



Devon Mind

**TRUSTEES' ANNUAL REPORT
AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED
31 March 2024**

**Registered Charity No: 1181767
Registered Company No: 10281020**



Devon Mind

REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

CONTENTS	Page
Trustees' Annual Report	1 – 15
Independent Examiner's Report	16
Statement of Financial Activities	17
Statement of Financial Position	18
Statement of Cash Flows	19
Notes to the Accounts	20 – 39



TRUSTEES' ANNUAL REPORT

The Trustees, who are also the Directors of the charity for the purposes of the Companies Act, present their Annual Report and the Financial Statements for the year ended 31 March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) (second edition - October 2019) in preparing the annual report and financial statements of the charity.

1. Objectives and Activities

Devon Mind is an independent charity affiliated to national Mind. We adhere to national Mind's vision: 'We won't give up until everyone experiencing a mental health problem gets both support and respect'. We work to promote wellbeing and prevent mental health problems in Devon.

Devon Mind's Articles of Association sets out the principle organisational purposes, which are for the public benefit and are compatible with the requirements of the Charities act 2011.

These are:

1. To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorders or conditions of emotional distress requiring advice and treatment, in association with Mind (National Association for Mental Health) in accordance with the aims and objectives of Mind (NAMH).
2. To promote the study of and research into mental health disorder and emotional or mental distress and to obtain and make records of and disseminate information concerning the same to educate the public in matters relating to mental health.

In addition, Devon Mind specifically aims to:

- Provide opportunities for recovery for those who have experience of mental health problems.
- Encourage and empower people with mental health problems to work towards reaching their potential as full members of society.
- Raise public awareness of mental health issues.
- Provide appropriate community services for people to complement statutory services.

Our Vision

Our vision is of a society that promotes and protects good mental health for all and treats people with experience of mental ill health fairly, positively and with respect. We work in partnership with national Mind and with other Local Minds to provide information and support and to campaign to improve policy and attitudes.

Our Mission

To ensure that Devon is a place where people can enjoy good mental health and have the opportunity to reach their potential.

Our Values

Our values are at the heart of everything we do:

- Open – we reach out to anyone who needs us;
- Together – we're stronger in partnership;
- Responsive – we listen, we act;
- Independent – we speak out fearlessly;
- Unstoppable – we never give up.

Ensuring our work delivers our aims

We continually review our aims, objectives and activities in a way that involves input from all Devon Mind stakeholders: trustees, staff, volunteers, and service-users. This includes:

TRUSTEES' ANNUAL REPORT Continued

1. Quarterly review of performance, quality, and finance through standing board subcommittees (Quality and Standards; Finance and Resources).
2. Annual 'All Devon Mind' Away Day – this is an opportunity to look back at the previous year, and to plan for the year ahead.
3. Quarterly 'All Staff and Volunteer' meetings through which consultation, development, impact monitoring, evaluation and feedback are key themes for discussion on an ongoing basis.
4. Monthly departmental team meetings that continually monitor how services are meeting the needs of the communities we serve.
5. Co-production with our service-users, users of wider mental health services, carers, professionals and volunteers to ensure that the voice of lived experience is a golden thread in the work of Devon Mind.

The focus of our work

Our main objectives for the year continued to be the support of people in Devon who are affected by mental ill health. A comprehensive outline of all our activities for the period is provided in Section 4. Review of Activities. In addition to providing opportunities for people to access a wide variety of mental health support, we continue to raise awareness of mental health through our training programmes and communications work.

Our services have developed over time according to the needs of our community, the funding available through our partner agencies and funders, and our ability to deliver services. Our staff and volunteers continue to provide a compassionate and professional service to people in Devon. We ensure they are appropriately trained and supported to deliver a high-quality service to all service users and wider stakeholders who come into contact with Devon Mind.

Public Benefit

The Trustees have paid due regard to guidance on public benefit issued by the Charity Commission in deciding what activities the Charity should undertake.

We take a monitoring, evaluation, and learning (MEL) approach to understanding the public benefits of the work undertaken by Devon Mind. This includes:

1. Using data to analyse the mental health needs of the communities we serve, to understand the challenges faced across urban and rural settings, to quantify the 'gap' (where people do not receive the support they need), to assess which interventions have the greatest impact on recovery, and to plan the development of new services in partnership with our lived experience experts.
2. Developing 'test of change' pilots before introducing a new offer or way of delivering services – this enables us to test the efficacy of pilot projects before embedding this work in the organisation.
3. Working with partner agencies (both statutory and VCSE) to share data and expertise, to better understand the service-user 'journey' between different agencies, and to co-deliver our services in a way that meets the needs of people through 'one front door'.

Volunteers

We are hugely grateful for the unstinting efforts of our volunteers. In this year, 32 volunteers donated 2,116 hours. Our counselling service in particular could not run without the contribution of our volunteer qualified counsellors and counsellors in training. Additionally, volunteers supported the delivery of our two annual flagship running events - the Plymouth Harbour 10k, and the Plymouth Harbour Half Marathon, as well as other outreach and promotional activities. If the volunteer contribution is conservatively valued at £10.42 per hour (the minimum wage rate for 2023/2024), the volunteer effort amounts to £22,048. This amount is not included in the accounts in accordance with the SORP.



TRUSTEES' ANNUAL REPORT Continued

2. Structure, Governance and Management

The company: was incorporated on 15 July 2016 as a private limited company by guarantee with no share capital in England and Wales (Co. No. 10281020). The company was registered with the Charity Commission on 28 January 2019 (Charity No. 1181767). The governing documents are the Articles of Association. The charity continues to review regularly its governing document in line with best practice, as outlined in the Mind Quality Mark Standards.

Risk Management: The trustees review the major risks to which the organisation is exposed and measures are in place to mitigate those risks.

Public Benefit Statement: The trustees confirm that the main activities undertaken to further the charity's purposes and to have due regard to the Charity Commission's general guidance of public benefit.

3. Chair's Report

I am pleased to present our Annual Report for 2023/2024 on behalf of the Board of Trustees of Devon Mind.

The past 12 months have been a time of both challenge and opportunity, but through it all, Devon Mind has remained a steadfast source of hope, care, and transformation for those in need. Mental health continues to be a critical issue across all sectors of society, and we are proud of the impact we have made during this period.

The aftershocks of the Covid-19 pandemic, the cost-of-living crisis, and societal pressures have contributed to a sharp increase in the demand for mental health support across the UK. In the face of this increased need, Devon Mind has been able to expand and enhance its services. This year, we provided direct support and advice to 5,154 individuals, an increase from the previous year's 3,208. The increase pushed us to expand our capacity and rethink how we can deliver services effectively. Despite these pressures, we have remained focused on our mission to provide accessible, timely, and person-centred care to all who need it.

Our ability to reach more people who need our support is a testament to both the tireless efforts of our staff and volunteers, as well as the vital partnerships we have cultivated with other organisations and funders.

Devon Mind services are provided through multiple channels and activities:

1. One-to-one emotional support;
2. Counselling;
3. Recovery Learning through workshops and courses;
4. Peer Support Groups;
5. Wellbeing Activities;
6. Advice via telephone, email, website, and social media;
7. Mental health training for individuals and organisations.

A comprehensive outline of our achievements and performance across all activities is provided in Section 4. 'Review of Activities'.

The year has also been one of financial prudence, and thanks to the generosity of our donors and the hard work of our fundraising team, we have been able to maintain a strong financial position. Our income for the year reached £985,880. We have invested in essential areas such as digital infrastructure, enabling us to support individuals more efficiently and securely, and in staff training, ensuring that our teams are equipped to handle the complexity of mental health needs in today's world.



TRUSTEES' ANNUAL REPORT Continued

Our work as part of the Devon Mental Health Alliance (DMHA) www.mentalhealthdevon.co.uk entered its second year in this financial year. The DMHA is an alliance of 6 VCSE organisations contracted to work in partnership with the two statutory-mental health providers in Devon (Livewell Southwest and Devon Partnership Trust) in implementing the community component of the Community Mental Health Framework (CMHF) transformation programme. Devon Mind have continued to develop, implement, and lead on the delivery of DMHA services in Plymouth, West Devon and North Devon. The DMHA has a key objective to promote better system integration between community and statutory organisations in Devon to ensure better access and improved outcomes for people in Devon with serious mental illness. Devon Mind are at the forefront of these developments.

Collaborations with local authorities, healthcare providers, and other charities have been essential to our success this year. Our work with the Plymouth Argyle Community Trust (PACT), the South West Coastal Path Association (SWCPA), and the Plymouth and Devon Racial Equality Council (PDREC) has been particularly fruitful, leading to the co-development of new programmes of mental health support in the communities we serve.

We extend our deepest gratitude to every member of our team, both staff and volunteers. Their dedication, hard work, and resilience have been the driving force behind our success. In the face of challenges, they have demonstrated unwavering commitment and a shared passion for our mission, continually exceeding expectations. Together, we will continue to make an impact on mental health in Devon, striving for excellence in all that we do.

We are very grateful to our commissioners, funders, and supporters for enabling us to support people in Devon facing mental health challenges. We continue to be indebted to all our fundraisers and corporate sponsors who have found ever more inventive and innovative ways to raise vital funds for Devon Mind.

Finally, we would like to thank the national Mind support team, our external advisors, and all our trustees for their commitment, time, and guidance over the last 12 months.

As we look towards the next 12 months, we remain deeply committed to our mission of supporting mental health and wellbeing for all in Devon. The challenges of the past year have reminded us of the critical importance of mental health services, and we are inspired to continue expanding our reach, deepening our impact, and innovating our approach.

4. Review of Activities

Our flagship offer is through our Recovery College model of work delivered by our Recovery Practitioners, Counsellors and volunteers. This way of working enables people to co-design their own recovery pathway and to engage in a variety of activities, from longer term goal based one-to-one emotional support, to attendance at courses/workshops and support groups. Our aim is to provide a whole-person service that will have an impact on people's lives by taking all facets of their mental health into account. We are committed to working closely with partner agencies to support people in a multi-agency way so no one should be asked to tell 'their story' twice. All of our services are underpinned by a trauma-informed approach that runs as a golden thread through the organisation. Staff and volunteers are supported through extensive training, CPD, and supervision to work creatively with people on their journey to better mental health.

Through our partnership role in the Devon Mental Health Alliance, we continued to support people with severe mental illness in Devon to link closely with activities and organisations in their communities that will support them to be well and stay well. The Devon Mental Health Alliance works hand in glove with colleagues in the statutory sector to ensure a 'front door' approach to mental health support in Devon. Our main aim is to provide a holistic, person-centred approach that is accessible to everyone regardless of their background or mental health challenge.

The table below provides a snapshot of all our activities in this financial year.

Service/Activity	No. of people supported	Number of individual sessions	Staff/Volunteer Hours
One-to-One Emotional Support	804	4,784	5,980
Counselling	227	1,296	1,312
Workshops and Courses	263	91	364
Support Groups	76	39	97
Mental Health Training	783	53	574

In addition to the above activities, Devon Mind provides information, support and advice via telephone, email, text, social media, and the website. In 2023/2024, Devon Mind recorded 10,505 contact points with people and organisations across Devon looking for advice, support, and information.

TRUSTEES' ANNUAL REPORT Continued

4.1 One to One Emotional Support

We supported 804 people (18 years old and above) across a broad spectrum of mental health needs to access ongoing psychologically-informed one-to-one emotional support at Devon Mind. A total of 4,784 sessions were delivered in 2023/2024 to this cohort of people. This reflects 5,980 hours of Recovery Practitioner and volunteer time in the delivery of these sessions. These sessions are tailored to the individual's needs and are designed to foster a safe and supportive environment where the person can explore their emotions, thoughts, behaviours, and aspirations, with the guidance of a trained professional.

One-to-One Emotional Support Testimonials

'My Recovery Practitioner was a great listener, never judgemental and always made me feel heard. For the first time in my adult life, Devon Mind have given me hope that I can move forward with my life. I have been made to feel valued.'
Michelle, Plymouth

'I had been on a waiting list for NHS therapy for over 14 months and I contacted Devon Mind to see how they could help me manage while I was waiting. I had 14 sessions with a wonderful member of the team and I also attended some courses. I have taken myself off the therapy waiting list. I have received the right support for me and I will be forever grateful for the time and patience of everyone who I was in contact with at Devon Mind. I always felt like I really mattered and that there was a genuineness about wanting to help me recover.'
Zoe, North Devon

4.2 Counselling

Devon Mind provides a comprehensive range of counselling services designed to support individuals facing mental health challenges. These services are tailored to help people manage a variety of emotional difficulties, including anxiety, depression, trauma, grief, and stress. The focus is on offering accessible, person-centred support to enhance mental well-being. Our counselling is delivered face-to-face and on video-conferencing and telephone platforms. In 2023/2024, our qualified and student counsellors delivered 1,296 counselling sessions to 227 people. We are hugely grateful to all our volunteer counsellors for the time and energy they give to supporting people who access Devon Mind for counselling.

Counselling Testimonials

'Wonderful experience with a compassionate and caring counsellor who helped me through a big challenge in my life. Thank you so much.'
Anna, Ivybridge

'My counsellor at Devon Mind really helped me get back into living a normal life. She helped me understand the problems that I had been undergoing in a kind and fair way. She gave me takeaway handouts to help me go forward and recognise how to manage if an uncomfortable situation should arise. Thank you so much for the help I received here.'
Anonymous, Devon

'My counsellor was absolutely brilliant from the very first time we met. He was warm and inviting and gave me a sense of security and trust to be able to express myself without judgement. He is a credit to Devon Mind and without his support, I wouldn't be where I am today, moving forward in life with the most positive outlook.'
Mike, Plymouth

'My counsellor was the best I have come across. He was so understanding from the very start and was always compassionate.'
Harriet, Plymouth

4.3 Workshops and Courses

The psychoeducation workshops and courses offered by Devon Mind aim to empower individuals with the knowledge and tools to better understand and manage their mental health. These programmes are designed for people experiencing mental health challenges, as well as their families, carers, and the wider community. Each session is co-designed to provide valuable insights into various mental health issues such as anxiety, depression, trauma, and stress. The overarching aim of these learning activities is to help participants gain knowledge, build life skills, and develop emotional resilience, all of which are essential for improving mental health and fostering long-term recovery.

TRUSTEES' ANNUAL REPORT Continued

In 2023/2024, the team of staff and volunteers at Devon Mind delivered 36 workshops and courses to 263 people from across Devon. This represents a total of 91 sessions in total as some courses and workshops are delivered over a number of weeks. The most popular workshops and courses included the following:

- With You in Mind: Exploring Women's Mental Health
- Understanding Trauma, Shame and Self-Care
- Putting Yourself First: Understanding Self-Care
- Understanding Emotions with a Focus on Anger
- Understanding and Coping with Feelings of Anxiety
- Matrescence

Workshop and Course Testimonials

'A mindblowing course that gives you an induction to what trauma and shame is/does — put together simplistically.'
Participant on the Understanding Trauma, Shame and Self-Care course

'There was lots of interesting material on this course. I found lots of useful knowledge, like grounding methods and how the primitive brain works. I'm gonna use these in my life. I felt calm here, so I definitely will attend more for the friendly atmosphere.'
Participant on the Understanding and Coping with Feelings of Anxiety workshop

'I can honestly say I learned more on this course than any learning I have done before. The course is designed in such a way that you feel immediately safe and supported. The facilitators went out of their way to ensure that everyone had time and space to understand the learning and to ask questions. I came away quite overwhelmed and empowered to make some positive changes that would benefit my life.'
Participant on the Putting Yourself First Course: Understanding Self-Care

4.4 Support Groups

The Devon Mind peer support groups offer a safe and supportive space where individuals can connect with others who share similar experiences of mental health challenges. These groups provide an opportunity for people to come together, share their stories, and offer mutual encouragement in a non-judgmental and empathetic environment. Our groups are open to everyone, regardless of background or mental health challenge and we maintain a confidential space where participants can speak openly and honestly about their own journeys. The groups are a vital part of our commitment to promoting mental wellbeing, fostering connection, and building a supportive community where everyone feels heard and valued.

Our peer support groups are well established and have been running for many years. For some people, they are a part of their social calendar where they meet and connect with others. In 2023/2024, we ran the following groups on a regular basis.

- OCD Support Group
- Men's Mental Health Group
- Bipolar Support Group
- Depression Support Group
- Anxiety Support Group
- Hearing Voices Support Group
- Women's Mental Health Group

In total, Devon Mind supported 76 new people into these groups in 2023/2024. A total of 39 group sessions were held throughout the year.

Support Group Testimonials

'I really enjoy the Men's Group. I feel I can be myself and I have made some good friends. I try and help out and support new members of the group as I know how difficult it can be to get the courage to join. The team are really supportive and always willing to listen to feedback and make changes to groups times if needed.'
Attendee at Men's Mental Health Group

TRUSTEES' ANNUAL REPORT Continued

'In the beginning I was worried about attending the group but the recovery practitioner met me outside and came in with me. Another member of the group offered me a cup of tea and asked me where I had come from. It really put me at ease and I have been attending for nearly 10 months. It is a part of my monthly calendar and it plays a huge part in keeping me well. I look forward to attending and chatting to friends and also making new ones. This group has really helped me in managing the depression that has plagued me for most of my adult life.' *Attendee at Depression Support Group*

'The group is invaluable to me. I am so glad to have found it and the support it offers, not just to me, but to many others like me.' *Attendee at Anxiety Support Group*

4.5 Mental Health Training

The demand for mental health training sessions in 2023/2024 continued in line with the previous year. In 2023/2024, we delivered 53 training courses to over 783 people from private, public and VCSE sector organisations across Devon. The courses delivered included:

- Mental Health First Aid (2-day Adult)
- Mental Health First Aid (Refresher)
- Mental Health Awareness
- Managing Mental Health in the Workplace
- Understanding Hoarding
- First Steps - Suicide Awareness
- Developing Resilience
- Anxiety Management

Each training session concludes with the opportunity for all learners to complete a feedback and evaluation questionnaire on their experience of the course and the trainer, the impact the course had on their knowledge and practice, and how they will use the skills learned in the future. We use the results of these questionnaires as our key performance indicators when assessing the efficacy of our training programmes, and to also inform where we need to make changes, and what other training programmes we need to develop to meet current and future needs.

Mental Health Training Course Testimonials

'Excellent course – the facilitator was incredibly knowledgeable, experienced and really enhanced my learning. I look forward to putting this into practice in my own day-to-day job.' *Participant on the Managing Mental Health in the Workplace course*

'I really enjoyed the two days. The training was a really good mix of learning, discussion, and case-studies. The trainer was fantastic and really knew their subject. I was also interested in learning more about the wider Devon Mind support services. That was really useful from a personal perspective.' *Attendee on the Mental Health First Aid 2-Day course*

4.6 Project Spotlight

In 2023/2024, we delivered on two specialist projects funded by National Mind.

- The Asylum Seeker and Refugee Project – we worked in partnership with the Plymouth and Devon Racial Equality Council (PDREC) to support people who had been displaced to Plymouth by the war in Ukraine. With the support of an interpreter, we delivered targeted sessions focused on managing your mental health. The aim of this project was to provide a space for the participants to seek support and have easy access into all of the Devon Mind activities. The project ran for 12 months, and we successfully worked with over 30 people.
- Asics Mindful Movement Project – we worked in partnership with the Plymouth Argyle Community Trust to design an innovative programme that would support mental health and well-being through the integration of gentle physical activity and mindfulness practices. The project encouraged participants to reconnect with their bodies, manage stress, and improve emotional resilience through a combination of movement, breathwork, and meditation. This project continues to form a part of Devon Mind's holistic approach to mental health support, helping individuals develop healthier relationships with their minds and bodies while fostering a sense of calm, resilience, and well-being. We worked with 73 participants over the course of this project.

TRUSTEES' ANNUAL REPORT Continued

4.7 Monitoring, Evaluation and Learning

We use a range of key performance indicators to assess progress against targets on all our activities. These KPIs include:

1. Patient Reported Outcomes Measures (PROMs) including ReQoL-10 and Goal Based Outcomes. PROMs are used to assess the quality of mental health care experiences, focusing on the service-user. These measures help the charity, our commissioners and other stakeholders to make informed changes to our services to ensure they are impactful and meaningful for people who access support with Devon Mind.
2. Number of Multi-Agency Teams (MATs) that Devon Mind Recovery Practitioners are embedded in. MATs typically consist of local health care professionals (GPs; Nurses; Occupational Therapists; Psychiatrists; Clinical Psychologist etc.) and wider VCSE sector workers (such as the Devon Mind Recovery Practitioners). MATs work as creative solutions panels, with a group of professionals working together to provide a comprehensive support offer of people with mental health needs. The MATs prevent people from being 'bounced around the system'.
3. Engagement with interventions offered - we record all interventions and activities on our case management system and look at the conversion rate from 'first enquiry/assessment' to 'participation' in a particular activity (e.g., counselling or support groups). We collect rich data on why people may not progress to full engagement and test out our assumptions through our focus groups and wider co-design forums (e.g. do we need to change our offers in anyway?).
4. Feedback and evaluation. All our service-users are asked to provide feedback and evaluation regardless of the service accessed. We use this information to inform our understanding of the longer-term impact of the Devon Mind offer and we work with our statutory partners to find correlations where they exist between the support offered by Devon Mind, and the number of people continuing to access their GP, secondary mental health services, or emergency services.

4.8 Marketing and Fundraising

We have used our growing social media presence to inform people of our services, provide information about our events and activities, and to share general emotional wellbeing information, advice and guidance. Our presence on fundraising platforms has now grown to ensure that people can fundraise for us with ease and efficiency. To date, we are active on the following platforms:

- Just Giving
- Enthuse
- Facebook Donations
- GOFundME
- MuchLoved
- Raisely
- SportGiving/RaceNation
- CAF Donate



The Plymouth Harbour Runs are Devon Mind's flagship annual active challenge events — two unique community running challenges centred around Plymouth's iconic Sutton and Cattewater Harbours. The events include a 10K from Mount Batten to the Barbican and a half marathon from Yelverton to the Barbican, both raising vital funds for Devon Mind.

TRUSTEES' ANNUAL REPORT Continued

On the 10th of September 2023, just under 200 runners participated in the 10K event. This was followed by the half marathon on the 17th March 2024 which saw 331 runners participate in the main event. Collectively, both events raised over £15,000 for Devon Mind. We are hugely grateful to all our staff, volunteers, sponsors, and wider supporters who enabled these events to be hugely successful and enjoyable for all who participated

We would like to extend our sincere gratitude to everyone who supported and donated to us in this year. We are indebted to you and your support for Devon Mind.

5. Future Developments

We have identified two key strategic priorities that Devon Mind will focus on achieving over the 5-year period covering 2023-2027:

1. Be a sector-leading provider of mental health recovery services in Devon;
2. Raise mental health awareness in the population of Devon.

We will achieve our strategic priorities by focusing on five key thematic areas:

1. Leadership and Governance

- Sustain a robust Devon Mind Board that is representative of our organisation and has appropriate skills to enable it to function efficiently.
- Develop and sustain a strong and high-performing senior leadership team that models culture and behaviour, and enables Devon Mind to successfully achieve its aims and objectives.
- Nurture a committed, compassionate, motivated, highly trained, and agile workforce that feels valued, respected, and listened to.

2. Partnership and Collaboration

- Play an integral role in the success of the Devon Mental Health Alliance (DMHA) partnership (The DMHA's success is Devon Mind's success).
- Seek out opportunities for collaboration that align with Devon Mind's purpose, mission, and values, and support the Charity's overarching strategic priorities.

3. Quality and Impact

- Successfully maintain the Mind Quality Mark (MQM) and continually implement improvements.
- Use the experiences of those using our services as a measure of quality and to inform improvement measures.
- Fully utilise the Devon Mind CRM and Impact Tracker systems to ensure evidence and data is core to our decision-making processes.
- Develop a reputation for evidence-based and quality assured work that achieves the best possible outcomes for people with mental ill health.

4. Engagement and Influence

- Adapt our services to be more accessible and inclusive of diversity and difference.
- Provide opportunities that support, enable and empower people with lived experience to be actively involved in co-designing and co-producing Devon Mind services.
- Use our knowledge from delivering services and working in partnership to influence decision makers and shape the future of commissioned services.

TRUSTEES' ANNUAL REPORT Continued

5. Sustainability and Resilience

- Grow our reputation for high quality and impactful services that commissioners and other funders continually invest in.
- Develop, deliver, and monitor a Financial Strategy that sets out how Devon Mind plans to finance its overall operations and to meet its charitable objectives now and over a defined period in the future (3 years rolling).
- Remain agile, flexible, and resilient to anticipate the challenges ahead (horizon scanning) and be prepared for them, while also retaining the agility to respond quickly to opportunities as they arise.

6. **Risk and Uncertainties**

Devon Mind reviews risk on an ongoing basis through our Board of Trustees, sub-committees, and Senior Management Team (SMT). The organisation maintains a 'Risk Register' that is reviewed and updated on a quarterly basis. This allows us to appraise and mitigate against existing known risks and to identify new risks. We consider the impact and likelihood of risks occurring and give particular attention to the management of the most severe risks.

Devon Mind has identified the following principal risks facing the Charity over the next 12 months, alongside the action that is been taken to mitigate against these risks.

1. Recruitment and retention of appropriately skilled staff

Staff recruitment and retention remain an ongoing risk for our charity alongside many other health and social care charities. There is less movement of experienced staff between sectors as people are nervous about leaving long standing jobs for a career in the charity sector, when the wider economic situation is not so positive. To mitigate against this, we have introduced a hybrid model of working with limited remote working for staff where it is appropriate. We have also offered compressed hours and 9-day fortnights where they fit with service demands. We have benchmarked our jobs against the sector average, and we are committed to ensuring that people are properly remunerated in line with core competencies and responsibilities. We also provide comprehensive training and opportunities for continuing professional development for all staff. Where possible, we will work with partner agencies to facilitate secondments into Devon Mind on joint pieces of work.

2. Income and financial sustainability

Income and financial sustainability have traditionally been the main risks associated with the charity sector. However, Covid-19, the war in Ukraine, elevated inflation, and cost of living rises have exacerbated funding concerns. Devon Mind is not as heavily vulnerable to energy and rental costs as other charities, but staff salaries make up the highest proportion of costs. Inflationary uplifts to salaries need to be considered on an annual basis going forward (to retain staff), and high-inflation scenarios will be modelled into the standard forecasting processes to test the financial resilience of the charity. In addition, we will invest in our income generation resources to enable us to develop relationships and funding streams from trusts and foundations, in addition to enhancing our marketing, fundraising and events capacity to grow our fundraiser base. We will expand our cash-flow forecasting from 12 months to 24 months to ensure we have enhanced visibility of when our financial sustainability becomes a concern, and we will take actions well in advance to mitigate this vulnerability.

3. Meeting demand for our services

As we raise our profile in Devon, alongside our partnership working with the NHS and local authorities, we will inevitably experience an exponential demand for access to our services. This was the case in 2023/2024 and we anticipate that this will increase in 2024/2025. We will continue to work closely with partner agencies to ensure that we keep people safe, and we will also further develop our digital offer to ensure that people can 'wait well' while they are on waiting lists for our services. Of particular note, we are committed to the development of a wholly agile workforce - this involves training all of our staff to work in a trauma-informed, holistic way, and regardless of their current role, they can be called upon in times of significant pressures to support our wider service delivery. An example of this approach is that all staff in Devon Mind, across all departments, are training in 'duty work', and can at any time support people with very brief interventions while they await access to our services.

TRUSTEES' ANNUAL REPORT Continued

7. Administrative Structure

Trustees are appointed for a term of three years.

The Board of Trustees shall not have more than twelve members and not less than three.

A person can only become a trustee after declaring an acceptance and willingness to act in accordance with the Articles.

The day-to-day management of the Charity is delegated to the CEO, Olivia Craig.

The following served as Executive Committee members during the year:

Chair:	Paul Guildford	
Previous Chair:	Sharon Claridge	resigned 18 July 2024
Vice Chair:	Neil Pick	
Other Trustees:	Penny Blackmore	appointed 5 March 2024
	Martin Cordy	appointed 5 March 2024
	Rebecca Cozic	appointed 5 March 2024
	James Evans	
	Professor Euan Hails	appointed 19 October 2023
	Matthew Keane	appointed 5 March 2024
	Peter Mullarkey	resigned 23 April 2023
	Stephen Offord	
	Nicholas Southcott	appointed 5 March 2024

Recruitment and appointment of new trustees is based on the skills and expertise offered. Once elected to the Board, the new trustee is supported through their induction by both the Chair and the CEO. Training of new trustees is arranged through briefing sessions with the CEO and/or the Chair, visit to projects and services to familiarise themselves with the organisation and its services, plus briefing sessions before and after board meetings where required.

All trustees are able to access appropriate internal and external training. Trustees are also required to sign up to the National Mind 'Connecting Minds' portal and are encouraged to attend National Mind conferences and network meetings.

The Board agrees the strategy and direction of Devon Mind, and delegates the day-to-day management of the organisation and the provision of services to paid staff and volunteers who work under the authority of the Chief Executive Officer and the senior management team. The senior management team is made up of the Chief Executive Officer, the Head of Services, the Business Support Manager and the Clinical Lead.

The Board of Trustees met 9 times in the year. The Finance and Resources sub-committee, and the Quality and Standards sub-committee each met 5 times in the year.

The Chief Executive Officer works closely with trustees to lead the organisation, focus on external profile and commissioning, oversee the organisation's budgets and management accounts, the strategic priorities, business plans, policies, and ensuring service delivery is delivered to the highest quality, and managed effectively and efficiently.

The pay levels of all staff, including the senior management team are benchmarked regularly against other providers and similar roles in Devon. Any changes to pay levels are agreed by the Board of Trustees.

Devon Mind is affiliated to Mind, the national mental health charity, as a Local Mind Association through the Mind Federation Agreement under which all local Minds now operate. There is no financial or managerial connection beyond the payment of the membership fee. The Agreement with Mind enables us to determine our own policies and activities locally.

Active involvement with the processes of the Mind Federation's "Quality Management" scheme facilitates organisational improvement through self-reflection and external assessment. Our current Mind Quality Mark (MQM) with Mind ensures we maintain our eligibility to membership of the Mind Federation.

TRUSTEES' ANNUAL REPORT Continued**8. Statement of the Board of Trustees Responsibilities**

The trustees (who are also directors of Devon Mind 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 apply them consistently.
- Observe the methods and principles in the Charities SORP 2019 (FRS102).
- Make judgements and estimates that are reasonable and prudent.
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- Prepare the financial statements on the going concern basis, unless it is inappropriate to assume the charitable company 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.

All members of the Board of Trustees give their time voluntarily and received no benefits from the charity.

9. Financial Review

The year ending March 2024 was a turbulent one both globally and nationally, due to the following key challenges:

- ongoing war in Ukraine;
- energy challenges across Europe;
- soaring cost-of-living crisis and impact of rising inflation.

All of the above played a key part in some of the increased costs borne by Devon Mind in this year. We have maintained a healthy cash-flow throughout the year through regular review of expenditure and ongoing costs.

Total income for the year is £985,880 of which £880,647 is from contracted income for services and performance related grants as per note 3. The Devon Mental Health Alliance (funded by NHA England) constitutes the largest contract currently held by Devon Mind. Other large projects are funded by Plymouth City Council and National Mind. Our Mental Health training programme and 'paid for counselling' continues to generate income, and this yielded £42,523 at year end.

The charity has benefitted from the increased awareness of mental health in society over the recent years and this was very much at the forefront of the pandemic. The total amount of voluntary donated income generated in this financial year was £125,271. This represents a reduced figure when compared to £226,853 generated in 2022/2023 – this downturn reflects a national pattern of reduced personal giving per capita. This is not unexpected as we anticipated the cost of living crisis would impact on people's ability to donate to charities.

Total costs of the charity are £1,149,923 and the nature of our activities means this consists largely of salary costs and project delivery costs. The net expenditure for the year is £113,747 and this largely reflects the decrease in donated income streams.

The net assets of the charity at the year-end are £932,601 and fixed assets represent £545,229. Restricted funds are £401 and unrestricted funds £932,200 including a designated funds of £729,484 per note 17. General unrestricted fund is £160,151.

10. Going Concern

The Board of Trustees has carefully assessed the financial position and ongoing operational commitments of the charity, including a review of current resources, projected income, and the external environment in which the charity operates. Based on this review, the Trustees have reasonable expectations that the charity has adequate resources to continue its activities for the foreseeable future. The Board of Trustees note the following key indicators.

- Steady growth in fundraising efforts over the last 3 years. Donation income is expected to remain at similar levels to 2022/2023 - within the region of £100,000/annum.
- Steady growth in the earned income of the charity through the delivery of commercial training and paid-for counselling. This is anticipated to continue to grow in the 2024/2025 financial year.
- A continuing diversification in our donor base and greater awareness of Devon Mind amongst the wider public.
- Effective cost management measures resulting in controlled operating expenses.
- Devon Mind has contracts in place with NHS England (NHSE) and Plymouth City Council to deliver mental health services throughout the county. Devon Mind are a leadership member and the main delivery provider for the Devon Mental Health Alliance (DMHA). We continue to deliver services and to successfully meet KPIs on all commissioned services. The contract ends in January 2025, and a +2 year extension has been agreed to January 2027.
- The charity is financially sound following the sale of the freehold property in the 2022/2023 financial year.
- The charity has no borrowings and creditors are the normal suppliers, HMRC and the landlord. We pay our liabilities as they fall due.

Our analysis of cash flow projections indicates that Devon Mind has sufficient liquidity to meet its short-term financial obligations, including project-related expenses, staff salaries, and overhead costs. The forecasted income and expenditure for the year ended 31 March 2025 and cashflow forecasts to March 2026 are sustainable.

We have assessed the impact of Devon Mind's projects and initiatives on the communities we serve, and we publish the findings in our annual Impact Report. The positive outcomes reported and the powerful testimonials we receive from beneficiaries demonstrate the meaningful contribution of Devon Mind to its mission.

In light of the economic climate that we will continue to operate in, we have implemented several strategies to mitigate risks and to ensure the continued contribution of Devon Mind to better mental health for all in Devon.

- Diversification of revenue streams through targeted fundraising and grant applications. The charity has employed a bid writer to lead on funding applications and tenders to provide a contribution to the core costs of the charity, but to also fund sustainable development and growth across Devon.
- Increased promotion of paid for services including our commercial mental health training and our counselling services.
- Exploring partnerships and collaborations to share resources and expertise.
- Continued efforts to streamline operations and optimise cost efficiency.

We acknowledge that external factors such as economic downturns, changes in donor behaviour, changes in the priorities of statutory funders (e.g., NHSE and local authorities), and unforeseen events can impact Devon Mind's financial stability. However, we have taken steps to build a resilient and adaptive organisation that will position us well to navigate potential challenges. Devon Mind has appropriate insurance in place to cover business interruption through a 'catastrophe'. We have a robust, highly skilled, and efficient senior management team who lead on different areas of excellence for Devon Mind.

Based on our assessment of the financial statements, cash flow projections, impact, and mitigation strategies, we are optimistic about the going concern status of Devon Mind. While external challenges exist, the organisation's strong commitment to its mission, responsible financial management, and ongoing efforts to secure funding sources provide a solid foundation for its continued operations.

We remain dedicated to monitoring the organisation's financial health, adapting to changing circumstances, and ensuring the long-term sustainability of Devon Mind.

TRUSTEES' ANNUAL REPORT Continued**11. Investment Policy**

The trustees use a discretionary investment management service with an investment portfolio level at risk category '6'. RBC Brewin Dolphin act as Devon Mind's investment advisors. RBC Brewin Dolphin engage with companies directly and as members of leading industry bodies on important issues that could impact the value of our holdings. As signatories, they adhere to the UN Principles of Responsible investment.

As the year end, the market value of the portfolio had increased by £50,296 and this reflected the general movement of the global market in a volatile profile in this period. Of note, Devon Mind is invested in Microsoft and Scottish Mortgage who are both heavily invested in Artificial Intelligence (AI) potential. The expansion of AI could be transformational in the market in the future.

The charity has an appropriate Investment Policy in place which is reviewed on an annual basis by the Quality and Standards Sub-committee of the Board of Trustees.

The trustees have considered the future sustainability of our investment portfolio and believe it is important that we invest responsibly to achieve our charity's goals. As stewards of our investments, our investment managers Brewin Dolphin take account of a wide range of environmental, social and governance factors when assessing and selecting investments for our portfolio.

Devon Mind are committed to retaining our independent stance in relation to the use of medication so that we can continue providing a voice for people with experience of mental health problems. In order to retain this independence, Devon Mind will not invest any charity funds in companies involved in the manufacturing, selling, or promotion of pharmaceuticals.

12. Principal Funding Sources

The principal funding sources are set out in notes 2 and 3 to the accounts.

The trustees decided to sell the freehold property 8 Woodside, Greenbank, Plymouth, PL4 8QE, in late 2021. The property was put on the market for sale in February 2022 when the charity moved to leased premises at 156 Mannamere Road, Plymouth, PL3 5QL. The sale of the property in June 2022 realised £485,360 in cash and a gain on disposal of £321,853.

13. Reserves Policy

The charity needs to hold reserves for the following principal reasons:

- To cover gaps between incurring expenditure and receiving the corresponding grant/contract income, particularly in relation to EU funding and the Devon Mental Health Alliance (DMHA);
- Maintain services if funding is suddenly reduced or withdrawn until new funding can be found;
- Provide for unforeseen expenditure;
- Pay redundancy costs if services are reduced.
- Winding up the charity in the event of closure.

The charity aims to establish and hold in reserves four months of operational costs, notice period/redundancy provision for eligible staff, and wind-up costs in the unlikely event of the charity having to close.

The trustees have also set aside designated funds totalling £729,484 as detailed at note 17 to cover redundancy, shortfall in EU funding reimbursements, development opportunities, and IT requirements.

The charity considers that its present levels of reserves, together with the changes anticipated in these during the forthcoming year, satisfy the criteria set out above, and no action is deemed to be necessary at the present time to change these levels.

The charity reviews both the level of its reserves and its policy on reserves continually and specifically at the time of consideration of the Annual Budget.



TRUSTEES' ANNUAL REPORT Continued

14. Fundraising Standards Information

Devon Mind is registered with the 'Fundraising Regulator'. The charity has policies and procedures in place to ensure commitment to good fund-raising practice, including the social, environmental, and ethical considerations attached to different fund-raising activities.

15. Principal and Registered Office and Professional Advisers

The registered office of the charity is:

Mannamead Wellbeing Hub
156 Mannamead Road
Plymouth
PL3 5QL

Professional advisers

Bankers: Unity Trust Bank Plc. Nine Brindley Place, 4 Oozells Square, Birmingham, B1 2HB
CAF Bank Ltd. 25 Kings Hill Avenue, West Maling, Kent ME19 4JQ
Triodos Bank, Deanery Road, Bristol, BS1 5AS
Nationwide Building Society, Nationwide House, Pipers Way, Swindon, SN38 1NW
National Westminster Bank Plc., 250 Bishopsgate, London, EC2M 4AA

Independent Examiner: Northcott Trumfield, Chartered Accountants,
Devonshire Villa, 52 Stuart Road, Plymouth, PL3 4EE

Solicitors: Tozers LLP,
Broadwalk House, Southernhay West, Exeter, Devon, EX1 1UA

Investment Managers: RBC Brewin Dolphin
12 Smithfield Street, London, EC1A 9BD

This report has been prepared having taken advantage of the small companies exemption in the Companies Act 2006.

Approved by the Board of Trustees on 24 October 2024 and signed on its behalf by:

A handwritten signature in black ink, appearing to read "P Guildford", written over a horizontal line.

Chair

P Guildford



INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF DEVON MIND

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024 which are set out on pages 17 to 39.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

A handwritten signature in black ink, appearing to read "Guy Ian Northcott", written over a horizontal line.

Guy Ian Northcott
FCA, Bsc(Econ) Hons, DchA
For and on behalf of:
Northcott Trumfield
Chartered Accountants
Devonshire Villa
52 Stuart Road
Stoke
Plymouth
PL3 4EE

Date: 24 October 2024



**STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)
FOR THE YEAR ENDED 31 MARCH 2024**

		2024			2023
	Note	Restricted Funds £	Unrestricted Funds £	Total £	Total £
Income and endowments from:					
Donations and legacies	2	-	125,271	125,271	226,853
Charitable activities	3	800,447	46,287	846,734	806,689
Investments	4	-	13,875	13,875	3,844
Other income: Gain on the disposal of a tangible fixed asset held for Charity's own use	5	-	-	-	321,853
Total income and endowments		800,447	185,433	985,880	1,359,239
Expenditure on:					
Raising funds	8	-	26,137	26,137	31,915
Charitable activities	6,7	768,548	355,238	1,123,786	889,570
Total expenditure		768,548	381,375	1,149,923	921,485
Net gain/(loss) on investments	13	-	50,296	50,296	(2,250)
Net income/(expenditure) before transfers		31,899	(145,646)	(113,747)	435,504
Transfer between funds	17	(31,498)	31,498	-	-
Net movement in funds		401	(114,148)	(113,747)	435,504
Reconciliation of funds:					
Total funds brought forward	17	-	1,046,348	1,046,348	610,844
Total funds carried forward	17	401	932,200	932,601	1,046,348

All income and expenditure derive from continuing activities.

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



STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2024

	Note	2024	2023
		£	£
Fixed Assets			
Intangible Fixed Assets	11	169	3,631
Tangible Fixed Assets	12	6,031	4,395
Investments	13	539,029	482,381
		<u>545,229</u>	<u>490,407</u>
Current Assets			
Debtors	14	72,609	166,566
Cash at Bank and in Hand		<u>363,124</u>	<u>424,101</u>
		435,733	590,667
Creditors:			
Amounts falling due within one year	15	<u>48,361</u>	<u>34,726</u>
Net Current Assets		387,372	555,941
Total Net Assets		<u>932,601</u>	<u>1,046,348</u>
The Funds of the Charity:			
Funds	17	<u>932,601</u>	<u>1,046,348</u>

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

The financial statements were approved and authorised for issue by the Trustees on 24 October 2024 and signed on their behalf by:


..... Chair

P Guildford


..... Trustee

Company registration number 10281020

The notes on pages 20 to 39 form part of these accounts.



**STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2024**

	Note	2024 £	2023 £
Cash flow from operating activities	20	(48,443)	169,390
<i>Cash flow from investing activities</i>			
Payments to acquire tangible assets		(4,226)	(2,506)
Payments to acquire investments		(97,991)	(484,631)
Receipts from sale of investments		75,808	-
Receipts from sale of assets		-	485,484
Dividends and interest receivable		13,875	3,844
		<u>(12,534)</u>	<u>2,191</u>
Net increase/(decrease) in cash equivalents		(60,977)	171,581
Cash and cash equivalents at 1 April 2023		424,101	252,520
Cash and cash equivalents at 31 March 2024		<u>363,124</u>	<u>424,101</u>
Cash and cash equivalent consists of:			
Cash at bank and in hand		<u>363,124</u>	<u>424,101</u>



**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024**

1. Summary of significant accounting policies

(a) General information and basis of preparation

Devon Mind is a private limited company by guarantee registered in England. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The address of the registered office is given in the charity information on page 6 of these financial statements. The nature of the charity's operations and principal activities are to promote the preservation of mental health and assist in relieving and rehabilitating persons suffering from mental disorders or conditions of emotional stress in the county of Devon.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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) (second edition - October 2019), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £1.

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

(b) Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with the specific requirements of the project contracted for. The costs of running and administering such funds are charged against the specific fund.

Investment income, gains and losses are allocated to the appropriate fund.

(c) Income Recognition

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Donated facilities and donated professional services are recognised in income at their fair value when their economic benefit is probable, it can be measured reliably and the charity has control over the item. Fair value is determined on the basis of the value of the gift to the charity. For example, the amount the charity would be willing to pay in the open market for such facilities and services. A corresponding amount is recognised in expenditure.

No amount is included in the financial statements for volunteer time in line with the SORP. Further detail is given in the Trustees' Annual Report.

Fixed asset gifts in kind are recognised when receivable and are included at fair value. They are not deferred over the life of the asset.



**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

For legacies, entitlement is the earlier of the charity being notified of an impending distribution or the legacy being received. At this point income is recognised. On occasion legacies will be notified to the charity however it is not possible to measure the amount expected to be distributed. On these occasions, the legacy is treated as a contingent asset and disclosed.

Income from trading activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

The charity receives government grants in respect of mental health services. Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Investment income is earned through holding assets for investment purposes such as shares. It includes dividends and interest. It is included when the amount can be measured reliably. Interest income is recognised using the effective interest method and dividend and rent income is recognised as the charity's right to receive payment is established.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

(d) Expenditure Recognition

All expenditure is accounted for on an accruals basis and has been classified under the headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following heading:

- Costs of raising funds includes salaries and associated expenses directly attributable to fund raising.
- Expenditure on charitable activities includes all costs incurred to promote and undertake charitable activities.
- Other expenditure represents those items not falling into the categories above.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

(e) Support Costs Allocation

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and include project management. Where support costs cannot be directly attributed to particular headings they have been allocated to cost of raising funds and expenditure on charitable activities on a basis consistent with use of the resources.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities.

(f) Pension Contributions

The charity operates a defined contribution pension plan under Auto enrolment. The costs of these contributions will be written off in the year they become payable.

(g) Foreign Currencies

Transactions in foreign currency are initially recognised in sterling using spot rates ruling at the time of the transaction. Assets and liabilities denominated in a foreign currency are translated to sterling using the rates ruling at the year end and any profit/loss arising is written off to the SOFA.

(h) Intangible Assets – other

Intangible assets are amortised on a straight line basis over their useful lives. The useful lives of intangible assets are as follows:

Computer Software

4 years straight line

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

(i) Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less accumulated depreciation and accumulated impairment losses. Depreciation is provided to write off the cost of tangible fixed assets less estimated residual value, (except freehold land) over their expected useful lives on the following basis:

Computer Equipment	33%	straight line
Equipment and Furniture	20%	straight line
Buildings	2%	straight line

(j) Investments

Investments are recognised initially at fair value which is normally the transaction price excluding transaction costs. Subsequently, they are measured at fair value with changes recognised in 'net gains / (losses) on investments' in the SOFA if the investments are publicly traded or their fair value can otherwise be measured reliably.

(k) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

(l) Cash at Bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

(m) Creditors and Provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

(n) Leases

Rentals payable under operating leases are charged to the SOFA on a straight line basis over the period of the lease.

(o) Employee Benefits

When employees have rendered services to the charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service.

(p) Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

(q) Taxation

The charity is an exempt charity within the meaning of Schedule 3 of the Charities Act 2011 and passes the test of Paragraph 1 of Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

(r) Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.



**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

(s) Key accounting judgements and sources of estimation uncertainty

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable in the circumstances.

Critical judgements in applying the Charity's accounting policies

i) Accrued income (notes 3 and 12)

Income is recognised in the statement of financial activities when the following criteria has been met: the charity is entitled to the income, it is considered probable that the income will be received and the income can be reliably measured. Some projects are funded retrospectively and accrued income is calculated based on project expenditure that is to be funded under the terms of the contract.

Key accounting estimates and assumptions

The charity makes estimates and assumptions concerning the future. The resulting accounting estimates will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are addressed below.

i) Accrued income (notes 3 and 12)

Some projects are funded retrospectively and accrued income is calculated based on project expenditure that is to be funded under the terms of the contract. This requires estimation of the income due to the charity.

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.

2. Income from Donations and Legacies

	Restricted 2024 £	Unrestricted 2024 £	Total 2024 £	Restricted 2023 £	Unrestricted 2023 £	Total 2023 £
The Honourable Association	-	-	-	-	8,500	8,500
University of Plymouth Student Union	-	-	-	-	5,681	5,681
Hoburne Limited	-	-	-	-	10,864	10,864
Newton Abbot College	-	6,502	6,502	-	-	-
Anonymous Donation	-	10,000	10,000	-	10,000	10,000
Gifts less than £5,000	-	108,769	108,769	-	191,808	191,808
	-	125,271	125,271	-	226,853	226,853

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.

3. Income from Charitable Activities

	Restricted 2024 £	Unrestricted 2024 £	Total 2024 £	Restricted 2023 £	Unrestricted 2023 £	Total 2023 £
Sale of goods and services	-	46,087	46,087	-	36,744	36,744
Performance related grants	683,778	200	683,978	653,276	-	653,276
Contractual payments	116,669	-	116,669	116,669	-	116,669
	800,447	46,287	846,734	769,945	36,744	806,689
<i>Contractual payments</i>						
Plymouth City Council Recovery College	116,669	-	116,669	116,669	-	116,669
	116,669	-	116,669	116,669	-	116,669
<i>Performance related grants</i>						
Devon Mental Health Alliance (DMHA)	646,443	-	646,443	332,178	-	332,178
Devon Mind Asics	14,184	-	14,184	-	-	-
National Mind Refugee and Asylum Seekers Project	22,451	-	22,451	-	-	-
Plymouth City Council – Alcohol & Mental Health Project	-	-	-	132,871	-	132,871
Plymouth City Council – WFPH	-	-	-	37,224	-	37,224
Devon Community Foundation Feel Good Grant	-	-	-	7,500	-	7,500
Living Options COMF	-	-	-	16,050	-	16,050
CoLab Exeter	-	-	-	61,340	-	61,340
Other	700	200	900	-	-	-
<i>Erasmus +</i>						
PATH	-	-	-	34,395	-	34,395
SPEED-You -Up	-	-	-	23,490	-	23,490
HAIRE	-	-	-	8,228	-	8,228
	683,778	200	683,978	653,276	-	653,276

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.

4. Investments

	Restricted 2024 £	Unrestricted 2024 £	Total 2024 £	Restricted 2023 £	Unrestricted 2023 £	Total 2023 £
Income from portfolio	-	11,324	11,324	-	3,348	3,348
Bank interest	-	2,551	2,551	-	496	496
	-	13,875	13,875	-	3,844	3,844

5. Other Income

	Restricted 2024 £	Unrestricted 2024 £	Total 2024 £	Restricted 2023 £	Unrestricted 2023 £	Total 2023 £
Gain on the disposal of a tangible fixed asset held for the charity's own use	-	-	-	-	321,853	321,853

The trustees decided to sell the freehold property 8 Woodside, Greenbank, Plymouth, PL4 8QE, in late 2021. The property was put on the market for sale in February 2022 when the charity moved to leased premises at 156 Mannamead Road, Plymouth, PL3 5QL. The sale of the property in June 2022 realised £485,360 in cash and a gain on disposal of £321,853.

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.

6. Analysis of Expenditure on Charitable Activities

(a) 31 March 2024

	Alliance	National Mind – Asics	National Mind – RASP	Recovery College	Total Restricted	General	Total Unrestricted	Total	2023
	£	£	£	£	£	£	£	£	£
Fundraising	-	-	-	-	-	26,137	26,137	26,137	31,915
Direct Costs									
Human resources	563,127	8,684	19,166	101,558	692,535	-	-	692,535	635,537
Staff training and welfare	7,803	-	-	1,913	9,716	415	415	10,131	7,189
Travel, subsistence and accommodation	21,121	-	-	169	21,290	478	478	21,768	13,642
Advertising and marketing	1,423	-	-	-	1,423	-	-	1,423	-
Funding partners	2,550	5,500	2,854	-	10,904	-	-	10,904	800
Direct project costs	17,166	-	30	186	17,382	3,842	3,842	21,224	52,397
Office	11,981	-	-	2,740	14,721	97	97	14,818	-
Legal and professional	577	-	-	-	577	-	-	577	6,953
	625,748	14,184	22,050	106,566	768,548	4,832	4,832	773,380	716,518
Non Direct Costs									
Governance	-	-	-	-	-	14,327	14,327	14,327	14,492
Office costs	-	-	-	-	-	40,590	40,590	40,590	35,788
Premises costs	-	-	-	-	-	42,724	42,724	42,742	36,912
Human resources	-	-	-	-	-	214,265	214,265	214,265	43,268
Staff training and welfare	-	-	-	-	-	3,432	3,432	3,432	15,901
Subcontracted costs	-	-	-	-	-	29,016	29,016	29,016	19,510
Depreciation	-	-	-	-	-	6,052	6,052	6,052	5,889
Loss on disposal of assets	-	-	-	-	-	-	-	-	1,292
	-	-	-	-	-	350,406	350,406	350,406	173,052
Total expenditure on charitable activities	625,748	14,184	22,050	106,566	768,548	355,238	355,238	1,123,786	889,570

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

6. Analysis of Expenditure on Charitable Activities

(b) 31 March 2023 Restricted

	Alliance	PCC Alcohol & Mental Health Project	Colab Exeter	Living Options COMF	Devon Community Foundation	David Gibbons	HAIRE	PATH	PCC Wellbeing	Recovery College	Speed-You-Up	PCC W/ER	PCC WPDF	National MIND Growth Fund	Total Restricted
£	£	£	£	£	£	£	£	£	£	£	£	£	£	£	£
Raising Funds	8,827	4,953	-	2,328	-	-	-	-	569	-	-	426	-	486	17,589
Direct Costs															
Human resources	243,177	99,825	62,153	16,033	10,316	-	9,509	20,338	-	100,769	43,908	-	29,509	-	635,537
Staff training & welfare	6,747	275	-	-	-	-	-	-	-	-	-	-	-	-	7,022
Travel, subsistence & accommodation	6,533	-	371	-	-	-	-	1,319	13	-	3,236	-	-	-	11,472
Funding partners	800	-	-	-	-	-	-	-	-	-	-	-	-	-	800
Direct project costs	16,648	-	236	-	-	2,998	-	-	32	22	97	-	-	-	20,033
Legal and professional	420	-	-	-	-	-	2,333	900	-	-	3,300	-	-	-	6,953
	274,325	100,100	62,760	16,033	10,316	2,998	11,842	22,557	45	100,791	50,541	-	29,509	-	681,817
Non Direct Costs															
Governance	3,478	1,952	-	918	-	-	-	-	224	-	-	168	-	191	6,931
Office costs	10,871	6,100	-	2,867	-	-	-	-	700	-	-	525	-	598	21,661
Premises costs	10,548	6,227	-	2,927	-	-	-	-	715	-	-	536	-	611	21,564
Staff costs	13,270	7,445	-	3,500	-	-	-	-	854	-	-	640	-	729	26,438
Staff training & welfare	4,878	2,735	-	1,286	-	-	-	-	315	-	-	236	-	269	9,719
Subcontracted costs	5,981	3,359	-	1,577	-	-	-	-	385	-	-	288	-	329	11,919
Depreciation	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Loss on disposal of assets	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	49,026	27,818	-	13,075	-	-	-	-	3,193	-	-	2,393	-	2,727	98,232
Total expenditure on charitable activities	323,351	127,918	62,760	29,108	10,316	2,998	11,842	22,557	3,238	100,791	50,541	2,393	29,509	2,727	780,049

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

6. Analysis of Expenditure on Charitable Activities

(b) 31 March 2023 Unrestricted

	Training and Support £	General £	Total Un- restricted £	Total £
Raising Funds	-	14,326	14,326	31,915
Direct Costs				
Human resources	-	-	-	635,537
Staff training & welfare	167	-	167	7,189
Travel, subsistence & accommodation	1,469	701	2,170	13,642
Funding partners	-	-	-	800
Direct project costs	6,267	26,097	32,364	52,397
Legal and professional	-	-	-	6,953
	7,903	26,798	34,701	716,518
Non Direct Costs				
Governance	-	7,561	7,561	14,492
Office costs	-	14,127	14,127	35,788
Premises costs	-	15,348	15,348	36,912
Staff costs	-	16,830	16,830	43,268
Staff training & welfare	-	6,182	6,182	15,901
Subcontracted costs	-	7,591	7,591	19,510
Depreciation	-	5,889	5,889	5,889
Loss on disposal of assets	-	1,292	1,292	1,292
	-	74,820	74,820	173,052
Total expenditure on charitable activities	7,903	101,618	109,521	889,570



**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

7. Governance Costs

	2024 £	2023 £
Independent Examination	2,400	-
Auditor remuneration 2023	1,200	4,720
Legal	-	4,351
Trustee travel expenses	341	266
Human resource advice	8,996	5,142
General	1,390	13
	<u>14,327</u>	<u>14,492</u>

8. Fundraising Costs

	2024 £	2023 £
Advertising	3,595	2,782
Giving costs	3,832	965
Events and awareness	13,083	17,676
Sundry	963	1,313
Professional fundraiser	-	6,048
Investment management costs	4,664	3,131
	<u>26,137</u>	<u>31,915</u>

9. Net Income/(Expenditure) for the Year

	2024 £	2023 £
Net income for the year is stated after charging or crediting:		
Depreciation on tangible fixed assets	2,590	2,139
Amortisation of intangible fixed assets	3,462	3,750
Loss on disposal of assets	-	1,292
Auditor remuneration	-	4,720
Independent Examination	<u>2,400</u>	<u>-</u>



**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

10. Emoluments of Employees

The average monthly number of employees and full-time equivalent (FTE) was:

	2024	2023
Devon Mental Health Alliance	18	9
Alcohol and Mental Health Project	-	3
Recovery College	4	4
European Projects	-	1
Training/Other	4	4
General	2	2
	28	23

The cost of the employees was:

	2024 £	2023 £
Wages and salaries	823,006	613,905
Social security costs	66,747	48,562
Pension contributions	17,047	12,588
Redundancy	-	3,750
	906,800	678,805

No employee earned greater than £60,000 per annum. None of the Directors received any emoluments. One director received travel expenses of £341 (2023 - £266).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer and the Senior Management. The total employee benefits of the key management personnel were £113,726 (2023 - £115,479).

11. Intangible Fixed Assets

	Website £	Total £
Cost		
As at 1 April 2023	15,000	15,000
Additions	-	-
Disposals	-	-
As at 31 March 2024	15,000	15,000
Amortisation		
As at 1 April 2023	(11,369)	(11,369)
Charge for the year	(3,462)	(3,462)
Eliminated on disposals	-	-
As at 31 March 2024	(14,831)	(14,831)
Net Book Value		
As at 31 March 2024	169	169
As at 31 March 2023	3,631	3,631



**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

12. Tangible Fixed Assets

	Other Equipment £	Total £
Cost		
As at 1 April 2023	15,768	15,768
Additions	4,226	4,226
Disposals	-	-
As at 31 March 2024	<u>19,994</u>	<u>19,994</u>
Depreciation		
As at 1 April 2023	(11,373)	(11,373)
Charge for the year	(2,590)	(2,590)
Eliminated on disposals	-	-
As at 31 March 2024	<u>(13,963)</u>	<u>(13,963)</u>
Net Book Value		
As at 31 March 2024	<u>6,031</u>	<u>6,031</u>
As at 31 March 2023	<u>4,395</u>	<u>4,395</u>

13. Fixed Asset Investments

	2024 £	2023 £
As at 1 April 2023	482,381	-
Additions	97,991	484,631
Disposals	(75,808)	-
Change in market value	50,296	(2,250)
Movement in cash held	(15,831)	-
As at 31 March 2024	<u>539,029</u>	<u>482,381</u>
Equities	442,410	388,733
Securities	92,681	73,879
Cash within investment portfolio	3,938	19,769
	<u>539,029</u>	<u>482,381</u>

14. Debtors

	2024 £	2023 £
Accrued income	64,959	143,205
Prepayments	5,332	5,393
Other debtors	2,318	17,968
	<u>72,609</u>	<u>166,566</u>



**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

15. Creditors: Amounts falling due within one year

	2024	2023
	£	£
Trade creditors	7,542	7,180
Other taxes and social security	19,282	13,549
Accruals	9,533	9,767
Deferred income	8,316	1,525
Other creditors	3,688	2,705
	<u>48,361</u>	<u>34,726</u>

16. Deferred Income

	2024
	£
As at 1 April 2023	1,525
Additions during the year	8,633
Amounts released to income	1,525
	<u>8,633</u>
As at 31 March 2024	<u>8,633</u>

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

17. Fund Reconciliation

	Balance at 1 April 2023 £	Income £	Expenditure £	Transfer In £	Transfer Out £	Gain £	Balance at 31 March 2024 £
Restricted Funds							
Recovery College (Plymouth City Council)	-	117,369	106,566	-	10,803	-	-
Alliance (Alliance Community - Contract)	-	646,443	625,748	-	20,695	-	-
National Mind (Refugees Asylum Seekers Project)	-	22,451	22,050	-	-	-	401
National Mind (Asics)	-	14,184	14,184	-	-	-	-
	<u>-</u>	<u>800,447</u>	<u>768,548</u>	<u>-</u>	<u>31,498</u>	<u>-</u>	<u>401</u>
Unrestricted Funds							
General fund	271,816	185,433	381,375	76,546	42,565	50,296	160,151
Designated Funds							
Digital costs	5,000	-	-	-	-	-	5,000
EU projects	30,000	-	-	-	-	-	30,000
Development fund	50,000	-	-	-	-	-	50,000
Cessation fund	85,000	-	-	-	-	-	85,000
Capital fund	8,026	-	-	-	1,826	-	6,200
Lease commitments	111,506	-	-	-	43,222	-	68,284
Investments	485,000	-	-	-	-	-	485,000
	<u>1,046,348</u>	<u>185,433</u>	<u>381,375</u>	<u>76,546</u>	<u>87,613</u>	<u>50,296</u>	<u>889,635</u>
Revaluation Reserve	-	-	-	42,565	-	-	42,565
	<u>1,046,348</u>	<u>985,880</u>	<u>1,149,923</u>	<u>119,111</u>	<u>119,111</u>	<u>50,296</u>	<u>932,601</u>



**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

Restricted Income Funds

Non EU Funded Projects

Recovery College Mental Health Services - The Recovery College offers a suite of different activities (both online and face-to-face) that people can access in their own time, doing as much or as little as they feel would benefit them. Through the Recovery College, we offer a suite of different psychoeducational courses that support people to better understand and manage their mental health challenges. We also provide counselling, access to peer support groups, volunteer training and deployment, and opportunities for people to develop social connections and build their friendship groups. Our peer support groups in particular support people to meet others who have similar experiences to them, thus reducing the isolation that mental ill health commonly causes.

Devon Mental Health Alliance (DMHA) - The DMHA has a key objective to promote better system integration between community and statutory organisations in Devon to ensure better access and improved outcomes for people in Devon with severe mental illness. The DMHA is an alliance of 6 Devon VCSE organisations working in partnership with Devon Partnership Trust and Livewell Southwest to deliver on NHS England's programme of Community Mental Health Framework (CMHF) transformation.

National Mind Refugees Asylum Seekers Project - We worked in partnership with the Plymouth and Devon Racial Equality Council (PDREC) to support people who had been displaced to Plymouth by the war in Ukraine. With the support of an interpreter, we delivered targeted sessions focused on managing your mental health.

National Mind Asics - We worked in partnership with the Plymouth Argyle Community Trust to design an innovative programme that would support mental health and well-being through the integration of gentle physical activity and mindfulness practices.

Unrestricted Funds

Mental Health Training - There is growing economic evidence to show that poor mental health in the workplace results in millions of pounds each year being lost through absenteeism and poor performance. This has a huge impact on people and can result in long-term sickness absences from the workplace. We offer a wide range of standard and bespoke training courses to help organisations develop mentally healthy workplaces and to embed wellbeing promotion into their core purpose.

Designated Funds - All EU Interreg projects require pre-financing, with 60% of the expenditure being repaid to the Charity following the submission of 6 monthly claims. We will maintain a designated fund of £30,000 in the event that there is a delay in any of the claim repayments. The Trustees have also designated £60,000 towards redundancy costs.

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

17. Fund Reconciliation

	Balance at 1 April 2022 £	Income £	Expenditure £	Transfer In £	Transfer Out £	Loss on Invest- ments £	Balance at 31 March 2023 £
Restricted funds							
EU Projects							
PATH (Interreg 2 Seas)	1,241	34,395	22,557	-	13,079	-	-
SPEED-You-UP (Interreg 2 Seas)	-	23,490	50,541	27,051	-	-	-
HAIRE (Interreg 2 Seas)	-	8,228	11,842	3,614	-	-	-
Non EU Projects							
Recovery College (Plymouth City Council)	-	116,669	100,791	13,759	29,637	-	-
Growth Project (National Mind)	3,213	-	3,213	-	-	-	-
Alliance (Alliance Community - Contract)	-	332,178	332,178	-	-	-	-
Alcohol & Mental Health Project (Plymouth City Council)	-	132,871	132,871	-	-	-	-
Wellbeing (Plymouth City Council)	3,807	-	3,807	-	-	-	-
WfER (Plymouth City Council)	2,819	-	2,819	-	-	-	-
WPDF (Plymouth City Council)	-	37,224	29,509	-	7,715	-	-
Feel Good Grant (Devon (Community Foundation))	2,969	7,500	10,316	-	153	-	-
David Gibbons	3,000	-	2,998	-	2	-	-
Living Options Contract (COMF)	15,386	16,050	31,436	-	-	-	-
Colab Exeter	-	61,340	62,760	1,420	-	-	-
	<u>32,435</u>	<u>769,945</u>	<u>797,638</u>	<u>45,844</u>	<u>50,586</u>	<u>-</u>	<u>-</u>
Unrestricted Funds							
General fund	270,429	589,294	123,847	209,696	671,506	2,250	271,816
Designated Funds							
Salary costs	20,000	-	-	-	20,000	-	-
Digital costs	5,000	-	-	-	-	-	5,000
Relocation expenses	16,579	-	-	-	16,579	-	-
EU projects	30,000	-	-	-	-	-	30,000
Development fund	-	-	-	50,000	-	-	50,000
Cessation fund	60,000	-	-	25,000	-	-	85,000
Capital fund	176,401	-	-	-	168,375	-	8,026
Lease commitments	-	-	-	111,506	-	-	111,506
Investments	-	-	-	485,000	-	-	485,000
	<u>578,409</u>	<u>589,294</u>	<u>123,847</u>	<u>881,202</u>	<u>876,460</u>	<u>2,250</u>	<u>1,046,348</u>
Total	<u>610,844</u>	<u>1,359,239</u>	<u>921,485</u>	<u>927,406</u>	<u>927,406</u>	<u>2,250</u>	<u>1,046,348</u>
Free	270,429	589,294	123,847	209,696	671,506	2,250	271,816
Designated	307,980	-	-	671,506	204,954	-	638,026
	<u>578,409</u>	<u>589,294</u>	<u>123,847</u>	<u>881,202</u>	<u>876,460</u>	<u>2,250</u>	<u>1,046,348</u>



**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

Restricted Income Funds

European Union Funded Projects

PONToon (Interreg Channel) – Partnership Opportunities using New Technologies for fostering sOcial and ecOnomic inclusioN. The project seeks to create a model fusing digital technology and creative industries with existing employment services to improve access for women from diverse backgrounds experiencing difficulty accessing equal training and employment opportunities.

PATH (Interreg Two Seas) – To enable women, families and healthcare professionals to prevent, diagnose and successfully manage mild and moderate perinatal mental health issues.

TRAFFIR (Erasmus Plus) – Trauma Awareness for First Responders. The project is a strategic partnership which will research and explore the best practice and training needs in each of the partner countries in respect of post traumatic mental health needs for first responders.

PAFYP (Erasmus Plus) – Parenting Awareness for Young People. This project which will produce a best practice training resource for professionals working with young people in higher education, youth work, school and in any other health and youth related settings.

SPEED-You-UP (Interreg Two Seas) – Students and NEET Young People, Professionals and Educators work on Employability and Entrepreneurial skills in the battle against school Dropout and Youth UnemPloyment. The overall objective is to decrease the number of (at-risk) NEETs by improving their employability through a co-created entrepreneurship programme that enhances entrepreneurial skills.

HAIRE (Interreg Two Seas) – Healthy Ageing Through Innovation in Rural Europe. This project aims to develop and test systems that empower and enable older people (aged 60+ and no longer employed) in rural areas to define what support they need and to participate in the design & delivery of services.

Non EU Funded Projects

Recovery College – The Recovery College offers a suite of different activities (both online and face-to-face) that people can access in their own time, doing as much or as little as they feel would benefit them. Through the Recovery College, we offer a suite of different psychoeducational courses that support people to better understand and manage their mental health challenges. We also provide counselling, access to peer support groups, volunteer training and deployment, and opportunities for people to develop social connections and build their friendship groups. Our peer support groups in particular support people to meet others who have similar experiences to them, thus reducing the isolation that mental ill health commonly causes.

Next Steps (National Lottery) – This project provides early intervention provision for adults and young people in Plymouth with the greatest un-met need for mental health support. Support is delivered in GP surgeries in Plymouth and within selected secondary schools.

Development Project (National Mind) – As part of aims and objectives to grow the services and influence of Devon Mind, the Development Project aims to provide the Charity with key intelligence on the mental health needs of Devon, including gaps in current mental health provision, and opportunities for partnership working.

Devon Mental Health Alliance (DMHA) – The DMHA has a key objective to promote better system integration between community and statutory organisations in Devon to ensure better access and improved outcomes for people in Devon with severe mental illness. The DMHA is an alliance of 6 Devon VCSE organisations working in partnership with Devon Partnership Trust and Livewell Southwest to deliver on NHS England's programme of Community Mental Health Framework (CMHF) transformation.

Alcohol & Mental Health Project – This project is delivered through the Recovery College in order to improve access to mental health support for people with multiple and complex needs, including alcohol dependency. As a part of this work, we developed a new relationship with the Alcohol Liaison Team (ALT) at Derriford Hospital in Plymouth. This work will continue to be developed in 2022/2023



**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

Plymouth VCSE Wellbeing Support – This services provide staff and volunteers working in the VCSE in Plymouth with access to a 1:1 listening service, mindfulness courses, and a VCSE peer support group.

WfER - Wellbeing for Education Recovery Project. Funded by Plymouth City Council, this was a short term project to support Plymouth schools, colleges and Post-16 provision to navigate existing emotional and mental health support in Plymouth.

Devon Community Foundation Feel Good Grant – This project provided Devon Mind with funding to offer free counselling to adults in Devon most impacted by the Covid-19 pandemic.

Living Options Community Outbreak Management Fund (COMF) – This project provided Devon Mind with funding to offer free counselling to adults in Devon most impacted by the Covid-19 pandemic.

Unrestricted Funds

Mental Health Training:- There is growing economic evidence to show that poor mental health in the workplace results in millions of pounds each year being lost through absenteeism and poor performance. This has a huge impact on people and can result in long-term sickness absences from the workplace. We offer a wide range of standard and bespoke training courses to help organisations develop mentally healthy workplaces and to embed wellbeing promotion into their core purpose.

Designated Funds:- All EU Interreg projects require pre-financing, with 60% of the expenditure being repaid to the Charity following the submission of 6 monthly claims. We will maintain a designated fund of £30,000 in the event that there is a delay in any of the claim repayments. The Devon Mind premises consist of a Grade II 19th Century listed building – in order to maintain the building in good condition and meet repair needs in timely manner, we will designate £25,000 for this purpose. The Trustees have also designated £30,000 towards redundancy costs.

18. Analysis of Net Assets between Funds

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total £
2024				
Fixed assets	-	545,229	-	545,229
Net current assets	202,716	184,255	401	387,372
Total	<u>202,716</u>	<u>729,484</u>	<u>401</u>	<u>932,601</u>
2023				
Fixed assets	-	490,407	-	490,407
Net current assets	408,322	147,619	-	555,941
Total	<u>408,322</u>	<u>638,036</u>	<u>-</u>	<u>1,046,348</u>

19. Related Party Transactions

Trustee James Evans is a partner of Tozers LLP solicitors who provided legal services of £577 (including VAT) to the charity (2023 - £7,966). There were no other related party transactions during the year.



**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2024 Cont.**

20. Reconciliation of Net Income / (Expenditure) to Net Cash Flow from Operating Activities

	2024	2023
	£	£
Net income for the year	(113,747)	435,504
Depreciation of tangible fixed assets	2,590	2,139
Amortisation of intangible fixed assets	3,462	3,750
Gain on disposal of a tangible fixed asset held for charity's own use	-	(321,853)
Loss on disposal of assets	-	1,292
Gain on investments	(50,296)	-
(Increase)/decrease in debtors	93,957	61,228
Increase/(decrease) in creditors	15,591	(12,670)
Net cash flow from operating activities	<u>(48,443)</u>	<u>169,390</u>

21. Operating Lease Commitments

	2024	2023
	£	£
Rent and licence to occupy costs		
Due inside 1 year	31,267	43,222
Due outside 1 year and less than 5 years	37,017	68,284
	<u>68,284</u>	<u>111,506</u>

22. Financial Instruments

The carrying amounts of the charity's financial instruments are as follows:

Financial assets and liabilities measured at fair value through net income and expenditure.

	2024	2023
	£	£
Financial assets		
Investments	<u>539,029</u>	<u>482,381</u>
Bank	<u>363,124</u>	<u>424,101</u>
Financial liabilities		
Trade creditors	<u>7,542</u>	<u>7,180</u>
Other taxes and social security	<u>19,282</u>	<u>13,549</u>