



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.



.....

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	<u>13 month ended 31.10.2020</u>
						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.

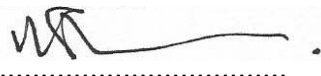
The notes on pages 7-13 form part of these accounts.

BALANCE SHEET

As at 31 October 2021

	<u>Notes</u>	<u>31.10.2021</u>	<u>31.10.2020</u>
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:

MindFood - Financial Statements for the year ended 31 October 2021

- 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
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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.

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 1 st November 2020	2,000	2,000
Additions	-	-
Disposals	-	-
At 31 October 2021	2,000	2,000
Depreciation		
At 1 st 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

MindFood - Financial Statements for the year ended 31 October 2021

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.

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.

"THE LONELINESS WAS
UNBEARABLE, BUT IT TOOK ME
MANY WEEKS TO FIND THE
ENERGY TO GO TO MY FIRST
SESSION"

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.
- 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.

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

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 O2** 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 Aberly 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.