

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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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

Trustees' annual report

For the year ended 2022

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.

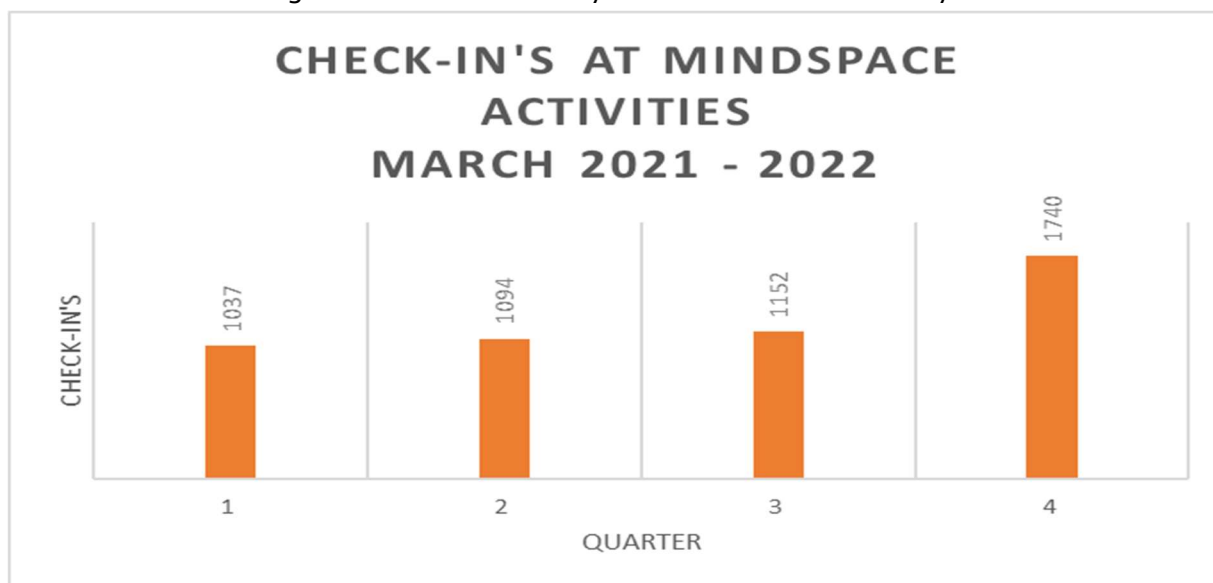


Table 1.

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.

Trustees' annual report

For the year ended 2022

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

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		45,424	41,522	86,946	106,495
<u>Expenditure on:</u>					
Charitable activities	5	17,577	50,034	67,611	78,229
Net income for the year/ Net movement in funds		27,847	(8,512)	19,335	28,266
Opening Balance as at 1 April 2021		36,735	50,887	87,622	59,356
Fund balances as at 31 March 2022		64,582	42,375	106,957	87,622

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

All income and expenditure derive from continuing activities.

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	-	-	-	-
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	Projects Expenditure	Total	Total
	2022	2022	2022	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	<u>17,577</u>	<u>50,034</u>	<u>67,611</u>	<u>78,229</u>
Analysis by fund				
Unrestricted funds	17,577	-	17,577	10,711
Restricted funds	<u>-</u>	<u>50,034</u>	<u>50,034</u>	<u>67,518</u>
Total	<u>17,577</u>	<u>50,034</u>	<u>67,611</u>	<u>78,229</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 £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
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.