

Company number: 11189840 (England and Wales)

Charity Number: 1181637 (England)

MindSpace (Stamford) Ltd

Report and financial statements

For the year ended 31st March 2021



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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

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		29,608	76,887	106,495	115,206
<u>Expenditure on:</u>					
Charitable activities	5	10,711	67,518	78,229	85,873
Net income for the year/ Net movement in funds		18,897	9,369	28,266	29,333
Opening Balance as at 1 April 2020		17,838	41,518	59,356	30,023
Fund balances as at 31 March 2021		36,735	50,887	87,622	59,356

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>

Notes to the financial statements

For the year ended 2021

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	<hr/> -	<hr/> 75,437	<hr/> 75,437	<hr/> 90,107
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	Projects Expenditure	Total	Total
	2021	2021	2021	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	<u>10,711</u>	<u>67,518</u>	<u>78,229</u>	<u>85,873</u>
Anlaysis by fund				
Unrestricted funds	10,711	-	10,711	11,313
Restricted funds	<u>-</u>	<u>67,518</u>	<u>67,518</u>	<u>74,560</u>
Total	<u>10,711</u>	<u>67,518</u>	<u>78,229</u>	<u>85,873</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 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		15,000	(4,528)	10,472
National Lottery Community Fund COVID-19		9,910	(6,057)	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)	-
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
	<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