have the trusted connections or the language to express feelings, thoughts, and emotions.

This ambition for enabling safe spaces goes beyond our hub and what MindSpace offers; our goal is to embed enhanced listening skills throughout our town. Our model starts very simply, by providing access to training for all local citizens in simple communication and listening skills alongside a greater understanding of wellbeing. By working through schools, we can embed these skills early in our citizens lives, by working through businesses we can ensure mentally well workplaces and through community groups we can work with active citizens. The aim is to have higher levels of emotional literacy within our local population and a greater ability for friends, family, teachers and colleagues to talk, and listen, more empathically and openly with one another. We believe this will increase the capacity of the community to support individuals in distress and de-escalate difficult or challenging feelings and emotions so that they don't have a lasting, detrimental, impact on their mental health.

Our vision

To improve the wellbeing of everyone living, working and learning in Stamford through a community approach.

At MindSpace, people are:

- Made to feel welcome
- In a safe place
- Non-judgmental
- Diversity is celebrated
- Support whenever needed and asked for
- People are able to be themselves: their best (selves) and their vulnerable selves
- Accepted and listened to
- Community is the answer to our wellbeing
- Everyone is empowered to take part, contribute and take action in the best way they can

Our aims

We aim to support those living, learning and working in Stamford and the surrounding villages to achieve and sustain positive mental health and wellbeing through the delivery of a community-informed and community-led programme of support, activities and education. As well as delivering a diverse offer of wellbeing support aligned to the NHS 5 ways to wellbeing', through strategic partnerships and a community education offer we also aim to achieve a shift in the perceptions of, and experiences of, mental health and wellbeing support. Our ultimate goal is for everyone in our town to experience positive mental wellbeing by living in a community where its citizens are better connected through caring and resilient networks, are skilled in effective listening and are aware of what is on offer to support their own, and others', mental wellbeing outside of medicalised referral routes.

Ensuring our work delivers our aims

In addition to quarterly board meetings and close involvement in the day to day running of the charity, the trustees review the aims, objectives, and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remained focused on its stated purposes.

Public Benefit Statement

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

The strategies we used to achieve these objectives included:

- Organised fundraising.
- Promotion of our charities offer, aims and ethos through social and print media
- On-going training and development of our trustees, volunteers and contractors
- Developing partnerships with statutory and voluntary organisations.
- Analysing data and information to enable our impact to be understood and evidenced.

The focus of our work

Throughout the 2021/22 financial year, MindSpace's mission to ensure the provision of wellbeing support to our community has continued to be challenged by the uncertainty of the Covid-19 pandemic. In March 2021, the government's roadmap out of lockdown began to be implemented. On the 29th March our organised outdoors activities, such as walks, were able to recommence and on the 12th April, MindSpace was able to invite attendees back into our hub, although in limited numbers. During this time, our focus was on protecting our members, some of who are medically

vulnerable, from the Covid-19 virus. We reviewed and updated our health and safety policies and implemented enhanced risk assessments of all of our activities in line with government and NHS guidance. We continued to deliver a virtual offering alongside our face-to-face activities to enable those who were nervous about coming into close contact with others to continue to access wellbeing support. Finally, after the 21st of June 2021, all restrictions were lifted and MindSpace was able to refocus on enabling a full and varied offer of wellbeing support. As we began to re-establish our work, we recognised the need to understand and adapt to the impact that the lockdowns, the most recent and prior, had had on our members. The Government Covid-19 Mental Health Surveillance report¹ highlighted that the mental health and wellbeing of the population declined between October 2020 and February 2021 and didn't return to pre-pandemic levels until August 2021. MindSpace observed this decline in mental health and wellbeing within its members and worked to respond.

Our volunteer numbers and capacity were also impacted as, despite the reassurances from the government and the role-out of the vaccination programme from January 2021, people remained nervous about resuming contact with those beyond their friend and family circles.

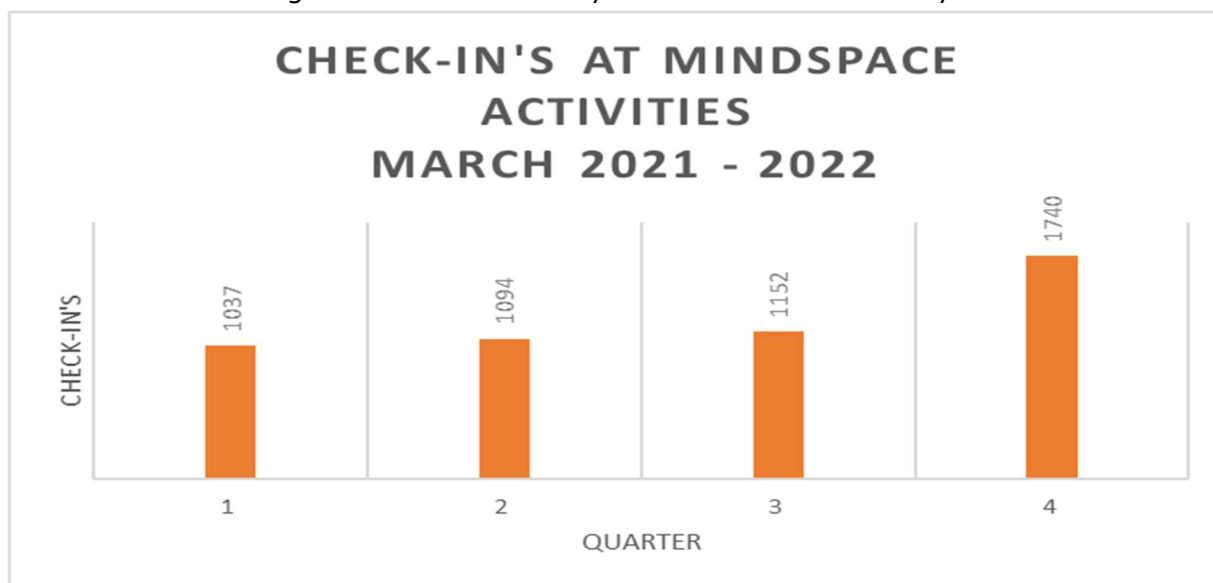


Table 1.

Table 1. highlights how attendances at MindSpace activities have increased quarter on quarter throughout the 2021/22 financial year. This highlights how our existing members have re-gained confidence in attending MindSpace activities and how the numbers of people accessing MindSpace

¹ The Government Covid-19 Mental Health and Wellbeing Surveillance Report (April 2022) Available online at: <https://www.gov.uk/government/publications/covid-19-mental-health-and-wellbeing-surveillance-report/2-important-findings-so-far#references> [Accessed 10th December 2022]

activities have increased as well as how the offer of sessions and activities delivered by MindSpace has begun to expand in the last two quarters of the financial year.

Many of our key areas of focus remained the same, or remained a high priority. They continued to be:

- Working to remove the barriers people face in engaging with the NHS 5 Ways to Wellbeing
- Raising our profile with our community and nurturing partnerships with local organisations.
- Strengthening signposting pathways into and on from the charity.
- Embedding the expertise of new trustees to ensure the robust management and oversight of the charity including reviewing organisational policies and processes,
- Broadening our listening training and developing a sustainable train-the-trainer model.
- Revisiting and embedding a Theory of Change.
- Analysing information gathered through our evaluation and feedback plans and mechanisms.

The strategies we have used to deliver our work have included:

- Identifying fundraising activity and grant funding streams to enable the provision of workshops, group sessions and training in a local setting, free of charge.
- Developing education sessions and discussion forums, led by volunteers, with the aim of delivering training on listening skills and the NHS 5 ways to wellbeing.
- Working as part of the NHS Community Mental Health Transformation project team and the Integrated Place Based Team to understand the gaps in community based mental wellbeing support and to strengthen referral routes into MindSpace and sign-posting pathways into other community support groups and networks.
- Working with other charitable organisations to secure and deliver grant funded collaborative projects that enhance the local wellbeing offer and which enable community consultation (The Stamford Connections Project in collaboration with Art Pop-Up).
- Reviewing our volunteer, and volunteer helper, recruitment processes, induction and development, including our training offer.
- Maintaining robust and professional governance, policy and procedures around our premises and managing additional risks presented by the Covid-19 pandemic.

Who used and benefited from our services

Our charity's objects afford us a broad geographical reach but the main focus of our work is on the town of Stamford and the villages that immediately surround it. Stamford is a growing historic market town known for its beauty which promotes a vision of wealth and prosperity. This is a common misconception, in reality, some areas are ranked within the 4th lowest decile on the Index of Multiple Deprivation where the risks of poor physical and mental health are high. Four of the five wards highlighted as 'deprived' within South Kesteven are within Stamford.

Our services are open to any adult living in the area and we target the promotion of the opportunities we are able to provide towards young adults aged 18+ right up towards those of retirement age and older.

Our focus remains on maintaining and improving mental wellbeing and whilst we recognise that many of the people who access our support have a diagnosed mental health condition, this is not a requisite of participation. Our goal is to support people in the hope that their poor mental wellbeing does not escalate towards a diagnosable mental health condition.

Equal access to our services is important to us and we aim to remove, as far as funding allows, cost as a barrier to participation.

Achievements and performance

The year ending March 2022 has been a busy one. The charity was able to expand and diversify its offer and for the first quarter of 2021 maintained a hybrid wellbeing programme to accommodate those who felt less confident reintegrating into physical group environments.

All MindSpace (Stamford)'s activities focus on working to support the community of Stamford and surrounding villages to improve and maintain their mental wellbeing and are undertaken to further MindSpace (Stamford) charitable purposes for the public benefit. The charity's main areas of activity are the provision of group sessions aligned to the NHS 5 ways to wellbeing (see figure 1.)

Developing a sustainable provision of community education and training, led by

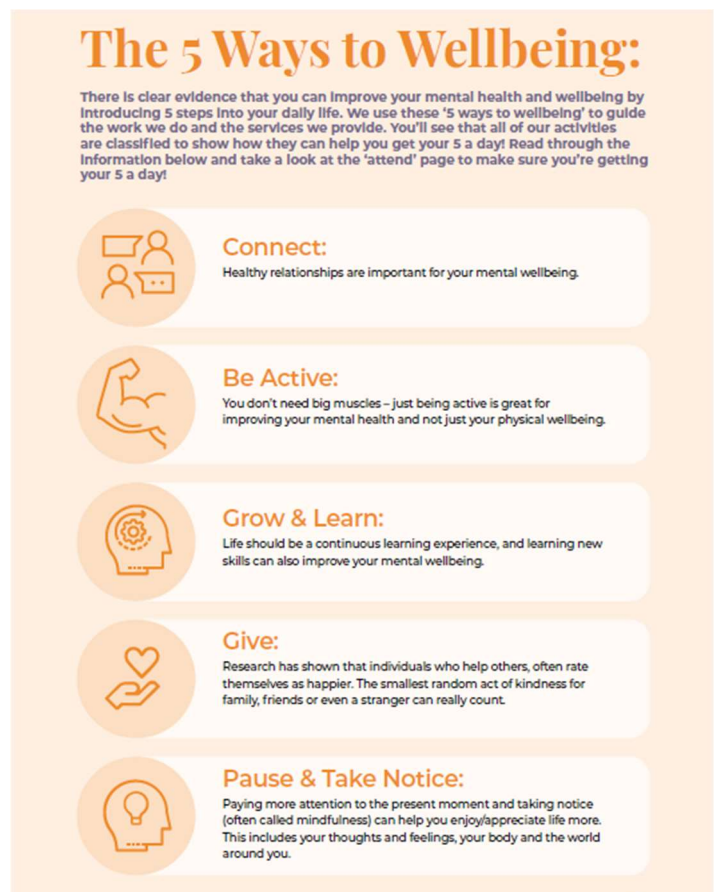


Figure 1.

volunteers has also been a key focus of our work as well as continuing to develop the use and reputation of MindSpace as a community hub.

Provision of group sessions:

MindSpace (Stamford) has been able to enable 36 different sessions and activities, both in person and virtually, that were free at the point of access enabling community participation in the NHS 5 ways to wellbeing. Alongside our 'core' sessions which include drop-in 'Tea and Chat', yoga classes, boxing and our walks, our offer has expanded.

We were able to introduce six volunteer created and led sessions which included the introduction of our Couch to 5k running group, a brew and banter session for Veteran's and Parent's Support group. Through the expansion of our offer, MindSpace has sought to diversify our reach by undertaking consultation and learning on the specific needs of groups who are identified by local authorities and the NHS as being most vulnerable to experiencing poor mental wellbeing. Alongside additional activities, we have offered adaptations to our most popular sessions to make them more accessible. We have piloted virtual chair workouts and 'early-bird' activity sessions.

All of our sessions are supported by volunteers who have undergone listening training, with dedicated 'Listeners' highlighted to attendees so they can have focused conversations on a 1:1 basis if they feel they would benefit from sharing their current thoughts, feelings or experiences.

The expansion of our offer to reach a broader range of participants was enabled by the successful application to the Community Asset Development fund (Wave 2) which MindSpace applied to in partnership with Art Pop-Up. As well as broadening the accessibility and availability of existing MindSpace sessions, we also hosted additional creative sessions within our hub which included Journalling for Parent's, Seniors Art's Club and Doodling with Korp which were led by Art Pop-Up and the professional creatives that they commissioned. Listeners were enlisted to support these sessions.

Throughout the 2021/22 financial year, MindSpace continued to benefit from a grant from the National Lottery Reaching Communities fund. In addition, we were the grateful recipients of an NHS National Lottery Covid-19 Communities fund, which was an important source of funding that enabled a programme of activities to be delivered and our premises to be maintained.

On the 2nd September 2021, MindSpace hosted its first Thursday Night Light Café. Coordinated by the Acts Trust, Night Light Cafés are funded by NHS England and exist to provide safe spaces that offer an out-of-hours, non-clinical support service. MindSpace identified a coordinator within our existing team of volunteers who leads that sessions supported by trained volunteers who are available to listen. As well as wellbeing support, the Night Light Café team can also provide signposting advice and information on other organisations that may be able to help with specific needs including mental health crisis support services if needed.

Our volunteers have remained at the centre of our organisation and are a crucial enabler of our services. We remained in regular contact with our volunteers during lockdown with the aim of supporting their personal wellbeing as well as continuing to develop them and their role within our organisation. We introduced supervision sessions for our volunteers giving them the opportunity to share their views as well as to support their mental wellbeing. As we emerged from Covid and were able to provide some face-to-face sessions as a local support service we were sensitive the fact that, inevitably, some volunteers did not feel ready to attend in person. Feedback from them has shaped some changes made to improve the effectiveness of our Tea & Chat sessions as well as to introduce additional sessions such as a Women's group.

Our Reach

Despite the ongoing impact of Covid-19 we are delighted that we have exceeded all of our KPIs for reach, on the back of an increase in reach last year. we have surpassed our target for 2021/22 of 2000 instances of support by 1,596.

Our Facebook following has remained stable over the last 12 months, with our Twitter followers increasing by 10%. Most significantly there has been a 55% increase in our followers on Instagram because of some highly effective work by our Resourcer whom we contract. Although our members and volunteers have a good distribution of age groups and gender; our social media attracts fewer men and young people. This is an area that our media team are prioritising. Our website has been improved to be more accessible and consequently, has seen a substantial increase in usage since last year which has continued into 2021 with a 47% increase in viewings. Our Volunteering page viewings rose exponentially. Our Lottery funded 'Stamford 5 ways to wellbeing map', which proved immensely popular in hard copy, is also available on the website and has been viewed almost 1,000 times.

Indicators	Goals for 2021	Actual Engagement
No. of instances of support	2000	3596
No. of members	100	356
No. of Volunteers	30	73
No of volunteers trained in listening skills	-	44

Community Consultation:

In March 2021, MindSpace, alongside Art Pop-Up, were awarded a Managed Care Network (Wave 11) grant to enable a creative community consultation project. Based on the principles of Asset Based Community Development, the project aimed to investigate where connections exist and how they happen; what connection means to the community and how it helps; how are connections maintained and how do we make them wider reaching, resilient and sustainable? Connecting with others is one of the 5 ways to wellbeing. Upon completion of this project, MindSpace aimed to understand the opportunities that already exist within the community and what role the charity could play in signposting, awareness raising and supporting the development of provision where

there were gaps. It also aimed to identify people who are connectors, leaders or advocates within the community. This meant that a plan could be made to work more closely with these people to enable wellbeing support to be provided that meets the needs of their community networks.

A community engagement team undertook questionnaires with groups and individuals. Initially, the research highlighted 10 key places or organisations that were frequently referenced as places that people go to, or recognise as, places where connections happen. These included:

- The allotments
- The churches
- The Corn Exchange
- Stamford Library
- Mindspace Stamford
- The Recreation Ground and Skate Park
- Stamford Arts Centre
- Second Helpings
- #ShopStamford and independent retailers
- Stamford U3A

A local artist, Kelly Barfoot, was commissioned to create a piece of artwork that represented all of the connections in Stamford that were identified in the research. The final piece of artwork was called '100 Hands' and was exhibited, free to access, for anyone in the community to view at the Stamford Arts Centre. MindSpace has used the insight from this report to direct our community engagement work.

Building a Community Hub:

In August 2021, MindSpace, working in partnership with Shine Lincolnshire, recruited two Peer Support Workers to be based within our community hub. Peer Support Workers have lived experience of poor mental health. They use this experience to provide formalised peer support and practical assistance to clients for them to regain control over their health, to lead meaningful lives and to develop their own unique recovery process. Our Peer Support Workers have been undertaking an extensive programme of training and will begin to receive referrals from the Integrated Place Based Mental Health team. They will support individuals on a long-term basis where they are recovering from a serious mental illness or where it is believed that peer-support will prevent their mental health and wellbeing from escalating towards a mental illness. A key part of their role is helping people to access mental wellbeing support within their community so that they can build a sustainable network of connections through activities and groups.

Fundraising:

MindSpace has benefitted from the knowledge and skills of new trustees who have joined the board this year. Notably, MindSpace has been able to explore ways of approaching fundraising in a more organised way. Throughout October and November 2021, MindSpace ran a fundraising campaign ahead of the Stamford Fun Run held at Burghley house in early December. The charity

organised a presence at the event and ran a social media campaign encouraging people to sign-up to team MindSpace and to fundraise ahead of the event. As a result, MindSpace received a donation of £4,600 from the event organisers as well as receiving donations from individual fundraisers.

Financial review

Our principal activities rest on the foundations of promoting practical ways to achieve, and maintain, a positive mental wellbeing and providing an offer of support within our community. Despite the challenges faced by the charity during the coronavirus pandemic, the result for the period was a surplus of £28,266.

This financial period was impacted by the coronavirus pandemic however actions taken by the trustees ensured the surplus generated for the period provides a robust footing for the future.

Total income decreased by 8% on the prior period to £106,494 and in line with this decrease, total expenditure decreased by 9% resulting in the surplus for the period of £28,266 representing a decrease of only 4% on the prior period. The surplus of £28,266 for the period is £18,897 unrestricted which can be used at the trustees' discretion in furtherance of the charity's objectives and £9,369 of restricted, which is to be used for specific purposes as prescribed by the donor.

Total income was bolstered in main through unrestricted funds which saw an increase of 25% on the prior period to £29,608. Although the charity was unable to hold fundraising events nor utilise the newly leased premises momentum from the prior period continued into this period and the charity benefited from donations made by several organisations and individuals.

Restricted income which is to be used for specific purposes as prescribed by the donor decreased by 16% on the prior period to £76,887. Restricted income for this period was in main funding from The National Lottery, being year 2 of a 3 year funding plan however additional funds were received from the National Lottery Community Covid Fund, enabling the charity to offer all activities online.

Given the uncertainty presented by the coronavirus pandemic, the charity ensured that total expenditure was tightly controlled and as such, despite the significant uplift in unrestricted income, unrestricted expenditure at £10,711 represented a 6% decrease on the prior period therefore resulting in a surplus of £18,897 in unrestricted funds, representing 67% of the total surplus generated for the period.

Expenditure of restricted funds was down 9% on the prior period which in main was expected due to the decrease in restricted income but expenditure was also impacted due to the pandemic and the non utilisation of the premises.

The surplus for this period results in a total reserves balance of £87,622. Restricted funds representing 58% at £50,887 and unrestricted funds of £36,735.

This financial period has enabled the charity to create a solid foundation which will be required to support the operating costs of the premises, including lease costs once restricted funding ends at the end of the 2021 calendar year.

Plans for the future

In 2022/23 MindSpace Trustees aim to continue to expand the offer of wellbeing support available to the Stamford (and surrounding villages) community. Alongside this, we will continue in our aims to diversify attendance at our support services and broaden the reach of our offer as well as knowledge and understanding about the NHS 5-Ways to Wellbeing and the power of listening. Ensuring effective use of our community hub premises will remain a priority and Trustees will seek to develop a plan that ensures its long-term sustainability.

As the NHS Community Mental Health Transformation continues to be implemented and to progress, Trustees will aim to ensure that MindSpace remains an important partner and are committed to advocating on behalf of our members. Ensuring effective referrals into the support offered by MindSpace will be a key priority, as will strengthening our knowledge of, and partnership working with other charities and organisations.

MindSpace recognises that as the charity continues to grow, we will require additional support from staff. Whilst the charity currently benefits from the support of contracted roles such as our Resourcer and Volunteer and Community Coordinator, additional staff will likely be needed to enable longer opening hours and development. Over the coming year, trustees will be exploring the feasibility of becoming an employing organisation as well as funding sources to enable this to happen. Our plans for the future reflect our continued ambition whilst also being mindful of the continuing financial challenges, donations and levels of charitable giving have decreased in the wake of the pandemic. Increasing the contribution of volunteers within our organisation will also continue to be an important element of our growth and we will work to ensure we continue to build and develop our team of volunteers.

Principal risks and uncertainties

The principal risks to which the charity is exposed, as identified by the trustees, have been reviewed and measures put in place to mitigate these risks. All activities undertaken are subject to their own risk assessment process.

The charity has prioritised the need to secure sufficient funding to maintain the town centre premises for the full term of the new lease signed in February 2021.

Reserves policy and going concern

Our reserves policy is designed to reflect the underlying risks facing MindSpace (Stamford) and ensure we have an appropriate level of reserves to safeguard our operations and services to our members.

We hold restricted funds to meet donor's requirements. We hold unrestricted funds which can be used at the trustees' discretion in furtherance of the charity's objectives.

Although the charity within this period did not operate a formal designated funds policy where unrestricted funds are earmarked by the trustees for particular purposes, the trustees agreed that any unrestricted reserves surplus needs to be directed towards supporting the operating costs of the premises, including lease costs.

It is envisaged that during the next financial period the trustees will agree to formalise a designated funds policy.

Structure, governance and management

Governing Document

The organisation is a charitable company limited by guarantee. Memorandum and articles incorporated on 6th February 2018 as amended by special resolution(s) dated 15th March 2018 and as registered at Companies House on 21st March 2018 as amended by special resolutions(s) dated 13th September 2018 as registered at companies house' 26th September 2018. It was registered as a charity on 18th January 2019. The charity is governed under its charitable objects. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 6 to the accounts.

Appointment of trustees

The power to appoint new trustees is vested in the trustees. The trustees normally meet quarterly at which point trustees may resign and be appointed.

Trustees are sought through an open, public process whereby individuals with the essential and appropriate skills sought by the charity and who are representative of the community we serve are invited to a general information session after which they are encouraged to submit an expression of interest and meetings are arranged with existing trustees to explore their skill set.

Trustee induction and training

Most trustees are already familiar with the work that the charity undertakes having been invited to attend one of our weekly tea and chat sessions and to participate in our programme of activity wherever possible before submitting an expression of interest in the role.

In the period between submitting their expression of interest and being formally assigned as a trustee, we invite attendance at meetings relevant to their area of expertise as an observer.

On appointment, all trustees must undertake the volunteer induction which is an essential requirement for any volunteer looking to work with us. They will then be invited to have induction sessions with all existing trustees and contractors across all functions of the board to familiarise themselves with the charity and the context within which it operates.

An induction folder holding all key documents has been created and is shared with new trustees. As members of NCVO, MindSpace (Stamford) is able to provide access for new trustees to a number of training sessions and anyone newly appointed to a trustee role is encouraged to undertake an e-learning module on the role and duties of a trustee.

Related parties and relationships with other organisations

MindSpace Stamford Ltd do not have any related parties.

In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy which has an increasing focus on the importance of community-based support for people with mental health needs and on promoting and supporting preventative strategies to reduce numbers of referrals to secondary services. To that end MindSpace Stamford Ltd work with the local mental health trust: Lincolnshire Partnership Foundation Trust; Shine Lincolnshire which aims to support people with poor mental health to live well through accessing a range of community services and Cambridgeshire, Peterborough and South Lincolnshire Mind in addition to working in collaboration with a number of small, local organisations.

Statement of responsibilities of the trustees

The trustees (who are also directors of Mindspace (Stamford) Ltd for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

Trustees' annual report

For the year ended 2022

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company 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 in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2021 was £7 (2020: £7). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The trustees' annual report has been approved by the trustees on 29th January 2023 and signed on their behalf by



Rebecca Avery
Chair of Trustees

Independent examiner's report

To the trustees of

MindSpace (Stamford) Ltd

Independent Examiners' Report to the Trustees

We report on the accounts of the charity for the year ended 31st March 2021 which are set out on pages 13 to 23.

Responsibilities and basis of report

We report to the trustees on our examination of the accounts of the above charity ("the Trust") for the year ended 31st March 2021.

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").

We report in respect of our examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out our examination, we have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

We have completed our examination. We confirm that no material matters have come to our attention in connection with the examination which gives us cause to believe that in, any material respect:

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

We 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.

Signed



Date: 30/01/2023
Richard King ACCA
PSF Accounting
60 Queen Street
Stamford
PE9 2QQ

MIndSpace (Stamford) Ltd

Statement of financial activities (incorporating and income and expenditure account)

For the year ended 2022

		Unrestricted funds	Restricted funds	Total	
	Notes	2022 £	2022 £	2022 £	2021 £
<u>Income from:</u>					
Donations and legacies	3	38,888	2,500	41,388	30,629
Charitable activities	4	6,536	39,022	45,558	75,866
Total Income		<u>45,424</u>	<u>41,522</u>	<u>86,946</u>	<u>106,495</u>
<u>Expenditure on:</u>					
Charitable activities	5	<u>17,577</u>	<u>50,034</u>	<u>67,611</u>	<u>78,229</u>
Net income for the year/ Net movement in funds		<u><u>27,847</u></u>	<u><u>(8,512)</u></u>	<u><u>19,335</u></u>	<u><u>28,266</u></u>
Opening Balance as at 1 April 2021		<u>36,735</u>	<u>50,887</u>	<u>87,622</u>	<u>59,356</u>
Fund balances as at 31 March 2022		<u><u>64,582</u></u>	<u><u>42,375</u></u>	<u><u>106,957</u></u>	<u><u>87,622</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.


MIndSpace (Stamford) Ltd

Balance Sheet

For the year ended 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets			-		-
Current assets	9				
Debtors		11,496		1,148	
Cash at bank and in hand		101,840		99,703	
Creditors: amounts falling due within one year	10	(6,379)		(13,229)	
Net current assets/(liabilities)			106,957		87,622
Total assets less current liabilities			<u>106,957</u>		<u>87,622</u>
Income funds					
Restricted funds	11		42,375		50,887
Unrestricted funds			<u>64,582</u>		<u>36,735</u>
			<u>106,957</u>		<u>87,622</u>

The financial statements on pages 14-21 were approved by the trustees, authorised for issue on the 30/01/2023 and signed on its behalf by;



Adam O'Hara FCCA
Trustee

1 Accounting policies

Charity Information

MIndspace (Stamford) Ltd is a company registered by guarantee without share capital, first registered 6 February 2018.

1.1. Accounting policies

The accounts have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland {FRS 102}" {as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations, but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2. Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3. Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4. Incoming resources

Notes to the financial statements

For the year ended 2022

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

1.5. Resources expended

Expenditure is accounted for on an accruals basis.

1.6. Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held with the bank.

1.7. Basic financial assets and liabilities

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the statement of financial activities.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Total
	2022	2022	2022	2021
	£	£	£	£
Donations and gifts	38,888	2,500	41,388	30,629
Legacies	-	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>
Total	<u>38,888</u>	<u>2,500</u>	<u>41,388</u>	<u>30,629</u>

4 Charitable activities

	General Income 2022 £	Projects Income 2022 £	Total 2022 £	Total 2021 £
Income within charitable activities	6,536	-	6,536	429
Performance related grants	-	39,022	39,022	75,437
	<hr/>	<hr/>	<hr/>	<hr/>
Total	<u>6,536</u>	<u>39,022</u>	<u>45,558</u>	<u>75,866</u>
Analysis by fund				
Unrestricted funds	6,536	-	6,536	429
Restricted funds	-	39,022	39,022	75,437
	<hr/>	<hr/>	<hr/>	<hr/>
Total	<u>6,536</u>	<u>39,022</u>	<u>45,558</u>	<u>75,866</u>

Notes to the financial statements

For the year ended 2022

5 Charitable activities

	General Expenditure 2022 £	Projects Expenditure 2022 £	Total 2022 £	Total 2021 £
Project Expenditure	4,425	1,817	6,242	21,563
Contractors	3,105	21,263	24,368	26,340
Property & Office Running Costs	6,307	19,330	25,637	17,598
Information Systems	2,168	611	2,779	4,646
Activites & Event Costs	672	5,424	6,096	4,101
Legal costs	0	0	0	3,130
Volunteer Costs	252	236	488	335
Sundries	0	838	838	238
Training	0	0	0	144
Subscriptions	167	0	167	110
Audit & Accountancy Fees	0	0	0	13
Interest Paid	31	0	31	10
Marketing costs	450	0	450	0
Salaries	0	515	515	0
Venue Hire	0	0	0	0
Total	17,577	50,034	67,611	78,229
Anlaysia by fund				
Unrestricted funds	17,577	-	17,577	10,711
Restricted funds	-	50,034	50,034	67,518
Total	17,577	50,034	67,611	78,229

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. No trustees received expenses in relation to their role.

7 Commitments

At the end of the year the charity has committed to a contract amount of £15,000 payable within 1 year and £28,750 over 1 year.

Notes to the financial statements

For the year ended 2022

8 Employees

Number of employees

The average monthly number of employees during the year was 1 (2021: nil).

9 Debtors: amounts falling due within one year

	2022	2021
	£	£
Prepayments	3,750	1,012
Other debtors	7,746	136
	<hr/>	<hr/>
Total	<u>11,496</u>	<u>1,148</u>

10 Creditors: amounts falling due within one year

	2022	2021
	£	£
Accruals	627	7,606
Other Creditors	5,752	5,623
	<hr/>	<hr/>
Total	<u>6,379</u>	<u>13,229</u>

Notes to the financial statements

For the year ended 2022

11 Restricted funds

The income funds of the charity include restricted funds comprising of the following unexpended balances of grants held on trust for specific purposes:

	Balance at 31 March 2021	Incoming resources	Resources expended	Balance at 31 March 2022
National Lottery Communities Fund	25,372	21,526	(21,428)	25,470
NHS	10,472	0	(10,472)	0
National Lottery Community Fund COVID-19	3,853	0	(3,853)	0
Lottery Funding 'Awards For All' 2	6,273		(6,273)	0
SKDC Community Grants	3,966	2,500	(6,466)	0
SKDC Ward Member Grants	951	0	(951)	0
Night Light Café	0	7,746	(516)	7,230
MCN Mindfulness	0	9,750	(75)	9,675
	<hr/>	<hr/>	<hr/>	<hr/>
Total	<u>50,887</u>	<u>41,522</u>	<u>(50,034)</u>	<u>42,375</u>

National Lottery Communities Fund – In main, monies to fund a 3rd party contractor to deliver a number of Big Lottery supported projects including the Listening Service, Extended Walks and Drop In Café. Funds also provided to purchase office and IS equipment.

NHS – Support for drop in provision for those struggling with mental health.

National Lottery Communities Fund Covid 19 – Funds to support a number of online activities offered to members during lockdown as a result of the Covid pandemic during 2020.

Lottery Funding “Awards For All” 2 – Funds enabling the set up of the premises at 39 Broad Street Stamford.

Notes to the financial statements

For the year ended 2022

SKDC Community Grants – Funds to support local businesses and organisations to ensure well-being and mental health initiatives. Includes support for primary school provision.

SKDC Ward Member Grants – Funds to support the Community Garden and Young Socials initiatives initiatives.

Night Life Café – Monies to provide staff to enable to open the premises in the evenings.

MCN Mindfulness – Funds to support mindfulness in the community.

12 Analysis of net assets between funds

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total 2022 £	Total 2021 £
Fund balances at 31 March 2022 are represented by:				
Tangible assets	-	-	-	-
Current assets/(liabilities)	42,375	64,582	106,957	87,622
	<u>42,375</u>	<u>64,582</u>	<u>106,957</u>	<u>87,622</u>

13 Related party transactions

There were no related party transactions during the 12 month period.

14 Ultimate controlling party

The charity is controlled by the trustees who are also directors of the charitable company.

15 Legal status

The charitable company is a company limited by guarantee and has no share capital. In the event of a winding up, the liability of each existing member is limited to £1.

MINDSPACE (STAMFORD) LIMITED

England & Wales - Charity number 1181637

Accounts

Company number: 11189840 (England and Wales)

Charity Number: 1181637 (England)

MindSpace (Stamford) Ltd

Report and financial statements

For the year ended 31st March 2021



Contents

For the year ended 31st March 2021

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MindSpace (Stamford) Ltd
Reference and administrative information

For the year ended 31st March 2021

Company number 11189840
Country of incorporation United Kingdom

Charity number 1181637
Country of registration (England & Wales, Scotland or Northern Ireland)

Registered office and operational address 39 Broad Street, Stamford, Lincolnshire, PE9 1PX

Trustees Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Rebecca Avery	Chair
Dr Dan Petrie	Vice Chair
Louise Bellis	Treasurer
Mary Dowglass	
Helen Howe	
Zoe McKeague	Appointed 23 rd September 2021
Sue Parslow	Appointed 23 rd September 2021
Stefan Rakowski	Appointed 23 rd September 2021
Alison Toomey	Appointed 23 rd September 2021
Paul Sinfield	Resigned 23 rd September 2021
Dr Cassie Petrie	Resigned 23 rd September 2021

Bankers Metrobank
One Southampton Row
London
WC1B 5HA

Independent examiner Adam O'Hara
PSF Accounting
60 Queens Street
Stamford
PE9 1QS

The trustees (who are also the Directors of the Company for the purposes of company law) are pleased to present their report and the financial statements for the year ended 31st March 2021.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice – Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

Objectives and activities

Purposes and aims

MindSpace (Stamford) is a charity situated in the town centre of Stamford offering a network of spaces that are mental health friendly allowing members to connect, build relationships and find support.

The charity's objects are:

- To relieve the needs and to promote the good health of people and their families and carers in the United Kingdom suffering from mental illness and its effects by the provision of emotional and practical support, advice, education and health care in such ways that are charitable in law and for the benefit of the public.
- MindSpace (Stamford) is a catalyst for the development of a Stamford community mental health transformation model. The charity has increasingly realised the importance of the need for spaces and opportunities for people to talk and be genuinely listened to. In an era of increasing social isolation and loneliness there are many people who either don't have the trusted connections or the language to express feelings, thoughts and emotions.

We aim to create a community that resolves both these barriers with people being able to have more empathic, connected and open relationships and conversations with fellow citizens. We aim to transform the local culture and change what local mental health support and treatment looks like. It needs to remain community focused and ensure the assets a citizen has, be that individually or through the support of those to whom they feel connected, are fully utilised. This will mean we need to work with partners such as the local mental health trust, primary care organisations, schools and other community groups to embed this model as the new normal.

Our model starts very simply by training all local citizens in simple communication/listening skills and a greater understanding of wellbeing. We aim to start by working through schools to embed these skills early and also through businesses and community groups to capture those already beyond compulsory education. The aim will be to have a higher baseline within the whole population of emotional literacy and a greater ability for friends, family, teachers and colleagues to talk more empathically and openly with one another. This will we feel increase the capacity of the

community to hold personal distress and de-escalate difficult or challenging feelings and emotions.

Our vision

Improving the mental wellbeing of Stamford through a community approach.

Our aims

Supporting the people of Stamford to achieve and sustain good mental health and well-being through the delivery of a community-wide and community-led shift in the perceptions and experience of mental health and wellbeing, and through the provision of a diverse range of activities and strategic partnerships focussed exclusively on the enhancement of people's wellbeing. In our determination to reduce social isolation and loneliness, we aim to create a community where people are more empathic, connected and there are more open relationships and conversations among the town's citizens.

Ensuring our work delivers our aims

The trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remained focused on its stated purposes.

Public Benefit Statement

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

The focus of our work

This year we continued to commit our resources to the promotion of practical ways to achieve, and maintain, a positive mental well-being and providing an offer of support within our community. The strategies we used to achieve these objectives included:

- Fundraising to enable the provision of workshops and group sessions in a local setting.
- Focussing on delivering education sessions and developing resources with the aim of raising awareness of the signs of poor mental health and well-being and providing guidance on strategies that could be used peer to peer to offer support. In particular working to deliver these in education and employment settings.

- Working in partnership with other charitable and statutory organisations to undertake community consultation and advocacy for a community approach to the delivery of mental health and well-being, attracting greater investment in community based staffing and infrastructure.
- Development of confident, professional and informed volunteers as helpers, listeners, well-being advocates and session leaders.
- Maintaining robust and professional governance, policy and procedures around our premises and managing additional risks presented by the Covid-19 pandemic.

Who used and benefited from our services

Our charity's objects afford us a broad reach but the main focus of our work is on the town of Stamford and the villages that immediately surround it. Whilst Stamford is a growing historic market town, some areas are ranked within the 4th lowest decile on the Index of Multiple Deprivation where the risks of poor physical and mental health are high. At the time of writing, the most recent data available tells us that 373 residents in our Primary Care Network (PCN) area have been referred to crisis mental health services whilst self-referrals in the past year have reached 757.

Our services are open to any adult living in the area and we target the promotion of the opportunities we are able to provide towards young adults aged 18+ right up towards those of retirement age and older. Covid-19 restrictions and available funding mean we have to limit the number of spaces we can offer on practical, face to face workshops but we have added additional sessions and utilised virtual methods to provide as much access to group sessions as possible for the broadest possible range of participants.

Equal access to our services is important to us and we aim to remove, as far as funding allows, cost as a barrier to participation.

Achievements and performance

Despite the challenges faced by the charity due to the Covid-19 pandemic, MindSpace (Stamford) has been steadfast in its resolve to ensure that those who were experiencing a decline in their mental health and well-being have been supported. Despite the pandemic, the year ending March 2021 has been a busy one. The charity was able to expand and diversify its offer and move online in order to maintain its support during lockdowns.

All of MindSpace (Stamford)'s activities focus on working to support the community of Stamford and surrounding villages to improve and maintain their mental health and well-being and are undertaken to further MindSpace (Stamford) charitable purposes for the public benefit. The charity's main areas of activity are the provision of group sessions aligned to the NHS 5 ways to

well-being, provision of community education and training on the maintenance of positive mental health and wellbeing and the ongoing development of a community hub as a platform for community asset identification, development and engagement.

Provision of group sessions

MindSpace (Stamford) has been able to provide 19 different sessions and activities that were free at the point of access enabling community participation in the NHS 5 Ways to Well-being (Take Notice, Connect, Learn, Be Active, and Give). These have included boxing sessions, yoga, art and creative sessions, nutrition workshops as well as our tea and chat drop-in sessions, men's group and socials for young adults. Unfortunately, we have not been able to utilise our premises, which was newly leased in February 2020, to host as many of these activities as we had anticipated due to Covid-19 legal lockdown restrictions. We adapted quickly and were able to move 100% of our support offer on line providing help to get those who were less comfortable with the technology involved. In August 2020 we implemented an online booking system which enabled us to capture relevant data and manage our track and trace processes. Since its introduction in this reporting year, 1765 hours of sessions have been accessed by our members which has included 147 sessions of our Men's Night (a hybrid model of in person and online sessions). Men's Night is a conversation group supporting men where participants range from those in their 20s to men in their 70s.

The support we were able to offer during Covid-19 was enhanced through the receipt of a National Lottery Covid Community Support grant which we invested directly in the delivery of services to our members adding movement for well-being, healthy nutrition support during lockdowns, art therapy online projects and Mindfulness online sessions to our programme.

The foundation of our offer continues to be our volunteers. We remained in regular contact with our volunteers during lockdown with the aim of supporting their personal well-being as well as continuing to develop them and their role within our organisation. We provided some online training and promoted ongoing volunteer development opportunities with external organisations as and when they appeared. As we emerged from Covid and were able to provide some face-to-face sessions as a local support service we were sensitive the fact that, inevitably, some volunteers did not feel ready to attend in person. We have over 40 volunteers who wish to remain as part of the charity and with whom we maintain contact; we have a core group of 30 who commit to supporting regular activities. At the end of March 2021 MindSpace were providing 11 activities of which 6 were wholly run by supervised volunteers and requiring a minimum of 12 hours of volunteer time. Feedback from them has shaped some changes made to improve the effectiveness of our Tea & Chat sessions.

This year, MindSpace (Stamford) has successfully embedded our first cohort of trained listeners into our tea and chat sessions which has been overwhelmingly successful. The training has equipped our volunteers to understand and develop highly effective listening strategies thus helping our attendees to feel safe and unjudged. Active listening approaches facilitate individuals to share, at their own pace, issues that they are dealing with and support them to find their own

suggestions for next steps. Attendees comment positively on the skills of our listeners and very much appreciate their presence on activities.

As a result of the success of the listening volunteers, in the year ahead MindSpace (Stamford) will seek to shape an internal training and development model for listeners in order to ensure the sustainability of this service into the future.

Community Education and Training

The education and training the charity provides highlights the signs and symptoms of poor mental health and well-being and embeds knowledge and understanding on the NHS 5 Ways to well-being (5 Ways); the practical implementation and the benefits. Alongside talks to community groups and local services, MindSpace (Stamford) has established a partnership with a local creative organisation, Art Pop-Up enabling the charity to diversify how we spread these vital messages. Towards the end of this year we began our collaborated production of a 'Wellbeing Map of Stamford' using lottery community funding. The map used volunteers to explore their networks and identify where and how people could go and practise the 5 Ways. The findings were used to develop a physical map which is a resource that has been widely shared and celebrated throughout the local community. Feedback from schools has provided evidence of some creative and engaging use of the map as well as members using them on their walks.

We are proud to have been able to work closely with schools in Stamford to ensure that the next generation are confident to talk about mental health; have the language to express their feelings and views about it and can be optimistic in their outlook. Building on our initial pilot work with The Bluecoat School wherein the 5 ways to wellbeing were embedded at the heart of the curriculum with Stamford's other primary schools (and those of the neighbouring villages), we were successful in securing additional funding. In partnership with Art Pop-Up we delivered a creative Journaling Project further embedding the 5ways by providing visual and literacy opportunities for the young people to express their understanding and interaction with the 5 ways to wellbeing. 2,700 primary aged children took part in our 6 week journaling project delivered in partnership with a local creative charity. Pupils received a journal and were given the opportunity to explore the practice of journal keeping as a way of looking after their mental health.

Building a Community Hub

Whenever it has been legal and safe to do so, MindSpace (Stamford) has opened its doors for the purposes of providing support services to its members. Our Tea and Chat sessions were the focus of any in person, face to face delivery which, whilst useful to those who attended, meant our ability to use our premises as a community hub and 'open door' has been limited.

Home and remote working has provided some additional opportunities for groups and services to come together in collaboration. MindSpace (Stamford) was instrumental in the formation of the South Lincolnshire Alliance for Mental Health (SLAMH) ensuring that like-minded organisations are now able to share good practice and provide joint development sessions for volunteers.

MindSpace (Stamford) increasingly has been identified by organisations as a potential umbrella organisation through which their community enrichment ideas can be developed thus resulting in more opportunities being taken to capitalise on local assets.

Financial review

Our principal activities rest on the foundations of promoting practical ways to achieve, and maintain, a positive mental well-being and providing an offer of support within our community. Despite the challenges faced by the charity during the coronavirus pandemic, the result for the period was a surplus of £28,266.

This financial period was impacted by the coronavirus pandemic however actions taken by the trustees ensured the surplus generated for the period provides a robust footing for the future.

Total income decreased by 8% on the prior period to £106,494 and in line with this decrease, total expenditure decreased by 9% resulting in the surplus for the period of £28,266 representing a decrease of only 4% on the prior period. The surplus of £28,266 for the period is £18,897 unrestricted which can be used at the trustees' discretion in furtherance of the charity's objectives and £9,369 of restricted, which is to be used for specific purposes as prescribed by the donor.

Total income was bolstered in main through unrestricted funds which saw an increase of 25% on the prior period to £29,608. Although the charity was unable to hold fundraising events nor utilise the newly leased premises momentum from the prior period continued into this period and the charity benefited from donations made by several organisations and individuals.

Restricted income which is to be used for specific purposes as prescribed by the donor decreased by 16% on the prior period to £76,887. Restricted income for this period was in main funding from The National Lottery, being year 2 of a 3 year funding plan however additional funds were received from the National Lottery Community Covid Fund, enabling the charity to offer all activities online.

Given the uncertainty presented by the coronavirus pandemic, the charity ensured that total expenditure was tightly controlled and as such, despite the significant uplift in unrestricted income, unrestricted expenditure at £10,711 represented a 6% decrease on the prior period therefore resulting in a surplus of £18,897 in unrestricted funds, representing 67% of the total surplus generated for the period.

Expenditure of restricted funds was down 9% on the prior period which in main was expected due to the decrease in restricted income but expenditure was also impacted due to the pandemic and the non utilisation of the premises.

The surplus for this period results in a total reserves balance of £87,622. Restricted funds representing 58% at £50,887 and unrestricted funds of £36,735.

This financial period has enabled the charity to create a solid foundation which will be required to support the operating costs of the premises, including lease costs once restricted funding ends at the end of the 2021 calendar year.

Plans for the future

The trustees are acutely aware of the uncertainty the coronavirus pandemic brings both from the increased number of members requiring support but so too the uncertainty in relation to the economic climate. Trustees will be focussing on ensuring maximum use of our premises including some income generation from their use by third parties. We are certain that the demand on our services will continue. We are ensuring that we are connected to our local primary health provision in order to ensure cohesion and synergy. Our plans for the future reflect our continued ambition whilst also being mindful of the continuing financial challenges.

Principal risks and uncertainties

The principal risks to which the charity is exposed, as identified by the trustees, have been reviewed and measures put in place to mitigate these risks. All activities undertaken are subject to their own risk assessment process.

The charity has prioritised the need to secure sufficient funding to maintain the town centre premises for the full term of the new lease signed in February 2021.

Reserves policy and going concern

Our reserves policy is designed to reflect the underlying risks facing MindSpace (Stamford) and ensure we have an appropriate level of reserves to safeguard our operations and services to our members.

We hold restricted funds to meet donor's requirements. We hold unrestricted funds which can be used at the trustees' discretion in furtherance of the charity's objectives.

Although the charity within this period did not operate a formal designated funds policy where unrestricted funds are earmarked by the trustees for particular purposes, the trustees agreed that the any unrestricted reserves surplus needs to be directed towards supporting the operating costs of the premises, including lease costs.

It is envisaged that during the next financial period the trustees will agree to formalise a designated funds policy.

Structure, governance and management

Governing Document

The organisation is a charitable company limited by guarantee. Memorandum and articles incorporated on 6th February 2018 as amended by special resolution(s) dated 15th March 2018 and as registered at Companies House on 21st March 2018 as amended by special resolutions(s) dated 13th September 2018 as registered at companies house' 26th September 2018. It was registered as a charity on 18th January 2019. The charity is governed under its charitable objects. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 6 to the accounts.

Appointment of trustees

The power to appoint new trustees is vested in the trustees. The trustees normally meet quarterly at which point trustees may resign and be appointed.

Trustees are sought through an open, public process whereby individuals with the essential and appropriate skills sought by the charity and who are representative of the community we serve are invited to a general information session after which they are encouraged to submit an expression of interest and meetings are arranged with existing trustees to explore their skill set.

Trustee induction and training

Most trustees are already familiar with the work that the charity undertakes having been invited to attend one of our weekly tea and chat sessions and to participate in our programme of activity wherever possible before submitting an expression of interest in the role.

In the period between submitting their expression of interest and being formally assigned as a trustee, we invite attendance at meetings relevant to their area of expertise as an observer.

On appointment, all trustees must undertake the volunteer induction which is an essential requirement for any volunteer looking to work with us. They will then be invited to have induction sessions with all existing trustees and contractors across all functions of the board to familiarise themselves with the charity and the context within which it operates.

An induction folder holding all key documents has been created and is shared with new trustees. As members of NCVO, MindSpace (Stamford) is able to provide access for new trustees to a number of training sessions and anyone newly appointed to a trustee role is encouraged to undertake an e-learning module on the role and duties of a trustee.

Related parties and relationships with other organisations

MindSpace Stamford Ltd do not have any related parties.

In so far as it is complementary to the charity's objects, the charity is guided by both local and national policy which has an increasing focus on the importance of community-based support for people with mental health needs and on promoting and supporting preventative strategies to reduce numbers of referrals to secondary services. To that end MindSpace Stamford Ltd work with the local mental health trust: Lincolnshire Partnership Foundation Trust; Shine Lincolnshire which aims to support people with poor mental health to live well through accessing a range of community services and Cambridgeshire, Peterborough and South Lincolnshire Mind in addition to working in collaboration with a number of small, local organisations.

Statement of responsibilities of the trustees

The trustees (who are also directors of Mindspace (Stamford) Ltd for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

MIndSpace (Stamford) Ltd

Statement of financial activities (incorporating and income and expenditure account)

For the year ended 2021

		Unrestricted funds	Restricted funds	Total	
	Notes	2021 £	2021 £	2021 £	2020 £
<u>Income from:</u>					
Donations and legacies	3	29,179	1,450	30,629	21,698
Charitable activities	4	429	75,437	75,866	93,508
Total Income		<u>29,608</u>	<u>76,887</u>	<u>106,495</u>	<u>115,206</u>
<u>Expenditure on:</u>					
Charitable activities	5	<u>10,711</u>	<u>67,518</u>	<u>78,229</u>	<u>85,873</u>
Net income for the year/ Net movement in funds		<u><u>18,897</u></u>	<u><u>9,369</u></u>	<u><u>28,266</u></u>	<u><u>29,333</u></u>
Opening Balance as at 1 April 2020		<u>17,838</u>	<u>41,518</u>	<u>59,356</u>	<u>30,023</u>
Fund balances as at 31 March 2021		<u><u>36,735</u></u>	<u><u>50,887</u></u>	<u><u>87,622</u></u>	<u><u>59,356</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

1 Accounting policies

Charity Information

MIndspace (Stamford) Ltd is a company registered by guarantee without share capital, first registered 6 February 2018.

1.1. Accounting policies

The accounts have been prepared in accordance with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland {FRS 102}" {as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations, but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2. Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3. Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4. Incoming resources

Notes to the financial statements

For the year ended 2021

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount.

1.5. Resources expended

Expenditure is accounted for on an accruals basis.

1.6. Cash and cash equivalents

Cash and cash equivalents include cash in hand and deposits held with the bank.

1.7. Basic financial assets and liabilities

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the statement of financial activities.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Total
	2021	2021	2021	2020
	£	£	£	£
Donations and gifts	29,179	1,450	30,629	21,698
Legacies	-	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>
Total	<u>29,179</u>	<u>1,450</u>	<u>30,629</u>	<u>21,698</u>

4 Charitable activities

	General Income 2021 £	Projects Income 2021 £	Total 2021 £	Total 2020 £
Income within charitable activities	429	-	429	3,402
Performance related grants	-	75,437	75,437	90,107
	<hr/>	<hr/>	<hr/>	<hr/>
Total	<u>429</u>	<u>75,437</u>	<u>75,866</u>	<u>93,508</u>
Analysis by fund				
Unrestricted funds	429	-	429	3,402
Restricted funds	-	75,437	75,437	90,107
	<hr/>	<hr/>	<hr/>	<hr/>
Total	<u>429</u>	<u>75,437</u>	<u>75,866</u>	<u>93,508</u>

Notes to the financial statements

For the year ended 2021

5 Charitable activities

	General Expenditure 2021 £	Projects Expenditure 2021 £	Total 2021 £	Total 2020 £
Project Expenditure	3,240	18,323	21,563	29,642
Contractors	0	26,340	26,340	35,024
Property & Office Running Costs	1,975	15,623	17,598	8,979
Information Systems	385	4,261	4,646	1,906
Activites & Event Costs	1,719	2,382	4,101	1,161
Legal costs	3,130	0	3,130	3,597
Volunteer Costs	0	335	335	1,337
Sundries	238	0	238	341
Training	0	144	144	0
Subscriptions	0	110	110	318
Audit & Accountancy Fees	13	0	13	0
Interest Paid	10	0	10	0
Marketing costs	0	0	0	202
Donations	0	0	0	265
Venue Hire	0	0	0	3,101
	<u>10,711</u>	<u>67,518</u>	<u>78,229</u>	<u>85,873</u>
Total	10,711	67,518	78,229	85,873
Anlaysia by fund				
Unrestricted funds	10,711	-	10,711	11,313
Restricted funds	-	67,518	67,518	74,560
	<u>10,711</u>	<u>67,518</u>	<u>78,229</u>	<u>85,873</u>
Total	10,711	67,518	78,229	85,873

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year. No trustees received expenses in relation to their role.

7 Commitments

At the end of the year the charity has committed to a contract amount of £15k payable within 1 year and £27.5k over 1 year.

Notes to the financial statements

For the year ended 2021

8 Employees

Number of employees

The average monthly number of employees during the year was nil (2020: nil).

9 Debtors: amounts falling due within one year

	2021	2020
	£	£
Prepayments	1,012	3,286
Other debtors	136	1,477
	<hr/>	<hr/>
Total	<u>1,148</u>	<u>4,763</u>

10 Creditors: amounts falling due within one year

	2021	2020
	£	£
Accruals	7,606	2,205
Other Creditors	5,623	3,128
	<hr/>	<hr/>
Total	<u>13,229</u>	<u>5,333</u>

Notes to the financial statements

For the year ended 2021

11 Restricted funds

The income funds of the charity include restricted funds comprising of the following unexpended balances of grants held on trust for specific purposes:

	Balance at 31 March 2020	Incoming resources	Resources expended	Balance at 31 March 2021
National Lottery Communities Fund	25,086	52,409	(52,123)	25,372
NHS National Lottery Community Fund COVID-19		15,000 9,910	(4,528) (6,057)	10,472 3,853
Lottery Funding 'Awards For All' 2	7,928		(1,655)	6,273
SKDC Community Grants	6,066		(2,100)	3,966
SKDC Ward Member Grants	500	1,451	(1,000)	951
LPFT - Autism	1,883	(1,883)		
St James Place	55		(55)	-
	<hr/>	<hr/>	<hr/>	<hr/>
Total	<u>41,518</u>	<u>76,887</u>	<u>(67,518)</u>	<u>50,887</u>

National Lottery Communities Fund – In main, monies to fund a 3rd party contractor to deliver a number of Big Lottery supported projects including the Listening Service, Extended Walks and Drop In Café. Funds also provided to purchase office and IS equipment.

NHS – Support for drop in provision for those struggling with mental health.

National Lottery Communities Fund Covid 19 – Funds to support a number of online activities offered to members during lockdown as a result of the Covid pandemic during 2020.

Lottery Funding “Awards For All” 2 – Funds enabling the set up of the premises at 39 Broad Street Stamford.

Notes to the financial statements

For the year ended 2021

SKDC Community Grants – Funds to support local businesses and organisations to ensure well-being and mental health initiatives. Includes support for primary school provision.

SKDC Ward Member Grants – Funds to support the Community Garden and Young Socials initiatives initiatives.

LPFT Autism – Monies to create a peer support group for adults with autism and their careers.

St James's Place – Funds to support group therapy initiatives such as art.

12 Analysis of net assets between funds

	Restricted funds 2021 £	Unrestricted funds 2021 £	Total 2021 £	Total 2020 £
Fund balances at 31 March 2021 are represented by:				
Tangible assets	-	-	-	-
Current assets/(liabilities)	50,887	36,735	87,622	59,356
	<hr/>	<hr/>	<hr/>	<hr/>
	<u>50,887</u>	<u>36,735</u>	<u>87,622</u>	<u>59,356</u>

13 Related party transactions

There were no related party transactions during the 12 month period.

14 Ultimate controlling party

The charity is controlled by the trustees who are also directors of the charitable company.

15 Legal status

The charitable company is a company limited by guarantee and has no share capital. In the event of a winding up, the liability of each existing member is limited to £1