MINDFOOD CIO

England & Wales · Charity number 1185639

Details

Status	Registered
Legal form	CIO
Registered	2019-10-04
Register	View on the Charity Commission register

Contact

Address	6 Claygate Road London W13 9XG
Phone	07720092954
Email	info@mindfood.org.uk
Website	www.mindfood.org.uk

Activities

Objects: THE OBJECT OF THE CIO IS:THE PRESERVATION AND PROTECTION OF GOOD HEALTH AMONG PERSONS WHO ARE SUFFERING FROM MENTAL ILL HEALTH, DISABILITY OR EMOTIONAL DISORDER OF ANY DESCRIPTION OR WHO ARE IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS OR WHO WANT TO PREVENT THE OCCURRENCE OR RECURRENCE OF THE SAME IN EACH CASE BY THE PROVISION OF THERAPEUTIC GARDENING AND HORTICULTURE AND RELATED NATURE BASED ACTIVITIES.

Activities: MindFood is a charity based in Ealing that supports individuals with mental health issues. It aims to enhance wellbeing through various activities conducted in nature including food growing, garden DIY, art, and other mindfulness-based activities

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

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Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£113,169	£98,339	-	-
2023-10-31	£65,291	£81,981	-	-
2022-10-31	£111,192	£79,901	-	-
2021-10-31	£76,327	£65,236	-	-
2020-10-31	£58,306	£52,576	-	-

Trustees

Name	Role	Appointed
Ana Pongrac		2023-06-19
Katarzyna Rzepnikowska		2024-11-01
Marianne Holmes		2023-04-28
Steve Macallister		2023-05-04
Thomas Corbett		2026-06-01
Waveney Patel		2024-06-25

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MINDFOOD CIO

England & Wales - Charity number 1185639

Accounts

MindFood CIO
Trustees' Annual Report 2023-24

The Trustees' report for the 12-month period ended 31st October 2024

MindFood CIO, 6 Claygate Road, Ealing W13 6XG
Charity Registration No. 1185639

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Administration

Patron and Founder

Ciaran Biggins

Directors

Lucy Clark (Programmes)
Sarah Hadland (Finance)
Sarah Jones (Fundraising and Development)

Trustees

Amira Al Madami
Ana Pongrac
James Abery (resigned 29/11/24)
Katarzyna Rzepnikowska (appointed 01/11/24)
Marianne Holmes
Paul Carter (resigned 29/02/24)
Stephen Macallister (Chair)
Waveney Patel (appointed 25/06/24)

Registered Address

6 Claygate Road, London, England, W13 9XG

Registration numbers

Charity: 1185639
Company: CE019078

Independent Examiner

Chaweevan Williams, Verdant Accountants Ltd., 20-22 Wenlock Road, London N1 7GU

The Trustees present their report and the financial statements of the charity for the year ended 31 October 2024. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

ABOUT US

Objective

The preservation and protection of good health among persons who are suffering from mental ill health, disability, or emotional disorder of any description or who are in need of rehabilitation as a result of such illness or who want to prevent the occurrence or recurrence of the same in each case by the provision of therapeutic gardening and horticulture and related nature-based activities.

History

MindFood was originally founded as a CIC in October 2012 by Ciaran Biggins the Trustees took the view that MindFood would benefit from having formal charitable status and an application was made to the Charity Commission to convert from a CIC to a Charitable Incorporated Organisation (CIO). MindFood CIO was formally registered on 4th October 2019.

Mission, vision, and values

With over 12 years of experience in helping individuals rebuild their lives after a mental health crisis, we believe that everyone deserves access to mental health support. Our vision is to ensure that better mental health is accessible to all. Our mission is to improve mental health and wellbeing by connecting people with nature. We strive to meet individual needs through adaptive programmes and ongoing support.

OUR VISION
BETTER MENTAL HEALTH IS ACCESSIBLE FOR ALL

OUR MISSION
IMPROVING WELLBEING BY CONNECTING WITH NATURE

OUR VALUES
PERSON CENTRED AND NATURE FOCUSED

Key impacts of our work

Our specialist befriending intervention complements our course delivery. Our co-developed sessions are designed to improve mental health and wellbeing by teaching skills such as food growing, garden DIY, art, and other mindful, nature-based activities. These sessions take place in natural settings, at Cleveley Crescent Allotments, Horsenden Farm, and online. Our goal is to empower participants to create lasting improvements in their emotional and physical wellbeing within a safe and supportive environment, free from discrimination.

Our approach is **person-centred**. Every new and existing group, course, project, and event is co-developed with participants, taking into account their individual needs and preferences. We help promote and maintain recovery by improving well-being, transforming lives, and creating lasting change. Our **nature-focused** initiatives connect individuals with nature-based experiences, leading to improved mental health and well-being in a socially supportive setting. We encourage the sharing of garden produce and knowledge within the local community, intending to achieve better health outcomes for everyone.

TODAY HAS HONESTLY BEEN THE BEST DAY SINCE EVERYTHING WENT DOWN, IT'S LIKE FINALLY THE WEIGHT, THE FEAR HAS SUBSIDED.

CHAIRS REVIEW

Over the past year, I have been truly impressed by the dedication of everyone at MindFood, including our participants, staff, volunteers, and donors. The feedback from those we support has been inspiring, and I feel grateful for their generosity and the stories shared with us. I would also like to extend a special thanks to The Freshwater Foundation for nominating us for a King's Award for Voluntary Service (KAVS). The results will be announced in November 2024, on King Charles III's birthday.

As we near the end of 2024, we are fortunate to be in a good financial position. However, like many individuals, communities, businesses, and other charities, we are facing significant challenges due to inflation, the cost-of-living crisis, and broader societal shifts in work and volunteering.

To safeguard our life-changing services, we are developing a sustainable operating model focused on full-cost recovery, which will provide stability for the growth of MindFood programmes and foster innovation. We are committed to preparing for the future by updating our operations, evolving our training methods, and investing in our people and systems. I am excited to lead MindFood during this pivotal time, and I sincerely thank everyone for their continued support.

Structure, Governance and Management

MindFood has a 16-page Constitution and is a Charitable Incorporated Organisation its only voting members are its charity Trustees. We adhere to The Charities Act 2011 definitions of Trustees as the people who have general control and management of the administration. The Code of Conduct for the Voluntary and Community Sector principles that 'Trustees should have a diverse range of skills, experience and knowledge needed to run an organisation effectively' and that 'Trustees should receive the necessary induction, training, and ongoing support they need to discharge their duties'.

Appointments and recruitment

Appointments are made as per the Articles of Association and our Governing Document which specifies that there should be a minimum of 3 and a maximum of 15 Trustees. Apart from the first charity Trustees, all Trustees are usually appointed for a fixed term of 3 years and for a maximum continuous term of 9 years, by a resolution passed at a properly convened meeting of the charity Trustees.

Short biographies of all the Trustees are on our website.

Recruitment is according to our Trustee Recruitment Policy adhering to The Charities Statement of Recommended Practice (SORP) disclosure of the methods adopted for the recruitment and appointment of new Trustees and the policies and procedures adopted for the induction and training of Trustees.

Benefits

Trustees do not receive any benefits from their position. They are entitled to reclaim travel and other reasonable expenses incurred in their duties. No Trustees made a claim in the 2023/2024 period. The charity pays for Trustee indemnity insurance.

Board Meetings

Board Meetings with the Trustees and Directors are held every three months.

Advisers

Advisers are used as required, for Safeguarding and HR and are agreed by the Directors.

Induction and training

Induction procedures for new Trustees are the responsibility of the Chair. All Trustees are provided with a detailed role description and given informal guidance and support regarding their role. All new Trustees must complete a skills audit, induction form, and attend ongoing training to help them in their roles.

Training and development as required is ongoing and agreed by the Board. New Trustees complete the Institute of Chartered Accountants in England And Wales (ICAEW) Trustee Training and certificate.

Responsibilities

Responsibilities. The Trustees 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). The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the charity's incoming resources and the application of those resources for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP 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 a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Public benefit statement

The Trustees understand and have complied with their duty to have due regard to the Charity Commission's Public Benefit guidance and are confident that the aims and objectives of MindFood CIO satisfy the public benefit requirement. Further details of how this is achieved are set out in this report.

OUR ACTIVITIES

Our work

Our evidence-based group ecotherapy courses consist of sessions that run throughout the year and are supported by our specialist 'Befriending' programme

The programmes are divided into two categories: an introductory level 1 course 'Growing Wellbeing' and a longer-term range of level 2 courses 'Sustaining Wellbeing'.

Befriending
- Initial contact
- On-going holistic support

Growing
- Level 1 course
- Introductory
- Time-bound - 6 sessions

Sustaining
- Level 2 courses
- Range of themes
- Ongoing support

Our approach

Our programmes are constantly changing to accommodate the needs of our participants. Many individuals cannot commit to attending consecutive weeks, so we offer our courses on a rolling basis. This helps to overcome barriers to attendance, such as conflicting appointments, social and financial challenges, unpredictable work or care commitments, and health issues (their own or their family's). Our priority is to get people started as soon as they feel ready. It is important to seize the opportunity, as it may only be temporary in their journey to recovery.

Having a 'Grow to Share' approach helps everyone feel valued, productive, and useful. Sharing produce, seedlings and flowers grown with the local community reduces isolation, and develops skills, understanding, resilience and emotional capacity to maintain and manage positive relationships. Providing many elements that are critical to good mental health - a sense of belonging, feeling accepted, providing validation and self-worth, helping bring people together creating a sense of community.

Supported Volunteering

Our volunteers are involved in planning and contributing to MindFood's sustainable sites, which include horticultural activities like growing food and plants and giving away seedlings to local schools, DIY projects such as rainwater harvesting and irrigation systems, participating in creative art sessions, including art exhibitions and trails. Empowering those who want to volunteer but would like or need some support to do so.

Participants are invited to provide feedback to help shape our theory of change that guides MindFood, contributing to our future organisational goals and strategy.

Course offering

"Growing Wellbeing" focuses on restoring hope and self-belief by sowing the seeds of empowerment. It teaches evidence-based self-care techniques that enable participants to manage their own wellbeing. This approach helps cultivate internal capacity and fosters mental and emotional resilience providing participants with a diverse range of skills and tools that can be applied both in the workplace and in everyday life.

"Sustaining Wellbeing" helps participants rediscover a sense of purpose and motivation in a natural, progressive manner, to manage personal experiences, aspirations, and goals, while boosting confidence, motivation, and introduce healthier habits, eventually contributing to our sustainable green sites through "Supported Volunteering" stage of recovery.

Our Team

Our session leaders, who all began as MindFood participants, are experts in managing common mental health difficulties based on their own experiences. Additionally, our Growing Wellbeing session leads have backgrounds or additional training in Occupational Health and psychodynamic counselling or have gained knowledge and training within third-sector mental health support services. Our 9 employees total just 2.3 FTE, delivering sessions six days a week.

Our **person-centred** approach enables us to meet changing needs, offering flexibility for participants to attend different sessions and incorporate self-care teaching into whatever part of the programme they feel able to access, supported by MindFood at Home. All MindFood therapists are past participants who have been supported through volunteering and retraining then are employed by MindFood. After being at MindFood 52% of participants are more likely to try volunteering and be supported into work.

Volunteer contribution

All beneficiaries involved in our programme are considered volunteers, as they contribute to growing and sharing food, as well as maintaining a welcoming and safe environment for everyone. Regardless of their initial reasons for joining, whether for mental health support or otherwise, everyone begins as a course participant. This ensures that all participants share a common understanding of various paths to recovery and methods for nurturing positive mental health.

83% MORE LIKELY TO TRY VOLUNTEERING OR EMPLOYMENT AFTER COMING TO MINDFOOD

Our 'Sustaining Wellbeing' program provides long-term support through courses aimed at helping participants identify their personal development goals, which can change over time.

As our 'Supported Volunteers' recover and grow, we assist them in recognising the value of their contributions to the community. They volunteer their time and expertise to help maintain and improve our green spaces. Many of them then go on to volunteer independently with other community projects.

PROGRAMMES

Our sites

Between November 2023 and October 2024, our main activities occurred at two growing sites in London: Cleveley Crescent Allotments in Ealing and Horsenden Farm in Perivale. Both sites were secured for our use with the support of Ealing Council. We have been using Cleveley Crescent since early 2016 and Horsenden Farm since 2018.

Referred
- 193+ new referrals to MindFood

Befriended
- 364+ hrs of support and safeguarding

Delivered
- Sessions 6 days a week all year

Attended
- 366 session attendees

Supported
- Average 5 (7 max) people per session

Referrals

With our additional funding, we have been able to review all referrals received over the last year, creating a dedicated ‘reach out’ list for those who have indicated a history of suicidal thoughts and self-harm. Recognising that there is no “one size fits all” solution to mental health, and considering the changing needs and personal circumstances of participants, we have adopted a personalised, holistic approach. We want everyone on our list to know that we are here to support them in whatever way works best for their individual needs. Our waiting list operates differently from others: we do the waiting (albeit proactively), and participants can join us as soon as they feel ready.

Additionally, we have reached out again to referrals who were prepared to join us but never quite made it onsite, despite previous follow-ups. The interval between the initial connection and actually joining can take months or even years, and allowing this ‘dwell time’ seems to be an important part of building and gaining trust. Individuals referred by professionals often require more support to access our services comfortably. To ensure accessibility for those facing complex mental health challenges, we do not label hesitation or difficulty in attending as a 'failure.' Each engagement is seen as a positive step, as anything less could reinforce the belief that society does not care. This helps us reach those on the margins of society who are approaching a mental health crisis, often feeling overwhelmed and unable to access help. With a lifetime of emotional or mental health issues, many struggle to identify or express their concerns and symptoms. This can lead to feelings of fear or inability to discuss mental health, worsening their problems, delaying their access to help, and trapping them in a cycle of illness.

Befriending

Patience is a defining aspect of MindFood. Our waiting list operates differently – we proactively wait for participants to feel ready. Befriending helps us reach participants most isolated by their mental health, often deemed “unreachable”. Providing ongoing one-on-one support away from the sessions gives everyone the time and privacy they need to confide or talk things through. This essential holistic support ensures that we can better meet our participant needs.

TALKING PROBLEMS THROUGH WITH PARTICIPANTS OUTSIDE OF SESSIONS, SO THAT THEY CAN ENJOY THEIR TIME IN NATURE

We assist participants with additional needs to identify, manage, or resolve issues that could be impacting their mental health, such as debt, housing, trauma, employment, family, substance misuse, suicide ideation, etc. so that they feel comfortable attending our onsite sessions.

Growing Wellbeing (Level 1)

Our flagship course is the starting point for everyone seeking support. This Level 1 foundation course consists of six sessions and aims to help people reconnect with nature and each other. It teaches food growing and shares evidence-based techniques like mindfulness to improve wellbeing. The course reinforces the idea of nature as a place to escape the pressures of everyday life, allowing participants to leave the rest of the world at the gate for a couple of hours. During troubling times, this approach plays a key role in ensuring that participants leave with fewer anxieties than when they arrive.

Naturally Creative (Level 1 and 2)

These nature-based art sessions have strengthened our connections with mental health professionals. The sessions combine our usual self-care themes available at Horsenden Farm, promoting creativity and a shared language in art and nature. They enable non-gardeners to access our support and connect to our health and wellbeing network. These sessions provide a platform for teaching self-care, exploring different ways to be mindful both in the group and at home, and reducing the stigma of mental ill health.

For the first half of the year, sessions are hosted outdoors, concluding with an exhibition as part of the Borough of Ealing's Art Trail (BEAT) in mid-September. As the weather turns colder, sessions move indoors to the Farm's hayloft.

Sustaining Wellbeing (Level 2)

Our next step involves offering a wide range of courses that build on the foundational concepts learned from "Growing Wellbeing."

These courses cover diverse topics such as food growing, gardening do-it-yourself projects, and art and craft activities, all delivered in nature. Providing sustained and comprehensive support for long-term impact.

Building Wellbeing (Level 2)

This group is for men and focuses on garden DIY and mental health self-care. A mixed group is already available at Cleveley. This group is particularly important because men are more at risk of severe depression and suicide, while women are more likely to already access our support.

The group continues to provide valuable insights that will impact all our groups, and we've seen an increase in male referrals for all groups as a result.

Grow Social

Supporting befriending as an essential part of our service, these weekly online chats provide a great way to catch up with members of the MindFood community.

Sessions give participants the space to discuss the highs and lows of their week, talk about nature and gardening news, and practice mindfulness with guided meditations. This group also holds key co-production value, providing regular feedback and helping to inform everything we do.

MindFood at Home

We have developed and expanded our digital services to ensure we can support everyone, regardless of their circumstances. If participants cannot join us in person, they can sign up for our MindFood at Home email service. Over seven weeks, participants receive emails covering the content of our Growing Wellbeing course, including self-care-themed videos recorded during lockdown, mindfulness prompts, and growing tips. These emails also serve as a recap of what course participants have learned. Our newsletter now has over 1500 readers accessing this content. Due to the increased demand for this service, we have transitioned our email update service to Mailchimp.

Annual Festive Workshops

Our highly anticipated annual festive workshops are an event that everyone looks forward to. This year, we hosted willow weaving workshops for all our participants. While many attendees enjoy making Christmas wreaths, we tend to focus on the activity as a celebration of greenery thriving through the winter months. It's a time when many people think about nature dying back. The sessions provided a great opportunity to bring participants, old and new, together.

This year, we made extra wreaths and delivered them to our local food bank, The Store Cupboard, to bring some cheer and to let their visitors know we were thinking of them at a difficult time.

Excursions

Throughout the year, we regularly organise trips that offer a valuable opportunity for MindFood participants to socialise and connect outside of our venues. Our excursions help develop a sense of community, boost creativity, and increase cultural awareness. They can also help reduce stress and anxiety while improving self-esteem by encouraging physical activity, which can help regulate mood and energy levels.

This year, our visits included:

- Kew Gardens in Richmond, London. These beautiful botanical gardens are the most biodiverse place on Earth, featuring over 50,000 living plants.
- Bluebell Walks in Perivale Wood. This Local Nature Reserve in Ealing, West London, spans 27 acres and is primarily ancient oak woodland, showcasing stunning bluebells in the spring.
- Naturally Creative walks. Taking inspirational walks in nature and creating art based on the findings.

ACHIEVEMENTS

Performance

Throughout 2023 and into 2024, the sector continued to face significant challenges. We are incredibly grateful for the support we received from funders, businesses, and individuals, all of whom enabled us to deliver our services throughout the year. This year, we refined our offerings to better reach individuals with complex mental health issues, addressing the increased demand for support due to the worsening mental health crises during a cost of living crisis and difficult economic times. We are immensely appreciative of the dedication of our incredible staff.

Trustees

This year, we say goodbye to Paul Carter, who has been a dedicated Trustee since the early days of MindFood. We sincerely thank him for his support and wish him all the best in his future endeavours.

We are also thrilled to welcome our newly appointed Trustee, Waveney Patel. She brings valuable clinical experience and expertise in safeguarding to our team.

We express our deep gratitude to all our Trustees for their exceptional commitment to MindFood, as well as their sound advice, diligence, and guidance. Thanks to their leadership, MindFood has grown, evolved, and successfully overcome numerous challenges.

Strategic improvements

We have been actively enhancing our governance, impact, and risk management practices. Our ongoing efforts are aimed at achieving full cost recovery, which will strengthen our infrastructure and ensure the efficient and effective delivery of services to the maximum number of participants. This preparation positions us for scalable and sustainable future growth.

We prioritise the wellbeing of our dedicated staff by ensuring they are safeguarded, adequately trained, supported, and rewarded. We are proud to have maintained the Charity Excellence Quality Mark for MindFood. This assessment evaluates all aspects of our operations, including promoting good governance, developing an effective strategy, leading and managing our team effectively, delivering operations efficiently, utilising finances and resources wisely, maximising income generation, and maintaining effective communications.

Additionally, we are accredited by the Fundraising Regulator, which demonstrates our commitment to good fundraising practices and high fundraising standards.

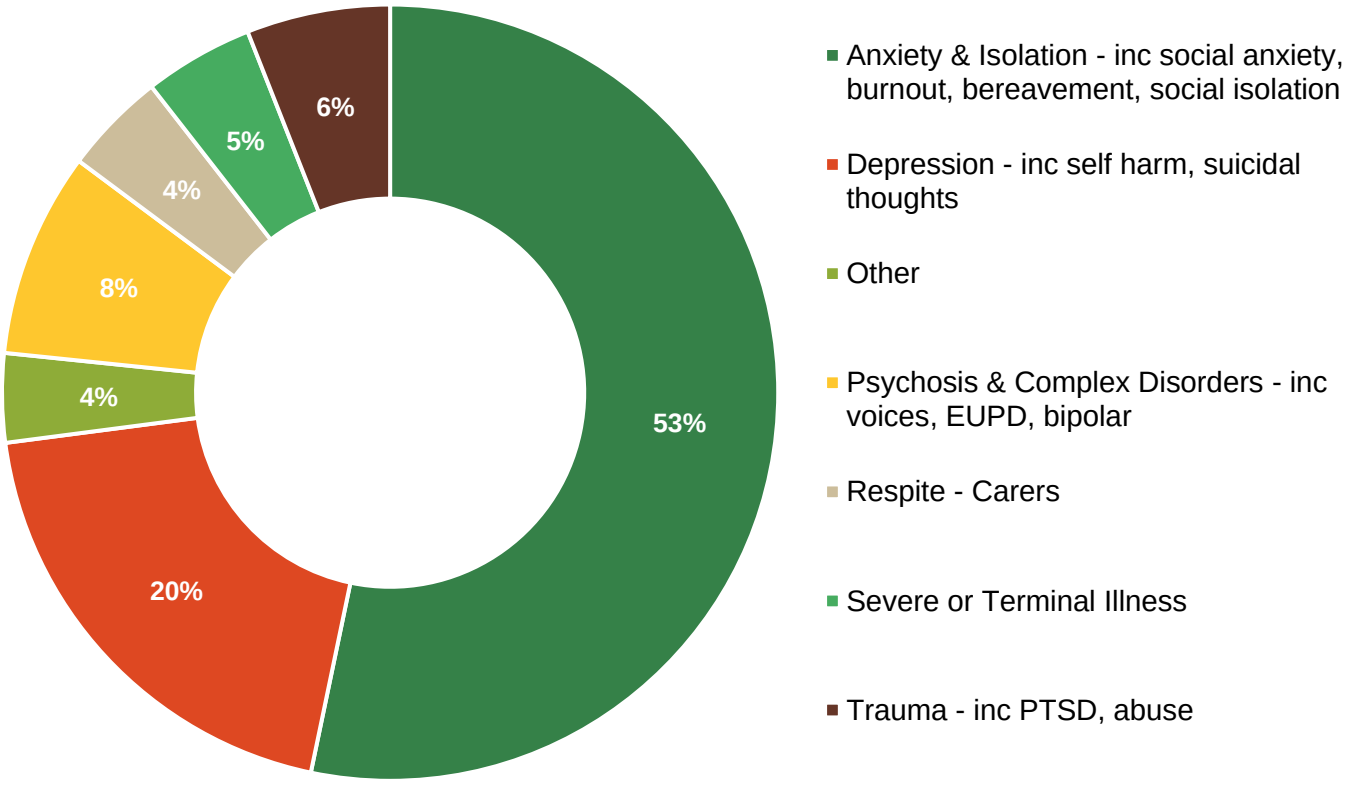
Beneficiaries - MindFood participants

We have noticed that the needs of our participants have become more complex due to the ongoing cost-of-living crisis and the stretching of NHS resources. Additionally, this year has seen exceptionally wet weather, making it the fifth wettest since 1890. Although this has had a minor impact on in-person attendance, we never cancel sessions due to rain and always provide shelter. To address these challenges, we have increased our befriending support over the phone for participants who are unable to attend in person.

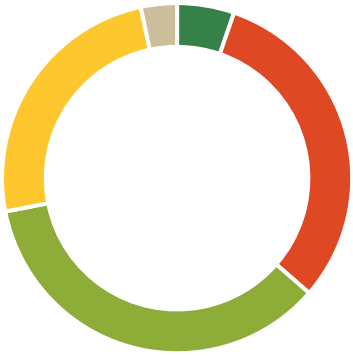
Despite the adverse weather conditions, our regular attendees are less discouraged and are actually participating in more sessions than in previous years. Most new referrals express interest in starting as soon as the weather warms up. We have observed a significant increase in referrals—up 7%—overall attendance—up 22%—and individuals with complex mental health issues accessing our services—up 81%. This growth is largely due to enhanced befriending efforts, which help more people feel prepared to join us.

Our session impact scores have shown an average increase from 4.3 to 7. Participants rate their feelings at the beginning and end of each session, and we hope to see these initial scores rise steadily over time as participants begin to feel better or learn to cope more effectively. Additionally, these initial scores provide a useful gauge of whether participants need extra support on any given day.

Mental health needs of beneficiaries



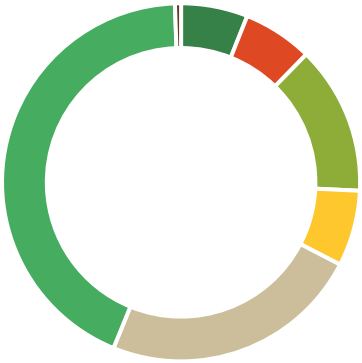
Demographics of participants



Age by %

- 18-24
- 25-39
- 40-64
- 65+
- TBC

"I LOVE COMING AND FEEL SO SOOTHED BY JUST GETTING MY HANDS IN THE DIRT, TALKING WITH EVERYONE AND MAKING THE POSIES"



Ethnicity by %

- Arab
- Asian/Asian British
- Black/African/Caribbean/Black British
- Mixed/Multiple ethnic groups
- South Asian
- White
- TBC

Understanding impact

Impact measurement is crucial for understanding what works, and we believe there is still much more we could accomplish, both qualitatively and quantitatively. This year, we initiated an Impact Study aimed at capturing various aspects, including mapping participant journeys from referral to starting onsite, completing the Growing Wellbeing programme, and progressing to Level 2 responsibilities. Participants first achieve goals passively (e.g., connecting with others and learning new tasks) before moving on to actively engaging in the process (e.g., preparing for SMART goals and shaping a new life that manages and promotes wellbeing).

We are currently collecting data where possible, although irregular attendance presents challenges. However, we have observed a positive shift this year, with attendance becoming more consistent. Additionally, scores indicate improvements in wellbeing for Level 1 participants after six visits, with an average increase of at least 5 points on a scale of 70. For Level 2 participants, we use session impact scoring sheets for both newcomers and regular attendees. The average starting score was 4.3, which increased to an average of 8.3 by the end, representing a 93% improvement. Over time, we anticipate a gradual increase in individual starting scores that will reflect a trend toward better wellbeing.

Impact

It is a sad reality that individuals facing mental health challenges often struggle to access the care and support they need. We are committed to improving mental health and well-being through the healing power of nature. Our aim is to offer personalised and holistic support within a welcoming and inclusive environment. We focus on connecting individuals with nature-based activities that promote well-being and encourage the use of our green spaces for personal growth, creativity, and community engagement. As a direct result of participating in MindFood courses, our participants report significant improvements in their mental health::

Increased activity and greater independence

- 100% closer connection to nature.
- 98% stronger sense of purpose.
- 92% are more active.
- 90% closer connection to the community
- 83% more likely to try volunteering or employment.

Reduced social isolation

- 98% are feeling less isolated.

Increased health and wellbeing

- 97% feel happier.
- 95% feel calmer.
- 94% feel better able to manage their wellbeing.
- 92% feel fitter.
- 85% eat more healthily.
- 79% sleep better
- 65% visit the GP less or reduced medication

"I'm doing much better now. But I'll continue to come as I realise mental health is a matter that requires constant attention."

Feedback

We also introduced a new feedback survey for Level 2 participants regarding the practice of the Five Ways to Wellbeing (which serves as a long-term investment in self-care).

The results are encouraging:

- 100% are more interested in learning new things
- 100% are practicing mindfulness
- 88% feel more generous

> I now really look forward to my weekly MindFood sessions. The time there passes super quickly and it didn't take me long to adjust and feel comfortable in the space. I love meeting new and familiar faces, each week my gardening knowledge is expanding bit by bit. It has also sparked a big curiosity for gardening and permaculture, which I'm now seeing as a central aspect to my recovery and redesigning a life where I can live more slowly and be much more connected to nature.
>
> ***MindFood Participant***

Environmental impact

Our priority is people and nature. We teach organic food-growing and sustainability in a gentle, informal way to engage people in making meaningful changes in their lives. We operate without a head office, all our work is conducted in nature and focused on maintaining green spaces for everyone to enjoy. Enhancing our natural spaces with fruits, vegetables, and flowers, making the area more welcoming and accessible. We grow food organically, without using herbicides or pesticides, to help support local wildlife and pollinators.

"MindFood helped me to improve my self-esteem and belief in myself."

When people feel disconnected from nature, they are less likely to care about protecting it. By connecting individuals to the restorative benefits of nature, we cultivate an understanding and appreciation that encourages them to look after their environment.

Additionally, we collaborate with local council initiatives that promote climate and food action, such as Act for Ealing and Ealing Food Partnership, and contribute to Ealing Council's Food Action Plan.

Digital transformation

We have expanded our digital offerings and established robust governance structures to better understand and meet our users' needs. Throughout the year, our audience has continued to grow. Our advice and tips for maintaining mental health are reaching more people than ever before. Currently, our newsletters are read by over 875 individuals.

Social media

We use social media platforms to promote MindFood and share our mission. This engagement enables us to connect with our community, beneficiaries, and supporters. It helps us expand our reach, raise more funds, increase awareness of mental health issues, and reduce stigma.

Community Connections

We use community-based, recovery-oriented approaches to help foster recovery.

NHS Integrated care

We are members of two NHS Integrated Care Board (ICB) delivery groups, that form part of a wider Integrated Neighbourhood Team (INT) work stream:

- Mental Health support
- Support for Asylum Seekers

Also attending the Institute of Developmental Studies to share covid impact on our community, to help improve emergency planning and responses of NHS and Social Services.

Public health and wellbeing

Attended Public Health's Health and Wellbeing workshop in Southall, and our Programme Director Lucy is now a Board member on the Health Determinants Research Committee, working to tackle health inequalities and able to represent two of the Community Connections consortia.

Attended West London workshop 3ST (Third Sector Together) 'Innovation through Integration' which brings together pioneering community groups to improve integration with statutory services.

Presented at the Social Prescribers meeting in February.

We also have close links with the DWP, via local Job Centre Plus offices in Acton and Ealing.

Outreach

Our activities this year saw record attendance – increase of 22%, and the extra befriending support kept us exceptionally busy. As the season slowed down towards the end, we could dedicate more time to our Saturday outreach events. Community involvement is essential, especially for individuals experiencing loneliness and isolation. A sense of connection provides crucial elements that contribute to good mental health, such as belonging, acceptance, validation, and self-worth.

Events

- “A Write Trail” collaboration with Trustee Marianne Holmes and writing therapist Dr Poonam Madar, with a session open to the public during Mental Health Awareness Week.
- Naturally Creative participants hosted their third annual art show at Horsenden Farm as part of the Borough of Ealing Art Trail (BEAT)
- Hosted a stall at Acton Reuse and Recycle Hub with Act for Ealing, including a brief TV appearance on Breakfast News
- Took part in Apple Day with over 1000 visitors to Horsenden Farm
- Festival of Inclusion and Wellbeing with University of West London

Collaborations

Collaboration is essential for continually improving our efforts to tackle mental health issues and provide support to those who need us most.

Hosting

We delivered bespoke sessions for other groups:

- Southall Black Sisters and RIANA dedicated sessions throughout the year
- Portobello Rugby Trust (for deprived families) supporting young people in October.

Attending and contributing

We attended two Carers Week events where we met representatives from the Ealing Carers Partnership and strengthened our connections with the Talking Therapies team (also known as IAPT) and the Autism Café.

Additionally, we engaged with other environmentally focused organisations during the Regional Park workshop.

We also contributed to the Act for Ealing and Community Champions newsletters.

‘Grow to Share’ approach

In April, we hosted our annual "Grow Some, Share Some Day" at Horsenden, where we potted young vegetable plants for our School Plants Giveaway. We invited schools from across the borough to collect these donations and delivered plants to local SEND (Special Educational Needs and Disabilities) schools. Along with the plants, we provided leaflets for the teachers to take back for their notice boards. Connecting people to nature is a crucial step toward climate action. If individuals don't see or appreciate nature, they are less likely to care enough to make a difference. That’s why MindFood:

Grew
- Over 1000 vegetable plants

Shared
- With 30 local schools and participants

Inspired
- Helping over 5000 children to grow food

Employee Wellbeing Pact

Promoting good mental health is essential for everyone. Our Employee Wellbeing Pact aims to create awareness about the free support we provide and to urge employers to address the mental health requirements of their staff.

We encourage businesses to join our Wellbeing Pact so that together we can assist them in Growing Resilience and Offering Wellbeing (GROW) within their organisation as an employee benefit and social responsibility plan. Businesses that join the Wellbeing Pact will receive free, practical guided self-care sessions throughout the year for their staff.

> When I first heard of MindFood I was feeling low. It was amazing to get a response back so quickly and with such kindness.

Award ceremony

Since its inception seven years ago, the Charity Film Awards (CFAs) has become a cornerstone of positive change in the UK. Last year, we received a silver award in our category for the film "BUD," directed by Claire Norowzian.

This year, we collaborated with independent filmmakers Thomas Line and Simon Haupt from "Heard Good Things" to create our film "MindFood." They work with small charities at no cost, helping to highlight local projects while showcasing their exceptional talent. Although it was an incredible honour to be shortlisted again for a Smiley Charity Film Award, we unfortunately did not win this time.

FUNDRAISING

Thank you

In a year when economic conditions and the effects of rising inflation have continued to challenge all of us, we are ever grateful for the generosity of our valued funders, supporters and volunteers who are at very the heart of who we are, and what we can achieve.

Every donation is helping to transform lives so from everyone at MindFood we would like to say a heartfelt thank you.

"I FELT POSITIVE ALBEIT EXHAUSTED AFTER MY FIRST SESSION, BUT RESOLVED TO COME AGAIN AS I REALISED IT WAS A GREAT ORGANISATION AND WOULD AID MY RECOVERY"

Supporters

We are incredibly grateful to everyone who has supported MindFood over the past year, whether through financial donations or by generously volunteering their time. Your support is essential.

Sponsored Challenges

We would like to express our deepest gratitude to our fantastic runners who participated in this year's Ealing Half Marathon. Your dedication and spirit truly inspire us all! We admire your strong will, determination, and hard work, not only in completing the race but also in your commitment to raising substantial sponsorship. Thank you for your incredible efforts!

Lottery players

Thank you to all our MindFood Weekly Lottery players! Participating in our lottery is about more than just winning amazing cash prizes each week; it’s also about raising vital funds for our work and increasing awareness of MindFood. We appreciate your support and wish you all the best of luck with your tickets!

Online shoppers

We want to extend a huge thank you to all our supporters for making their everyday shopping truly special! By starting your shopping through the easyfundraising website or app, you've allowed brands to pay us a donation because they recognise that we referred you, creating wonderful opportunities for us. Thank you for your support!

In memory of a loved one

We would like to express our sincere gratitude to everyone who donated during a time of loss in memory of a loved one or who has indicated their plans to leave us a gift in their will. Your support enables us to continue our work and ensures that no one has to face mental health challenges alone.

Gifts in memory

A heartfelt thank you to everyone who has donated in memory of a loved one and to those who have shared their intention to leave MindFood a gift in their will.

Legacies

Legacies have the power to change lives for years to come, and we are deeply grateful to our supporters who choose to remember us with a gift in their will. Their memory lives on through the transformative impact their contributions make possible.

Our funders

We would like to sincerely thank all our funders for their donations. Your investment in our projects and growth areas has been instrumental in helping us achieve our planned activities and goals this year. We truly couldn't have done it without your ongoing support.

Trusts and grants

Chapman Trust
Chiswick House
City Bridge
Ealing & Hounslow Community & Voluntary Service (EHCVS)
Freshwater Foundation
Good Gym
Golden Opportunity Skills & Development
Living Roots
Rethink
Social Farms and Gardens
St Paul's Mission
University of West London
Walter Lees Foundation

Businesses

Clarion
Co-Op
Fenland Organic Compost
Hypedome
Lush

Statutory funding

Ealing West London Trust
North West London Integrated Care System

Fundraising developments

We are dedicated to fulfilling our duty of care to our supporters, and adherence to compliance standards we strive to maintain the highest levels of integrity in our fundraising practices. We understand the importance of complying with data regulations while continuing to innovate and invest for the future.

Nominated

The Freshwater Foundation nominated us for the Kings Award for Voluntary Service (KAVS). Equivalent to an MBE, KAVS is the highest Award given to local voluntary groups in the UK, and they are awarded for life.

"WHEN ASKING FOR HELP IT CAN FEEL LIKE YOU DON'T MATTER, YOU'RE JUST A CASE NUMBER. BUT ITS NOT LIKE THAT WITH MINDFOOD."

Financial Review

This year, we have seen an increase in our overall income and successfully implemented a full-cost recovery model for our service delivery. We worked on establishing a more diversified income base to enhance our stability in an increasingly uncertain funding environment. This has been our highest income year to date, which has allowed us to fund most of our planned programmes, strengthen our infrastructure, and invest in supporting our staff. By the end of the 2023/2024 financial year we had already secured over 60% of the income needed to meet our budget requirements in 2024/2025.

Reserves policy

The term ‘reserves’ is used to describe that part of MindFood’s funds that is freely available for its operating purposes and not subject to commitments or planned expenditure.

Reserves do not include restricted funds.

The reserves that MindFood will set aside will be to provide financial continuity in the event that an anticipated source of income is lost or delayed, and our current policy is to keep reserves sufficient to meet three months’ operating costs, including staff salaries. The Trustees review this policy periodically to ensure that it remains both adequate and achievable.

Independent examiner's report to the Trustees

I report to the charity Trustees on my examination on the accounts of the charity for the year ended 31 October 2024 which are set out on pages 44 to 54.

Responsibilities and basis of report

As the charity's Trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act'). I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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 charity as required by section 130 of the Act.
2. The accounts do not accord with those records; or
3. The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.

Chaweevan Williams FCCA
Chartered Certfied Accountant
Verdant Accountants Ltd.
20-22 Wenlock Road
London N1 7GU

Date: 15th May 2025

Statement of financial activities

For the year ended 31 October 2024

INCOME	Notes	Unrestricted	Designated	Restricted	Total	Year ended 31/10/2023 Total
Sales	5	£3,129			£3,129	£5,117
Grants	4	£3,900		£93,033	£96,933	£59,032
Donations	4	£4,196		£8,824	£13,020	£1,083
Other income	5	£86			£86	£60
TOTAL INCOME		**£11,311**		**£101,857**	**£113,169**	**£65,292**
EXPENDITURE						
Costs of delivery						
Equipment				£3,910	£3,910	£1,892
Ancillary				£6,858	£6,858	£1,670
Wages		£1,666		£67,350	£69,016	£56,871
Charitable activities						
Rent and insurance				£896	£896	£868
Computer software and Subscriptions				£370	£370	£1,752
Accountancy and bookkeeping fees				£4,740	£4,740	£5,849
Professional fees				£240	£240	£240
Telecommunications				£748	£748	£792
Employee wages				£5,133	£5,133	£6,698
Social security costs					-	
Staff pension costs		£50		£2,168	£2,218	£1,870
Training				£624	£624	-
Other						
Depreciation				£739	£739	£624
Amortisation			£2,750		£2,750	£2,750
Bank charges				£99	£99	£107
TOTAL EXPENDITURE		**£1,716**	**£2,750**	**£93,873**	**£98,339**	**£81,981**
Net income/(expenditure)		£9,595	£(2,750)	£7,985	£14,830	£(16,690)
Transfers between funds		0	0	0	0	
Net movement in funds		£9,595	£(2,750)	£7,985	£14,830	£(16,690)
Reconciliation of funds						
Total funds brought forward		£15,796	£23,375	£479	£39,650	£56,340
Total funds carried forward		£25,392	£20,625	£8,463	£54,480	£39,650

The notes on pages 45 to 51 form part of these accounts.

Balance sheet

As at 31 October 2024

	Notes	31/10/2024	31/10/2023
FIXED ASSETS			
Tangible fixed assets	7	1,741	1,769
Intangible fixed assets	8	20,625	23,375
Net fixed assets		**22,366**	**25,144**
CURRENT ASSETS			
Debtors and prepayments	9	5,589	6,713
Petty Cash and Cash at bank		42,041	16,115
Creditors due within one year	10	(15,516)	(8,322)
Net Current Assets		32,114	14,506
TOTAL ASSETS LESS LIABILITIES		**£54,480**	**£39,650**
CHARITY FUNDS			
Unrestricted General Account	11	25,392	15,796
Designated funds	11	20,625	23,375
Restricted Funds	11	8,463	479
TOTAL CHARITY FUNDS	**11**	**£54,480**	**£39,650**

The financial statements were approved and signed by the Trustees and authorised for issue on

Katarzyna Rzepnikowska

Company Number: CE019078

Charity Number: 1185639

The notes on pages 45 to 51 form part of these accounts.

Notes to the financial statements

For the year ended 31 October 2024.

1. Accounting Policies

a) General information and basis of preparation

Mindfood CIO is a Charitable Incorporated Organisation in England and Wales. The address of the registered office is given in the charity information on page 2 of these financial statements. The nature of the charity's operations and principal activities are detailed within Trustees annual report.

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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, 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 £.

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) Funds

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.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

Designated funds are unrestricted funds of the charity which the Trustees have decided, at their discretion, to set aside to use for a specific purpose.

c) Income recognition

All income is 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 (FRS 102).

Where practicable, gifts in kind donated for distribution to the beneficiaries of the charity are included in stock and donations in the financial statements upon receipt. If it is impracticable to assess the fair value at receipt or if the costs to undertake such a valuation outweigh any benefits, then the fair value is recognised as a component of donations when it is distributed and an equivalent amount recognised as charitable expenditure.

Gifts in kind donated for resale are included at fair value, being the expected proceeds from sale less the expected costs of sale. Where estimating the fair value is practicable upon receipt it is recognised in stock and ‘Income from other trading activities’. Upon sale, the value of the stock is charged against ‘Income from other trading activities’ and the proceeds are recognised as ‘Income from other trading activities’. Where it is impracticable to fair value the items due to the volume of low value items they are not recognised in the financial statements until they are sold. This income is recognised within ‘Income from other trading activities’.

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.

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.

Investment income is earned through holding assets for investment purposes such as shares and property. It includes dividends, interest and rent. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. 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.

a) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under 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 headings:

- Costs of raising funds;
- Expenditure on charitable activities; and
- 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.

d) 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 and governance costs. They are incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters. 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.

e) Tangible fixed assets

Tangible fixed assets are stated at cost less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

- Equipment, fixtures and fittings 20% straight line
- IT Equipment 20% straight line

f) Intangible fixed assets

Intangible assets acquired separately from the charity are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following bases:

- Website 10% straight line

g) Debtors and creditors receivable/payable within one year

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

h) Impairment

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss.

2. Independent Examiners Remuneration

The independent examiners remuneration amounts to an independent examination fee of £1,110 (2023: £1,050).

3. Trustees and key management personnel remuneration and expenses

The Trustees neither received nor waived any remuneration during the year (2023: £nil), in their capacity as Trustees.

4. Voluntary income

	Unrestricted	Designated	Restricted	31/10/2024	31/10/2023
Grants	£3,900	-	£93,033	£96,933	£59,032
Donations and legacies	£4,196	-	£8,824	£13,020	£1,083
TOTAL	**£8,096**		**£101,857**	**£109,953**	**£60,115**

5. Other income

	Unrestricted	Designated	Restricted	31/10/2024	31/10/2023
Sales	£3,129	-	-	£3,129	£5,117
Bank interest received	£86	-	-	£86	£60
TOTAL	**£3,215**	-	-	**£3,215**	**£5,177**

6. Employees

No employee earned £60,000 or more.

Employees	31/10/2024	31/10/2023
Average monthly number of employees	9	8
Employee costs		
Wages	£74,148	£63,569
Social security	-	-
Pension	£2,218	£1,870
TOTAL	**£76,366**	**£65,439**

7. Tangible fixed assets

	Equipment, fixtures and fittings	IT Equipment	Total
Cost			
At 1st November 2023	£2,000	£1,635	£3,635
Additions	-	£711	£711
Disposals	-	-	-
At 31 October 2024	£2,000	£2,346	£4,346
Depreciation			
At 1st November 2023	£1,600	£266	£1,866
Charge for the year	£400	£339	£739
Disposals	-	-	-
At 31 October 2024	£2,000	£605	£2,605
Net book Value			
At 31 October 2023	£400	£1,369	£1,769
At 31 October 2024	-	**£1,741**	**£1,741**

8. Intangible fixed assets

	Website*	Total
Cost		
At 1st November 2023	£27,500	£27,500
Additions	-	-
Disposals	-	-
At 31 October 2024	£27,500	£27,500
Amortisation		
At 1st November 2023	£4,125	£4,125
Charge for the year	£2,750	£2,750
Disposals	-	-
At 31 October 2024	£6,875	£6,875
Net book Value		
At 31 October 2023	£23,375	£23,375
At 31 October 2024	**£20,625**	**£20,625**

**The charity received a donated website for free. The value of this website was the cost of three similar quotes obtained. The Trustees have allocated the donation to a designated reserve and the corresponding amortisation will be charged to this reserve.*

9. Debtors

	31/10/24	31/10/23
Trade debtors	£4,305	£5,452
Accrued income	-	£1,000
Prepayments	£1,284	£262
TOTAL	**£5,589**	**£6,714**

10. Creditors

	31/10/24	31/10/23
Trade Creditors	£1,600	£297
Deferred Income	£11,722	£5,865
Accruals	£1,143	£1,283
Other Creditors	£1,051	£877
TOTAL	**£15,516**	**£8,322**

11. Funds reconciliation

Current Year Funds Reconciliation

	Balance at 1 November 2023	Income	Expenditure	Transfers	Balance at 31 October 2024
Restricted	£479	£101,857	£(93,873)	-	£8,463
Designated	£23,375	-	£(2,750)	-	£20,625
Unrestricted	£15,796	£11,311	£(1,716)	-	£25,392
TOTAL	**£39,650**	**£113,169**	**£(98,339)**	**-**	**£54,480**

Prior Year Comparison

	Balance at 1 November 2022	Income	Expenditure	Transfers	Balance at 31 October 2023
Restricted	£9,357	£56,418	£(65,296)		£479
Designated	£26,125	-	£(5,750)	£3,000	£23,375
Unrestricted	£20,858	£8,874	£(10,935)	£(3,000)	£15,796
TOTAL	**£56,340**	**£65,291**	**£(81,981)**		**£39,650**

12. Analysis of net assets between funds

Current Year Analysis of Net Assets

	General Unrestricted	Designated funds	Restricted funds	Total
Fixed assets	£1,741	£20,625	-	£22,366
Current assets	£23,651		£8,463	£32,114
TOTAL	**£25,392**	**£20,625**	**£8,463**	**£54,480**

Prior Year Comparison

	General Unrestricted	Designated funds	Restricted funds	Total
Fixed assets	£1,769	£23,375		£25,144
Current assets	£14,027		£479	£14,506
TOTAL	**£15,796**	**£23,375**	**£479**	**£39,650**

13. Related party transactions

There were no other related party transactions in the year or in the prior year

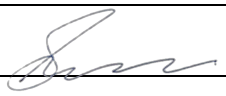
14. Analysis of funds year ended 2023

INCOME	Notes	Unrestricted	Designated	Restricted	Total	Year 31/10/2022 Total
Sales	5	£5,117			£5,117	£5,047
Grants	4	£2,614		£56,418	£59,032	£69,858
Donations	4	£1,083			£1,083	£36,543
Other income	5	£60			£60	£17
Transfer in	-					
TOTAL INCOME		**£8,874**		**£56,418**	**£65,291**	**£111,192**
EXPENDITURE						
Costs of delivery						
Equipment				£1,892	£1,892	£3,912
Ancillary		£79		£1,591	£1,670	£746
Wages		£2,758	£3,000	£51,112	£56,871	£52,324
Charitable activities						
Postage and stationery				£868	£868	£858
Rent and insurance		£786		£966	£1,752	£751
Computer software and Subscriptions				£5,849	£5,849	£8,801
Accountancy and bookkeeping fees				£240	£240	-
Professional fees				£792	£792	£701
Telecommunications		£6,698			£6,698	£8,121
Employee wages					-	-
Social security costs		£284		£1,586	£1,870	£1,745
Staff pension costs						-
Recruitment and subsistence costs						-
Other						
Depreciation		£224		£400	£624	£442
Amortisation			£2,750		£2,750	£1,375
Bank charges		£107			£107	£125
TOTAL EXPENDITURE		**£10,935**	**£5,750**	**£65,296**	**£81,981**	**£79,901**
Net income/(expenditure)		£(2,062)	£(5,750)	£(8,878)	£(16,690)	£31,291
Transfers between funds		£(3,000)	£3,000		-	-
Net movement in funds		£(5,062)	£(2,750)	£(8,878)	£(16,690)	£31,291
Reconciliation of funds						
Total funds brought Forward		£20,858	£26,125	£9,357	£56,340	£25,049
Total funds carried Forward		£15,796	£23,375	£479	£39,650	£56,340

Declarations

The Trustees declare that they have approved the Trustees' report above.

Signed on behalf of the charity's Trustees

Signature(s)		
Full name(s)	Stephen Macallister	
Position (eg Secretary, Chair, etc)	Chair	

Date	14th May 2025

MINDFOOD CIO

England & Wales - Charity number 1185639

Accounts

TRUSTEES ANNUAL REPORT

THE TRUSTEES PRESENT THEIR REPORT FOR THE 12-MONTH PERIOD ENDED 31ST OCTOBER 2023.

MindFood CIO, 6 Claygate Road, Ealing W13 6XG

Charity Registration No. 1185639

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Administration

Patron and Founder

- Ciaran Biggins

Trustees

- Stephen Macallister (Chair appointed 04/05/23)
- Amira Al Madami (appointed 28/04/23)
- Ana Pongrac (appointed 19/06/23)
- James Abery
- Marianne Holmes (appointed 28/04/23)
- Paul Carter (resigned 29/02/24)
- N. G. Jones (Chair resigned 21/12/22)
- Y. P. Biggins (resigned 22/03/23)
- S. N. Berry-Khan (resigned 01/09/23)
- Waveney Patel (appointed 25/06/24)

Senior Management Team

- Lucy Clark (Programme Director)
- Sarah Hadland (Finance Director)
- Sarah Jones (Director of Fundraising and Development)

Charity registration number

- 1185639

Company registration number

- CE019078

Registered office

- 6 Claygate Road, London, England, W13 9XG

Independent examiner

- Chaweevan Williams, Verdant Accountants Ltd., 20-22 Wenlock Road, London N1 7GU

The Trustees present their report and the financial statements of the charity for the year ended 31 October 2023. The trustees have adopted the provisions of the Statement of Recommended

Practice (SORP) “Accounting and Reporting by Charities” (FRS 102) in preparing the annual report and financial statements of the charity.

Objectives and Activities

The objective of MindFood is the preservation and protection of good health among persons who are suffering from mental ill health, disability, or emotional disorder of any description or who are in need of rehabilitation as a result of such illness or who want to prevent the occurrence or recurrence of the same in each case by the provision of therapeutic gardening and horticulture and related nature-based activities.

Our history

MindFood was originally founded as a CIC in October 2012, the Trustees took the view that MindFood would benefit from having formal charitable status and an application was made to the Charity Commission to convert from a CIC to a Charitable Incorporated Organisation (CIO). MindFood CIO was formally registered on 4th October 2019.

Our mission, vision, and values

Our vision is to make better mental health accessible. Our mission is to improve wellbeing and connect people with nature. Our aim is to meet individual needs through adaptive, person-centred programmes and ongoing befriending support, helping to increase knowledge and understanding of mental health and suicide prevention. With over 10 years’ experience helping to rebuild lives after a mental health crisis.

Key impacts of our work

Our specialist befriending intervention provision is in addition to our course delivery, made up of co-developed sessions that help improve mental health and wellbeing by teaching food growing, garden DIY, art and other mindful nature-based activities all delivered in nature from Cleveley Crescent Allotments, Horsenden Farm and online, empowering beneficiaries to create a lasting difference to their emotional and physical wellbeing in a safe place, free from discrimination.

Person centred. Every new and existing group, course, project, and event has been codeveloped with participants depending on their individual needs and requirements, helping to promote and maintain recovery by improving wellbeing, transforming lives, and creating change that lasts.

Nature focused. We connect people with nature-based experiences, achieving improved mental health and wellbeing in a socially supportive environment, sharing garden produce and knowledge with the local community with the objective of providing enhanced health outcomes for everyone.

Chair's review

I am honoured to join MindFood as the new Chair of Trustees. I would like to extend my gratitude to the individuals, community, staff, volunteers, and organisations who have supported MindFood over the past year. As we continue to emerge from the pandemic as well as face a cost-of-living crisis, our focus is to ensure that people experiencing significant barriers can access our support. We have reviewed our strategy, staff, and material costs, with a short-term impact on income, aiming to future-proof the organisation.

Our goal is to make good mental health accessible to all by adapting our services to be more inclusive and representative. With our codeveloped strategy, we aim to bring meaningful change to our beneficiaries, focusing on strengthening our foundations. I am excited to be a part of MindFood during this transformative time, and I extend my thanks once again for the continued support of our work.

Structure, Governance and Management

MindFood has a 16-page Constitution as a Charitable Incorporated Organisation and only voting members are its charity trustees. We adhere to The Charities Act 2011 definitions of trustees as the people who have general control and management of the administration. The Code of Conduct for the Voluntary and Community Sector principles state that 'trustees should have a diverse range of skills, experience and knowledge needed to run an organisation effectively' and that 'trustees should receive the necessary induction, training, and ongoing support they need to discharge their duties'.

Appointments are made as per the Articles of Association and our Governing Document which specifies that there should be a minimum of 3 and a maximum of 15 Trustees. Apart from the first charity trustees, all trustees are usually appointed for a fixed term of 3 years and for a maximum

continuous term of 9 years, by a resolution passed at a properly convened meeting of the charity trustees.

Short biographies of all the Trustees are on our website: https://www.mindfood.org.uk/our-team

Benefits. Trustees do not receive any benefits from their position. They are entitled to reclaim travel and other reasonable expenses incurred in their duties. No Trustees made a claim in the 2022/2023 period. The charity pays for trustee indemnity insurance.

Board Meetings with the Trustees and Senior Management Team are held every three months.

Recruitment is according to our Trustee Recruitment Policy adhering to The Charities Statement of Recommended Practice (SORP) disclosure of the methods adopted for the recruitment and appointment of new trustees and the policies and procedures adopted for the induction and training of trustees.

Training and development as required is ongoing and agreed by the Board. New Trustees complete the Institute of Chartered Accountants in England And Wales (ICAEW) Trustee Training and certificate.

Advisers are used as required, for Safeguarding and HR and are agreed by the SMT.

Induction procedures for new Trustees are the responsibility of the Chair. All Trustees are provided with a detailed role description and given informal guidance and support regarding their role after completing a skills audit and induction form. All new Trustees are required to attend ongoing training to help them in their roles.

Responsibilities. The trustees 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). The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's incoming resources and the application of those resources for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently.
- observe the methods and principles in the Charities SORP 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 a going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding

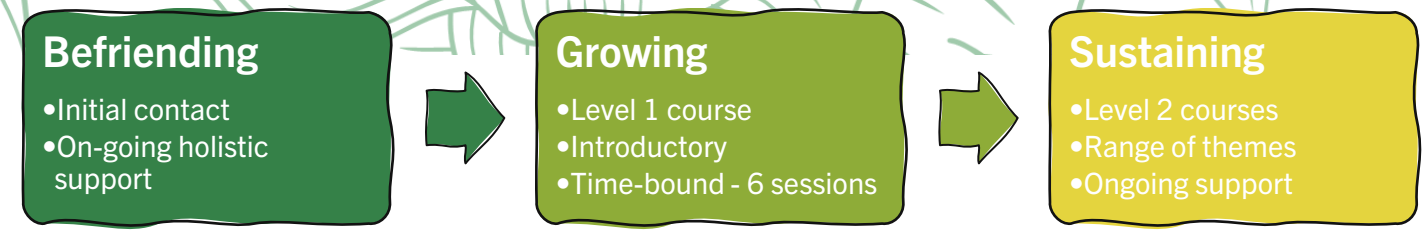
the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Overview of programmes

Our evidence-based group eco-therapy courses consist of sessions that run throughout the year and are supported by our specialist intervention program, 'Befriending.' The programs are divided into two categories: an introductory level 1 course 'Growing Wellbeing' and a longer-term range of level 2 courses 'Sustaining Wellbeing'.

Our **"Growing Wellbeing"** sessions are designed to cultivate internal capacity, fostering mental and emotional resilience. Participants are provided with a diverse range of skills and tools to use both in the workplace and everyday life.

For **"Sustaining Wellbeing"** sessions, we guide participants to rediscover their sense of purpose and motivation in a natural, progressive manner. We aim to transform empowerment into a tangible and measurable path forward, free from pressure. By building on established trust, we help individuals manage their personal experiences, aspirations, and goals, while boosting confidence, motivation, and introducing healthier habits to achieve sustainable wellbeing. As participants progress, they typically require less support over time, eventually contributing to our sustainable green sites for others through the "Supported Volunteering" stage of recovery.


Befriending
•Initial contact
•On-going holistic support
Growing
•Level 1 course
•Introductory
•Time-bound - 6 sessions
Sustaining
•Level 2 courses
•Range of themes
•Ongoing support

Our approach

Our session leaders, who all began as MindFood participants, are experts in managing common mental health difficulties based on their own experiences. Additionally, our Growing Wellbeing session leads have backgrounds or additional training in Occupational Health and psychodynamic counselling or have gained knowledge and training within third-sector mental health support services. Despite having just 2.5 FTE staff, we deliver sessions six days a week throughout the year, with only 10 employees. Our **person-centred** approach enables us to meet changing needs, offering flexibility for participants to attend different sessions and incorporate self-care teaching into whatever part of the program they feel able to access, supported by MindFood at Home.

All individuals involved in our program are considered volunteers, as they contribute to growing and sharing food, as well as maintaining a welcoming and safe environment for everyone. Regardless of their initial reasons for joining, whether for mental health support or otherwise, everyone begins as a course participant. This ensures that all participants share a common understanding of various paths to recovery and methods for nurturing positive mental health. Our 'Sustaining Wellbeing' series of long-term courses are designed to offer continuous support to participants while also encouraging them to give back to the project and assist in preserving our green spaces. As individuals progress, we empower those who wish to volunteer but may require some assistance through our “Supported volunteering” stage of recovery.

Public benefit statement

The Trustees understand and have complied with their duty to have due regard to the Charity Commission’s Public Benefit guidance and are confident that the aims and objectives of MindFood CIO satisfy the public benefit requirement. Further details of how this is achieved are set out in this report.

Volunteer Contribution

In our "Supported Volunteering" program, participants are empowered to develop their own internal capacity, to work towards mental and emotional resilience during their recovery. Our volunteers are involved in planning and contributing to MindFood's sustainable sites, which include DIY projects such as rainwater harvesting and irrigation systems, horticultural activities like growing food and plants and giving away seedlings to local schools, participating in creative art sessions, including art exhibitions and trails. They are also invited to strategy days to contribute to MindFood's future organisational goals.

52% TRY VOLUNTEERING AND ARE MORE LIKELY TO BE SUPPORTED INTO WORK AFTER COMING TO MINDFOOD

Why Supported Volunteering?

It empowers those who want to volunteer but would like or need some support to do so. Having a 'Grow to Share' approach helps everyone feel valued, productive, and useful. Sharing produce, seedlings and flowers grown with the local community reduces isolation, and develops skills, understanding, resilience and emotional capacity to maintain and manage positive relationships. Providing many elements that are critical to good mental health - a sense of belonging, feeling accepted, providing validation and self-worth, helping bring people together creating a sense of community. All MindFood session leaders are past participants who have been supported through volunteering and retraining then are employed by MindFood. After being at MindFood 52% of participants are more likely to try volunteering and be supported into work.

Achievements and Performance

Throughout 2022 and into 2023, the challenges faced by the sector, participants, and MindFood have been deeply felt. Despite the difficulties, our resilience over the past decade has been thanks to our dedicated participants, both new and old, volunteers, supporters, and staff, who have enabled us to adapt and extend our reach to more people. This year, the entire third sector encountered a uniquely difficult environment, as rising costs and high inflation led to decreased available funding. This resulted in reduced numbers of grants available and a reduction in their sizes, while the demand for mental health support grew. Our incredible staff volunteered to ensure that we could continue to provide the same level of care to those in need, despite these funding challenges. We are immensely grateful for their dedication.

Trustees

We express our immense gratitude and bid a heartfelt farewell to our dedicated and cherished Chair of Trustees, Nick Jones, who stepped down after 8 years of service. His guidance was instrumental in helping us navigate through challenging times, from transitioning to a charitable incorporated organisation to managing the impact of the COVID-19 pandemic. His wealth of experience, knowledge, and unwavering support made him an exceptional advocate for MindFood throughout his tenure as Chair.

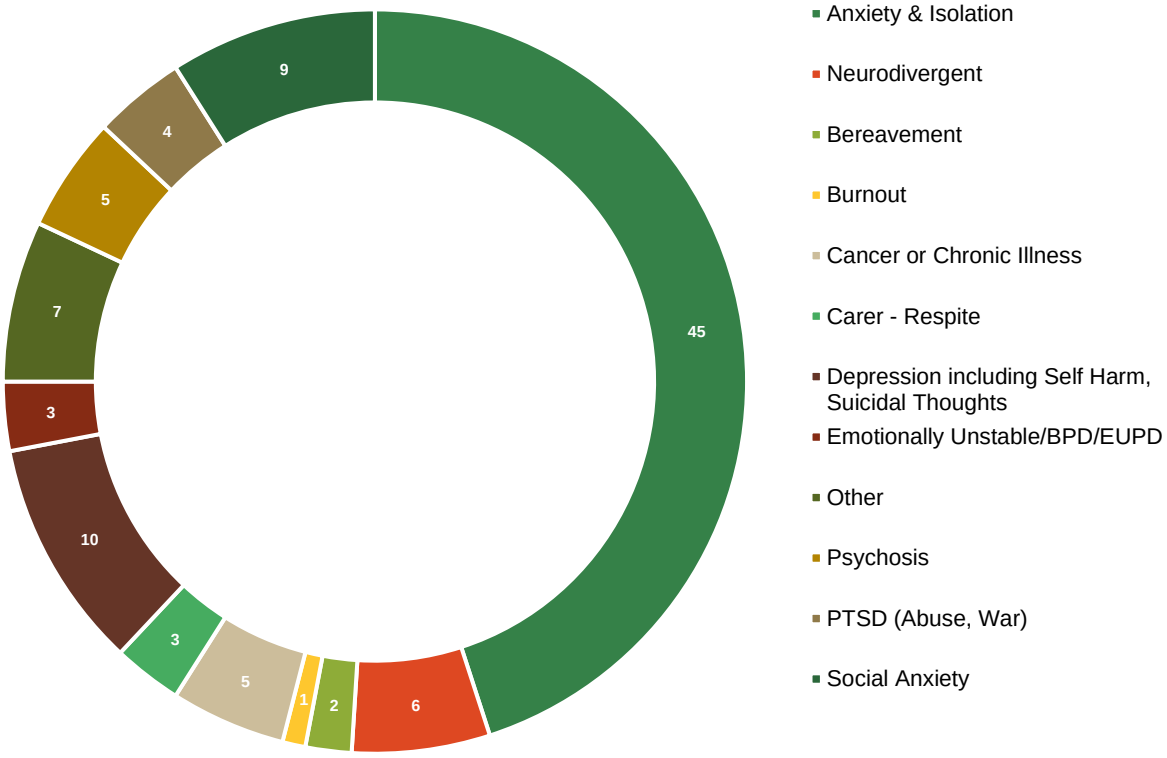
Additionally, we are delighted to welcome our newly appointed Chair of Trustees, Stephen Macallister, and new Trustees Ana, Marianne, and Amira. Their addition to the Board will further strengthen our skills, expertise, and diversity.

All our Trustees complete the Institute of Chartered Accountants in England and Wales (ICAEW's) training providing an overview of legal, financial, strategic and operational considerations.

Delivered

The cost of living crisis has significantly worsened due to the rising cost of energy bills. Many people have not been able to take time to attend to or address their mental health needs, or been able to access support in a timely manner. This can have a significant impact on their ability to function and the severity of mental health needs experienced. This is illustrated in the referrals received by MindFood, which range from anxiety and low mood, depression, burnout, to personality disorders, suicidal thoughts, and self-harm.

Mental Health needs of participants by %



Referred
- 180+ new referrals to us

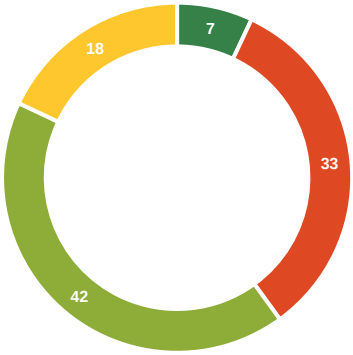
Befriended
- 364+ hrs of support and safeguarding

Delivered
- 6 days a week throughout the year

Attended
- 322 session attendees

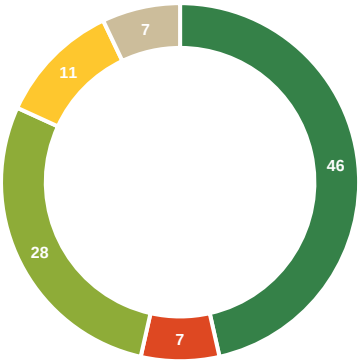
Supported
- Average participants 5 max 7 per session

Between November 2022 and October 2023, our main activities occurred at two growing sites: Cleveley Crescent Allotments near Hanger Lane and Horsenden Farm in Perivale. Both sites were secured for our use with the support of Ealing Council. We have been using Cleveley Crescent since early 2016 and Horsenden Farm since 2018.



Age by %

- 18-24
- 25-39
- 40-64
- 65+



Ethnicity by %

- White / British / Other
- Mixed / Multiple ethnic groups
- Asian / Asian British
- Black / African / Caribbean / Black British
- Other

"I STARTED TO COME OUT OF MY "SHELL" CHATTING WITH A GROUP OF PEOPLE FROM DIFFERENT CULTURES AND BACKGROUNDS"

Referrals

As we collaborate more closely with local mental health services, we've found that individuals referred by professionals often need more support to access our services comfortably.

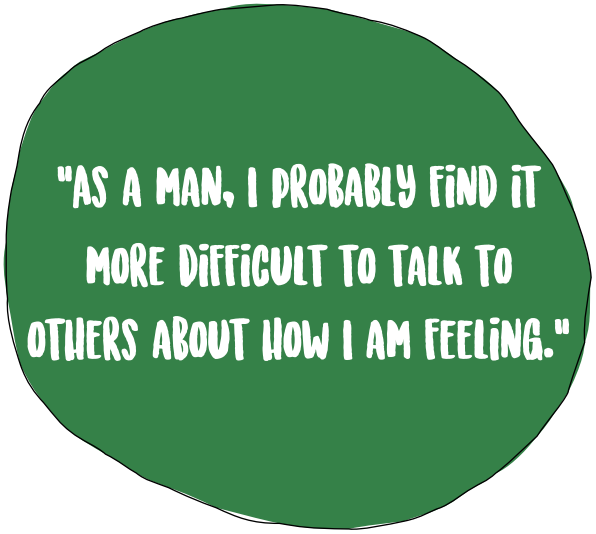
To ensure accessibility for those with complex mental health challenges, we avoid labelling hesitation or difficulty in attending as a 'failure.' Each engagement is viewed as a positive step, as anything less could reinforce the belief that society does not care.

"I WAS GOING THROUGH VERY LOW SELF-ESTEEM, DEPRESSION, ANXIETY AND SELF-HARMING."

Befriending

This specialised intervention provision allows us to build trust and establish a relationship with individuals before they join a MindFood course. We can reach those on the margins of society, approaching mental health crisis (hypervigilant overwhelmed state), unable to access help. With lifetimes of emotional or mental health issues, difficulties identifying or expressing concerns, symptoms, feeling unable or too afraid to speak about mental health, making problems worse, delaying, or stopping them from getting help, some can become trapped in a cycle of illness.

We assist participants with additional needs to identify, manage, or resolve issues that could be impacting their mental health, such as debt, housing, trauma, employment, family, substance misuse, suicide ideation, etc. so that they feel comfortable attending our onsite sessions. Patience is a unique aspect of MindFood. Our waiting list operates differently – we proactively wait for participants to feel ready. We have invested in more befriending to support participants most isolated by their mental health, often deemed “unreachable” that we had been unable to successfully reach previously.



We have observed a sense of hopelessness among some male participants, particularly those living with family members. Providing ongoing one-on-one support away from the sessions gives everyone the time and privacy they need to confide or talk things through. This essential holistic support ensures that we can better meet participants needs.

Our courses

We are adaptable in our approach. Our programmes are constantly changing to accommodate the needs of our participants. Many individuals cannot commit to attending consecutive weeks, so we offer our courses on a rolling basis. This helps to overcome barriers to attendance, such as conflicting appointments, social and financial challenges, unpredictable work or care commitments, and health issues (their own or their family's). Our priority is to get people started as soon as they feel ready. It is important to seize the opportunity, as this sense of readiness may only be a temporary moment in their journey to recovery.

"I WAS APPREHENSIVE BUT WAS IMMEDIATELY PUT AT EASE. I WAS ABLE TO TALK ABOUT MY SITUATION WITHOUT FEELING UNCOMFORTABLE."

Growing Wellbeing (Level 1)

Our flagship course is the starting point for everyone seeking support. This level-one foundation course consists of six sessions and aims to help people reconnect with nature and each other. It teaches food growing and shares evidence-based techniques like mindfulness to improve wellbeing. The course reinforces the idea of nature as a place to escape the pressures of everyday life, allowing participants to leave the rest of the world at the gate for a couple of hours. During troubling times, this course plays a key role in ensuring that participants leave with fewer anxieties than when they arrived.

"HELPED MY DEPRESSION AS A WIDOW LIVING ALONE IT GAVE ME SOMEWHERE TO GO TO MEET PEOPLE AND CONNECT WITH NATURE"

Sustaining Wellbeing (Level 2)

Our next step involves offering a wide range of courses that build on the foundational concepts learned from "Growing Wellbeing." The courses cover diverse topics such as food growing, gardening do-it-yourself projects, and art and craft activities, all delivered in nature. Providing sustained and comprehensive support for long-term impact. Made up of:

Grow Some Share Some

These are general gardening sessions for individuals who have completed the Growing Wellbeing course and includes our ESOL-friendly session. The program has a strong community focus, maintaining sites for others to enjoy, growing food and plants to share with local primary schools and support groups. Participants can drop in for sessions to boost their wellbeing or attend regularly to recover at their own pace. The additional time allows participants to develop new social connections and support networks gradually as their confidence grows in a familiar setting.

"AFTER MY FIRST CONTACT WITH MINDFOOD, I KNEW FROM THAT DAY I AM NO LONGER ALONE"

Naturally Creative

These nature-based art sessions have helped strengthen our connections with mental health professionals by tracking and sharing learnings from referral journeys in more detail. The sessions combine our usual self-care themes available at Horsenden Farm, promoting creativity and a shared language in art and nature. They enable non-gardeners to access our support and connect to our health and wellbeing network. These sessions provide a platform for teaching self-care, exploring different ways to be mindful both in the group and at home, and reducing the stigma of mental ill health. For the first half of the year, sessions are hosted outdoors, concluding with an exhibition as part of the Borough of Ealing's Art Trail (BEAT) in mid-September. As the weather turns colder, sessions move indoors to the Farm's hayloft.

Building Wellbeing

This group is for men and focuses on garden DIY and mental health self-care. A mixed group is already available at Cleveley. This group is particularly important because men are more at risk of severe depression and suicide, while women are more likely to already access our support. The group continues to provide valuable insights that will impact all our groups, and we've seen an increase in male referrals for all groups as a result.

"Given my anxiety and isolation I was not sure I could cope in a crowd. Luckily the group was small, and everyone was friendly."

Grow Social

Supporting befriending as an essential part of our service, these weekly online chats provide a great way to catch up with members of the MindFood community.

Sessions give participants the space to discuss the highs and lows of their week, talk about nature and gardening news, and practice mindfulness with guided meditations. This group also holds key co-production value, providing regular feedback and helping to inform everything we do.

"I realised the value of my experience and have spoken to others about getting the help they need"

MindFood at Home

"I was isolated due to ill health - cancer in fact. It took me about 2 months to feel able to join onsite"

We have developed and expanded our digital services to ensure we can support everyone, regardless of their circumstances. If participants cannot join us in person, they can sign up for our MindFood at Home email service. Over seven weeks, participants receive emails covering the content of our Growing Wellbeing course, including self-care-themed videos recorded during lockdown, mindfulness prompts, and growing tips. These emails also serve as a recap of what course participants have learned. Our newsletter now has over 1500 readers accessing this content. Due to the increased demand for this service, we have transitioned our email update service to Mailchimp.

Festive workshop

Our highly anticipated annual festive workshops are an event that everyone looks forward to. This year, we hosted willow weaving workshops for all our participants. While many attendees enjoy making Christmas wreaths, we tended to focus on the activity as a celebration of greenery thriving through the winter months. It's a time when many people think about nature dying back. The sessions provided a great opportunity to bring participants, old and new, together. This year, we made extra wreaths and delivered them to our local food bank, The Store Cupboard, to bring some cheer and to let their visitors know we were thinking of them at a difficult time.

Developed

We've tailored our services for the growing number of young people seeking guidance after college or university. Our regular attendees also need more support, visit more often, and face various challenges including financial issues, relationship problems, bereavements, and concerns for their children.

To provide the best possible support, we have:

"MINDFOOD ALLOWS ME TO MEET NEW PEOPLE AND KEEPS ME AWAY FROM THE THINGS I'M GOING THROUGH. THANK YOU"

- Collaborated closely with MINT (West London NHS Trust's Mental Health Integrated Network Team) and other local support organisations such as Cape, Befriend, and Family Lives. This collaborative effort allows participants with more complex difficulties to attend sessions led by individuals with extensive experience in mental health.
- Engaged with more health professionals for advice on training and support, inviting them to our facilities to gain first-hand experience of our operations.
- Met with Occupational Therapists at the Northolt MINT hub to discuss our aspiration to become 'clinically aligned' and best support them and their referrals.
- Collaborated with Maryam Shah from the Integrated Neighbourhood Team (NHS) to carry out a small pilot program supporting asylum seekers. Outreach at a local Asylum hotel, provided transportation to enable access to MindFood's free support on-site.
- Fed into 5-year Health and Wellbeing Strategy, sharing learnings with Ealing's public health consultant, Maddy Gupta Wright. Collecting feedback from MindFood participants both on-site and online to represent a broad cross-section of opinion.
- Continued working with local Social Prescribers to encourage referrals and share learnings and successes to date.
- Attended the Health and Wellbeing workshop hosted by Public Health and Living Roots.

Building strong relationships with local NHS mental health services resulted in a significant increase in referrals to us during the second half of the year.

Offsite offering

In the past year, we have developed our off-site offering in partnership with Chiswick House. We are exploring the possibility of expanding MindFood's reach in a sustainable way by overlaying our program onto other established and managed garden spaces. Our aim is to promote community engagement through food-growing and nature-based creativity in the Kitchen Garden, working alongside local groups such as Masbro Elders and Riana Development Network.

Collaborations

- Our Film “BUD” won Silver at Smiley Charity Film Awards.
- Ealing Council extended their support for our work
- We participated in the City Bridge Small Grants review, and the Co-op funding review.
- Secured a three-year partnership with Clarion.
- Completed Thrive LDN's Cost-of-Living support training.

Employee Wellbeing Pact

Promoting good mental health is essential for everyone. To support this, we introduced our Employee Wellbeing Pact at the Ealing Business Expo on March 8th, 2022. We aim to create awareness about the free support we provide and to urge employers to address the mental health requirements of their staff.

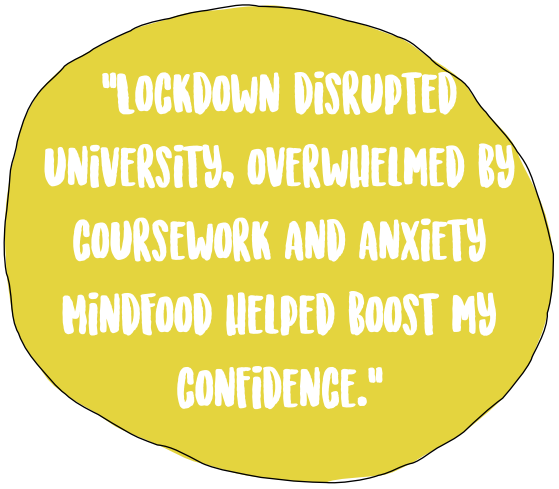
GROW
WELLBEING PACT

We encourage businesses to join our Wellbeing Pact so that together we can assist them in **Growing Resilience and Offering Wellbeing** (GROW) within their organisation as an employee benefit and social responsibility plan. Businesses that join the Wellbeing Pact will receive free, practical guided self-care sessions throughout the year for their staff.

https://www.mindfood.org.uk/wellbeing-pact/

Social media

- Facebook: Over 1000 followers
- Instagram: 1.1k followers with a reach of 5.7k, up 209% from last year. Profile visits are at 838, up 111%. Our most popular reel received over 1.7k views in a single day (now over 3k) – it featured a Grenadian participant being cheered by the sight of a visiting robin one January morning.
- YouTube: Our entry for the Smiley Film Awards garnered 5000 views leading up to the competition and currently has 6.6k views.
- Twitter: Over 1000 followers.



Community Connections

- Hosted visits for local groups Umeed, UWL Outreach Food as Medicine, and Befriend. Held a RISE special session (tackling substance misuse and homelessness). The local volunteering group, Good Gym, brought new recruits from Brompton Cycles to help at Horsenden Farm as part of their induction. We took the opportunity to teach them about wellbeing self-care, including the 5 ways to wellbeing and mindfulness.
- Visited Arts and Health Alliance and Be One Hope (a summer school in Brent supporting children from deprived backgrounds) with plants to share.
- Presented to the Ruislip Women's Institute and St. John's Baptist Church, a local church group in Southall. Talked about MindFood's activities and taught the 5 ways to wellbeing. Additionally, discussing the stigma around mental ill health and sharing young vegetable plants. Partnered in two local consortiums to secure Community Connections funding.
- Participated in Ealing's Health and Care Fair at Greenford Assembly Hall, Cultivate and Natural England networking event at DIG and the University of West London volunteer fair. Hosted a table at local Coop store for Fairtrade Fortnight, discussing fresh local produce grown in accordance with permaculture principles and the importance of wellbeing and self-care. Exhibited at the Ealing BEAT art show with our Naturally Creative course participants.

Invested

We are a Disability Confident Committed Employer. All employees undergo DBS checks, receive ongoing training on policies, including Safeguarding, Health and Safety, Equality, Diversity, and Inclusion. The team can access any additional CPD training they require via Social Care TV. We continually invest in our programmes to enhance accessibility, from raised beds and pathways, to communication access training to accommodate more individuals with disabilities.

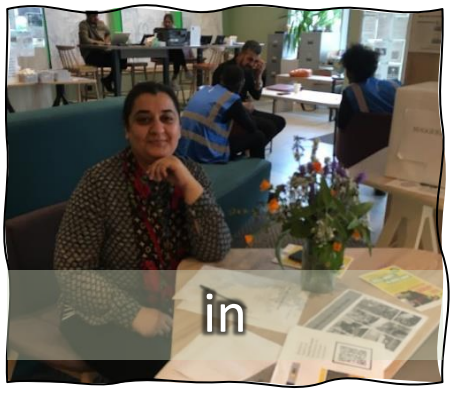
Strategic development

We have continued to develop our strategic and operational plans, strengthening our infrastructure to ensure efficient and effective delivery to the maximum number of participants, while also ensuring that our staff are supported and rewarded. We are proud to have achieved the Charity Excellence Quality Mark for MindFood. The assessment covers all aspects of our work, including promoting good governance, developing an effective strategy, leading and managing people well, delivering operations effectively, using finances and resources efficiently, maximising income generation, and maintaining effective communications. To maintain the quality mark, we will undergo annual reviews and assessments. We are also accredited by the Fundraising Regulator, demonstrating our commitment to good fundraising practices and high fundraising standards.

Environmental impact and growing to share

Our priority is people and nature. We teach organic food-growing and sustainability in a gentle, informal way to engage people in making meaningful changes in their lives. We encourage people to appreciate where food comes from, eat seasonally and locally, and taste vegetables at their freshest. Connecting people to nature is a significant step toward climate action. If you don't see or appreciate it, you're unlikely to care enough to make a difference.

We donated to 31 schools, providing over 1000 plants, and helping around 2500 children to grow food. We do not have an office or associated energy consumption, and we minimise printing. We collaborate with local council initiatives that promote climate and food action, such as Act for Ealing and Ealing Food Partnership, and contribute to Ealing Council's Food Action Plan.



Impact

It's a sad reality that those struggling with mental health issues often face barriers in accessing the care and support they need. They are often overlooked when it comes to finding work, maintaining relationships, securing stable housing, and feeling included in society. We firmly believe that mental health support should be available to everyone, and that improving mental well-being should be accessible for all.

We are dedicated to enhancing mental health and well-being through the power of nature. Our goal is to offer personalised and holistic support in a welcoming and inclusive environment. We strive to connect individuals with nature-focused activities that promote well-being and utilise our green spaces for growth, creativity, and community engagement.

As a direct result of coming to us and completing a course our participants tell us that:

Increased activity and greater independence

- 100% feel a closer connection to nature.
- 86% feel a closer connection to their local community.
- 91% are more active.
- 84% feel a stronger sense of purpose.
- 52% more likely to try volunteering.

Reduced social isolation

- 96% are feeling less isolated.

Increased health and wellbeing

- 92% feel calmer.
- 96% feel better able to manage their wellbeing.
- 89% feel happier.
- 80% eat more healthily.
- 73% feel fitter.
- 63% sleep better

"It's a special place away from the noise of life that gets me out of my home. I highly recommend MindFood to anyone struggling."

Fundraising

We are incredibly grateful to everyone who has contributed to our cause. This includes individuals, companies, grant bodies, trusts, and foundations, whether through financial donations or by generously volunteering their time.

Your support has been crucial in allowing us to carry out our important work. Thanks to you, we have been able to provide essential assistance to individuals experiencing mental health crises and help them rebuild and restore their lives.

Legacy Pledgers

A huge thank you to everyone who has informed us of their plans to leave MindFood a gift in their will. Your gift will help support our work long into the future.

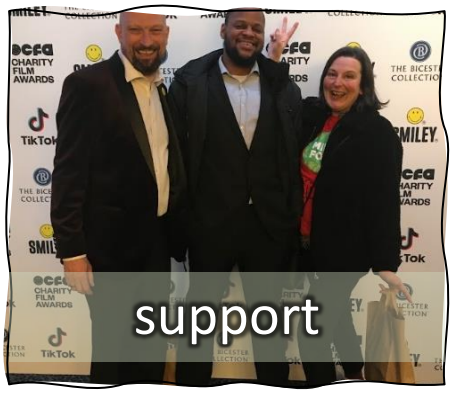
Legacy gifts come in many different forms and in many different sizes, for more information: https://www.mindfood.org.uk/gifts-in-wills/

"I ENJOYED THE FIRST SESSION AFTER THAT EACH ONE GOT EASIER AND MY MENTAL HEALTH REALLY DID IMPROVE IN SO MANY WAYS."

Special thanks

We would like to express our appreciation to those listed below for their exceptional contributions and support:

Artification
Astra Zeneca (volunteer day)
Batchworth Trust
Candex Solutions
Chiswick House
City Bridge
Community Connections
Co-Op
Dobies Nursery
D'Oyly Carte
Ealing Council Community Connections
Ealing and Hounslow Community and Voluntary Service
Ealing Council Mental Health Grants
Freshwater Foundation
Golden Opportunity Skills and Development
GVC Ladbrokes
IKEA Lottery
Independent Age
National Park City Foundation
Sir Jeremiah Colman
Smiley Movement CIC
St Pauls Mission
University of West London
Programme in Partnership with West London Trust



Independent examiner's report to the trustees

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st October 2023 which are set out on pages 25-34.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act'). I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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 charity as required by section 130 of the Act.
2. The accounts do not accord with those records; or
3. The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.

Chaweevan Williams
Chaweevan Williams (Aug 23, 2024 10:02 GMT+1)

Chaweevan Williams FCCA
Verdant Accountants Ltd
Chartered Certified Accountants
20-22 Wenlock Road,
London N1 7GU

Date: 23/08/2024

Financial Review

2022-2023 was a difficult economic climate for all those in the third sector, with increased costs as a result of inflation and the cost-of-living crisis and an increased demand for services. We reviewed our costings to make sure that funding applications covered the real costs for our staff and resources, and we moved our staff onto an established NJC pay scale to ensure that we are supporting them both now and in the future. Whilst this much needed work had a short-term detrimental effect on income it enabled us to future proof the organisation with a true costing model. We maintained ongoing relationships with long term funders and have been successful in obtaining grants from funders new to MindFood. We have developed our partnership model of delivery, working with others to submit joint funding bids and jointly deliver programs to participants.

Our strategic planning is now focusing on building financial security by seeking longer term funds which can help us develop our business infrastructure as well as continuing to deliver our program to as many participants as possible, free of charge.

By the end of the financial year, we had confirmed funding in excess of £62,000 for the financial year 2023/2024 and are confident that MindFood can continue to provide much needed services from a strong and resilient financial position.

Reserves policy

The term ‘reserves’ is used to describe that part of MindFood’s funds that is freely available for its operating purposes and not subject to commitments or planned expenditure.

Reserves do not include restricted funds.

The reserves that MindFood will set aside will be to provide financial continuity in the event that an anticipated source of income is lost or delayed, and our current policy is to keep reserves sufficient to meet three months’ operating costs, including staff salaries. The trustees will review this policy periodically to ensure that it remains both adequate and achievable.

Statement of financial activities

For the year ended 31 October 2023

	Notes	Unrestricted	Designated	Restricted	Total	Year ended 31.10.2022 Total
INCOME						
Sales	5	5,117			5,117	5,047
Grants	4	2,614		56,418	59,032	69,585
Donations	4	1,083			1,083	36,543
Other income	5	60			60	17
TOTAL INCOME		**8,874**		**56,418**	**65,291**	**111,192**
EXPENDITURE						
Costs of delivery						
Equipment				1,892	1,892	3,912
Ancillary		79		1,591	1,670	746
Wages		2,758	3,000	51,112	56,871	52,324
Charitable activities						
Rent and insurance				868	868	858
Computer software and Subscriptions		786		966	1,752	751
Accountancy and bookkeeping fees				5,849	5,849	8,801
Professional fees				240	240	-
Telecommunications				792	792	701
Employee wages		6,698			6,698	8,121
Social security costs						-
Staff pension costs		284		1,586	1,870	1,745
Recruitment and subsistence costs					-	-
Other						
Depreciation		224		400	624	442
Amortisation			2,750		2,750	1,375
Bank charges		107			107	125
TOTAL EXPENDITURE		**10,935**	**5,750**	**65,296**	**81,981**	**79,901**
Net income/(expenditure)		(2,062)	(5,750)	(8,878)	(16,690)	31,291
Transfers between funds		(3,000)	3,000			-
Net movement in funds		(5,062)	(2,750)	(8,878)	(16,690)	31,291
Reconciliation of funds						
Total funds brought forward		20,858	26,125	9,357	56,340	25,049
Total funds carried forward		15,796	23,375	479	39,650	56,340

The notes on pages 26 to 33 form part of these accounts.

Balance sheet

As at 31 October 2023

	Notes	31/10/2023		31/10/2022	
FIXED ASSETS					
Tangible fixed assets	7	1,769		1,594	
Intangible fixed assets	8	23,375		26,125	
Net fixed assets			25,144		27,719
CURRENT ASSETS					
Debtors and prepayments	9	6,713		22,319	
Petty Cash and Cash at bank		16,115		23,696	
Creditors due within one year	10	(8,322)		(17,394)	
Net Current Assets			14,506		28,621
TOTAL ASSETS LESS LIABILITIES			£39,650		£56,340
CHARITY FUNDS					
Unrestricted General Account	11		15,796		20,858
Designated funds	11		23,375		26,125
Restricted Funds	11		479		9,357
TOTAL CHARITY FUNDS	**11**		**£39,650**		**£56,340**

The financial statements were approved and signed by the trustees and authorised for issue on 22nd August 2024

James Abery
James Abery (Aug 22, 2024 15:13 GMT+1)
.....

James Abery

Company Number: CE019078

Charity Number: 1185639

The notes on pages 26 to 33 form part of these accounts.

1. Accounting policies

a) General information and basis of preparation

Mindfood CIO is a Charitable Incorporated Organisation in England and Wales. The address of the registered office is given in the charity information on page 2 of these financial statements. The nature of the charity's operations and principal activities are detailed within trustees annual report.

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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, 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 £.

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) Funds

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.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

Designated funds are unrestricted funds of the charity which the trustees have decided, at their discretion, to set aside to use for a specific purpose.

c) Income recognition

All income is 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 (FRS 102).

Where practicable, gifts in kind donated for distribution to the beneficiaries of the charity are included in stock and donations in the financial statements upon receipt. If it is impracticable to assess the fair value at receipt or if the costs to undertake such a valuation outweigh any benefits, then the fair value is recognised as a component of donations when it is distributed and an equivalent amount recognised as charitable expenditure.

Gifts in kind donated for resale are included at fair value, being the expected proceeds from sale less the expected costs of sale. Where estimating the fair value is practicable upon receipt it is recognised in stock and 'Income from other trading activities'. Upon sale, the value of the stock is charged against 'Income from other trading activities' and the proceeds are recognised as 'Income from other trading activities'. Where it is impracticable to fair value the items due to the volume of low value items they are not recognised in the financial statements until they are sold. This income is recognised within 'Income from other trading activities'.

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.

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.

Investment income is earned through holding assets for investment purposes such as shares and property. It includes dividends, interest and rent. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. 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.

a) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under 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 headings:

- Costs of raising funds;
- Expenditure on charitable activities; and
- 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.

d) 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 and governance costs. They are incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters. 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.

e) Tangible fixed assets

Tangible fixed assets are stated at cost less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

- Equipment, fixtures and fittings 20% straight line
- IT Equipment 20% straight line

f) Intangible fixed assets

Intangible assets acquired separately from the charity are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following bases:

- Website 10% straight line

g) Debtors and creditors receivable/payable within one year

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

h) Impairment

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss.

2. Independent examiner's remuneration

The independent examiners remuneration amounts to an independent examination fee of £1050 (2022: £3,600 inclusive of accounts preparation).

3. Trustees' and key management personnel remuneration and expenses

The trustees neither received nor waived any remuneration during the year (2022: £nil), in their capacity as trustees.

4. Voluntary income

	Unrestricted	Designated	Restricted	31/10/2023	31/10/2022
Grants	2,614		56,418	59,032	69,585
Donations and legacies	1,083			1,083	36,543
TOTAL	**3,697**		**56,418**	**60,115**	**106,128**

5. Other income

	Unrestricted	Designated	Restricted	31/10/2023	31/10/2021
Sales	5,117			5,117	5,047
Bank interest received	60			60	17
	5,177			**5,177**	**5,064**

6. Employees

No employee earned £60,000 or more.

Employees	**31/10/2023**	**31/10/2022**
Average monthly number of employees	8	5
Employee costs		
Wages	63,569	60,445
Social security	-	-
Pension	1,870	1,745
Total	**65,439**	**62,190**

7. Tangible fixed assets

	Equipment, fixtures and fittings	IT Equipment	Total
Cost			
At 1st November 2022	2,000	836	2,836
Additions		799	799
Disposals			
At 31 October 2023	**2,000**	**1,635**	**3,635**
Depreciation			
At 1st November 2022	1,200	42	1,242
Charge for the year	400	224	624
Disposals			
At 31 October 2023	**1,600**	**266**	**1,866**
Net book Value			
At 31 October 2023	**400**	**1,369**	**1,769**
At 31 October 2022	800	794	1,594

8. Intangible fixed assets

	Website*	Total
Cost		
At 1st November 2022	27,500	27,500
Additions	-	-
Disposals	-	-
At 31 October 2023	**27,500**	**27,500**
Amortisation		
At 1st November 2022	1,375	1,375
Charge for the year	2,750	2,750
Disposals	-	-
At 31 October 2023	**4,125**	**4,125**
Net book Value		
At 31 October 2023	**23,375**	**23,375**
At 31 October 2022	26,125	26,125

*The charity received a donated website for free. The value of this website was the cost of three similar quotes obtained. The trustees have allocated the donation to a designated reserve and the corresponding amortisation will be charged to this reserve.

9. Debtors

	31/10/23	31/10/22
Trade debtors	5,452	22,078
Accrued income	1,000	-
Prepayments	262	241
	6,714	**22,319**

10. Creditors

	31/10/23	31/10/22
Trade Creditors	297	1,339
Deferred Income	5,865	11,507
Accruals	1,283	3,600
Other Creditors	877	948
	8,322	**17,394**

11. Funds reconciliation

Current Year Funds Reconciliation

	Balance at 1 November 2022 £	Income £	Expenditure £	Transfers £	Balance at 31 October 2023 £
Restricted	9,357	56,418	(65,296)		479
Designated	26,125	-	(5,750)	3,000	23,375
Unrestricted	20,858	8,874	10,935	(3,000)	15,796
	56,340	**65,291**	**81,981**		**39,650**

A transfer of £3,000 from unrestricted to designated funds is shown in the accounts; funding from the Batchworth Trust received in 2021/2022 was designated to cover employee salaries in 2022/2023 as part of the sustainable wellbeing delivery.

Prior Year Comparison

	Balance at 1 November 2021 £	Income £	Expenditure £	Transfers £	Balance at 31 October 2022 £
Restricted					
Neighbourly Care	1	25,400	(25,381)	(20)	-
Other funds	13,510	45,821	(49,927)	(47)	9,357
Total restricted	13,511	71,221	(75,308)	(67)	9,357
Designated	-	27,500	(1,375)	-	26,125
Unrestricted	11,538	12,471	(3,218)	67	20,858
	25,049	**111,192**	**(79,901)**	**-**	**56,340**

12. Analysis of net assets between funds

Current Year Analysis of Net Assets

	General Unrestricted	Designated funds	Restricted funds	Total
Fixed assets	1,769	23,375		25,144
Current assets	14,027		479	14,506
	15,796	**23,375**	**479**	**39,650**

Prior Year Comparison

	General Unrestricted	Designated funds	Restricted funds	Total
Fixed assets	1,594	26,125	-	27,719
Current assets	19,264	-	9,357	28,621
	20,858	**26,125**	**9,357**	**56,340**

13. Related party transactions

There were no other related party transactions in the year or in the prior year.

14. Analysis of funds year ended 2022

INCOME	Notes	Unrestricted	Designated	Restricted	Total	Year 31/10/2021 Total
Sales	5	5,047			5,047	520
Grants	4	3,000		66,585	69,858	68,375
Donations	4	4,407	27,500	4636	36,543	4,340
Other income	5	17			17	3,092
Transfer in	-					
TOTAL INCOME		**12,471**	**27,500**	**71,221**	**111,192**	**76,327**
EXPENDITURE						
Costs of delivery						
Equipment		-	-	3,912	3,912	2,151
Ancillary		-	-	746	746	1,608
Wages		2,021	-	50,303	52,324	43,205
Charitable activities						
Postage and stationery		-	-	-	-	308
Rent and insurance		-	-	858	858	912
Computer software and subscriptions		-	-	751	751	384
Accountancy fees		841	-	7960	8,801	5,050
Professional fees		-	-	-		1,894
Telecommunications		-	-	701	701	187
Employee wages		120	-	8001	8,121	7,044
Social security costs		-	-	-	-	267
Staff pension costs		236	-	1509	1,745	1,398
Recruitment and subsistence costs		-	-	-	-	356
Other						
Depreciation		-	-	442	442	400
Amortisation		-	1,375	-	1,375	-
Bank charges		-	-	125	125	72
TOTAL EXPENDITURE		**3,218**	**1,375**	**75,308**	**79,901**	**65,236**
Net income/(expenditure)		9,253	26,125	(4,087)	31,291	11,091
Transfers between funds		67	-	(67)		-
Net movement in funds		9,320	26,125	(4,154)	31,291	11,091
Reconciliation of funds						
Total funds brought forward		11,538	-	13,511	25,049	13,958
Total funds carried forward		20,858	26,125	9,357	56,340	25,049

15. Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Steve Macallister Steve Macallister (Aug 22, 2024 23:01 GMT+1)	
Full name(s)	Stephen Macallister	
Position (eg Secretary, Chair, etc)	Chair	

Date	22nd August 2024

TAR 2022-23 FINAL.2

Final Audit Report 2024-08-23

Created:	2024-08-22
By:	Sarah Hadland (office@allsquaredaccounts.co.uk)
Status:	Signed
Transaction ID:	CBJCHBCAABAA_1PodP0b5WAneWdbw2z_Ux2d2a1Z_RQ8

"TAR 2022-23 FINAL.2" History

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Signature Date: 2024-08-23 - 9:02:14 AM GMT - Time Source: server- IP address: 217.155.45.96

Agreement completed.
2024-08-23 - 9:02:14 AM GMT

Adobe Acrobat Sign

MINDFOOD CIO

England & Wales - Charity number 1185639

Accounts

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TRUSTEES ANNUAL REPORT

THE TRUSTEES PRESENT THEIR REPORT FOR THE 12-MONTH PERIOD. ENDED 31ST OCTOBER 2022.

MindFood CIO, 6 Claygate Road, Ealing W13 6XG

Charity Registration No. 1185639

DocuSign Envelope ID: 5C8C9CEB-37C4-41A5-97BA-19FC19D63115

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CHARITY REFERENCE AND ADMINISTRATIVE DETAILS

Charity registration number	1185639
Company registration number	CE019078
Trustees	P. Carter S. N. Berry-Khan J. E. Abery A. Al Madami (appointed 28th April 2023) M. Holmes (appointed 28th April 2023) S.J. Macallister (appointed 4th May 2023) A. Pongrac (appointed 19th June 2023)
Registered office	6 Claygate Road London England W13 9XG
Independent examiner	Alexander Bell FCA Mercer & Hole LLP Trinity Court Church Street Rickmansworth WD3 1RT

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The Trustees present their report and the financial statements of the charity for the year ended 31 October 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) “Accounting and Reporting by Charities” (FRS 102) in preparing the annual report and financial statements of the charity.

TRUSTEES OF THE CHARITY

The trustees who have served during the year and since the year end were as follows:

- N. G. Jones (Chair) resigned 21st December 2022
- P. Carter
- Y. P. Biggins resigned 22nd March 2023
- S. N. Berry-Khan
- J. E. Abery
- A. Al Madami appointed 28th April 2023
- M. Holmes appointed 28th April 2023
- S.J. Macallister appointed 4th May 2023
- A. Pongrac appointed 19th June 2023

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TRUSTEES' RESPONSIBILITIES

The trustees 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).

The law applicable to charities in England & Wales 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 charity and of the incoming resources and application of resources of the charity for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- 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 presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

DocuSigned by:
James Abery
8BDB2DC34D304CF...

J. Abery
Trustee

REGISTERED OFFICE
6 Claygate Road
London
England
W13 9XG

25/8/2023

DocuSign Envelope ID: 5C8C9CEB-37C4-41A5-97BA-19FC19D63115

Independent Examiner's Report to the Trustees of Mindfood CIO

I report to the charity trustees on my examination of the accounts for the charity for the year ended 31 October 2022, which are set out on pages 6 to 17.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no material 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 charity as required by section 130 of the Act;

2. Or the accounts do not accord with those records; or

3. The accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.

DocuSigned by:
Mercer & Hole LLP.
40DEB457AFAA408...

Alexander Bell FCA
Mercer & Hole LLP
Chartered Accountants
Trinity Court
Church Street
Rickmansworth
WD3 1RT

25/8/2023

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STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 October 2022

		31.10.2022				31.10.2021 as restated
INCOME	Notes	Unrestricted	Designated	Restricted	Total	Total
Sales	5	5,047	-	-	5,047	520
Grants	4	3,000	-	66,585	69,585	68,375
Donations	4	4,407	27,500	4,636	36,543	4,340
Other income	5	17	-	-	17	3,092
Transfer in		-	-	-	-	-
TOTAL INCOME		12,471	27,500	71,221	111,192	76,327
EXPENDITURE						
Costs of delivery						
Equipment		-	-	3,912	3,912	2,151
Ancillary		-	-	746	746	1,608
Wages		2,021	-	50,303	52,324	43,205
Charitable activities						
Postage and stationery		-	-	-	-	308
Rent and insurance		-	-	858	858	912
Computer software and Subscriptions		-	-	751	751	384
Accountancy fees		841	-	7,960	8,801	5,050
Professional fees		-	-	-	-	1,894
Telecommunications		-		701	701	187
Employee wages		120	-	8,001	8,121	7,044
Social security costs		-	-	-	-	267
Staff pension costs		236	-	1,509	1,745	1,398
Recruitment and subsistence costs		-	-	-	-	356
Other						
Depreciation		-	-	442	442	400
Amortisation		-	1,375	-	1,375	-
Bank charges		-	-	125	125	72
TOTAL EXPENDITURE		3,218	1,375	75,308	79,901	65,236
Net income/(expenditure)		9,253	26,125	(4,087)	31,291	11,091
Transfers between funds		67	-	(67)	-	-
Net movement in funds		9,320	26,125	(4,154)	31,291	11,091
Reconciliation of funds						
Total funds brought forward		11,538	-	13,511	25,049	13,958
Total funds carried forward		20,858	26,125	9,357	56,340	25,049

A breakdown of the year ended 31 October 2021 figures can be found in note 15.

The notes on pages 8 to 17 form part of these accounts.

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BALANCE SHEET

As at 31 October 2022

	Notes	31.10.2022		31.10.2021 as restated	
FIXED ASSETS					
Tangible fixed assets	7	1,594		1,200	
Intangible fixed assets	8	26,125		-	
Total Fixed Assets			27,719		1,200
CURRENT ASSETS					
Debtors and prepayments	9	22,319		2,207	
Petty Cash and Cash at bank		23,696		32,354	
Creditors due within one year	10	(17,394)		(10,712)	
Net Current Assets			28,621		23,849
TOTAL ASSETS LESS LIABILITIES			£56,340		£25,049
CHARITY FUNDS					
Unrestricted General Account	11		20,858		11,538
Designated Funds	11		26,125		-
Restricted Funds	11		9,357		13,511
TOTAL CHARITY FUNDS	11		£56,340		£25,049

The financial statements were approved and signed by the trustees and authorised for issue on 25/8/2023

DocuSigned by:
James Abery
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J. Abery, Trustee

Company Number: CE019078
Charity Number: 1185639

The notes on pages 8 to 17 form part of these accounts

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 October 2022

1. ACCOUNTING POLICIES

a) General information and basis of preparation

Mindfood CIO is a Charitable Incorporated Organisation in England and Wales. The address of the registered office is given in the charity information on page 2 of these financial statements. The nature of the charity's operations and principal activities are detailed within trustees annual report.

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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, 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 £.

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) Funds

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.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

Designated funds are unrestricted funds of the charity which the trustees have decided, at their discretion, to set aside to use for a specific purpose.

c) Income recognition

All income is 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.

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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 (FRS 102).

Where practicable, gifts in kind donated for distribution to the beneficiaries of the charity are included in stock and donations in the financial statements upon receipt. If it is impracticable to assess the fair value at receipt or if the costs to undertake such a valuation outweigh any benefits, then the fair value is recognised as a component of donations when it is distributed and an equivalent amount recognised as charitable expenditure.

Gifts in kind donated for resale are included at fair value, being the expected proceeds from sale less the expected costs of sale. Where estimating the fair value is practicable upon receipt it is recognised in stock and ‘Income from other trading activities’. Upon sale, the value of the stock is charged against ‘Income from other trading activities’ and the proceeds are recognised as ‘Income from other trading activities’. Where it is impracticable to fair value the items due to the volume of low value items they are not recognised in the financial statements until they are sold. This income is recognised within ‘Income from other trading activities’.

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.

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.

Investment income is earned through holding assets for investment purposes such as shares and property. It includes dividends, interest and rent. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. 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.

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d) Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under 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 headings:

- Costs of raising funds;
- Expenditure on charitable activities; and
- 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 and governance costs. They are incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters. 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) Tangible fixed assets

Tangible fixed assets are stated at cost less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Equipment, fixtures and fittings	20% straight line
IT Equipment	20% straight line

g) Intangible fixed assets

Intangible assets acquired separately from the charity are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Amortisation is recognised so as to write off the cost of assets less their residual values over their useful lives on the following bases:

Website	20% straight line

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h) Debtors and creditors receivable/payable within one year

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

i) Impairment

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss.

2. INDEPENDENT EXAMINER'S REMUNERATION

The independent examiners remuneration amounts to an independent examination fee of £3,600 (2021: £3,000) inclusive of accounts preparation.

3. TRUSTEES' AND KEY MANAGEMENT PERSONNEL REMUNERATION AND EXPENSES

The trustees neither received nor waived any remuneration during the year (2021: £nil), in their capacity as trustees.

4. VOLUNTARY INCOME

	Unrestricted	Designated	Restricted	31.10.2022	31.10.2021
Grants	3,000	-	66,585	69,585	68,375
Donations and legacies	4,407	27,500	4,636	36,543	4,340
	7,407	**27,500**	**71,221**	**106,128**	**72,715**

5. OTHER INCOME

	Unrestricted	Designated	Restricted	31.10.2022	31.10.2021
Sales	5,047	-	-	5,047	520
Coronavirus job retention scheme grant	-	-	-	-	3,092
Bank interest received	17	-	-	17	
	5,064	-	-	**5,064**	**3,612**

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6. EMPLOYEES

Number of employees	31.10.2022 Number	31.10.2021 Number
Average monthly number of employees	5	5

Employee costs	31.10.2022	31.10.2021
Wages	60,445	50,244
Social security	-	267
Pension	1,745	1,398
	62,190	**51,909**

No employee earned £60,000 or more.

7. TANGIBLE FIXED ASSETS

	Equipment, fixtures and fittings	IT Equipment	Total
Cost			
At 1st November 2021	2,000	-	2,000
Additions	-	836	836
Disposals	-	-	-
At 31 October 2022	**2,000**	**836**	**2,836**
Depreciation			
At 1st November 2021	800	-	800
Charge for the year	400	42	442
Disposals	-	-	-
At 31 October 2022	**1,200**	**42**	**1,242**
Net book Value			
At 31 October 2022	**800**	**794**	**1,594**
At 31 October 2021	1,200	-	1,200

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8. INTANGIBLE FIXED ASSETS

	Website	Total
Cost		
At 1st November 2021	-	-
Additions	27,500	27,500
Disposals	-	-
At 31 October 2022	**27,500**	**27,500**
Depreciation		
At 1st November 2021	-	-
Charge for the year	1,375	1,375
Disposals	-	-
At 31 October 2022	**1,375**	**1,375**
Net book Value		
At 31 October 2022	**26,125**	**26,125**
At 31 October 2021	-	-

*The charity received a donated website for free. The value of this website was the cost of three similar quotes obtained. The trustees have allocated the donation to a designated reserve and the corresponding amortisation will be charged to this reserve.

9. DEBTORS

	31.10.2022	31.10.2021
Trade debtors	22,078	-
Accrued income	-	2,117
Prepayments	241	90
	22,319	**2,207**

10. CREDITORS

	31.10.2022	31.10.2021
Trade Creditors	1,339	1,786
Deferred Income	11,507	4,811
Accruals	3,600	3,333
Other Creditors	948	782
	17,394	**10,712**

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11. FUNDS ECONCILIATION

Current Year Funds Reconciliation

	Balance at 1 November 2021	Prior year adjustment (Note 14)	Restated Balance as at 1 November	Income	Expenditure	Transfers	Balance at 31 October 2022
	£			£	£	£	£
Restricted							
Neighbourly Care	2,296	(2,295)	1	25,400	(25,381)	(20)	-
Other funds	14,877	(1,367)	13,510	45,821	(49,927)	(47)	9,357
Total restricted	17,173	(3,662)	13,511	71,221	(75,308)	(67)	9,357
Designated	-	-	-	27,500	(1,375)	-	26,125
Unrestricted	7,876	3,662	11,538	12,471	(3,218)	67	20,858
Total Reserves	**25,049**	**-**	**25,049**	**111,192**	**(79,901)**	**-**	**56,340**

Prior Year Comparison:

	Balance at 1 November 2020	Income	Expenditure	Transfers	Balance at 31 October 2021
	£	£	£	£	£
Restricted					
Neighbourly Care	-	25,233	(22,937)	-	2,296
Other funds	2,289	41,642	(29,120)	66	14,877
	2,289	66,875	(52,057)	66	17,173
Designated	-	-	-	-	-
Unrestricted	11,669	9,452	(13,179)	(66)	7,876
	13,958	**76,327**	**(65,236)**	**-**	**25,049**

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12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current Year Analysis of Net Assets

	General unrestricted	Designated funds	Restricted funds	Total
Tangible fixed assets	1,594	26,125	-	27,719
Current assets	19,264	-	9,357	28,621
	20,858	26,125	9,357	56,340

Prior Year Comparison Restated

	General unrestricted	Designated funds	Restricted funds	Total
Tangible fixed assets	1,200	-	-	1,200
Current assets	10,338	-	13,511	23,849
	11,538	-	13,511	25,049

13. RELATED PARTY TRANSACTIONS

There were no related party transactions in the year or in the prior year.

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14. PRIOR YEAR ADJUSTMENT

An adjustment was made in the account to correct the restricted reserves balance as at 2021 and subsequently onwards. This was done to provide more clarity for trustees and funders to identify the total restricted and unrestricted funds held by the Charity.

Changes to the balance sheet

Balances as restated before transfer of reserves adjustment:

	As previously reported	Adjustment at 31 October 2021	As restated as at 31 October 2021
	£	£	£
Capital and reserves			
Unrestricted:	7,876	3,662	11,538
Restricted:			
Neighbourly Care	2,296	(2,295)	1
Other funds	14,877	(1,367)	13,510
Total restricted	17,173	(3,662)	13,511
Total Funds	**25,049**	**-**	**25,049**

Changes to the statement of financial activities

Balances as restated before transfer of reserves adjustment:

	As previously reported	Adjustment at 31 October 2021	As restated as at 31 October 2021
	£	£	£
Unrestricted:			
Net Income/(expenditure)	(3,727)	-	(3,727)
Transfers between funds	(66)	3,662	3,596
Net movement in funds	(3,793)	3,662	(131)
Total funds brought forward	11,669	-	11,669
Total funds carried forward	**7,876**	**3,662**	**11,538**
Restricted:			
Net Income/(expenditure)	14,818	-	14,818
Transfers between funds	66	(3,662)	(3,596)
Net movement in funds	14,884	(3,662)	11,222
Total funds brought forward	2,289	-	2,289
Total funds carried forward	**17,173**	**(3,662)**	**13,511**
Total:			
Net Income/(expenditure)	11,091	-	11,091
Transfers between funds	-	-	-
Net movement in funds	11,091	-	11,091
Total funds brought forward	13,958	-	13,958
Total funds carried forward	**25,049**	**-**	**25,049**

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15. ANALYSIS OF FUNDS YEAR ENDED 2021 Restated

INCOME	Unrestricted	Designated	Restricted	Total
Sales	520	-	-	520
Grants	1,500	-	66,875	68,375
Other income	4,340	-	-	4,340
Donations	3,092	-	-	3,092
TOTAL INCOME	9,452	-	66,875	76,327
EXPENDITURE				
Costs of delivery				
Equipment	164	-	1,987	2,151
Ancillary	777	-	831	1,608
Wages	1,683	-	41,522	43,205
Charitable activities				
Postage and stationery	308	-	-	308
Rent and insurance	545	-	367	912
Computer software and subscriptions	384	-	-	384
Accountancy fees	5,050	-	-	5,050
Professional fees	1,894	-	-	1,894
Telecommunications	187	-	-	187
Employee wages	544	-	6,500	7,044
Staff pension costs	698	-	700	1,398
Recruitment and subsistence costs	356	-	-	356
Other				
Depreciation and assets written off	400	-	-	400
Bank charges	72	-	-	72
TOTAL EXPENDITURE	13,179	-	52,057	65,236
Net income/(expenditure)	(3,727)	-	14,818	11,091
Transfers between funds	3,596	-	(3,596)	-
Net movement in funds	(131)	-	11,222	11,091
Reconciliation of funds				
Total funds brought forward	11,669	-	2,289	13,958
Total funds carried forward	11,538	-	13,511	25,049

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CHAIR'S REVIEW

Emerging strongly from the pandemic into an ever more challenging environment, dominated by the developing cost of living crisis, MindFood has continued to demonstrate an adaptive approach is essential to delivering person-centred care. Socio-economic inequalities and injustices are contributing factors to mental ill health. The pandemic, its repercussions, and other negative political influences, have intensified these circumstances for many. We do not envisage a brighter picture for some while, but are well placed to face these challenges head-on. Over the last year, we continued to build partnerships with local health services, support organisations and community groups to ensure we reach those most in need. Just as importantly we strengthened our long-term support by boosting befriending, supporting volunteering, developing new courses that create avenues for self-expression, and promoting men's mental health and suicide prevention. This approach to 'Sustaining Wellbeing' was devised from MindFood participant feedback. Once again, we are immensely grateful to our dedicated and skilled team who understand that listening can be just as important as teaching.

BACKGROUND AND INCEPTION

MindFood was founded as a CIC in October 2012 supporting people struggling with depression, anxiety, and other common mental health difficulties. We converted to a Charitable Incorporated Organisation (CIO) and formally registered as such on 4th October 2019 with all assets transferred from the CIC to the CIO on that date. Ciaran Biggins established MindFood to help people in West London to reconnect with nature and learn to grow and food in a beautiful environment away from busy city life. Sessions took place on a farm in Amersham for those suffering with severe and enduring mental health conditions. Initially a social enterprise with a strong focus on trading, and a weekly market stall in Acton with participants that had grown the produce. MindFood's proposition was revised with participant feedback and relocated to Cleveley Crescent Allotments. Working with participants (supported volunteers) to set up the new growing space. The level one introductory six-week Growing Wellbeing course was developed, based on the five ways to Wellbeing and designed to work well alongside six weeks of Cognitive Behavioural Therapy (CBT). In May 2015 Lucy Clark joined one of the first Growing Wellbeing sessions as a participant, who then retrained and joined the MindFood staff, initially running the market stall, delivering sessions, and managing referrals, and is now Programme Director at MindFood. In 2017 we began running regular sessions from a second site at Horsenden Farm. In 2018 we increased our management and delivery capacity. In 2020 we launched MindFood at Home in response to the pandemic and pivoted our services to support those most in need, addressing severe isolation. This developed into 'Grow Social' delivering free food growing kits to isolated individuals and a weekly online peer support growing session. When lockdowns were lifted for small outdoor groups, we reintroduced sessions on site and for most of 2020-21 were the only mental health charity in the borough offering face to face support. In 2021 Sarah Hadland joined as our first Finance Director. In 2022 Ciaran stepped into a patron's role and Sarah Jones became the Director of Fundraising and Development.

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OBJECTIVES AND ACTIVITIES

MindFood's objective is the preservation and protection of good health among persons who are suffering from mental ill health, disability or emotional disorder of any description or who are in need of rehabilitation as a result of such an illness, or who want to prevent the occurrence or reoccurrence of the same – in each case, by the provision of therapeutic gardening and horticulture and related nature-based activities.

PUBLIC BENEFIT STATEMENT

The Trustees understand and have complied with their duty to have due regard to the Charity Commission's Public Benefit guidance and are confident that the aims and objectives of MindFood CIO satisfy the public benefit requirement. Further details of how this is achieved are set out in this report.

ACTIVITY OVERVIEW

Our free ecotherapy sessions naturally tackle stress, depression, and anxiety, through free horticulture, garden DIY, art and other mindful nature-based courses all delivered from Cleveley Crescent Allotments, Horsenden Farm and online. We use community-based and recovery-oriented approaches. Our aim is to meet individual needs through adaptive programmes and ongoing support, increasing knowledge and understanding of how to protect and maintain mental health. We are person-centred and nature focused. These values underpin everything that we do. Providing befriending support both prior and throughout our course programme delivered in nature. Our courses are developed by consulting with participants. There is no one size fits all, we are adaptive and our sessions tailor our offering depending on everyone's needs and requirements. Using the restorative benefits of nature to calm the mind, empowering people to create a lasting difference to their emotional, mental, and physical health in a safe place, free from discrimination. Teaching evidence-based tools and techniques nurture wellbeing self-care, and caring for the planet.

We promote and maintain recovery by improving wellbeing, transforming lives, and creating change that lasts.

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MINDFOOD TEAM

MANAGEMENT STAFF

Lucy Clark - Programme Director. Joined in 2015 as a participant, then retrained in Social and Therapeutic Horticulture with Thrive and then worked for almost 3 years at Mind in Ealing. She has been employed as a Food and Wellbeing Grower since September 2017, taking on the role of Project Manager in Oct 2018, and then Programme Director in May 2019.

Sarah Hadland - Finance Director. Joined in April 2021 as a dedicated Finance Director, responsible for budget management. Sarah has helped us develop budgets which give a clear picture of our funding needs and is responsible for detailed record keeping which in turn has made reporting accurately to our funders both quicker and easier.

Sarah Jones - Director of Fundraising and Development. Joined in January 2022. Sarah comes to us with a wealth of experience, including raising over £1m for other charities. She is already making a huge difference to the way we work, and in helping us to demonstrate our impact. With her help we have made an exciting start to building the foundations required for us to grow: A Theory of Change, Fundraising Strategy, improved operational efficiency with a CRM database and website functionality.

SESSION LEADERS AND VOLUNTEERS

In the last year we have added several new sessions to our programme and have engaged four new part-time employees. **All our session leaders started as MindFood participants**, making them 'experts by experience' in terms of managing common mental health difficulties. **We are a Disability Confident Committed Employer.** All employees are DBS checked and receive on-going training on MindFood's policies, including Safeguarding, Health and Safety and Equality, Diversity and Inclusion. The team is also invited to access any additional CPD training they require via Social Care TV.

We operate a supported volunteering programme, empowering those who want to volunteer but would like some support to do so. We offer "Sustaining Wellbeing", a range of longer-term courses for participants to continue to receive on-going support whilst also giving back to the project and helping to maintain our green spaces.

In a sense, all our participants are volunteers: growing food to share with others, and tending the plot so that it is welcoming and safe for everyone to use. Everyone ('clients', volunteers and staff) starts at MindFood as a course participant, even if they do not consider themselves in need of mental health support - it means that everyone starts from the same point and shares an understanding of different recovery journeys and the ways to nurture positive mental health.

Overall, the team totals just 2.5 FTE per week, but we are able to deliver sessions 6 days a week.

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MINDFOOD COURSES AND OTHER ACTIVITIES

OUR SITES

Between November 2021 and October 2022 MindFood's main activities took place at two growing sites, Cleveley Crescent Allotments near Hanger Lane, and Horsenden Farm in Perivale. Both were secured for use with the support of Ealing Council. Cleveley Crescent since early 2016, and Horsenden Farm in 2018.

In the last year we have also run some sessions off-site, in partnership with Chiswick House and Artification. Overlaying our programme onto other established (and managed) garden spaces is being explored as a possible route to broadening MindFood's reach in a sustainable way.

OUR PROGRAMME

BEFRIENDING

This is an essential part of our holistic support, helping to build a relationship with individuals prior to them joining a MindFood course, assisting participants with additional needs to identify, manage or resolve issues that could be impacting their mental health (debt, housing, employment, family, substance misuse etc) so they feel able to attend our sessions in person. These personalised regular catch ups offer additional bespoke support for those in need of guidance, signposting, or practical help and direct support accessing additional specialist services.

GROWING WELLBEING

Our flagship course and ideal starting point for support. This six-session (level one) foundation course helps people tackle stress, depression and anxiety whilst teaching food-growing and reconnecting people with nature. Sharing evidence-based techniques like mindfulness to improve wellbeing.

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SUSTAINING WELLBEING

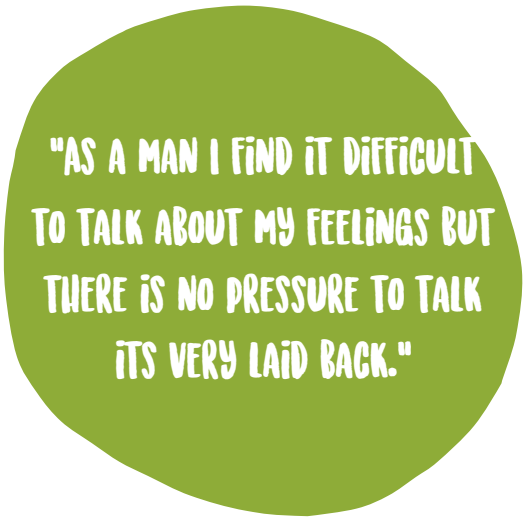
Secondly, our long-term range of level two courses provide options for continued support, sustaining wellbeing.

- **Grow Some Share Some** (inc **NEW ESOL friendly session,** funded by City Bridge) General gardening sessions, for those who have already completed the Growing Wellbeing course. The programme has built-in community focus maintaining sites for others to enjoy, growing food and plants to share with local primary schools and support groups. Participants can dip into sessions for a wellbeing top-up or attend regularly to recover at their own pace. The extra time allows participants to forge new social connections and support networks over time.

- **NEW Naturally Creative** (funded by Ealing and WLT) nature based art sessions, combining MindFood's usual self-care themes, available in-person at Horsenden Farm, and online. The in-person sessions have a collective goal presenting their work as part of Ealing's BEAT art trail in September.

- **NEW MindFood Collaborations off-site**: Grow and Create (with Artification) food-growing and nature-based creativity group for 18-25s at the North Acton Pavilion gardens; Growing Together, Chiswick House Community Engagement food-growing and nature-based creativity in the Kitchen Garden, with local groups, Trinjan, Deaf Women in Ealing, Masbro Elders (funded by the Linbury Trust)

- **NEW Building Wellbeing** (funded by GVC Ladbrokes) all male group of garden DIY and mental health self-care (mixed group already available at Cleveley, funded by CoOp). This group is important as men are more at risk of severe depression and suicide, whereas women are much more likely to already access our support. It continues to offer many insights that will influence all our groups, and male referrals for all groups appear to have increased as a result.



- **MindFood at Home.** Participants who are unable to join us on site are invited to sign up to our MindFood at Home email service. They receive emails over seven weeks, covering our Growing Wellbeing course content (self-care themed videos recorded through lockdown), along with mindfulness prompts and growing tips. These emails are also sent to course participants to recap their learnings. Our newsletter readership of over 1500 has accessed this content over the last year, as we move our email update service over to mailchimp.

- **Grow Social.** Supporting befriending as an essential part of our service, these weekly online chats provide a good way to catch up with members of the MindFood community. The sessions give space to participants to discuss the highs and lows of their week, talk nature and growing news, and practice mindfulness with guided meditations. This group also has key co-production value, providing regular feedback and helping to inform everything we do. We also used this group to feed into the Tackling Inequalities workstream (via the Social Prescribers Special Interest Group) and Ealing's Health and Wellbeing Strategy 2023-27.

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OVERVIEW

Emerging from the pandemic and getting to grips with the deepening cost of living crisis, we have noticed significant changes to the referral landscape and the needs of participants throughout 2022.

REFERRALS

Referrals from health professionals have increased significantly, participants are essentially more unwell when they join us. They are harder to engage, requiring more befriending time, and are more likely to be beset by health set-backs (and crises), life problems and appointments that disrupt attendance.

- A significant increase in supported sign-ups, those with more complex difficulties accompanied by a support worker or family member.
- Self-referrals are tending to opt for Saturday sessions over mid-week ones fearing the current economic environment and 'not coping' at work now may put their job at risk.
- Zero hours contract workers are needing more flexibility to dip into other sessions.
- Unemployed people dealing with anxiety and depression are unable to contemplate the travel costs associated with joining support sessions.

"I WASN'T SURE IF I COULD COPE IN A CROWD. THE GROUP WAS SMALL AND EVERYONE VERY FRIENDLY. I COULD WORK ALONE OR WITH ANOTHER PERSON. THERE WAS NO PRESSURE."

- Social prescribers report that the cost-of-living crisis means people are needing to prioritise social support (debt, housing probs) over wellbeing in the first instance, when support in tandem is essential.
- More young people are approaching us at the end of college/university, generally looking for direction, living at home and facing an uncertain future.
- Our regulars are needing us more – not only are they attending more often, but they are also requiring more befriending support to help manage difficulties (financial problems, relationship breakdowns, bereavements, concerns for their children).

OUR ADAPTIVE APPROACH

Our person-centred approach means meeting these challenges head on.

- Offering people more flexibility to join different sessions in the week and incorporate the same self-care teaching into whichever part of the programme they can access. Supported by our MindFood at Home

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series of wellbeing emails summarising helpful self-care techniques by theme and consolidating learning, helping to mitigate any interruption to visits.

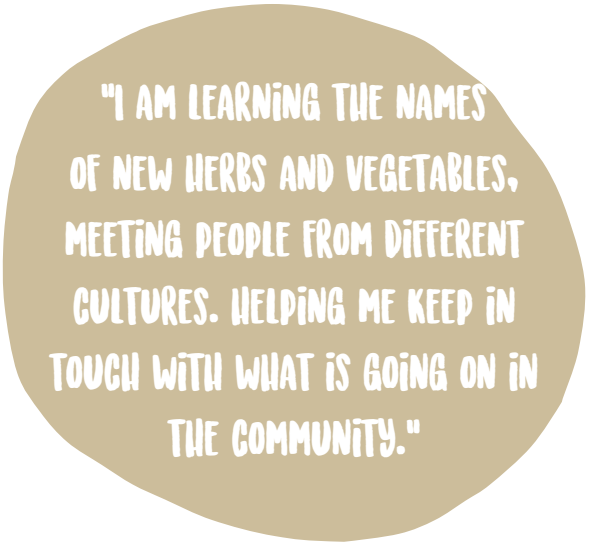
- Working closely with MINT (West London NHS Trust's Mental Health Integrated Network Team) and other local support organisations (e.g... Cape, Befriend, Family Lives) so people with complex difficulties can attend sessions run by leaders with the most mental health experience.
- Meeting with more health professionals for advice around training and support, welcoming them to our sites for first-hand experience of what we do.
- Building a more comprehensive offer and engaging people longer, e.g. our dedicated men's group is actually translating into more male sign-ups for Growing Wellbeing, and our Naturally Creative art sessions funded by West London NHS Trust have strengthened our connections with mental health professionals.

STRATEGIC ACTIVITY

- Moving onto a cloud-based Constituent Relationship Management (CRM) Database to improve contact management and GDPR. To improve reporting, monitoring, and evaluation. Reducing the time spent on admin and compliance. Providing detailed impact insights to help us shape the future of MindFood.
- Redesigned the website to better serve our visitors. To boost revenue, lower bounce rates, and increase traffic, generating more referrals, and adding functionality to improve user experience overall.
- Formalised our Mission, Vision and Values and developed our first Theory of Change strategy. Building the foundations to develop our strategic and operational plans supported by a Fundraising Strategy.
- Employing specialist charity accountancy services of Mercer and Hole with considerable experience in advising not-for-profit organisations.

ENVIRONMENTAL IMPACT

- Connecting people with nature is the first step towards climate action. If you don't see it, or appreciate its value, it is unlikely that you will care for it enough to make a difference. We teach organic food-growing and sustainability in a gentle and informal way that engages people enough to make a meaningful change to their lives. Appreciating where their food comes from, the importance of eating seasonally and locally, simply by tasting vegetables at their freshest. It becomes a talking point at home, with family and friends.



- People and the planet are our priority. We grow to share, giving away plants to participants, primary and SEND schools and local community groups. Promoting food growing and teaching the value of home-grown produce.
- MindFood has no office or associated energy consumption, and we keep printing to a minimum.
- We link in with local council initiatives that promote climate and food action (Act for Ealing, Ealing Food partnership).

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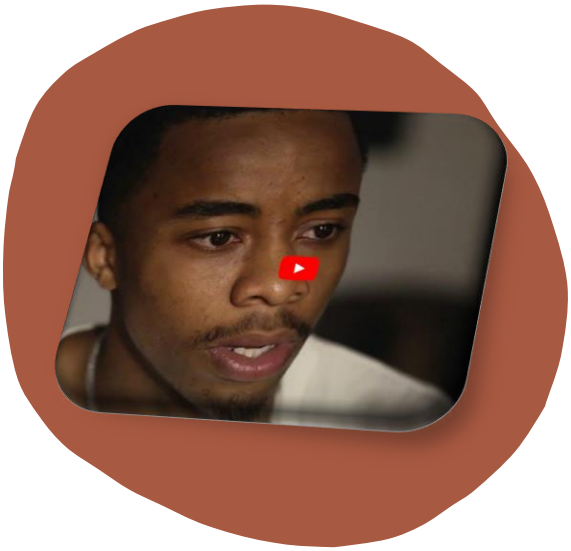
SUMMARY OF ACHIEVEMENTS DURING THE YEAR

Over the last year we have continued to provide direct contact mental health support.

- Improved the Cleveley site with 18 new raised beds. Allowing us to improve the accessibility of our site, enabling participants to work at standing height.
- Developed a fully digital offering MindFood at Home. Providing online support and access to help for anyone who needs it. Offering free plants for people to grow at home.
- Extended reach of Growing Wellbeing sessions. Supporting on-site sessions with zoom, weekly emails, links to mindfulness exercises and growing videos.
- Launched a short film with the Media Trust and City Bridge Trust, illustrating our gentle approach to mental health self-care in nature. Held a small viewing for MindFood regulars at Cleveley Crescent on Brew Monday/Blue Monday. This film is a key marketing tool to help connect with more young people with nature and improve their mental health with over 5000 views on youtube https://smileycharityfilmawards.com/videos/bud.



- Finalised a Theory of Change to help us formalise the future strategic direction of the organisation.
- Delivered sessions six days per week, 1,410 session attends, and 3,525 hours of guided self-care.
- Introduced two new sessions (Naturally Creative and Building Wellbeing) supporting self-expression and piloted 2 off-site collaborations.
- Employed four new part-time staff, all experts by experience, and former MindFood participants.
- Supported on average 32 people a week onsite for 52 weeks of the year, supported with onsite sessions.
- Approximately 119 with additional support via phone, whatsapp, zoom and texts.
- 208 new referrals, with a marked increase in those from health professionals.
- 120 new starters at midweek sessions, and a further 25 new starters at Saturday sessions.

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REACHING OUT

- Our Grow Some Share Some programme of seed-sowing allowed us to give away young veg plants to 25 local Primary, SEND and Summer Schools. We estimate that we helped around 2000 primary school children to get food-growing.
- We developed a stronger referral network with MINT mental health teams and social prescribers, as well community support groups e.g. Befriend, Family Lives.
- Held open days for Samaritan's Brew Monday in January, Mental Health Awareness Week and World Mental Health Day.
- Hosted Umeed, supporting people with isolation as a result of debilitating physical or mental health conditions.
- Ran sessions at Chiswick House for the Masbro Elders group, and Deaf Women in Ealing (learning the 5 Ways to Wellbeing in BSL along the way).
- Donated around 100 plants to help start the Ubele's Black Rootz garden in Haringey. (Our Saturday session leader Pauline Shakespeare coordinates Ubele's Rootz into Food Growing programme)

- We supported the Ealing Allotments Partnership with plants for their veg plot at RHS Hampton Court in July. (Founder & Patron Ciaran Biggins helping with the set-up)
- We were promoted by Random House Vintage Books with a reel on instagram. They also generously donated books to our lending library, which helps participants learn more about diversity and inclusion.
- We worked with Heard Good Things on a new creative piece to encapsulate the benefits of coming to MindFood, for launch during Mental Health Awareness Week 2023.
- We hosted our first Art Exhibition as part of Ealing's BEAT, as part of our new Naturally Creative initiative
- 1525 instagram profile visits (up 132.5% on the year), and a reach of 10,675 over the last year (up 136%) 846 facebook visits (up 235.7%), with a reach of 30,599 views this year (up 25.9%), our Newsletter reaches 1,500 people who have had access to our MindFood at Home Growing Wellbeing course.

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OUR IMPACT

As a result of coming to MindFood and completing a course we know that participants agreed or strongly agreed that:

INCREASED ACTIVITY AND GREATER INDEPENDENCE:

- 100% feel a closer connection to nature.
- 98% feel a closer connection to their local community.
- 91% agreed or strongly agreed that they are more active.
- 89% feel a stronger sense of purpose.
- 48% more likely to try volunteering.

"HELPS ME WITH DEPRESSION AS A WIDOW, LIVING ALONE IT GAVE SOME WHERE TO GO MEET PEOPLE, NEW FRIENDS. TO CONNECT WITH NATURE."

REDUCED SOCIAL ISOLATION:

- 93% agreed or strongly agreed that they are feeling less isolated.

INCREASED HEALTH AND WELLBEING:

- 92% feel calmer.
- 92% feel better able to manage their wellbeing.
- 89% feel happier.
- 83% eat more healthily.
- 70% feel fitter.
- 48% sleep better.

"IT'S A SPECIAL PLACE FOR ME AWAY FROM THE NOISE OF LIFE AND GETS ME OUT OF MY HOME. I HIGHLY RECOMMEND MINDFOOD TO ANYONE STRUGGLING."

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FINANCIAL SUMMARY

2021/2022 has been a successful year for MindFood despite the remaining challenges of COVID-19. We have maintained ongoing relationships with long term funders and have been successful in obtaining grants from funders new to MindFood. We have developed our partnership model of delivery, working with others to submit joint funding bids and jointly deliver programs to participants. Our strategic planning remains focused on building financial security by seeking longer term funds which can help us develop our business infrastructure as well as continuing to deliver our program to as many participants as possible free of charge.

RESERVES POLICY

The term 'reserves' is used to describe that part of MindFood's funds that is freely available for its operating purposes and not subject to commitments or planned expenditure. Reserves do not include restricted funds nor designated funds.

The reserves that MindFood will set aside will be to provide financial continuity in the event that an anticipated source of income is lost or delayed and our initial policy will be to keep reserves sufficient to meet three months' operating costs, including staff salaries. The trustees will review this policy annually to ensure that it remains both adequate and achievable.

FUNDING: MAIN SOURCE OF FUNDS

The past year MindFood has received grants and donations from many partners including statutory, trusts and foundations, corporates and individuals. We would like to give special thanks to everyone who has chosen to support us over the past year and beyond, with a special mention to:

- **Ealing Council** continue to support our Growing Wellbeing and Sustainable Wellbeing courses, ensuring that we can continue offering much needed support (£25,400).
- **Ealing Council in partnership with the West London Trust** via the Mental Health Grants Programme our new Naturally Creative programme (£9,425)
- **IKEA UK and The National Lottery Community Fund** (£4,815)
- **The D'Oyly Carte Charitable Trust** supporting our Grow Some, Share Some ecotherapy sessions (£4,000)
- **The London Community Foundation and GVC Ladbrokes** our Building Wellbeing group (£9,990).
- **City Bridge Trust** the first year of a three year grant funding our Grow Some, Share Some sessions (£5,833 in 2021/2022).
- **Pathways** the Local Housing Association who have generously funded us many times over the years (£4,997).
- **Independent Age** to support our older participants (£6,000)
- **The Co-operative** continue to support us through their Local Community fund. Our profile link is here: https://membership.coop.co.uk/causes/62922

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GOVERNANCE

MindFood has a 16-page Constitution and is a Charitable Incorporated Organisation whose only voting members are its charity trustees.

Trustees served during the year and since the year end are:

- James Abery appointed 4th October 2019
- Dr Shabnam Berry-Khan appointed 4th October 2019
- Yvonne Biggins appointed 4th October 2019, resigned 22nd March 2023
- Paul Carter appointed 4th October 2019
- Rev Nicholas Jones (Chair) appointed 4th October 2019, resigned 21st December 2022
- A. Al Madami appointed 28th April 2023
- M. Holmes appointed 28th April 2023
- S.J. Macallister appointed 4th May 2023
- A. Pongrac appointed 19th June 2023

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Trustees were recruited based on the need to have a diverse range of skills on the board covering finance, clinical governance, marketing, community development and business management.

Under the Articles of Association, the Board of Trustees consists of at least three and not more than fifteen individuals. Apart from the first charity trustees, every trustee must be appointed for a term of up to three years by a resolution passed at a properly convened meeting of the charity trustees.

Short biographies of all the Trustees are on our website https://www.mindfood.org.uk/our-team

TRUSTEE BENEFIT

Trustees of the Charity do not receive any benefits from their position.

Trustees are entitled to reclaim travel and other reasonable expenses incurred in their duties. No Trustees made a claim in the 2020/21 period. The charity pays for trustee indemnity insurance.

TRUSTEE INDUCTION AND ON-GOING TRAINING

Recruitment and induction procedures for new Trustees are the responsibility of the Chair of Trustees. All Trustees are provided with a detailed role description and given informal guidance and support regarding their role from the Chair. All new Trustees receive a copy of the NCVO Good Trustee Guide. Trustees are encouraged to attend training to help them in their roles.

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TRUSTEES' RESPONSIBILITIES

The Trustees are responsible for the strategic direction of the Charity, setting its aims and monitoring progress towards these. Day to day management is delegated to the Programme Director, Finance Director and Development Director.

Trustees take on specific responsibilities related to their skills and experience e.g. Shabnam Berry-Khan is our Clinical lead and James Abery is our Finance lead, and they meet regularly with the relevant Director.

TRUSTEES' MEETINGS

The Board of Trustees meet once every three months, and the directors attend each meeting to present their reports.

Policies adopted by the CIO, reviewed annually:

- Health and Safety Policy - inc Site Risk Assessments, Covid Safety, Staff Policy
- Safeguarding
- Suicide Prevention
- Equality and Diversity (with an additional focus on Anti Racism)
- Boundaries
- Complaints
- Lone Working
- Pay
- Food Hygiene
- GDPR

MINDFOOD CIO

England & Wales - Charity number 1185639

Accounts

TRUSTEES ANNUAL REPORT

THE TRUSTEES PRESENT THEIR REPORT FOR THE 12-MONTH PERIOD ENDED 31ST OCTOBER 2021.

MindFood CIO, 6 Claygate Road, Ealing W13 6XG

Charity Registration No. 1185639

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CHARITY REFERENCE AND ADMINISTRATIVE DETAILS

Charity registration number	1185639
Company registration number	CE019078
Trustees	N. G. Jones (Chair) P. Carter Y. P. Biggins S. N. Berry-Khan J. E. Abery
Registered office	6 Claygate Road London England W13 9XG
Independent examiner	Alexander Bell FCA Mercer & Hole Trinity Court Church Street Rickmansworth WD3 1RT

The Trustees present their report and the financial statements of the charity for the year ended 31 October 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements of the charity.

TRUSTEES' RESPONSIBILITIES

The trustees 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). The law applicable to charities in England & Wales 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 charity and of the incoming resources and application of resources of the charity for that period.
In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- 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 presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

.....
N. G. Jones (Chair)
REGISTERED OFFICE
6 Claygate Road
London, England
W13 9XG

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report to the charity trustees on my examination on the accounts of the charity for the year ended 31 October 2021 which are set out on pages 1 to 13.

RESPONSIBILITIES AND BASIS OF REPORT

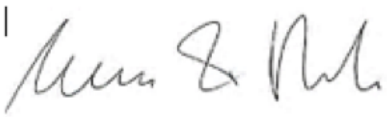
As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act'). I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

INDEPENDENT EXAMINER'S STATEMENT

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 charity as required by section 130 of the Act;
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

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.



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Alexander Bell FCA
Mercer & Hole
Chartered
Accountants Trinity
Court
Church Street
Rickmansworth
WD3 1RT

25 August 2022

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 October 2021

INCOME	Notes	Unrestricted	Designated	Restricted	Total	13 month ended 31.10.2020 Total
Sales	5	520	-	-	520	-
Grants	4	1,500	-	66,875	68,375	44,800
Donations	4	4,340	-	-	4,340	11,095
Other income	5	3,092	-	-	3,092	2,411
Transfer in	-	-	-	-		8,628
TOTAL INCOME		9,452	-	66,875	76,327	66,934
EXPENDITURE						
Costs of delivery						
Equipment		164	-	1,987	2,151	1,823
Ancillary		777	-	831	1,608	-
Wages		1,683	-	41,522	43,205	33,360
Charitable activities						
Postage and stationery		308	-	-	308	-
Rent and insurance		545	-	367	912	625
Computer software and subscriptions		384	-	-	384	680
Accountancy fees		5,050	-	-	5,050	1,424
Professional fees		1,894	-	-	1,894	2,340
Telecommunications		187			187	671
Employee wages		544	-	6,500	7,044	8,622
Social security costs		117	-	150	267	-
Staff pension costs		698	-	700	1,398	2,925
Recruitment and subsistence costs		356	-	356	99	
Other						
Depreciation		400	-	-	400	400
Bank charges		72	-	-	72	7
TOTAL EXPENDITURE		13,179	-	52,057	65,236	52,976
Net income/(expenditure)		(3,727)	-	14,818	11,091	13,958
Transfers between funds		(66)	-	66	-	-
Net movement in funds		(3,793)	-	14,884	11,091	13,958
Reconciliation of funds						
Total funds brought forward		11,669	-	2,289	13,958	-
Total funds carried forward		7,876	-	17,173	25,049	13,958

A breakdown of the year ended 31 October 2020 figures can be found in note 13.

The notes on pages 7-13 form part of these accounts.

BALANCE SHEET

As at 31 October 2021

	Notes		31.10.2021		31.10.2020
FIXED ASSETS					
Tangible fixed assets	7		1,200		1,600
CURRENT ASSETS					
Debtors and prepayments	8	2,207		9,308	
Petty Cash and Cash at bank		32,354		16,960	
Creditors due within one year	9	(10,712)		(13,910)	
Net Current Assets			23,849		12,358
TOTAL ASSETS LESS LIABILITIES			£25,049		£13,958
CHARITY FUNDS	10				
Unrestricted General Account			7,876		11,669
Restricted Funds			17,173		2,289
TOTAL CHARITY FUNDS	11		£25,049		£13,958

The financial statements were approved and signed by the trustees and authorised for issue on 25 August 2022

.....

N. G. Jones Chair

Company Number: CE019078
Charity Number: 1185639

The notes on pages 7-13 form part of these accounts.

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 October 2021

1. ACCOUNTING POLICIES

    a. General information and basis of preparation

    Mindfood CIO is a Charitable Incorporated Organisation in England and Wales. The address of the registered office is given in the charity information on page 3 of these financial statements. The nature of the charity's operations and principal activities are detailed within trustees annual report.

    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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, 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 £.

    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. Reporting period

The comparative period was for 13 months to 31 October 2020 and therefore the results of the two accounting periods are not comparable.

    c. Funds

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.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes.

    c. Income recognition

All income is 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 (FRS 102).

Where practicable, gifts in kind donated for distribution to the beneficiaries of the charity are included in stock and donations in the financial statements upon receipt. If it is impracticable to assess the fair value at receipt or if the costs to undertake such a valuation outweigh any benefits, then the fair value is recognised as a component of donations when it is distributed and an equivalent amount recognised as charitable expenditure.

Gifts in kind donated for resale are included at fair value, being the expected proceeds from sale less the expected costs of sale. Where estimating the fair value is practicable upon receipt it is recognised in stock and 'Income from other trading activities'. Upon sale, the value of the stock is charged against 'Income from other trading activities' and the proceeds are recognised as 'Income from other trading activities'. Where it is impracticable to fair value the items due to the volume of low value items they are not recognised in the financial statements until they are sold. This income is recognised within 'Income from other trading activities'.

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.

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.

Investment income is earned through holding assets for investment purposes such as shares and property. It includes dividends, interest and rent. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. 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.

e. Expenditure recognition

All expenditure is accounted for on an accruals basis and has been classified under 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 headings:

- Costs of raising funds;
- Expenditure on charitable activities; and
- 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.

f. 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 and governance costs. They are incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters. 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.

g. Tangible fixed assets

Tangible fixed assets are stated at cost less accumulated depreciation and accumulated impairment losses. Cost includes costs directly attributable to making the asset capable of operating as intended.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Equipment, fixtures and fittings	20% straight line

h. Debtors and creditors receivable/payable within one year

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

i. Impairment

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss.

j. Conversion to FRS102

The previous year's financial statements were not presented in accordance with Charities Statement of Recommended Practice 2019 (FRS102) and these accounts have been converted to be presented on this basis. The 2020 accounts were previously presented on a receipts and payments basis.

2. INDEPENDENT EXAMINER'S REMUNERATION

The independent examiners remuneration amounts to an independent examination fee of £3,000 (2020: £1,424) inclusive of accounts preparation.

3. TRUSTEES' AND KEY MANAGEMENT PERSONNEL REMUNERATION AND EXPENSES

The trustees neither received nor waived any remuneration during the year (2020: £nil), in their capacity as trustees.

4. VOLUNTARY INCOME

	Unrestricted	Restricted	31.10.2021	31.10.2020
Grants	1,500	66,875	68,375	44,800
Donations and legacies	4,340	-	4,340	11,095
	5,840	**66,875**	**72,715**	**55,895**

5. OTHER INCOME

	Unrestricted	Restricted	31.10.2021	31.10.2020
Sales	520	-	520	-
Coronavirus job retention scheme grant	3,092	-	3,092	2,411
	3,612	-	**3,612**	**2,411**

6. EMPLOYEES

Number of employees	31.10.2021 Number	31.10.2020 Number
Average monthly number of employees	5	5

Employee costs	31.10.2021	31.10.2020
Wages	50,244	41,982
Social security	267	-
Pension	1,398	2,925
	51,909	**44,907**

No employee earned £60,000 or more.

7. TANGIBLE FIXED ASSETS

	Equipment, fixtures and fittings	Total
Cost		
At 1st November 2020	2,000	2,000
Additions	-	-
Disposals	-	-
At 31 October 2021	**2,000**	**2,000**
Depreciation		
At 1st November 2020	400	400
Charge for the year	400	400
Disposals	-	-
At 31 October 2021	**800**	**800**
Net book Value		
At 31 October 2021	1,200	1,200
At 31 October 2020	1,600	1,600

8. DEBTORS

	31.10.2021	31.10.2020
Accrued income	2,117	9,308
Prepayments	90	-
	2,207	**9,308**

9. CREDITORS

	31.10.2021	31.10.2020
Trade Creditors	1,786	-
Deferred Income	4,811	13,440
Accruals	3,333	267
Other Creditors	782	203
	10,712	**13,910**

10. FUNDS RECONCILIATION

Current Year Funds Reconciliation

	Balance at 1 November 2020	Income	Expenditure	Transfers	Balance at 31 October 2021
	£	£	£	£	£
Restricted					
Neighbourly Care	-	25,233	(22,937)	-	2,296
Other funds	2,289	41,642	(29,120)	66	14,877
	2,289	66,875	(52,057)	66	17,173
Designated	-	-	-	-	-
Unrestricted	11,669	9,452	(13,179)	(66)	7,876
	13,958	**76,327**	**(65,236)**	**-**	**25,049**

Prior Year Comparison

	Balance at 1 November 2019	Income	Expenditure	Transfers	Balance at 31 October 2020
	£	£	£	£	£
Restricted Crowdfunding July 2020	-	2,289	-	-	2,289
Unrestricted	8,628	56,017	(52,976)	-	11,669
	8,628	**58,306**	**(52,976)**	**-**	**13,958**

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

Current Year Analysis of Net Assets

	General unrestricted	Designated funds	Restricted funds	Total
Tangible fixed assets	1,200	-	-	1,200
Current assets	6,676	-	17,173	23,849
	7,876	-	17,173	25,049

Prior Year Comparison

	General unrestricted	Designated funds	Restricted funds	Total
Tangible fixed assets	1,600	-	-	1,600
Current assets	10,069	-	2,289	12,308
	11,619	-	2,289	13,908

12. RELATED PARTY TRANSACTIONS

There were no other related party transactions in the year or in the prior year.

13. ANALYSIS OF FUNDS YEAR ENDED 2020

	Unrestricted	Designated	Restricted	Total
INCOME				
Grants	44,800	-	-	44,800
Other income	2,411	-	-	2,411
Donations	8,806	-	2,289	11,095
TOTAL INCOME	56,017		2,289	58,306
EXPENDITURE				
Costs of delivery				
Equipment	1,823		-	1,823
Wages	33,360		-	33,360
Charitable activities				
Postage and stationery	-	-	-	-
Rent and insurance	625	-	-	625
Computer software and subscriptions	680	-	-	680
Accountancy fees	1,424	-	-	1,424
Professional fees	2,340	-	-	2,340
Telecommunications	671	-	-	671
Employee wages	8,622	-	-	8,622
Staff pension costs	2,925	-	-	2,925
Recruitment and subsistence costs	99	-	-	99
Other				
Depreciation and assets written off	400	-	-	400
Bank charges	7	-	-	7
TOTAL EXPENDITURE	52,976	-	-	52,976
Net income/(expenditure)	3,041	-	2,289	5,330
Net movement in funds	3,041	-	2,289	5,330
Reconciliation of funds				
Total funds brought forward	8,628	-	-	8,628
Total funds carried forward	11,669	-	2,289	13,958

CHAIR'S REVIEW

"In a year still dominated by the pandemic, MindFood has responded significantly to the challenges, continuing to support people by adapting our engagement model with online delivery of 'Mindfood at Home', alongside enlarged use of social media together with more traditionally based communication for those who are digitally challenged. We embraced the best of the new practices into our post-pandemic structure with a blended approach comprising on-site, virtual, and mobile delivery. This has been the basis for strategic work building for growth going forwards, from a sound financial basis.

We are delighted that our trail-blazing work has been recognised both with our Sustainable Cities Award and by referring agencies, in particular the social prescribing service. Mindfood's imaginative and targeted range of courses is staffed by a strong delivery team who are all, together with board members, 'experts by experience.' Through these and our developing partnerships, we reach a wide range of West London's diverse population with our anti-racism journey as a core aspect of this. Our engagement with younger people has been significantly strengthened through our Grow Some Share Some school programme together with our partnership with Artification. Thanks to a dedicated and skilled staff team and board, Mindfood is well-placed to play a major role in responding to escalating Mental Health needs across West London and beyond in years to come." Nick Jones

BACKGROUND AND INCEPTION

MindFood is a mental health charity based in Ealing, founded as a CIC in October 2012 to support people struggling with depression, anxiety and other common mental health difficulties.

As MindFood established itself and developed a strong reputation within the Borough, the Trustees took the view that the organisation would benefit from having formal charitable status. As a CIC it was restricted in terms of eligibility to secure funding from a range of Trusts and Foundations and through Corporate Support. It also received feedback that individual donors often preferred to donate to a registered charity rather than to a CIC. Finally, as a charity, the organisation would be able to claim Gift Aid on all qualifying donations. An application was made to the Charity Commission to convert from a CIC to a Charitable Incorporated Organisation (CIO) and MindFood CIO was formally registered as such on 4th October 2019.

OUR VISION
BETTER MENTAL HEALTH IS ACCESSIBLE FOR ALL

OUR MISSION
IMPROVING WELLBEING BY CONNECTING WITH NATURE

OUR VALUES
PERSON CENTRED AND NATURE FOCUSED

OBJECTIVES AND ACTIVITIES

MindFood's objective is the preservation and protection of good health among persons who are suffering from mental ill health, disability, or emotional disorder of any description or who are in need of rehabilitation as a result of such an illness, or who want to prevent the occurrence or reoccurrence of the same – in each case, by the provision of therapeutic gardening and horticulture and related nature-based activities.

ACTIVITY OVERVIEW

We run food growing courses and other nature-based activities to help people tackle stress, depression, anxiety and isolation by reconnecting them with nature, using the natural environment to teach evidence based mental health self-care techniques like mindfulness. All courses are free, so we can help those most in need.

PUBLIC BENEFIT STATEMENT

The Trustees understand and have complied with their duty to have due regard to the Charity Commission's Public Benefit guidance and are confident that the aims and objectives of MindFood CIO satisfy the public benefit requirement. Further details of how this is achieved are set out in this report.

IMPACTS

INCREASED KNOWLEDGE AND UNDERSTANDING OF HOW TO PROTECT AND MAINTAIN MENTAL HEALTH

INDIVIDUAL NEEDS ARE MET THROUGH ADAPTIVE PROGRAMMES AND ONGOING SUPPORT

Our positive impact despite the pandemic is demonstrated in participant feedback:

- 100% feel a closer connection to nature
- 100% feel a closer connection to their local community
- 97% agreed or strongly agreed that they are feeling less isolated
- 94% feel better able to manage their wellbeing
- 91% feel a stronger sense of purpose
- 91% agreed or strongly agreed that they are more active
- 91% feel calmer
- 88% feel happier
- 72% eat more healthily
- 63% feel fitter
- 49% sleep better
- 48% more likely to try volunteering

"PLACES LIKE MINDFOOD ARE INVALUABLE, IT WOULD BE WONDERFUL IF MORE PEOPLE HAD THE OPPORTUNITY TO ACCESS THEM" - AGE 53

Impact of Covid-19

Governance and day-to-day working

MindFood's Trustees and Directors continued to work throughout the pandemic by use of video conferencing. Trustees meetings were more frequent than usual during the lockdowns in order to ensure good governance, safe working practices and a positive response to the new challenges posed by Covid-19.

Delivery methods were adapted to comply with Government restrictions, to maintain staff and volunteer safety and to meet the new needs arising because of the pandemic. MindFood were the only organisation in Ealing able to offer face-to-face support for mental health difficulties through the Winter months.

Effect of the pandemic on the MindFood family

We found that the Winter lockdown (January – March) affected most people more severely than the first. Many of our current members were 'running on empty' and needed additional support (befriending calls, signposting support, help with social care etc). Several past participants also returned to us after a couple of years away. Increasing the demand for our services.

"The loneliness was unbearable, but it took me many weeks to find the energy to go to my first session"

Previous experience helped us to meet new challenges, as our participants balanced wanting to join us on site again with anxieties around leaving the house and using public transport.

New starters had much lower Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) scores than we would traditionally encounter, 25-30 as opposed to 30-35 (maximum score of 70). Higher scores reflect higher levels of mental well-being.

Participants are finding life much harder than a couple of years ago, so each visit to MindFood is a bigger step to manage. With participant feedback we identified this as a key development area that we need to support more.

Social prescribing referrals were up, but initial uptake was more of a struggle for prospective participants, this required more personal and sustained support to persuade people to join us on site. Participants' attendance was further disrupted by family care commitments, school holidays, covid self-isolation, money difficulties (travel expenses), bereavement, hospital appointments, and waiting in for GP calls. Overall, despite a significant uplift in contacts via this route, they are typically taking longer to translate into course sign-ups, as cases of anxiety and depression tend to be more severe. We expect this situation to continue for some time and aim to increase the befriending aspect of our activities in the future.

ACHIEVEMENTS AND PERFORMANCE

ACTIVITY SUMMARY

For more detail regarding MindFood's Team and Courses see **Appendices 1 and 2**

- Delivered courses and other nature-related activities without interruption throughout the year.
- Adapted delivery, supporting participants through successive Lockdowns, transferring sessions online and emailing MindFood at Home video follow-ups.
- Hosted zoom meet-ups for new starters and regulars, tackling isolation and helping people stay connected with nature and each other through Lockdown and beyond.
- Developed a befriending service to stay connected with referrals unable to join us on site.
- Explored creativity through Winter wreath-making, developing the Art and Nature opportunity further.
- Started a Winter months grow-from-home project delivering food-growing kits to participants, to support local primary schools with plants for their vegetable gardens in the Summer term.
- Dedicated more focus to local Black, Asian and Ethnic Minority-led groups through our Grow Social programme, and created bespoke programmes to meet their specific needs.
- Teamed up with local Cookery School Nourished Minds for free monthly online 'cook-alongs'.
- Held Makeover Monday sessions, funded by Co-Op replacing raised beds, building a pergola for our vines. Increasing a sense of purpose and pride for those who have been with MindFood for some time.
- Improved accessibility by installing 18 new standing-height raised beds, donated by Selfridges.
- Continued with outreach activities both in person and online. Including Apple Day at Horsenden Farm attended by around 1000 people, MindFood participants ran our stall.

STRATEGIC ACTIVITY

- Held 'Future of MindFood' workshop, building on co-production work with participants and team members, and external landscape analysis by the management team and trustees.
- Agreed priorities focusing on the foundations and structure required for growth.
- Committed to an antiracism journey demonstrating our on-going celebration of different cultures and backgrounds. Influencing our strategic planning, training and development and programmes.
- Started a small lending library so staff and participants can develop their learning around racism and inequality and understand British history from other cultural perspectives.
- Cemented MindFood's standing in the Borough by building stronger community connections, participating in Social Prescribing events, workshops, Ealing Council's Future Ealing, Do Something Good and Climate Action projects.
- Made a film with the help of the Media Trust and City Bridge to promote nature connection to a younger audience. The 3 minute film (launched 2021) has become a key marketing tool.

SUMMARY OF ACHIEVEMENTS THIS YEAR:

- 295 people supported directly through in-person and online courses, and group visits.
- 131 new course starters through the year, surpassing annual target by 55%
- 44 new sign-ups for MindFood support averaged per quarter
- 117 MindFooders in regular contact via phone, whatsapp, zoom, text
- MindFood helped approximately 2000 primary school children to get food-growing through our Grow Some Share Some plants-for-schools giveaway.
- 70% self referrals, hearing about us via word of mouth, from a friend or family member, or through recommendation by a health professional. This demonstrates how successful MindFood has been over the last year in embedding itself within the local community.
- Developed a stronger referral network with social prescribers, health professionals, IAPT therapists, Mind and Each support workers. Overall, there was a significant uplift in contacts via this route, although these typically took longer to translate into course sign-ups, as cases of anxiety and depression tended to be more severe.
- Increased EIS referrals (Early Intervention Service), accompanied by a family member or support worker.

"I LED A SEDENTARY LIFE UNTIL MY GP RECOMMENDED MINDFOOD. NOW I HAVE A MINDFUL PURPOSE PLUS HEALTHY EXERCISE."
- AGE 70

- Shaped local policy and services as a key member of Ealing's Social Prescribers Special Interest group.
- Social media: 7k reach on facebook, 1k on Twitter, and Instagram following increased to over 600 (20% uplift), key to younger audience and promoting diversity and inclusion.
- Increased newsletter readership to over 350, accessible via our website.
- Initiated projects with Artification and Chiswick House, to explore the use of other garden premises to support groups as 'guest hosts', preparing the way for franchising opportunities in the future.

PEER RECOGNITION FOR OUR APPROACH TO SUSTAINABILITY

In May 2021 MindFood were delighted to be recognised for our work as part of the Global Action Plan's Sustainable Cities Awards, receiving a commendation as a Trailblazing Voluntary Sector/Community Organisation.

FINANCIAL SUMMARY

2020/2021 has been a successful year for MindFood despite the ongoing challenges of COVID-19. We have maintained ongoing relationships with long term funders and have been successful in obtaining grants from funders new to MindFood. We have developed our partnership model of delivery, working with others to submit joint funding bids and jointly deliver programs to participants. Our strategic planning is now focusing on building financial security by seeking longer term funds which can help us develop our business infrastructure as well as continuing to deliver our program to as many participants as possible free of charge.

RESERVES POLICY

The term 'reserves' is used to describe that part of MindFood's funds that is freely available for its operating purposes and not subject to commitments or planned expenditure. Reserves do not include restricted funds. The reserves that MindFood will set aside will be to provide financial continuity in the event that an anticipated source of income is lost or delayed and our initial policy will be to keep reserves sufficient to meet three months' operating costs, including staff salaries (approximately £16,500). As we are a new organisation the trustees will review this policy quarterly to ensure that it remains both adequate and achievable.

FUNDING: MAIN SOURCE OF FUNDS AND HOW THESE ARE SPENT

The past year MindFood has received grants and donations from many partners including statutory, trusts and foundations, corporates and individuals. We would like to give special thanks to everyone who has chosen to support us over the past year and beyond, with a special mention to:

- **Ealing Council** continue to support our Growing Wellbeing and Sustainable Wellbeing courses, previously funded within a consortium by the now-defunct Neighbourly Care. Ensuring that we can continue offering much needed support (£25,233).
- **The National Lottery Covid Response** who helped to fund our MindFood at Home programme at the beginning of the year as part of our Covid Response, and also contributed to the delivery of our Saturday sessions (£7,787)
- **London Community Response** for their generous support which helped us to further develop and expand our MindFood at home programme, including online session delivery, befriending and referral support (£9,325).
- **The National Lottery and the Department for Digital, Culture, Media and Sport London Community Response Fund (Local Connect)** for funding our Grow Social sessions (£2,484).
- **Pathways** the Local Housing Association who have generously funded us many times over the years (£4,153), for Plot to Plate sessions.
- **The Co-operative** for supporting us through their Local Community fund. Our profile link is here: https://membership.coop.co.uk/causes/62922. So far raising over £5k from their local stores and funeral care. Helping to support our Monday Makeover sessions

- **Lottery Awards for All** for Plot to Plate sessions (£9,965) and also in our partnership with local community project **Artification.** For funding a pilot programme called Acton Grow and Create focussed on supporting the 18-25's age group.
- **City Bridge Trust and Media Trust** for giving us a professional film crew, directed by Bafta-winning director Claire Norowzian, to make our fantastic short film 'Bud'.
- **Chiswick House and Gardens** for their continued support, especially for inviting us to pilot a six-week Growing Wellbeing course in November 2021 with a view to running more courses there next year.
- **Sir Jeremiah Colman Trust** for their long-term ongoing support, ensuring that we can offer support to those most in need now, and in the future (£1,500).
- **St Paul's church in Northfields** whose continued support has made a real difference enabling us to support more people suffering with their mental health (£1,000).
- **Virgin Media 02** for helping to support our Naturally Creative online course, starting November 2021 (£1,000).
- **Selfridges** for their fabulous donation of 18 raised beds, ex-display in Oxford Street, and to **Angela Maynard** (author, columnist and Founder of Botany Shop, E5) for nominating us to receive them.

An extra special thanks to all the individuals who have chosen to support us with a donation this past year. It is thanks to you that we can continue to make a difference to those people who need our support most.

PLANS FOR 2021 2022

- Develop and expand our 'MindFood at Home' digital offer to ensure that we can support wellbeing through nature inspired activities whatever the restrictions
- Continue to deliver our range of evidence based nature and wellbeing courses from our sites at Cleveley Crescent and Horsenden Farm.
- Grow our mobile MindFood offer at other green spaces in West London following the successful courses run at Chiswick House
- Invest in both our growing sites with more accessible raised beds and paths so that more people with disabilities can access our provision
- To co-design and offer more nature-based courses that support mental health recovery, including art and creative courses to support self-expression
- Develop our strategic plans with participants, staff and trustees
- Strengthen the infrastructure of MindFood to ensure that we can expand our provision to the maximum number of participants efficiently and effectively, whilst ensuring that staff are fully supported and rewarded

"WHAT AN ENCHANTING, MAGICAL, HEALING AND HAPPY LITTLE HAVEN CLEVELEY CRESCENT IS!"
- AGE 54

GOVERNANCE

MindFood has a 16-page Constitution and is a Charitable Incorporated Organisation whose only voting members are its charity trustees.

Trustees served during the year are:

- James Abery appointed 4th October 2019
- Dr Shabnam Berry-Khan appointed 4th October 2019
- Yvonne Biggins appointed 4th October 2019
- Paul Carter appointed 4th October 2019
- Rev Nicholas Jones (Chair) appointed 4th October 2019

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Trustees were recruited based on the need to have a diverse range of skills on the board covering finance, clinical governance, marketing, community development and business management.

Under the Articles of Association, the Board of Trustees consists of at least three and not more than fifteen individuals. Apart from the first charity trustees, every trustee must be appointed for a term of up to three years by a resolution passed at a properly convened meeting of the charity trustees.

Short biographies of all the Trustees are on our website https://www.mindfood.org.uk/our-team

TRUSTEE BENEFIT

Trustees of the Charity do not receive any benefits from their position.

Trustees are entitled to reclaim travel and other reasonable expenses incurred in their duties. No Trustees made a claim in the 2020/21 period. The charity pays for trustee indemnity insurance.

TRUSTEE INDUCTION AND ON-GOING TRAINING

Recruitment and induction procedures for new Trustees are the responsibility of the Chair of Trustees. All Trustees are provided with a detailed role description and given informal guidance and support regarding their role from the Chair. All new Trustees receive a copy of the NCVO Good Trustee Guide. Trustees are encouraged to attend training to help them in their roles.

TRUSTEES' RESPONSIBILITIES

The Trustees are responsible for the strategic direction of the Charity, setting its aims and monitoring progress towards these. Day to day management is delegated to the Programme Director, Finance Director and Development Director.

Trustees take on specific responsibilities related to their skills and experience e.g. Shabnam Berry-Khan is our Clinical lead and James Abery is our Finance lead, and they meet regularly with the relevant Director.

TRUSTEES' MEETINGS

The Board of Trustees meet once every three months, and the directors attend each meeting to present their reports.

Policies adopted by the CIO, reviewed annually:

- Health and Safety Policy - inc Site Risk Assessments, Covid Safety, Staff Policy
- Safeguarding
- Suicide Prevention
- Equality and Diversity (with an additional focus on Anti Racism)
- Boundaries
- Complaints
- Lone Working
- Pay
- Food Hygiene
- GDPR

APPENDIX 1 - MINDFOOD TEAM

MANAGEMENT STAFF:

- Ciaran Biggins - Fundraising and Development Director

Co-founded MindFood and has been responsible for fundraising and financial management since inception in 2012. He rejoined us in December 2020 after taking a sabbatical year to train as a Horticulturist and start his own gardening business.

At the end of 2021 Ciaran Biggins steps down as Fundraising and Development Director to become MindFood's patron. We will be recruiting a new Fundraising Director to take his place. (Sarah Jones has since been recruited into this position, with a wealth of fundraising experience at Women's Aid, Tree Aid, and the Campaign for the Protection of Rural Wales)

- Sarah Hadland - Finance Director

Joined MindFood in April 2021 as a dedicated Finance Director now taking responsibility for these areas and budget management. Sarah Hadland settled quickly into this role – she is also Treasurer for the Friends of Horsenden Hill, who manage the Horsenden Farm site with Ealing Council.

- Lucy Clark - Programme Director

Joined MindFood in 2015 as a participant, then retrained in Social and Therapeutic Horticulture with Thrive and then worked for almost 3 years at Mind in Ealing. She has been employed as a Food and Wellbeing Grower since September 2017, taking on the role of Project Manager in Oct 2018, and then Programme Director in May 2019.

SESSION LEADERS AND VOLUNTEERS

All session leaders started as MindFood participants, making them 'experts by experience' in terms of managing common mental health difficulties. They are DBS checked and receive on-going training with regard to all MindFood's policies, including Safeguarding, Health and Safety and Equality, Diversity and Inclusion.

There are no volunteers as such: everyone starts as a course participant. MindFood operates an on-going growing programme, and people continue to garden with us after an initial 6-session course either to receive on-going support or to give back to the project. We make no distinction between these groups.

The team of 6 part-time employees equates to just 1.5 FTE per week, working a total of 55 hours each week on average to support MindFood's programme.

APPENDIX 2 - MINDFOOD COURSES AND OTHER ACTIVITIES

OUR SITES

Between November 2020 and Oct 2021 MindFood's activities took place at two growing sites: Cleveley Crescent Allotments near Hanger Lane, and Horsenden Farm in Perivale. With the support of Ealing Council. Sessions at Cleveley Crescent have run since early 2016, and Horsenden Farm since 2018. In periods of lockdown our programme transferred online.

OUR COURSES

Below is a summary of the courses delivered in 2020/2021. Our services were able to operate within the Covid guidelines right up until mid-December. With spiking virus cases, the decision was taken to offer services online through to the end of February. MindFood was permitted to continue in-person sessions but the Team felt strongly that participants should avoid public transport at the height of the pandemic.

Through March and April a reduced programme was delivered at the plot, so that sessions could run for those most in need - and especially for those who found themselves digitally isolated. A detailed Lockdown Exit Strategy was implemented to phase our return to both sites, agreed by the board. Full service resumed in May.

GROWING WELLBEING

Our 6-session 'foundation' course to help people tackle stress, depression and anxiety: teaching food-growing to reconnect people with nature, sharing evidence-based techniques like mindfulness to improve wellbeing. Outside of lockdown, we ran these 2.5 hour sessions 3 times a week. Within the Covid guidelines, these sessions continued through Lockdown 2 (November/December 2020), then we ran a mix of sessions in-person and online up through Lockdown 3 from the beginning of January until the end of April.

SUSTAINABLE WELLBEING

A follow-on course to Growing Wellbeing, designed to develop a sense of purpose and motivation, and offer practical ways to realise hopes, dreams and aspirations, with gentle wellbeing goal-setting. During lockdown we used this session to talk about nature and growing news. This group trialled ideas for windowsill growing e.g. mixed salads, chilli and tomato seedlings, and propagated succulents and houseplants, which we ended up sharing as part of our Grow Social project.

PLOT TO PLATE

General gardening sessions, with other people who've already completed the Growing Wellbeing course. The Plot to Plate programme is a flexible one, allowing participants to dip into sessions for a wellbeing top-up, or join us regularly to recover at their own pace. The extra time allows participants to forge new social connections and support networks over time.

MINDFOOD AT HOME

Through Lockdown 1 (March-May 2020), we piloted an approach to supporting people unable to join us on site: we called this 'MindFood at Home'. In April this activity was funded as part of The National Lottery's Community Response.

In January 2021 we were therefore quickly able to take our entire programme online again: running virtual Growing Wellbeing and Sustainable Wellbeing sessions; getting people growing seeds and young plants at home; sending email updates; posting regularly on social media posts; curating our MindFood Growing Wellbeing youtube channel to provide easy to follow playlists for mindfulness practice, 5 ways to wellbeing, and growing ideas.

As a result of the lockdowns our 'MindFood Massive' whatsapp group grew significantly and has become an informal cuttings and plants exchange, as well as keeping people feeling connected with MindFood and each other. The group's early birds are known as the 'dawn chorus', and other participants have found this to be a motivating start to their day.

Grow Social

We were also able to pilot a new programme called 'Grow Social', funded by the London Community Response Fund.

This project evolved into a programme (now known as Grow Some Share Some), which allowed us to share seedlings and young plants with 15 local primary schools and several community groups.

We also used this programme to reach out to local community groups: Acacia in Hounslow; Neighbourly Care, Golden Opportunities Skills and Development (GOSAD) and Southall Black Sisters in Ealing. We worked with them to tailor our support - we offered a mix of online sessions, visits to the plot, a trip to Kew, and helped kit out gardens and window sills with plants. We helped Acacia (a Somali support group) set up a veg garden of their own.

MINDFOOD CIO

England & Wales - Charity number 1185639

Accounts

TRUSTEES ANNUAL REPORT FOR THE PERIOD 4th OCTOBER 2019 to 31st OCTOBER 2020

Charity Name: MindFood CIO, 14 Cumberland Park, London W3 6SX
Charity Registration No. 1185639

The Trustees present their report for the 13 month period ended 31st October 2020.

BACKGROUND AND INCEPTION

MindFood Community Interest Company (CIC) was founded in October 2012 to support better mental wellbeing through running free food growing courses and in early 2019 the decision was taken by the directors to change its structure to become a CIO. This was because MindFood CIC was effectively delivering charitable services but without any of the advantages of being a charity. As a CIC we were restricted in terms of eligibility to secure funding from a range of different Trusts, Foundations and Corporate support. We also had feedback that individual donors felt more comfortable and inclined to donate to a registered charity rather than a CIC and we would also be able to claim gift aid on all donations.

We engaged with Devonshire's solicitors https://www.devonshires.com/about/ who are a highly respected and trusted law firm to process and support the conversion from a CIC to a CIO.

MindFood CIO was registered with the Charity Commission on 4th October 2019 with all assets transferred from the CIC to the CIO on that date.

OBJECTIVES AND ACTIVITIES

Charitable Objective

MindFood's objective is the preservation and protection of good health among persons who are suffering from mental ill health, disability or emotional disorder or any description or who are in need of rehabilitation as a result of such an illness, or who want to prevent the occurrence or reoccurrence of the same – in each case, by the provision of therapeutic gardening and horticulture and related nature based activities.

Activity Overview

MindFood is an Ealing based charity that supports people with depression, anxiety and stress to improve their wellbeing through gardening, mindfulness and horticulture. All courses are offered free of charge, so we can help those most in need.

Public benefit statement

The Trustees understand and have complied with their duty to have due regard to the Charity Commission's Public Benefit guidance and are confident that the aims and objectives

of MindFood CIO satisfy the public benefit requirement. Further details of how this is achieved are set out in this report.

Management, Staff and Volunteers
All staff from MindFood CIC were transferred across to MindFood CIO with no change to their contracts or pay. They have all been DBS checked.

Staff:

- Lucy Clark joined MindFood in 2016 as a participant, then volunteer. She retrained in Social & Therapeutic Horticulture with Thrive and has been employed as a Food & Wellbeing Grower since September 2017, taking on the role of Project Manager in Oct 2018, and then Programme Director in May 2019.
- Jane Newman was employed as interim Fundraising Manager on 1st November 2019
- Ciaran Biggins is a Co-founder of MindFood and has been responsible for fundraising and financial management since inception in 2012. He was employed as Development Director (went on a year sabbatical from December 19 until December 20)
- Pauline Shakespeare was employed as a Wellbeing and Food Grower on September 2017
- Camila Phelps was employed as a Wellbeing and Food Grower in November 2019
- Sarah Edwards was employed as programme support on September 2019

The Trustees acknowledge and are very grateful for the enormous contribution and professionalism of the staff, past and present, to the work of the Charity, not least adapting to a change of service delivery and working practices as a result of Covid-19. They also wish to record their appreciation to Jane Newman who was interim Fundraising Manager whilst Ciaran was on sabbatical and secured some vital funds for our response to the covid pandemic.

ACHIEVEMENTS AND PERFORMANCE

Activity Overview
MindFood is an Ealing based charity that supports people with depression, anxiety and stress to improve their wellbeing through gardening, mindfulness and horticulture. All courses are offered free of charge, so we can help those most in need.

Between October 2019 & Oct 2020 MindFood's activities took place at two growing sites: Cleveley Crescent Allotments near Hanger Lane, and Horsenden Farm in Perivale. Both sites were secured for use with the support of Ealing Council. We have been at Cleveley Crescent since early 2016, and were invited to grow at Horsenden Farm in Winter 2018. In periods of lockdown we transferred our programme online.

Below is a summary of the courses delivered in '19/'20 - we offered options at least 5 days a week, every week, except for 1 week in August and for 2 weeks over xmas, when we offered a reduced service. MindFood activities continued throughout lockdown.

Growing Wellbeing

- Free 6-session courses, 2.5 hours per week to help people tackle stress, depression and anxiety: teaching food-growing to reconnect people with nature, and sharing evidence-based techniques like mindfulness to improve wellbeing. Outside of lockdown, we ran these sessions 3 times a week.

Sustainable Wellbeing

- A 6-16 week course to Growing Wellbeing, designed to develop a sense of purpose & motivation, and offer practical ways to realise hopes, dreams and aspirations, with gentle wellbeing goal-setting which uses the GAS (Goal Attainment Scale) to help participants measure their own progress. Participants work as a team to develop the site, with activities like painting, carpentry and landscaping to try.

Plot to Plate

- These are general gardening sessions, with other people who've already done the Growing Wellbeing course. The Plot to Plate programme is a very flexible one, allowing participants to dip into sessions for a wellbeing top-up, or join us regularly to recover at their own pace. The extra time allows participants to forge new social connections and support networks over time.

Mindfulness in Nature

- This programme ran up to March ‘20: we explored different ways to be mindful in nature, centred around nature-based creativity. Sessions also include walks and guided meditation. The creative element was very popular and when the programme finished we explored other ways to be ‘Naturally Creative’ online and on site.

MindFood at Home

In April ‘20 we took our entire programme online, converting all of our Growing Wellbeing content into twice weekly videos, email updates, social media posts and the MindFood Growing Wellbeing youtube channel.

Summary of achievements during the year:

- We have supported 250 people directly and are now averaging 60-70 new contacts per quarter.

- This is a significant increase for us: we now help more people per quarter than we had previously helped in a year - with a team of just 1.5 FTE per week.
- Our work has helped people to adapt to change, focus on the present, use evidence-based decision-making, and develop their own support networks.
- Many former MindFood participants have returned to us for support and to offer help, while others have begun volunteering, fundraising and supporting other local initiatives. We're proud that the entire MindFood team started out as participants.

We know that since completing a MindFood course participants agreed or strongly agreed that:

- 86% feel a stronger sense of purpose
- 100% feel a closer connection to their local community
- 41% more likely to try volunteering
- 100% are more active
- 88% are feeling less isolated
- 90% are feeling calmer
- 84% are feeling happier
- 85% are eating more healthily
- 63% are sleeping better

"It helped to provide a way of structuring my recovery from a very stressful period of my life. The relationships helped cement a feeling of acceptance and calm. I loved learning about how to grow food and felt more committed than ever to pursuing a healthy diet and physical activity outdoors". Health worker, female 56, dealing with burnout & bereavement:

Impact of Covid-19 on the Charity's Governance and day to day working

MindFood's trustees and directors have continued to work throughout the pandemic by use of video conferencing. Trustees meetings were more frequent than usual during the lockdowns in order to ensure good governance, safe working practices and a positive response to the new challenges posed by Covid-19.

We adapted our delivery methods to comply with Government restrictions, to maintain staff and volunteer safety and to meet the new needs arising because of the pandemic:

- When we first went into Lockdown in March last year, we could no longer meet on site, so we set about translating the MindFood experience into a programme we now call 'MindFood at Home'. We wanted our participants to feel part of the MindFood community, even if we couldn't get together in person.
- We reached out to a wider audience with sessions on Zoom, email courses and phone chats, and by posting our Growing Wellbeing videos on social media and youtube. One video had over 17,000 views demonstrating how much people were looking for wellbeing support.

- We delivered free growing kits to isolated participants with seeds, compost and facilitated live sessions on Zoom with seed-sowing and windowsill growing to promote a sense of purpose.
- 'Grow Some Share Some' plant giveaways with 14 local schools, including 3 SEN schools, and Ealing Additional Provision, which we have combined with leaflet deliveries for parents who have faced significant mental health challenges throughout the pandemic.
- Our online and on-the-plot sessions have helped people adapt to Covid times in a constructive way, encouraging them to focus on elements they are able to influence, rather than being consumed by things they could not. Practising mindfulness techniques, eating more healthily, getting exercise in nature, supporting each other, and living more resourcefully, helped us all to develop a positive mindset. When we feel better, we make better decisions for ourselves, our families and our planet.
- We also started befriending calls for people unable to access us on the plot and these are growing, and wellbeing themed too, and we also offer practical help and signposting for specialist support.
- During the Autumn we were fortunate to be able to bring people back to our growing sites in a Covid safe way for a few weeks and then returned again in March once restrictions allowed.
- We were the only organisation in Ealing able to offer face-to-face support for mental health difficulties through the Winter months.

"Keeping in touch with my MindFood family and sharing growing and nature news has helped me focus on the positives and stay hopeful" Recent MindFood participant.

Our opt-in 'MindFood Massive' whatsapp group for around 30 regulars was a good place to start - we centred the chat around positive practical advice, and asked people to show us what they were growing. The photo (right) shows Bob getting to work straight away with his sowings for Summer, despite shielding with COPD.

This photo shows stroke survivor John, who lives alone, has limited mobility and finds himself prone to isolation. Through lockdown and beyond, we have been ringing him a couple of times a week to chat, and to help connect him with other support groups.

He wanted us to send this picture to the MindFood family to let them know he was thinking of them.

We have also helped older members of our group with Zoom, by writing a step-by-step guide to video calls so that they could join us for our weekly virtual plot visits. This guide was adopted by a number of mental health support organisations who we connect with regularly through our local Mental Health Forum.

Virtual plot visits helped people follow the progress of plantings they made as far back as November ‘19, and kept them connected to the plots and each other.

Between Lockdowns

When the first lockdown period finished in the Summer of 2020, we planned a phased return to the plot, managing covid risk by implementing simple procedures to keep us all safe. We offered sanitiser on tap, freshly laundered gloves, and social distancing measures.

Spacehive Fundraiser - Cleveley Makeover

We also restarted the Cleveley Makeover project which was put on hold in March.

We crowdfunded nearly £4k as part of Ealing Council's Transform Your Space initiative, and built ourselves our own mini Eden project geodesic dome. This was intended to be an inspirational space to grow seedlings, practise mindfulness, and shelter from the elements. It has been a much-loved and admired addition to our site.

Supporting Local & National Campaigns and Causes
To keep people connected with a broader community we've stepped up our support for national campaigns and causes, both locally and on social media.

During Mental Health Awareness Week (mid May'20) we posted daily videos on how anyone can incorporate the 5 Ways to Wellbeing into their day. They reached over 10,000 people! All our videos are available to view on our facebook page (- this is the route most people accessed them at the time), and our MindFood Growing Wellbeing youtube channel.

Early in June we worked with the Carers Trust team at Sycamore Lodge in Acton to support Carers Week.

To support the Black Lives Matter campaign, we used our monthly newsletter to urge everyone to read up on and promote anti-racism. As anti-racism is a proactive and enduring commitment to tackle racism in ourselves and in others - we want to lead by example.

FINANCIAL REVIEW

The assets of MindFood CIC totalling £8,628 were transferred to MindFood CIO at 4th October 2019. Assets included income for ongoing projects and cash held in the bank current account. Projects continued throughout 2019/2020 and the result at the year end on 31st October 2020 was an additional surplus of £3,729.

Reserves policy

The term 'reserves' is used to describe that part of MindFood's funds that is freely available for its operating purposes and not subject to commitments or planned expenditure. Reserves do not include restricted funds. The reserves that MindFood will set aside will be to provide financial continuity in the event that an anticipated source of income is lost or delayed and our initial policy will be to keep reserves sufficient to meet three months' operating costs, including staff salaries (approximately £13,000). As we are a new organisation the trustees will review this policy quarterly to ensure that it remains both adequate and achievable.

Funding: main source of funds and how these are spent

During the year MindFood depended on grants and donations from a number of partners including statutory, trusts and foundations, corporates and individual giving.

The majority of our funding (45%) came from Ealing Council's Community Connections grant through our consortium partnership with Neighbourly Care. This funds 3 Growing Wellbeing sessions per week and 1 Sustainable Wellbeing session across Cleveley Crescent and Horsenden Hill.

We secured further support from Pathways Housing for a grant of £8306 to deliver Plot to Plate sessions. Pathways have been a funder of MindFood programmes over the year and we thank them for their continued support

Our grant from City Bridge Trust to run Plot to Plate sessions came to an end during the year and we thank them for their support enabling us to run two Plot to Plate sessions a week for a year.

At the end of the year we secured vital funding from the National Lottery Covid response fund which enabled us to deliver a MindFood @ Home digital offer as well as restoring our Saturday Plot to Plate sessions.

We launched our first ever crowdfunding campaign on Spacehive to fund a makeover of our Cleveley Crescent site including building a new geodesic dome to weatherproof our sessions. We are so grateful to everyone who donated and to Ealing Council for their matched donation bringing the total raised to £3880

We were delighted to secure corporate support from the Co-operative, Glaxo Smith Kline and Tesco bags for life towards our programmes.

We are very grateful for the long term annual donation from the Sir Jeremiah Colman Trust and St Paul's Church in Northfields.

Plans for 2020/2021

Over the coming year Mindfood plan to grow our impact:

- To develop and expand our 'MindFood at Home' digital offer to ensure we can support wellbeing through nature inspired activities whatever the barriers to attending our on-site sessions.
- To continue to deliver our range of evidence-based nature and wellbeing courses from our sites at Cleveley Crescent and Horsenden Hill Farm.
- To pilot our mobile MindFood offer at other greenspaces in West London. We are currently in discussions with Gunnersbury Park, Chiswick House and Gardens and North Acton park about delivering courses from their sites.
- To invest in improving both of our growing sites with more accessible raised beds and paths so that more people with disabilities can access our facilities.
- To co-design and offer more nature-based courses that support mental health recovery. For example, we plan to run more art and creative courses in nature to support self-expression.
- Develop our 'Grow Some Share Some' initiative as a means to build a more outward-looking approach to what we do, and to help us reach more isolated communities.
- Celebrate diversity through a shared love of food, and an appreciation of different growing methods from around the world.
- Co-develop our new 3 year strategy with participants, staff and Trustees.

GOVERNANCE

MindFood has a 16 page Constitution of MindFood Charitable Incorporated Organisation, a Charitable Incorporated Organisation whose only voting members are its charity trustees.

The Directors of MindFood CIC became the trustees of MindFood CIO and the following Trustees served during the year are:

- James Abery appointed 4th October 2019
- Dr Shabnam Berry-Khan appointed 4th October 2019
- Yvonne Biggins appointed 4th October 2019
- Paul Carter appointed 4th October 2019
- Rev Nicholas Jones (Chair) appointed 4th October 2019

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO. Trustees were recruited based on the need to have a diverse range of skills on the board covering finance, clinical governance, marketing, community development and business management.

Under the Articles of Association, the Board of Trustees consists of at least three and not more than fifteen individuals. Apart from the first charity trustees, every trustee must be appointed for a term of up to three years by a resolution passed at a properly convened meeting of the charity trustees.

Short biographies of all the Trustees are on our website
https://www.mindfood.org.uk/our-team

Trustee Benefit: Trustees of the Charity do not receive any benefits from their position. Trustees are entitled to reclaim travel and other reasonable expenses incurred in their duties. No Trustees made a claim in the 2019/20 period. The charity pays for trustee indemnity insurance.

Trustee Induction and on-going training: Recruitment and induction procedures for new Trustees are the responsibility of the Chair of Trustees. All Trustees are provided with a detailed role description and given informal guidance and support regarding their role from the Chair. All new Trustees receive a copy of the NCVO Good Trustee Guide. Trustees are encouraged to attend training to help them in their roles.

Trustees' Responsibilities: The Trustees are responsible for the strategic direction of the Charity, setting its aims and monitoring progress towards these. Day to day management is delegated to the Programme Director and the Development Director.

Trustees take on specific responsibilities related to their skills and experience e.g. Shabnam Berry-Khan is our Clinical lead and James Abery is our Finance lead.

Trustees' Meetings: The Board of Trustees meet approximately once every three months throughout the year but since the start of Covid-19 it has met more regularly.

Policies adopted by the CIO, reviewed annually:

- Health & Safety Policy - inc Site Risk Assessments, Covid Safety, Staff Policy
- Safeguarding
- Suicide Prevention
- Equality & Diversity (with an additional focus on Anti Racism)
- Boundaries
- Complaints
- Lone Working
- Pay
- Food Hygiene
- GDPR

Registered Charity Number: 1185639

Report of Trustees &
Financial Statements for the Period 04 October 2019 to 31 October 2020
For
Mindfood CIO

Mindfood CIO 1185639

Contents of the Financial Statements
For the Period 04 October 2019 to 31 October 2020

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Mindfood CIO 1185639

Report of Trustees
For the Period 04 October 2019 to 31 October 2020

The Trustees present their report with the financial statements of the charity for the period 04 October 2019 to 31 October 2020. The Trustees have adopted the Provisions of the Statement of Recommended Practice (SORP)
Accounting and Reporting by Charities' issued in March 2015.

REFERENCE AND ADMINISTRATION DETAILS

Registered Charity Number
1152149

Principal Address
14 CUMBERLAND PARK
LONDON
W3 6SX

Trustees

	Appointment Date:
JAMES EDWARD ABERY	04 October 2019
YVONNE PATRICIA BIGGINS	04 October 2019
Rev NICHOLAS GODWIN JONES ObSB	04 October 2019
Dr SHABNAM NAHEED BERRY-KHAN	04 October 2019
PAUL CARTER	04 October 2019

Independent Examiner
Devonshire Green Limited
Studio 132, The Light Box
111 Power Road
London
W4 5PY

STRUCTURE, GOVERNANCE AND MANAGEMENT
Governing document
The charity is controlled by its governing document, a deed of trust, and constitutes an unicorporated charity.

Risk Management
The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

ON BEHALF OF THE BOARD:

.....
Trustee

Date: 31 August 2021

Independent Examiner's Report to the Trustees of Artification

I report on the accounts for the period 04 October 2019 to 31 October 2020 set out on pages three to six.

Respective responsibilities of trustees and examiner
The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

It is my Responsibility to:
a) Examine the accounts under Section 145 of the 2011 Act.
b) To Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act); and
c) To state whether particular matters have come to my attention.

Basis of the Independent Examiner's Report
My Examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts and seeking explanations from you as trustees concerning any such matters. The Procedures undertaken do not provide all the eveidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent Examiner's Statement
In Connection with my examination, no matter has come to my attention:

1) which gives me reasonable cause to believe that, in any material respect, the requirements:
a) To keep accounting records in accordance with Section 130 of the 2011 Act; and FRS 102 standards which were effective from January 2018
b) To prepare accounts which accord with the accounting records and to comply witn the accounting requirements of the 2011 Act
have not been met; or
2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Devonshire Green Limited
111 Power Road
London
W4 5PY

Date: 25/08/21

Statement of Financial Activities
For the Period 04 October 2019 to 31 October 2020

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Grants	44,800.30	-	-	44,800.30
Individual donations	230.00	2,288.78	-	2,518.78
Corporate donations	7,575.91	-	-	7,575.91
Community donations	1,000.00	-	-	1,000.00
CJRS Funding	-	2,410.54	-	2,410.54
Sub total(Gross income for AR)	53,606.21	4,699.32	-	58,305.53
A2 Asset and investment sales, (see table).				
	-	-	-	-
Sub total	-	-	-	-
Total receipts	53,606.21	4,699.32	-	58,305.53
A3 Payments				
Employee costs	45,005.10	-	-	45,005.10
Premises costs	266.67	-	-	266.67
General admin	3,540.35	-	-	3,540.35
Legal and professional costs	3,763.60	-	-	3,763.60
Sub total	52,575.72	-	-	52,575.72

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A4 Asset and investment purchases, (see table)				
Propert, Plant and Equipment	2,000.00	-	-	2,000.00
	-	-	-	-
Sub total	2,000.00	-	-	2,000.00
Total payments	54,575.72	-	-	54,575.72
Net of receipts/ (payments)	(969.51)	4,699.32	-	3,729.81
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	(969.51)	4,699.32	-	3,729.81

Statement of Financial Position
At 31 October 2020

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Cash at bank	16,960.08	-
		-	-
		-	-
	Total cash funds	16,960.08	-

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets	Accrued income	8,333.33	975.00
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets	Property, Plan and Equipment	1,600.00	-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities	Deferred income	13,440.50	-
	Accruals	266.67	-
	Pensions	203.04	-
			-
			-

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		JAMES ABERY	31/08/21

1 ACCOUNTING POLICIES

Accounting Convention
The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard 102 for Smaller Entities (effective January 2018) , the Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming Resources
All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources Expended
Expenditure is accounted for on an accrual basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation
The charity is exempt from tax on its charitable activities.

Fund Accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.
Restricted funds can only be used for particular restricted purposes within the objects of the charity.
Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2 TRUSTEES REMUNERATION AND BENEFITS

There were no trustees remuneration or other benefits for the period ended 31 October 2020.

Trustees Expenses
There were no trustees expenses for the period 31 October 2020.

3 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Creditors/ Payables	13,910.21
	-

4 MOVEMENT IN FUNDS

	Net Movement in funds	At 31.10.20	At 31.10.19
	£	£	£
Restricted Funds			
Crowdfunding July 2020	2,288.78	2,288.78	-
TOTAL FUNDS		2,288.78	

Mindfood CIO 1185639

APPENDIX
For the Period 04 October 2019 to 31 October 2020

PROFIT & LOSS		Oct-19	Nov-19 to Oct-20	Total 04/10/19 to 31/10/20
Turnover				
Grants	Tesco/Groundwork (deferred from 2019/2020)		2,000.00	
	City Bridge (deferred from 2019/2020)		2,442.47	
	Sir Jeremiah Colman		1,500.00	
	Pathways Trust (May 2020 to Oct 2020)		4,153.00	
	Neighbourly Care (Oct 2019 to Oct 2020)	2,210.00	25,937.33	
	Ealing Council Grant		5,000.00	
	National Lottery Covid response (October 2020)		1,557.50	44,800.30
Individual donations	Including crowdfunding July 2020	10.00	220.00	
	Crowdfunding July 2020 RESTRICTED INCOME		2,288.78	2,518.78
Corporate donations	Co-Op (deferred from 2019/2020)	940.53		
	Co-Op		4,388.87	
	GSK Staff donation		2,041.51	
	GSK legal charity		200.00	
	Amazon Reward scheme		5.00	7,575.91
Community donations	St. Paul's Parochial		1,000.00	1,000.00
CJRS Funding			2,410.54	2,410.54
Employee costs	Salaries	(4,739.65)	(36,641.93)	(41,381.58)
	Pensions	(235.86)	(2,688.86)	(2,924.72)
	Subcontractors	(480.00)	(120.00)	(600.00)
	Staff training/welfare		(98.80)	(98.80)
Premises costs	Rent		(266.67)	(266.67)
General admin	Office costs	(50.62)	(620.35)	(670.97)
	Bank charges	(2.53)	(5.16)	(7.69)
	Insurance	(32.22)	(326.60)	(358.82)
	Computer consumables and software	(25.60)	(641.28)	(666.88)
	Horticultural sundries		(1,822.99)	(1,822.99)
	Depreciation			(400.00)
	Filing fees		(13.00)	(13.00)
Legal and professional costs	Audit fees			-
	Accountancy fees	(68.00)	(1,356.00)	(1,424.00)
	Solicitors fees		(1,734.60)	(1,734.60)
	Marketing	(117.32)	(487.68)	(605.00)
	Other legal and professional			-
	Profit/(loss)	(2,591.27)	8,321.08	5,329.81

BALANCE SHEET	Ledger	Details	Breakdown	
Land & buildings	Cost - additions:	Hypedome, Clevely Crescent		2,000.00
	Depreciation			(400.00)
Debtors	Accrued income:	Neighbourly Care Jul- Oct 20	8,333.33	
		CJRS funding	975.00	9,308.33
Cash at bank	Cash at bank			16,960.08
Creditors less than 1yr	Deferred income:	Pathways Nov-Apr 21	4,153.00	
		Sir Jeremiah Colman	1,500.00	
		National Lottery Covid response Nov-Mar 21	7,787.50	(13,440.50)

CONTINUED.....

CONTINUED.....

Accruals:	Rent	266.67	(266.67)
Trade creditors			-
Pension			(203.04)
Total Assets less Liabilities			£13,958.20
Surplus brought forward			£8,628.39
Current year surplus			£5,329.81

Registered Charity Number: 1185639

Report of Trustees &
Financial Statements for the Period 04 October 2019 to 31 October 2020
For
Mindfood CIO

Mindfood CIO 1185639

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For the Period 04 October 2019 to 31 October 2020

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Mindfood CIO 1185639

Report of Trustees
For the Period 04 October 2019 to 31 October 2020

The Trustees present their report with the financial statements of the charity for the period 04 October 2019 to 31 October 2020. The Trustees have adopted the Provisions of the Statement of Recommended Practice (SORP)
Accounting and Reporting by Charities' issued in March 2015.

REFERENCE AND ADMINISTRATION DETAILS

Registered Charity Number
1152149

Principal Address
14 CUMBERLAND PARK
LONDON
W3 6SX

Trustees

	Appointment Date:
JAMES EDWARD ABERY	04 October 2019
YVONNE PATRICIA BIGGINS	04 October 2019
Rev NICHOLAS GODWIN JONES ObSB	04 October 2019
Dr SHABNAM NAHEED BERRY-KHAN	04 October 2019
PAUL CARTER	04 October 2019

Independent Examiner
Devonshire Green Limited
Studio 132, The Light Box
111 Power Road
London
W4 5PY

STRUCTURE, GOVERNANCE AND MANAGEMENT
Governing document
The charity is controlled by its governing document, a deed of trust, and constitutes an unicorporated charity.

Risk Management
The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

ON BEHALF OF THE BOARD:

.....
Trustee

Date: 31 August 2021

Independent Examiner's Report to the Trustees of Artification

I report on the accounts for the period 04 October 2019 to 31 October 2020 set out on pages three to six.

Respective responsibilities of trustees and examiner
The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

It is my Responsibility to:
a) Examine the accounts under Section 145 of the 2011 Act.
b) To Follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act); and
c) To state whether particular matters have come to my attention.

Basis of the Independent Examiner's Report
My Examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts and seeking explanations from you as trustees concerning any such matters. The Procedures undertaken do not provide all the eveidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

Independent Examiner's Statement
In Connection with my examination, no matter has come to my attention:

1) which gives me reasonable cause to believe that, in any material respect, the requirements:
a) To keep accounting records in accordance with Section 130 of the 2011 Act; and FRS 102 standards which were effective from January 2018
b) To prepare accounts which accord with the accounting records and to comply witn the accounting requirements of the 2011 Act
have not been met; or
2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Devonshire Green Limited
111 Power Road
London
W4 5PY

Date: 25/08/21

Statement of Financial Activities
For the Period 04 October 2019 to 31 October 2020

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Grants	44,800.30	-	-	44,800.30
Individual donations	230.00	2,288.78	-	2,518.78
Corporate donations	7,575.91	-	-	7,575.91
Community donations	1,000.00	-	-	1,000.00
CJRS Funding	-	2,410.54	-	2,410.54
Sub total(Gross income for AR)	53,606.21	4,699.32	-	58,305.53
A2 Asset and investment sales, (see table).				
	-	-	-	-
Sub total	-	-	-	-
Total receipts	53,606.21	4,699.32	-	58,305.53
A3 Payments				
Employee costs	45,005.10	-	-	45,005.10
Premises costs	266.67	-	-	266.67
General admin	3,540.35	-	-	3,540.35
Legal and professional costs	3,763.60	-	-	3,763.60
Sub total	52,575.72	-	-	52,575.72

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A4 Asset and investment purchases, (see table)				
Propert, Plant and Equipment	2,000.00	-	-	2,000.00
	-	-	-	-
Sub total	2,000.00	-	-	2,000.00
Total payments	54,575.72	-	-	54,575.72
Net of receipts/ (payments)	(969.51)	4,699.32	-	3,729.81
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	(969.51)	4,699.32	-	3,729.81

Statement of Financial Position
At 31 October 2020

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Cash at bank	16,960.08	-
		-	-
		-	-
	Total cash funds	16,960.08	-

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets	Accrued income	8,333.33	975.00
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets	Property, Plan and Equipment	1,600.00	-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities	Deferred income	13,440.50	-
	Accruals	266.67	-
	Pensions	203.04	-
			-
			-

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
		JAMES ABERY	31/08/21

1 ACCOUNTING POLICIES

Accounting Convention
The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard 102 for Smaller Entities (effective January 2018) , the Charities Act 2011 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming Resources
All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Resources Expended
Expenditure is accounted for on an accrual basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation
The charity is exempt from tax on its charitable activities.

Fund Accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.
Restricted funds can only be used for particular restricted purposes within the objects of the charity.
Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2 TRUSTEES REMUNERATION AND BENEFITS

There were no trustees remuneration or other benefits for the period ended 31 October 2020.

Trustees Expenses
There were no trustees expenses for the period 31 October 2020.

3 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Creditors/ Payables	13,910.21
	-

4 MOVEMENT IN FUNDS

	Net Movement in funds	At 31.10.20	At 31.10.19
	£	£	£
Restricted Funds			
Crowdfunding July 2020	2,288.78	2,288.78	-
TOTAL FUNDS		2,288.78	

Mindfood CIO 1185639

APPENDIX
For the Period 04 October 2019 to 31 October 2020

PROFIT & LOSS		Oct-19	Nov-19 to Oct-20	Total 04/10/19 to 31/10/20
Turnover				
Grants	Tesco/Groundwork (deferred from 2019/2020)		2,000.00	
	City Bridge (deferred from 2019/2020)		2,442.47	
	Sir Jeremiah Colman		1,500.00	
	Pathways Trust (May 2020 to Oct 2020)		4,153.00	
	Neighbourly Care (Oct 2019 to Oct 2020)	2,210.00	25,937.33	
	Ealing Council Grant		5,000.00	
	National Lottery Covid response (October 2020)		1,557.50	44,800.30
Individual donations	Including crowdfunding July 2020	10.00	220.00	
	Crowdfunding July 2020 RESTRICTED INCOME		2,288.78	2,518.78
Corporate donations	Co-Op (deferred from 2019/2020)	940.53		
	Co-Op		4,388.87	
	GSK Staff donation		2,041.51	
	GSK legal charity		200.00	
	Amazon Reward scheme		5.00	7,575.91
Community donations	St. Paul's Parochial		1,000.00	1,000.00
CJRS Funding			2,410.54	2,410.54
Employee costs	Salaries	(4,739.65)	(36,641.93)	(41,381.58)
	Pensions	(235.86)	(2,688.86)	(2,924.72)
	Subcontractors	(480.00)	(120.00)	(600.00)
	Staff training/welfare		(98.80)	(98.80)
Premises costs	Rent		(266.67)	(266.67)
General admin	Office costs	(50.62)	(620.35)	(670.97)
	Bank charges	(2.53)	(5.16)	(7.69)
	Insurance	(32.22)	(326.60)	(358.82)
	Computer consumables and software	(25.60)	(641.28)	(666.88)
	Horticultural sundries		(1,822.99)	(1,822.99)
	Depreciation			(400.00)
	Filing fees		(13.00)	(13.00)
Legal and professional costs	Audit fees			-
	Accountancy fees	(68.00)	(1,356.00)	(1,424.00)
	Solicitors fees		(1,734.60)	(1,734.60)
	Marketing	(117.32)	(487.68)	(605.00)
	Other legal and professional			-
	Profit/(loss)	(2,591.27)	8,321.08	5,329.81

BALANCE SHEET	Ledger	Details	Breakdown	
Land & buildings	Cost - additions:	Hypedome, Clevely Crescent		2,000.00
	Depreciation			(400.00)
Debtors	Accrued income:	Neighbourly Care Jul- Oct 20	8,333.33	
		CJRS funding	975.00	9,308.33
Cash at bank	Cash at bank			16,960.08
Creditors less than 1yr	Deferred income:	Pathways Nov-Apr 21	4,153.00	
		Sir Jeremiah Colman	1,500.00	
		National Lottery Covid response Nov-Mar 21	7,787.50	(13,440.50)

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Accruals:	Rent	266.67	(266.67)
Trade creditors			-
Pension			(203.04)
Total Assets less Liabilities			£13,958.20
Surplus brought forward			£8,628.39
Current year surplus			£5,329.81