

MINDFOOD CIO TRUSTEES' ANNUAL REPORT 2023-24



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

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

Contents

Page 1-2 About us

Objective, history, mission, vision and values

Page 3-5 Chair's review

Structure, Governance and Management

Page 6-9 Our activities

Our approach and volunteer contribution

Page 10-20 Programmes

Our courses and activities

Page 21-41 Achievements

Beneficiaries, impact and fundraising

Page.42-54 Financials

Independent examiner's report and financial activities



Administration

Patron and Founder

Ciaran Biggins

Directors

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

Registered Address

6 Claygate Road, London, England,
W13 9XG

Independent Examiner

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

Trustees

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

Registration numbers

Charity: 1185639
Company: CE019078

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

ABOUT US



Objective

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

History

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

Mission, vision, and values

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

OUR VISION
BETTER MENTAL HEALTH IS
ACCESSIBLE FOR ALL

OUR MISSION
IMPROVING WELLBEING
BY CONNECTING
WITH NATURE

OUR VALUES
PERSON CENTRED AND
NATURE FOCUSED

Key impacts of our work

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



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

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

CHAIRS REVIEW



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

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

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



Structure, Governance and Management

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



Appointments and recruitment

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

Short biographies of all the Trustees are on our website.

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

Benefits

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

Board Meetings

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

Advisers

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

🍃 Induction and training

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

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

🍃 Responsibilities

Responsibilities. The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). The law applicable to charities in England and Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the charity's incoming resources and the application of those resources for that period. In preparing these financial statements, the Trustees are required to:

- 🍃 select suitable accounting policies and then apply them consistently.
- 🍃 observe the methods and principles in the Charities SORP 2019 (FRS102).
- 🍃 make judgements and estimates that are reasonable and prudent.
- 🍃 state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- 🍃 prepare the financial statements on a going concern basis unless it is inappropriate to presume that the charity will continue in operation.



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

🍃 Public benefit statement

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

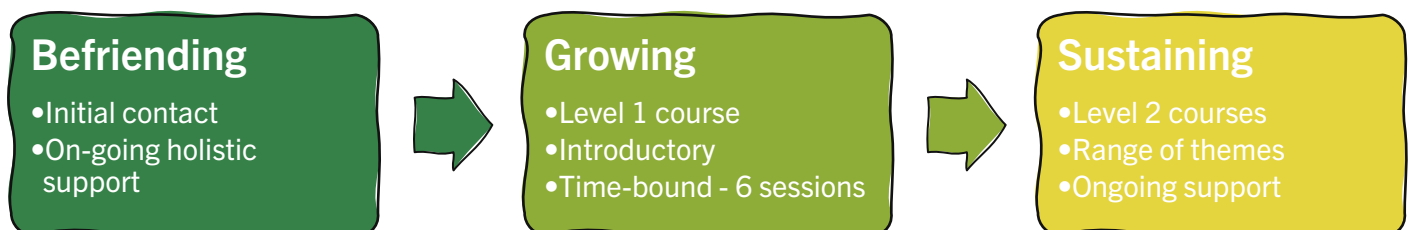
OUR ACTIVITIES



Our work

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

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





Our approach

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

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

Supported Volunteering

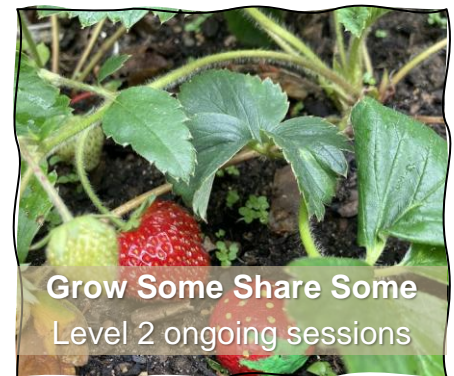
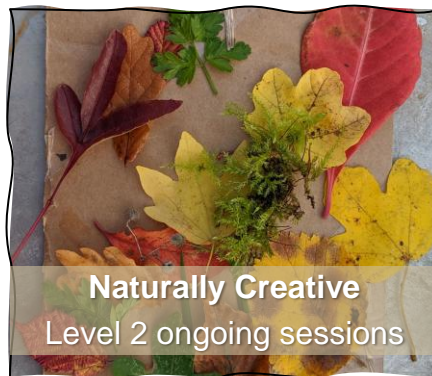
Our volunteers are involved in planning and contributing to MindFood's sustainable sites, which include horticultural activities like growing food and plants and giving away seedlings to local schools, DIY projects such as rainwater harvesting and irrigation systems, participating in creative art sessions,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

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

Course offering

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

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



Our Team

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

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



Volunteer contribution

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

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

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

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

PROGRAMMES



Our sites

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





Referrals

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

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



Befriending

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

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

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



Growing Wellbeing (Level 1)

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





Naturally Creative (Level 1 and 2)

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

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





Sustaining Wellbeing (Level 2)

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

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





Building Wellbeing (Level 2)

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

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





Grow Social

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

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





MindFood at Home

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





Annual Festive Workshops

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

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



Excursions

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

This year, our visits included:

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

ACHIEVEMENTS



Performance

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

Trustees

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

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

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





Strategic improvements

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

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

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





Beneficiaries - MindFood participants

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

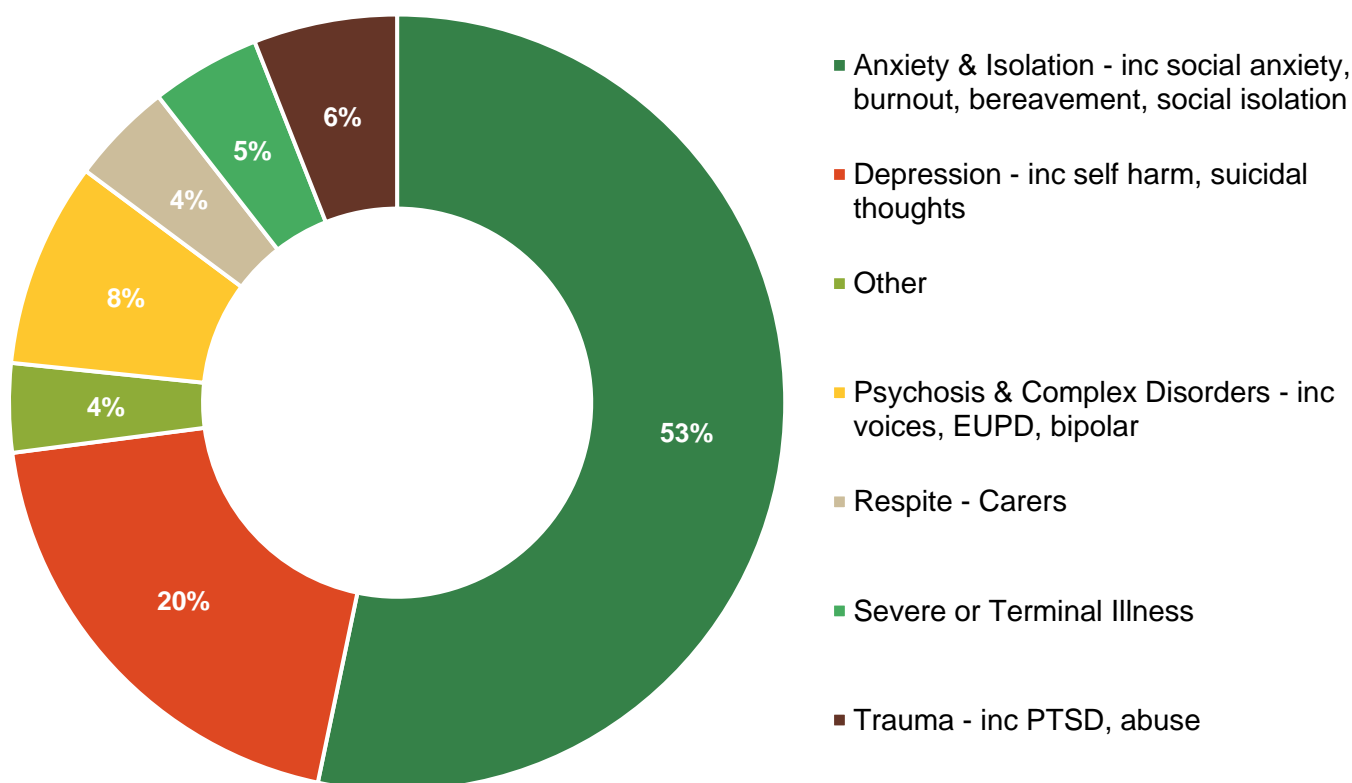
Despite the adverse weather conditions, our regular attendees are less discouraged and are actually participating in more sessions than in previous years. Most new referrals express interest in starting as soon as the weather warms up. We have observed a significant increase in referrals—up 7%—overall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

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



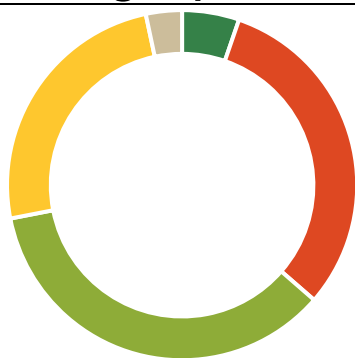


Mental health needs of beneficiaries



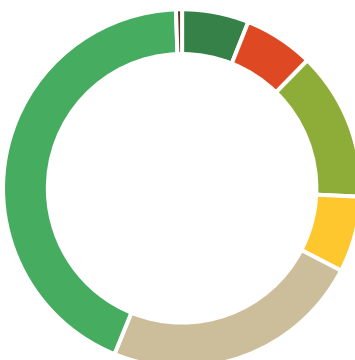


Demographics of participants



Age by %

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



Ethnicity by %

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

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



Understanding impact

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

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



Impact

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

Increased activity and greater independence

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

Reduced social isolation

- 98% are feeling less isolated.

Increased health and wellbeing

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

"I'M DOING MUCH BETTER NOW.
BUT I'LL CONTINUE TO COME AS I
REALISE MENTAL HEALTH IS A
MATTER THAT REQUIRES CONSTANT
ATTENTION."



Feedback

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

The results are encouraging:

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



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



MindFood Participant



Environmental impact

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

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

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

**"MINDFOOD HELPED ME TO
IMPROVE MY SELF-ESTEEM
AND BELIEF IN MYSELF."**



Digital transformation

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

Social media

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







Community Connections

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

NHS Integrated care

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

-  Mental Health support
-  Support for Asylum Seekers

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

Public health and wellbeing

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

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

Presented at the Social Prescribers meeting in February.

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



Outreach

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

Events

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





Collaborations

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

Hosting

We delivered bespoke sessions for other groups:

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

Attending and contributing

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

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

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



‘Grow to Share’ approach

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





Employee Wellbeing Pact

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

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

WHEN I FIRST HEARD OF MINDFOOD I WAS FEELING LOW. IT WAS AMAZING TO GET A RESPONSE BACK SO QUICKLY AND WITH SUCH KINDNESS.



Award ceremony

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

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



FUNDRAISING



Thank you

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

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

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



Supporters

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

Sponsored Challenges

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

Lottery players

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

Online shoppers

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





In memory of a loved one

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

Gifts in memory

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

Legacies

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





Our funders

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

Trusts and grants

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

University of West London
Walter Lees Foundation

Businesses

Clarion
Co-Op
Fenland Organic Compost
Hypedome
Lush

Statutory funding

Ealing West London Trust
North West London Integrated Care System



Fundraising developments

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

 Nominated

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

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



Financial Review

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

Reserves policy

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

Reserves do not include restricted funds.

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

Independent examiner's report to the Trustees

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

Responsibilities and basis of report

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

Independent examiner's statement

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

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

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



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

Date: 15th May 2025

Statement of financial activities

For the year ended 31 October 2024

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

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

Balance sheet

As at 31 October 2024

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

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



Katarzyna Rzepnikowska

Company Number: CE019078

Charity Number: 1185639

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

Notes to the financial statements

For the year ended 31 October 2024.

1. Accounting Policies

a) General information and basis of preparation

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

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, and UK Generally Accepted Accounting Practice.

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

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

b) Funds

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

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

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

c) Income recognition

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

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

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

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102).

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

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

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

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

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

Investment income is earned through holding assets for investment purposes such as shares and property. It includes dividends, interest and rent. Where it is not practicable to identify investment management costs incurred within a scheme with reasonable accuracy the investment income is reported net of these costs. It is included when the amount can be measured reliably. Interest income is recognised using the effective interest method and dividend and rent income is recognised as the charity's right to receive payment is established.

a) Expenditure recognition

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

It is categorised under the following headings:

- Costs of raising funds;
- Expenditure on charitable activities; and
- Other expenditure represents those items not falling into the categories above.

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

d) Support costs allocation

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

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

e) Tangible fixed assets

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

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

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

f) Intangible fixed assets

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

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

- | | |
|-----------|-------------------|
| ■ Website | 10% straight line |
|-----------|-------------------|

g) Debtors and creditors receivable/payable within one year

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

h) Impairment

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

2. Independent Examiners Remuneration

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

3. Trustees and key management personnel remuneration and expenses

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

4. Voluntary income

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

5. Other income

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

6. Employees

No employee earned £60,000 or more.

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

7. Tangible fixed assets

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

8. Intangible fixed assets

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

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

9. Debtors

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

10. Creditors

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

11. Funds reconciliation

Current Year Funds Reconciliation

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

Prior Year Comparison

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

12. Analysis of net assets between funds

Current Year Analysis of Net Assets

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

Prior Year Comparison

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

13. Related party transactions

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


14. Analysis of funds year ended 2023

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

Declarations

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

Signed on behalf of the charity’s Trustees

Signature(s)		
Full name(s)	Stephen Macallister	
Position (eg Secretary, Chair, etc)	Chair	
Date	14th May 2025	