

MindSpace Stamford

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





Reference and administrative information	3
Trustees' annual report	4-18
Statement of trustees responsibilities	19-20
Independent examiner's report	21
Statement of financial activities (incorporating an income and expenditure account)	22
Balance sheet	23
Notes to the financial statements	24-30



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
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Bankers	Metrobank One Southampton Row London WC1B 5HA
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Independent examiner	Kate Howitt TC Group 22 St Peter's St Stamford PE9 2PF
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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 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 its 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", written over a faint, light blue circular stamp or watermark.

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		26,328
			<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	<u>44,383</u>	<u>50</u>	<u>44,433</u>	<u>37,862</u>

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	<u>-</u>	<u>154,797</u>	<u>154,797</u>	<u>124,411</u>
Analysis by fund				
Unrestricted funds	-	-	-	450
Restricted funds	-	154,797	154,797	123,961
Total	<u>-</u>	<u>154,797</u>	<u>154,797</u>	<u>124,411</u>

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

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.