



# **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**

CONTENTS

CHARITY REFERENCE AND ADMINISTRATIVE DETAILS .....2

TRUSTEES’ RESPONSIBILITIES.....4

INDEPENDENT EXAMINER’S REPORT .....5

STATEMENT OF FINANCIAL ACTIVITIES .....6

BALANCE SHEET .....7

NOTES TO THE FINANCIAL STATEMENTS.....8

CHAIR’S REVIEW .....18

BACKGROUND AND INCEPTION .....18

MINDFOOD TEAM .....20

MINDFOOD COURSES AND OTHER ACTIVITIES .....21

OVERVIEW .....23

SUMMARY OF ACHIEVEMENTS DURING THE YEAR.....25

REACHING OUT .....26

OUR IMPACT .....27

FINANCIAL SUMMARY AND RESERVES POLICY.....28

GOVERNANCE .....29

## CHARITY REFERENCE AND ADMINISTRATIVE DETAILS

<b>Charity registration number</b>	1185639
<b>Company registration number</b>	CE019078
<b>Trustees</b>	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)
<b>Registered office</b>	6 Claygate Road London England W13 9XG
<b>Independent examiner</b>	Alexander Bell FCA Mercer & Hole LLP Trinity Court Church Street Rickmansworth WD3 1RT

MindFood - Financial Statements for the year ended 31 October 2022

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

## 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).

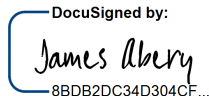
The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period.

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.

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J. Abery  
Trustee

REGISTERED OFFICE  
6 Claygate Road  
London  
England  
W13 9XG

25/8/2023

## 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').

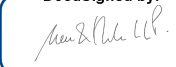
I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### 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.

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

25/8/2023

## MindFood - Financial Statements for the year ended 31 October 2022

## STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 October 2022

		<u>31.10.2022</u>				<u>31.10.2021</u> <u>as restated</u>
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		-	-	-	-	-
<b>TOTAL INCOME</b>		<b>12,471</b>	<b>27,500</b>	<b>71,221</b>	<b>111,192</b>	<b>76,327</b>
<b>EXPENDITURE</b>						
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
<b>TOTAL EXPENDITURE</b>		<b>3,218</b>	<b>1,375</b>	<b>75,308</b>	<b>79,901</b>	<b>65,236</b>
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.

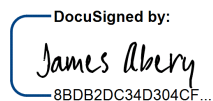
## MindFood - Financial Statements for the year ended 31 October 2022

**BALANCE SHEET**

As at 31 October 2022

	<u>Notes</u>	<u>31.10.2022</u>	<u>31.10.2021</u> <u>as restated</u>
<b>FIXED ASSETS</b>			
Tangible fixed assets	7	1,594	1,200
Intangible fixed assets	8	26,125	-
<b>Total Fixed Assets</b>		<b>27,719</b>	<b>1,200</b>
<b>CURRENT ASSETS</b>			
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)
<b>Net Current Assets</b>		<b>28,621</b>	<b>23,849</b>
<b>TOTAL ASSETS LESS LIABILITIES</b>		<b>£56,340</b>	<b>£25,049</b>
<b>CHARITY FUNDS</b>			
Unrestricted General Account	11	20,858	11,538
Designated Funds	11	26,125	-
Restricted Funds	11	9,357	13,511
<b>TOTAL CHARITY FUNDS</b>	<b>11</b>	<b>£56,340</b>	<b>£25,049</b>

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

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J. Aberly, Trustee

**Company Number: CE019078**

**Charity Number: 1185639**

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



## 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.

## MindFood - Financial Statements for the year ended 31 October 2022

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.

## MindFood - Financial Statements for the year ended 31 October 2022

## 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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## MindFood - Financial Statements for the year ended 31 October 2022

## 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
	<b>7,407</b>	<b>27,500</b>	<b>71,221</b>	<b>106,128</b>	<b>72,715</b>

## 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	
	<b>5,064</b>	<b>-</b>	<b>-</b>	<b>5,064</b>	<b>3,612</b>

## MindFood - Financial Statements for the year ended 31 October 2022

## 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
	<b>62,190</b>	<b>51,909</b>

No employee earned £60,000 or more.

## 7. TANGIBLE FIXED ASSETS

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

## MindFood - Financial Statements for the year ended 31 October 2022

## 8. INTANGIBLE FIXED ASSETS

	Website	Total
Cost		
At 1 <sup>st</sup> November 2021	-	-
Additions	27,500	27,500
Disposals	-	-
At 31 October 2022	<b>27,500</b>	<b>27,500</b>
Depreciation		
At 1 <sup>st</sup> November 2021	-	-
Charge for the year	1,375	1,375
Disposals	-	-
At 31 October 2022	<b>1,375</b>	<b>1,375</b>
Net book Value		
At 31 October 2022	<b>26,125</b>	<b>26,125</b>
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
	<b>22,319</b>	<b>2,207</b>

## 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
	<b>17,394</b>	<b>10,712</b>

## MindFood - Financial Statements for the year ended 31 October 2022

## 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 £
<u>Restricted</u>							
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
<u>Designated</u>	-	-	-	27,500	(1,375)	-	26,125
<u>Unrestricted</u>	7,876	3,662	11,538	12,471	(3,218)	67	20,858
Total Reserves	<b>25,049</b>	<b>-</b>	<b>25,049</b>	<b>111,192</b>	<b>(79,901)</b>	<b>-</b>	<b>56,340</b>

## 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
	<b>13,958</b>	<b>76,327</b>	<b>(65,236)</b>	<b>-</b>	<b>25,049</b>

## MindFood - Financial Statements for the year ended 31 October 2022

## 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
	<u>20,858</u>	<u>26,125</u>	<u>9,357</u>	<u>56,340</u>

## 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
	<u>11,538</u>	<u>-</u>	<u>13,511</u>	<u>25,049</u>

## 13. RELATED PARTY TRANSACTIONS

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



## MindFood - Financial Statements for the year ended 31 October 2022

## 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
	£	£	£
<b>Capital and reserves</b>			
<u>Unrestricted:</u>	7,876	3,662	11,538
<u>Restricted:</u>			
Neighbourly Care	2,296	(2,295)	1
Other funds	14,877	(1,367)	13,510
Total restricted	17,173	(3,662)	13,511
<b>Total Funds</b>	<b>25,049</b>	<b>-</b>	<b>25,049</b>

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
	£	£	£
<b>Unrestricted:</b>			
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
<b>Total funds carried forward</b>	<b>7,876</b>	<b>3,662</b>	<b>11,538</b>
<b>Restricted:</b>			
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
<b>Total funds carried forward</b>	<b>17,173</b>	<b>(3,662)</b>	<b>13,511</b>
<b>Total:</b>			
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
<b>Total funds carried forward</b>	<b>25,049</b>	<b>-</b>	<b>25,049</b>

## MindFood - Financial Statements for the year ended 31 October 2022

## 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
<b>TOTAL INCOME</b>	<b>9,452</b>	<b>-</b>	<b>66,875</b>	<b>76,327</b>
<b>EXPENDITURE</b>				
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
<b>TOTAL EXPENDITURE</b>	<b>13,179</b>	<b>-</b>	<b>52,057</b>	<b>65,236</b>
Net income/(expenditure)	(3,727)	-	14,818	11,091
Transfers between funds	3,596	-	(3,596)	-
<b>Net movement in funds</b>	<b>(131)</b>	<b>-</b>	<b>11,222</b>	<b>11,091</b>
<b>Reconciliation of funds</b>				
Total funds brought forward	11,669	-	2,289	13,958
Total funds carried forward	11,538	-	13,511	25,049

## 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.

## 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.

#### OUR VISION

**BETTER MENTAL HEALTH IS  
ACCESSIBLE FOR ALL**

#### OUR MISSION

**IMPROVE WELLBEING BY  
CONNECTING WITH NATURE**

#### OUR VALUES

**WE ARE PERSON CENTRED AND  
NATURE FOCUSED**

### 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.



## 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.

## 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

**BEEFRIENDING  
INITIAL CONTACT**

**GROWING WELLBEING  
LEVEL 1 COURSE**

**SUSTAINING WELLBEING  
LEVEL 2 COURSES**

### BEEFRIENDING

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.

## 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.



"AS A MAN I FIND IT DIFFICULT  
TO TALK ABOUT MY FEELINGS BUT  
THERE IS NO PRESSURE TO TALK  
IT'S VERY LAID BACK."



## 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.
- 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).

"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."

## 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



## MindFood - Financial Statements for the year ended 31 October 2022

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).

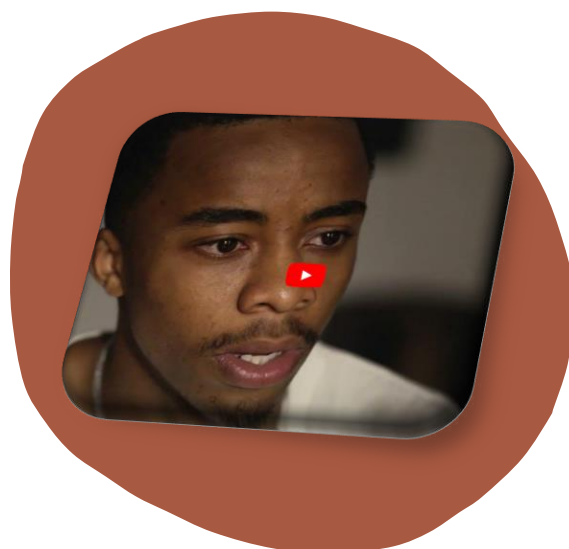
"I AM LEARNING THE NAMES  
OF NEW HERBS AND VEGETABLES,  
MEETING PEOPLE FROM DIFFERENT  
CULTURES. HELPING ME KEEP IN  
TOUCH WITH WHAT IS GOING ON IN  
THE COMMUNITY."

## 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.



## 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.





## 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.

### **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.

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

"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."

## 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>



## 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 Aberly 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.

## **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