

TELFORD MIND

ANNUAL REPORT

01st April 2023 – 31st March 2024

Telford Mind Annual Report 2023 - 2024

Welcome to our Annual Report for 1st April 2023 – 31st March 2024

Mission Statement

Telford Mind is an independent voluntary organisation that is affiliated to National Mind. It exists to promote and support better mental health in Telford and Wrekin and surrounding areas.

Telford Mind works to promote recovery, aiming to provide high quality services for people who are experiencing mental health issues and / or emotional distress. It also offers support to people undertaking caring roles.

Telford Mind works to promote independence and inclusion. It challenges stigma. It promotes self-confidence, self-reliance, and designs and delivers appropriate services and activities through service user participation in development and governance.

We are committed to Quality and hold the Mind Quality Mark (MQM). The MQM is a robust quality assurance framework and sets out the required baseline of best practice and legal compliance in all areas of a local Mind's governance and activities.

We promote wellbeing.

Aims and Objectives

Our Aims are to:

- Reduce social isolation and distress
- Encourage independence
- Increase self-confidence, self-reliance and self-esteem
- Promote health and wellbeing
- Encourage participation in development and governance
- Develop service users' skills for self-help and mutual support
- Increase awareness and understanding of mental health
- Influence the way mental health services are planned and delivered

To achieve these aims we will carry out the following objectives:

- Provide support through our various projects and services such as Listening support, Social Prescribing and Calm Café's.
- Work in collaboration with relevant organisations
- Provide support groups
- Develop our work in response to changing needs
- Liaise with the local authority, Integrated Care Service (ICS) and public commissioners to assist with planning and delivery of mental health services.

In all our work we promote autonomy, equality, knowledge, participation and respect.

Organisational Structure

The Board of Trustees meets no less than quarterly across the year, along with the Chief Executive Officer and Operations Manager, to review performance and to monitor and authorise activity and expenditure.

Members of Telford Mind elect Trustees annually.

The day-to-day management is delegated to the Chief Executive Officer, Louise Heap, who reports directly to the Board of Trustees.

Gemma Coulman-Smith is the appointed Operations Manager.

The Chief Executive oversees operational performance and service development and is supported by a small team of staff and volunteers.

Board of Trustees

Name		Election Date	Resignation Date
Clive Elliott	Trustee	20 November 2018	
Teresa McDonnell	Trustee	01 Apr 2022	13 th June 2023
Ellen Frain (Nolan)	Trustee	01 Oct 2022	
Trevor Hirst	Trustee	1 st April 2023	19 th December 2023
Hema Kumar	Trustee	1 st April 2023	

Trustee Recruitment

Trustees are elected and appointed at our Annual General Meeting. Trustees may also be co-opted by the Board throughout the year.

Overview

Telford Mind has been established for over thirty years and provides a wide range of invaluable services for people with mental health issues within Telford and Wrekin. The services we provide has increased significantly and ranges from Listening support, Calm Cafes and Social Prescribing.

Telford Mind continues to go from strength to strength, with an increase in the number of services we deliver, our staffing numbers and during this reporting period we have seen the introduction of the following new services:

- Perinatal Mental Health Social Prescribing- December 2023
- Wellbeing Whilst Waiting (Children and Young People)- December 2023

Demand for our services continues to be strong. We are consistently supporting individuals in crisis and have seen a notable rise in referrals from statutory services. We believe this reflects the strong relationships and collaborative partnerships we've built with a variety of statutory agencies.

The Chief Executive Officer and Operations Manager met with the newly appointed VCS Engagement and Partnership Lead for Shropshire, Telford and Wrekin. This gave us the opportunity to promote the work we do at Telford Mind and discuss ways in which we can work closer together and help discuss some of the challenges that we are all facing.

Senior Management attended the Integrated Care Partnership (ICP) Meeting which focused on shaping the Integrated Care System (ICS) Strategic Direction. The aim of the meeting was to provide a framework for identifying consistency or diversity of opinion around some key strategic choices that the ICS will need to make and develop in the implementation of their strategic plans.

The CEO attended a session on the newly introduced Dynamic Procurement System (DPS). The purpose of the DPS is to ensure that available Community Mental Health Transformation funding is distributed appropriately and the process for fund allocation is transparent. The session was delivered by MPFT Community Mental Health Transformation Leads. Following the meeting we have completed the initial registration for the DPS.

During the reporting period our Social Prescribing service was showcased, by the Service Delivery Manager (Public Health Team T&W,) at Telford & Wrekin Integrated Place Partnership meeting (TWIPP) as part of the “Living Well” priority. Partnership (TWIPP) is a place-based approach which ensures delivery of the Borough’s priorities using a truly integrated, asset based local approach focusing on early detection, prevention and early resolution.

Shropshire, Telford and Wrekin Social Prescribing services were presented at the System Quality Group by the Personalised Care Programme Manager for the ICS. This was a great opportunity to showcase the success of our social prescribing service.

The CYP Social Prescribing team provided a “Managing our Emotions” activity at Crucial Crew which ran for three weeks, organised by Telford and Wrekin Council. Crucial Crew is a fun

educational event to give young people the knowledge to keep themselves safe before making the step up to secondary school. This year over 2,300 Year 6 pupils from over 50 schools took part. This is the first time we have supported this event and was a great way to promote our younger people services and support.

The Operations' Manager attended a COG review meeting, facilitated by Lloyds Bank. The aim of the facilitated session was to gather experience and input from Telford COG members to inform the future plans and strategies for the VSCE infrastructure support in Telford & Wrekin. The session enabled attendees to look at the opportunities and challenges that we all face, reflecting on the strengths and successes to build on, and identifying how best to fulfill the group's ambitions.

From the 01st April 2023 – 31st March 2024, we have seen a total of 1875 **new** service users. This figure does not include those who are already accessing our service/services. Many of these new service users will also access more than one of our services/projects.

In order to ensure the wellbeing of the team, staff and management continue to receive regular clinical supervision (every 4-6 weeks). Clinical supervision has been shown to support workers during challenging times, by reducing burnout, enhancing mental health and wellbeing at work, and improving job satisfaction.

We have also developed our volunteering opportunities to support projects such as our Listening line and Calm Café.

In order to gain feedback from staff and look forward to the strategic vision of the organisation, we held a staff away day on 13th July at Enginuity. The event was attended by staff, Senior Management Team, Trustees and Mind representatives.

The objectives were:

- To get to know each other better.
- To remind ourselves why we are here – Individually & Telford Mind
- To agree on joint values and aims
- To work together
- To start to move forward and plan for success.

The day was a great success, and we collectively completed a SWOT analysis and created our values.

The CEO, Operations Manager, Trustees attended the Mind "Next Chapters" event that was held in Warwick. The themes from the event were:

- Refreshing the Strategy
- Unlocking the Potential of Federation First
- Reviewing Federation Values and Behaviours
- Reviewing Vision and Purpose

The event gave the opportunity to network with other local Mind's and contribute to the development of the Federation First approach.

As part of the Safer Stronger Partnership, we provided a series of Mental Health Awareness workshops at Dawley Youth Club. These were delivered twice a month, and the subjects were selected by the young people that attend youth club.

We have recently joined the Shropshire Forces Operational Group. The group meets monthly by Teams and has representatives from Shropshire, Telford and Wrekin. The group aims to support members of the Armed Forces community to access services and support that are best suited to their needs. This is undertaken in a collaborative approach ensuring that those with complex needs are not missed and are supported appropriately.

Telford Mind continues to strengthen, expand, and build new partnerships, firmly embedding itself within the Telford and Wrekin community. Thanks to the dedication of our team and effective collaborative working, we have become the leading mental health charity in Telford.

Achievements, Performance and Progression

During this reporting period there has been many achievements and areas of progression for Telford Mind. It has been another busy and challenging year for Telford Mind, but it has also been extremely rewarding.

After a period of consultation and in line with Mind affiliation requirements that we transferred to a Charitable Incorporated Organisation on 1st Apr 2023.

Telford Mind has seen a significant period of growth over the last two years and as part of this growth and in line with the Mind Federation Agreement, we have transferred from a Registered Charity to a Charitable Incorporated Organisation. This is an exciting time for Telford Mind as we continue to provide our existing services and look to extend our area of operation in the years ahead.

We have undergone our mandatory audit, Mind Quality Mark. The process has enabled us to look at what systems and processes we have in place, but also where improvements can be made. As part of the audit process, we have conducted a Board Effectiveness review and have also commenced work on developing our 3–5-year strategy. We received formal notification on 22nd November 2023 that we had been awarded the Mind Quality Mark.

Following the completion of the Mind Quality Mark, the Board identified that we need to ensure the following areas are monitored/reviewed/updated at regular intervals:

- Risk Register
- Strategic Plan
- Board Effectiveness Reviews
- Scheme of Delegation
- Business Continuity Plan
- Dashboard Monitoring Tool

This reporting period has seen the introduction of two new services:

- Perinatal Mental Health Social Prescribing
- Wellbeing Whilst Waiting

Following the successful award of contract to deliver the Perinatal Mental Health Social Prescribing Service, the CEO and Operations Manager have attended several meetings to link with key stakeholders and partners. They have also attended some training in relation to perinatal mental health. The Perinatal Mental Health Social Prescribing Service will be included within the Telford and Wrekin Family Hubs.

Additionally, In this reporting period we have been contracted to provide a part time Social Prescriber, for one year, to support the Wellbeing While Waiting programme (with UCL, Anne Freud and MPFT) as part of the personalised care work for Shropshire Telford and Wrekin. The project will trial offering immediate social prescribing to children and young people on CAMHS's treatment waiting lists. Currently, many children and young people face long waits for mental health services, during which time their mental health often deteriorates. The social prescribing pathway will be offered as children and young people wait for their treatments. The support will be provided in both Telford and Shropshire.

As in previous years, the CEO and Operations Manager have continued to positively promote Telford Mind and have ensured that positive working relationships have been maintained with key organisations within Telford and Wrekin. We have attended events and networking opportunities to raise the profile of Telford Mind. These have included events and opportunities, such as:

- Shropshire Huskies Charity Event- The ice hockey team raised £2,500 over two events, the money will be used to subsidise the Listening Service.
- ROC (Redeeming our Communities) Conversation- The event gave the opportunity for various organisations/service providers to come together to discuss and collaborate specific areas of need in the community and note any gaps in provision and offering to share resources where possible.
- CapGemini Community Challenge- Telford Mind took part in the Community Challenge with 5 students supporting us to find solutions that will enable us to reach a younger demographic.
- Armed Forces Day- A Community event at Donnington Playing field to celebrate Armed Forces Day.
- Arboretum Trip – Funded by Dawley Town Council. Members from the Veterans café attended along with members of staff from Telford Mind.
- Shadow MP Lunch- The CEO and Operations Manager were invited for lunch to meet the Shadow Minister for Defence Procurement, Christopher Evans. It was a great opportunity to promote and discuss the Veterans' Café and the other services we provide.
- Make a Change Competition- The Safer, Stronger Communities project hosted a celebration evening for the participants and winners of the "Make a Change" competition. The competition gives young people, aged 11-18, a chance to make a positive impact to their local communities.

- Royal Visit- We had the pleasure of welcoming HRH, the Duke of Edinburgh to our Veterans' Café. The event was a great success and all of our Veterans that attended had the opportunity to speak to HRH.
- Chatty Club at Malinslee on Mental Health Awareness Day. We also attended a networking event at Park Lane Centre.
- Project Hope (suicide prevention) Event- Annual event to mark World Suicide Prevention Day.
- Women's' Wellbeing Event- An event to bring together community organisations that promote and support women's wellbeing
- Recovery Conference- An annual conference to celebrate the recovery community.
- STW Person Centred Facilitation group- Embedding Person-Centred in Shropshire, Telford and Wrekin Integrated Care System
- Developing a Local Mental Health Collaborative (Shropshire, Telford & Wrekin) Stakeholder Engagement Workshop

We also celebrated the 2nd Birthday of the Veterans' Café in January at our Dawley Café. Entertainment and refreshments were very kindly provided by Great Dawley Town Council. Following an engagement event at Donnington, we launched our first Café there on 7th February 2024. The Donnington cafes are being supported by the Councillors Pride Fund for Cllr Fiona Doran and Cllr Ollie Vickers. In February, we took the Veterans' café "on the road" as part of D Squadron's Engagement Event. The event was very well attended, and all attendees had the opportunity to look around the base, look at military equipment and vehicles.

The CEO and Operations continue to sit on several Boards within Telford and Wrekin, including the mental health forum, chief officers' group, Armed Forces Partnership Board, Suicide Action Prevention Group, Domestic Abuse Forum and the Mental Health Alliance.

This has been another highly successful and rewarding year for Telford Mind, as we continue to grow and strengthen our presence as a vital part of the community.

Service Provision

During this reporting period, the areas of service provision at Telford Mind include the following areas:

Listening Service

The Listening Support Phone line provides support for those who are in emotional distress, struggling to cope or need to talk. By calling our mainline individuals can gain 'in the moment' support such as signposting or advice or they can refer themselves for Listening support sessions. Listening support sessions take place on a weekly basis for around 4-6 sessions.

Calm Café

The Calm Cafes provide support and safety to people aged 18+ who are finding themselves in a crisis or who are in need of support with their emotional/mental health to prevent a crisis. The

Calm Café is a partnership project between Telford Mind and Telford & Wrekin Council Mental Health Social Work Team. We are also supported by A Better Tomorrow to provide tailored support within the Café setting.

Dual Diagnosis Café

The Dual Diagnosis Calm Cafes provide a platform for social interaction, mental health and wellbeing and substance misuse support. We provide support and safety to anyone in need by offering coping mechanisms and management techniques to help reduce the risk of crisis.

The Dual Diagnosis Calm Cafés are delivered by Telford Mind, Telford After Care Team, A Better Tomorrow and Telford & Wrekin Council.

Veterans Café

The Veterans Café offers the space to meet and talk to likeminded people with similar day to day issues. Our aim is to bring the Veterans community together whilst ensuring that they are able to access tailored social and mental health support.

Social Prescribing

Is an approach that connects people to community activities and services to improve their health and wellbeing. Taking a holistic approach to promoting and improving individuals' health and wellbeing. Adapting a person-centred approach with an ethos of "What matters to me". The main aim of this service is to support individuals to access community services, projects and activities to benefit their health and wellbeing.

We deliver Social Prescribing three Primary Care Network's within Telford & Wrekin.

Suicide Bereavement Service

The suicide bereavement service is available to families, friends, colleagues and anyone living in Shropshire Telford & Wrekin who feels affected by a sudden unexplained death and suicide. The service provides:

- Early contact
- Home visits, phone or email contact
- Support to manage the procedures that take place after a suicide
- Help to access any other support you need
- Practical and emotional support

Perinatal Mental Health Social Prescribing

Telford Mind delivers support for those in the Perinatal period which includes pregnancy up to the child's second birthday.

Social Prescribing offers non- clinical interventions and connects parents in the perinatal period with a wide range of community resources and can holistically address social, emotional and practical needs.

Assist and Engage

The Assist & Engage project aims to provide improved mental health support for people who attend the emergency department, also for referral from EDT.

The project offers extra support and signposting for further services to those who are experiencing a delay in either transport or for a mental health admission after a mental health assessment.

The support may include providing practical and emotional support to the individual and their family. The service provision will be available on call Thursday to Tuesday evenings at 18:00 – 24:00 hours.

The NET

The Net project is a partnership approach between Telford Mind, Stay and Citizen's Advice.

The support is offered to those who are in crisis support and intends to fill the gaps identified from cuts in support provision across Telford & Wrekin in order to ensure that people are able to access the support they need, when they need it. Offering support and drop in service provision for targeted communities and up to 6 months intensive support for marginalised individuals who are not managing in a high number of support areas and therefore identified as meeting the threshold to access the service, followed by support to move on to alternative provision.

Counselling

Our Counselling team work with people aged 18+ and also offers relationship counselling to couples. Our Counsellors work with people to help them make sense of what is going on for them. To understand their feelings and to work out ways to tackle their problems.

Wellness While Waiting – CYP

The project offers immediate social prescribing treatments to children and young people on the CAMH'S treatment waiting list. Currently, many children and young people face long waits for mental health services, during which time their mental health often deteriorates. The social prescribing pathway will be part of a research project and will be offered as children and young people wait for their treatments. This project covers Telford and Shropshire.

The Wellness While Waiting programme (with UCL, Anne Freud & MPFT) is part of the Personalised Care work for Shropshire Telford & Wrekin.

NEET Project

The NEET project provides support and mentoring for young people who are identified as not in education, employment or training, to build confidence and resilience.

Providing emotional health and wellbeing support to improve the overall mental health and wellbeing of NEET, EHCP and SEN Support. Encouraging individuals to take control of their wellbeing and live happier, healthier lives. Using techniques such as Active listening skills, Solution-focused interventions, coping strategies, whilst providing support to increase Social Networks. The project aims to help the young people to make connections with the local community and voluntary sector services.

Tackling Health Inequalities (Homelessness)

A service, that improves accessibility and engagement with primary and secondary care services for the homeless population. The service support individuals to take control of their wellbeing and live happier, healthier lives

To provide excellent volunteering opportunities in the provision of an outreach and buddying service that will:

- Promote recovery and autonomy
- Focus on community participation

- Reduce social isolation
- Meet the needs of diverse groups
- Expand and maintain multi agency collaboration

Workplace Wellbeing

Telford Mind provides customised mental health support for employers and their employees within Telford and Wrekin. This can include tailored mental health training sessions, one to one listening support and mental health awareness promotional events. This support is offered both face to face and online.

Finances

Funding for the financial period April 2023 - March 2024 funding has been received from the following:

- Telford & Wrekin Public Health – Bereavement Support, Tackling Health Inequalities, Assist & Engage
- Telford ICB – Calm Café & Dual Diagnosis Café, Wellbeing While Waiting
- National Lottery – The Net
- Telford and Wrekin Council -NEETs, Veterans’ Café
- Telford and Wrekin Council (Family hubs)- Perinatal Mental Health Social Prescribing
- South-East Telford Primary Care Network – Social Prescribing (ARRS)
- Newport Primary Care Network – Social Prescribing (ARRS)
- Wrekin Primary Care Network – Social Prescribing (ARRS)
- Stay Telford (Lottery Funded Partnership Project) – Stay Mindful
- Donations
- Workplace Wellbeing Revenue

Donations continue to play a vital role in supporting our service delivery, especially our one-to-one listening service, which remains central to our work despite receiving no dedicated funding.

On the 1st of April 2023, we introduced Xero as our new accounting software package. All Trustees have Read-Only access to Xero.

The Board of Trustees attended Financial Governance Training on 13th April 2023, via Zoom by an external financial consultant.

Reserves

Telford Mind’s Board of Trustees agreed that the level of reserves that should be held are a minimum of three months’ expenditure.

If the level of the reserves fund falls below the agreed level the trustees will review Telford Mind’s expenditure and look for opportunities to make savings. If this is not possible Telford

Mind will add to its reserves, when the opportunity arises, until the agreed level of reserves is met.

Chairperson's Report 2023/2024

The past year has been both challenging and inspirational as the organisation has continued to strengthen and develop.

Telford Mind has become one of the foremost charitable organisations in Telford & Wrekin gaining the respect of the council, local communities, PCNs and the ICB.

I would like to take this opportunity to put on record my thanks for the hard work, dedication and commitment of the CEO, Louise Heap, the Operations Manager, Gemma Coulman-Smith and all the staff who pull together, support each other and go above and beyond their own roles. Without all of them, the organisation would not be what it is today.

We look forward to continuing to develop the organisation over the coming years.

Clive Elliott
Chair of Trustees

REGISTERED COMPANY NUMBER: CE019796 (England and Wales)
REGISTERED CHARITY NUMBER: 1186627

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
FOR
TELFORD MIND

Hollingsworth & Co Ltd
Coppice House
Halesfield 7
Telford
Shropshire
TF7 4NA

TELFORD MIND

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FOR THE YEAR ENDED 31 MARCH 2024

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TELFORD MIND

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The charity changed from an unincorporated charity to an incorporated charity on 1 April 2023.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE019796 (England and Wales)

Registered Charity number

1186627

Registered office

Court Street Medical Centre
Court Street
Madeley
Telford
Shropshire
TF7 5EE

Trustees

Mr C B Elliott
Dr T McDonnell (resigned 13.6.23)
Mrs E Frain
Mr T Hirst (appointed 1.4.23) (resigned 19.12.23)
Mr H Kumar (appointed 1.4.23)

Independent Examiner

Hollingsworth & Co Ltd
Coppice House
Halesfield 7
Telford
Shropshire
TF7 4NA

Approved by order of the board of trustees on 31 March 2025 and signed on its behalf by:

Mr C B Elliott - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
TELFORD MIND

Independent examiner's report to the trustees of Telford Mind ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Mr J Hollingsworth FCA

Hollingsworth & Co Ltd
Coppice House
Halesfield 7
Telford
Shropshire
TF7 4NA

31 March 2025

TELFORD MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

		2024 Unrestricted fund £	2023 Total funds £
	Notes		
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3	97,153	18,112
Charitable activities	5		
Helping Hands		-	4,998
Calm Cafe		106,296	105,684
Mental Health Awareness		2,700	14,556
Social Prescribing		484,387	353,579
Counselling Income		6,445	6,040
NEETS engagement		-	18,000
Suicide prevention projects		25,000	30,750
VSMH for 18-25		-	17,000
Assist & Engage		-	66,000
Together fund		-	2,387
Time to talk		4,500	-
Investment income	4	887	-
Total		727,368	637,106
EXPENDITURE ON			
Raising funds	6	10,861	393
Charitable activities	7		
Helping Hands		-	11,496
Listening Services./Work It Out		13,246	22,441
Calm Cafe		64,428	51,079
Social Prescribing		367,955	330,826
Counselling Income		10,336	6,785
Inpatient discharge		-	12,738
Homeless Outreach Services		-	17,680
Suicide prevention projects		18,291	19,074
Care leavers project		-	18,886
IAPT Support		8,714	24,227
Dual Diagnosis Cafe		-	10,486
Assist & Engage		8,003	7,805
Time to talk		577	-
Gardening group		729	-
Other		152,705	145,986
Total		655,845	679,902
NET INCOME/(EXPENDITURE)		71,523	(42,796)
Other recognised gains/(losses)			
Gains/(losses) on revaluation of fixed assets		-	(1)

The notes form part of these financial statements

TELFORD MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

		2024 Unrestricted fund £	2023 Total funds £
Net movement in funds	Notes	71,523	(42,797)
RECONCILIATION OF FUNDS			
Total funds brought forward		265,677	308,474
TOTAL FUNDS CARRIED FORWARD		<u>337,200</u>	<u>265,677</u>

The notes form part of these financial statements

TELFORD MIND

BALANCE SHEET
31 MARCH 2024

		2024 Unrestricted fund £	2023 Total funds £
	Notes		
FIXED ASSETS			
Tangible assets	13	6,240	9,355
CURRENT ASSETS			
Debtors	14	64,568	96,214
Cash at bank		310,312	206,817
		374,880	303,031
CREDITORS			
Amounts falling due within one year	15	(43,920)	(46,709)
NET CURRENT ASSETS		330,960	256,322
TOTAL ASSETS LESS CURRENT LIABILITIES		337,200	265,677
NET ASSETS		337,200	265,677
FUNDS	16		
Unrestricted funds		337,200	265,677
TOTAL FUNDS		337,200	265,677

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

TELFORD MIND

BALANCE SHEET - continued
31 MARCH 2024

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

The financial statements were approved by the Board of Trustees and authorised for issue on 31 March 2025 and were signed on its behalf by:

Mr C B Elliott - Trustee

TELFORD MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	102,608	21,696
Interest paid		-	(299)
Net cash provided by operating activities		102,608	21,397
Cash flows from investing activities			
Purchase of tangible fixed assets		-	(2,075)
Interest received		887	-
Net cash provided by/(used in) investing activities		887	(2,075)
Change in cash and cash equivalents in the reporting period		103,495	19,322
Cash and cash equivalents at the beginning of the reporting period		206,817	187,495
Cash and cash equivalents at the end of the reporting period		310,312	206,817

The notes form part of these financial statements

TELFORD MIND

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	71,523	(42,796)
Adjustments for:		
Depreciation charges	3,115	4,208
Interest received	(887)	-
Interest paid	-	299
Decrease in debtors	31,646	90,669
Decrease in creditors	(2,789)	(30,684)
Net cash provided by operations	<u>102,608</u>	<u>21,696</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.23 £	Cash flow £	At 31.3.24 £
Net cash			
Cash at bank	206,817	103,495	310,312
	<u>206,817</u>	<u>103,495</u>	<u>310,312</u>
Total	<u>206,817</u>	<u>103,495</u>	<u>310,312</u>

The notes form part of these financial statements

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS **FOR THE YEAR ENDED 31 MARCH 2024**

1. TRANSFER OF CHARITY FROM UNINCORPORATED CHARITY TO INCORPORATED CHARITY

Background to the Merger

On 1 April 2023, Telford Mind- Unincorporated (Charity Number:516444) transferred all its assets and liabilities to Telford Mind- Incorporated (Company Number:CE019796, Charity Number: 1186627). The incorporated entity was established to continue the charitable activities of the original unincorporated association.

This transaction has been accounted for using the merger accounting method, in line with the Charities SORP (FRS 102), as:

The merging charities shared the same charitable objectives and beneficiaries;

No party gained control;

The merger was undertaken to further the charitable purposes for the benefit of beneficiaries;

No consideration was paid.

Telford Mind, an unincorporated charity worked to provide Mental Health Support to anyone in need of support over the age of 18.

Telford Mind: A charitable company limited by guarantee established on 28 November 2019 to continue the activities of the former charity under a corporate legal structure. This charity remained dormant until taking over the work of the unincorporated charity on 1 April 2023.

Date of the Merger

The effective date of the merger was 1 April 2023. From this date, all assets, liabilities, operations, and obligations of the unincorporated charity were transferred to the incorporated entity.

Adjustments

No significant adjustments have been added in order to align the accounting policies.

Components of statement of financial activities

All the comparative figures from the 2023 accounts are in relation to the unincorporated charity as the incorporated charity did not trade.

All the figures included in the 2024 accounts are in relation to the incorporated charity as the unincorporated charity did not trade.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

2. ACCOUNTING POLICIES - continued

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on reducing balance

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

3. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	25,108	18,112
Grants	72,045	-
	<u>97,153</u>	<u>18,112</u>

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Other grants	<u>72,045</u>	<u>-</u>

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

4. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	887	-
	<u>887</u>	<u>-</u>

5. INCOME FROM CHARITABLE ACTIVITIES

		2024	2023
	Activity	£	£
Activity income	Helping Hands	-	4,998
Activity income	Calm Cafe	106,296	105,684
Activity income	Mental Health Awareness	2,700	14,556
Activity income	Social Prescribing	484,387	353,579
Activity income	Counselling Income	6,445	6,040
Activity income	NEETS engagement	-	18,000
Activity income	Suicide prevention projects	25,000	30,750
Activity income	VSMH for 18-25	-	17,000
Activity income	Assist & Engage	-	66,000
Activity income	Together fund	-	2,387
Activity income	Time to talk	4,500	-
		<u>629,328</u>	<u>618,994</u>

6. RAISING FUNDS

Raising donations and legacies

	2024	2023
	£	£
Subscriptions	322	393
Support costs	10,539	-
	<u>10,861</u>	<u>393</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 8) £	Totals £
Listening Services./Work It Out	-	13,246	13,246
Calm Cafe	20,739	43,689	64,428
Social Prescribing	-	367,955	367,955
Counselling Income	2,720	7,616	10,336
Suicide prevention projects	-	18,291	18,291
IAPT Support	-	8,714	8,714
Assist & Engage	-	8,003	8,003
Time to talk	577	-	577
Gardening group	729	-	729
	<u>24,765</u>	<u>467,514</u>	<u>492,279</u>

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

8. SUPPORT COSTS

	Management £	Finance £	Information technology £
Raising donations and legacies	10,539	-	-
Other resources expended	118,865	89	10,270
Listening Services./Work It Out	13,246	-	-
Calm Cafe	43,689	-	-
Social Prescribing	367,955	-	-
Counselling Income	7,616	-	-
Suicide prevention projects	18,291	-	-
IAPT Support	8,714	-	-
Assist & Engage	8,003	-	-
	<u>596,918</u>	<u>89</u>	<u>10,270</u>
		Governance	
	Other £	costs £	Totals £
Raising donations and legacies	-	-	10,539
Other resources expended	5,446	14,920	149,590
Listening Services./Work It Out	-	-	13,246
Calm Cafe	-	-	43,689
Social Prescribing	-	-	367,955
Counselling Income	-	-	7,616
Suicide prevention projects	-	-	18,291
IAPT Support	-	-	8,714
Assist & Engage	-	-	8,003
	<u>5,446</u>	<u>14,920</u>	<u>627,643</u>

9. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024 £	2023 £
Depreciation - owned assets	3,115	4,209
Hire of plant and machinery	<u>1,613</u>	<u>1,688</u>

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

11. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	574,940	616,427
Other pension costs	10,539	10,301
	<u>585,479</u>	<u>626,728</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Charity management	2	2
Calm Café	5	4
Helping Hands	-	1
Listening Service & Work It Out	2	1
Social Prescribing	19	17
Stay Mindful	-	2
Workplace Wellbeing	1	2
Suicide Bereavement	1	1
Impatient Discharge	-	2
Other	8	11
	<u>38</u>	<u>43</u>

No employees received emoluments in excess of £60,000.

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	18,112
Charitable activities	
Helping Hands	4,998
Calm Cafe	105,684
Mental Health Awareness	14,556
Social Prescribing	353,579
Counselling Income	6,040
NEETS engagement	18,000
Suicide prevention projects	30,750
VSMH for 18-25	17,000
Assist & Engage	66,000

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £
Together fund	2,387
Total	<u>637,106</u>
 EXPENDITURE ON	
Raising funds	393
 Charitable activities	
Helping Hands	11,496
Listening Services./Work It Out	22,441
Calm Cafe	51,079
Social Prescribing	330,826
Counselling Income	6,785
Inpatient discharge	12,738
Homeless Outreach Services	17,680
Suicide prevention projects	19,074
Care leavers project	18,886
IAPT Support	24,227
Dual Diagnosis Cafe	10,486
Assist & Engage	7,805
 Other	<u>145,986</u>
Total	<u>679,902</u>
 NET INCOME/(EXPENDITURE)	(42,796)
Other recognised gains/(losses)	
Gains/(losses) on revaluation of fixed assets	(1)
 Net movement in funds	<u>(42,797)</u>
 RECONCILIATION OF FUNDS	
Total funds brought forward	308,474
 TOTAL FUNDS CARRIED FORWARD	<u><u>265,677</u></u>

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

13. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2023 and 31 March 2024	20,410
DEPRECIATION	
At 1 April 2023	11,055
Charge for year	3,115
At 31 March 2024	14,170
NET BOOK VALUE	
At 31 March 2024	6,240
At 31 March 2023	9,355

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	64,568	96,214

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	9,355	11,577
Social security and other taxes	24,850	26,599
Other creditors	6,955	7,153
Accrued expenses	2,760	1,380
	43,920	46,709

16. MOVEMENT IN FUNDS

	At 1.4.23	Net movement in funds	At
	£	£	31.3.24 £
Unrestricted funds			
General fund	265,677	71,523	337,200
TOTAL FUNDS	265,677	71,523	337,200

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

16. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	727,368	(655,845)	71,523
TOTAL FUNDS	<u>727,368</u>	<u>(655,845)</u>	<u>71,523</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	308,474	(42,797)	265,677
TOTAL FUNDS	<u>308,474</u>	<u>(42,797)</u>	<u>265,677</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	637,106	(679,902)	(1)	(42,797)
TOTAL FUNDS	<u>637,106</u>	<u>(679,902)</u>	<u>(1)</u>	<u>(42,797)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	308,474	28,726	337,200
TOTAL FUNDS	<u>308,474</u>	<u>28,726</u>	<u>337,200</u>

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	1,364,474	(1,335,747)	(1)	28,726
TOTAL FUNDS	<u>1,364,474</u>	<u>(1,335,747)</u>	<u>(1)</u>	<u>28,726</u>

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

TELFORD MIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	25,108	18,112
Grants	72,045	-
	97,153	18,112
Investment income		
Deposit account interest	887	-
Charitable activities		
Activity income	629,328	618,994
	727,368	637,106
Total incoming resources		
EXPENDITURE		
Raising donations and legacies		
Subscriptions	322	393
Charitable activities		
Wages	2,720	6,826
Rent and rates	20,739	13,245
Sundries	1,306	-
Summer ball event costs	-	150
	24,765	20,221
Other		
Computer equipment	3,115	4,208
Support costs		
Management		
Staff salaries	572,220	609,601
Staff pensions	10,539	10,301
Insurance	6,919	3,819
Training	7,240	-
	596,918	623,721
Finance		
Bank charges	89	1,535
Information technology		
Telephone	3,809	5,013
Carried forward	3,809	5,013

This page does not form part of the statutory financial statements

TELFORD MIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
Information technology		
Brought forward	3,809	5,013
Computer software costs	6,461	7,028
	10,270	12,041
Other		
Photocopier rental	1,613	1,688
Postage and stationery	1,871	2,701
Advertising and marketing	1,962	-
	5,446	4,389
Other 3		
PAYE Interest	-	299
Governance costs		
Accountancy and legal fees	14,920	13,095
	655,845	679,902
Total resources expended		
Net income/(expenditure)	71,523	(42,796)

This page does not form part of the statutory financial statements

REGISTERED COMPANY NUMBER: CE019796 (England and Wales)
REGISTERED CHARITY NUMBER: 1186627

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024
FOR
TELFORD MIND

Hollingsworth & Co Ltd
Coppice House
Halesfield 7
Telford
Shropshire
TF7 4NA

TELFORD MIND

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

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Detailed Statement of Financial Activities	18 to 19

TELFORD MIND

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

The charity changed from an unincorporated charity to an incorporated charity on 1 April 2023.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

CE019796 (England and Wales)

Registered Charity number

1186627

Registered office

Court Street Medical Centre
Court Street
Madeley
Telford
Shropshire
TF7 5EE

Trustees

Mr C B Elliott
Dr T McDonnell (resigned 13.6.23)
Mrs E Frain
Mr T Hirst (appointed 1.4.23) (resigned 19.12.23)
Mr H Kumar (appointed 1.4.23)

Independent Examiner

Hollingsworth & Co Ltd
Coppice House
Halesfield 7
Telford
Shropshire
TF7 4NA

Approved by order of the board of trustees on 31 March 2025 and signed on its behalf by:

Mr C B Elliott - Trustee

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
TELFORD MIND

Independent examiner's report to the trustees of Telford Mind ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

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

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Mr J Hollingsworth FCA

Hollingsworth & Co Ltd
Coppice House
Halesfield 7
Telford
Shropshire
TF7 4NA

31 March 2025

TELFORD MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

		2024 Unrestricted fund £	2023 Total funds £
	Notes		
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3	97,153	18,112
Charitable activities	5		
Helping Hands		-	4,998
Calm Cafe		106,296	105,684
Mental Health Awareness		2,700	14,556
Social Prescribing		484,387	353,579
Counselling Income		6,445	6,040
NEETS engagement		-	18,000
Suicide prevention projects		25,000	30,750
VSMH for 18-25		-	17,000
Assist & Engage		-	66,000
Together fund		-	2,387
Time to talk		4,500	-
Investment income	4	887	-
Total		727,368	637,106
EXPENDITURE ON			
Raising funds	6	10,861	393
Charitable activities	7		
Helping Hands		-	11,496
Listening Services./Work It Out		13,246	22,441
Calm Cafe		64,428	51,079
Social Prescribing		367,955	330,826
Counselling Income		10,336	6,785
Inpatient discharge		-	12,738
Homeless Outreach Services		-	17,680
Suicide prevention projects		18,291	19,074
Care leavers project		-	18,886
IAPT Support		8,714	24,227
Dual Diagnosis Cafe		-	10,486
Assist & Engage		8,003	7,805
Time to talk		577	-
Gardening group		729	-
Other		152,705	145,986
Total		655,845	679,902
NET INCOME/(EXPENDITURE)		71,523	(42,796)
Other recognised gains/(losses)			
Gains/(losses) on revaluation of fixed assets		-	(1)

The notes form part of these financial statements

TELFORD MIND

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

		2024 Unrestricted fund £	2023 Total funds £
Net movement in funds	Notes	71,523	(42,797)
RECONCILIATION OF FUNDS			
Total funds brought forward		265,677	308,474
TOTAL FUNDS CARRIED FORWARD		<u>337,200</u>	<u>265,677</u>

The notes form part of these financial statements

TELFORD MIND

BALANCE SHEET
31 MARCH 2024

		2024 Unrestricted fund £	2023 Total funds £
	Notes		
FIXED ASSETS			
Tangible assets	13	6,240	9,355
CURRENT ASSETS			
Debtors	14	64,568	96,214
Cash at bank		310,312	206,817
		374,880	303,031
CREDITORS			
Amounts falling due within one year	15	(43,920)	(46,709)
NET CURRENT ASSETS		330,960	256,322
TOTAL ASSETS LESS CURRENT LIABILITIES		337,200	265,677
NET ASSETS		337,200	265,677
FUNDS	16		
Unrestricted funds		337,200	265,677
TOTAL FUNDS		337,200	265,677

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

TELFORD MIND

BALANCE SHEET - continued
31 MARCH 2024

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

The financial statements were approved by the Board of Trustees and authorised for issue on 31 March 2025 and were signed on its behalf by:

Mr C B Elliott - Trustee

TELFORD MIND

CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	102,608	21,696
Interest paid		-	(299)
Net cash provided by operating activities		102,608	21,397
Cash flows from investing activities			
Purchase of tangible fixed assets		-	(2,075)
Interest received		887	-
Net cash provided by/(used in) investing activities		887	(2,075)
Change in cash and cash equivalents in the reporting period		103,495	19,322
Cash and cash equivalents at the beginning of the reporting period		206,817	187,495
Cash and cash equivalents at the end of the reporting period		310,312	206,817

The notes form part of these financial statements

TELFORD MIND

NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 MARCH 2024

1. RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024 £	2023 £
Net income/(expenditure) for the reporting period (as per the Statement of Financial Activities)	71,523	(42,796)
Adjustments for:		
Depreciation charges	3,115	4,208
Interest received	(887)	-
Interest paid	-	299
Decrease in debtors	31,646	90,669
Decrease in creditors	(2,789)	(30,684)
Net cash provided by operations	<u>102,608</u>	<u>21,696</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.23 £	Cash flow £	At 31.3.24 £
Net cash			
Cash at bank	206,817	103,495	310,312
	<u>206,817</u>	<u>103,495</u>	<u>310,312</u>
Total	<u>206,817</u>	<u>103,495</u>	<u>310,312</u>

The notes form part of these financial statements

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS **FOR THE YEAR ENDED 31 MARCH 2024**

1. TRANSFER OF CHARITY FROM UNINCORPORATED CHARITY TO INCORPORATED CHARITY

Background to the Merger

On 1 April 2023, Telford Mind- Unincorporated (Charity Number:516444) transferred all its assets and liabilities to Telford Mind- Incorporated (Company Number:CE019796, Charity Number: 1186627). The incorporated entity was established to continue the charitable activities of the original unincorporated association.

This transaction has been accounted for using the merger accounting method, in line with the Charities SORP (FRS 102), as:

The merging charities shared the same charitable objectives and beneficiaries;

No party gained control;

The merger was undertaken to further the charitable purposes for the benefit of beneficiaries;

No consideration was paid.

Telford Mind, an unincorporated charity worked to provide Mental Health Support to anyone in need of support over the age of 18.

Telford Mind: A charitable company limited by guarantee established on 28 November 2019 to continue the activities of the former charity under a corporate legal structure. This charity remained dormant until taking over the work of the unincorporated charity on 1 April 2023.

Date of the Merger

The effective date of the merger was 1 April 2023. From this date, all assets, liabilities, operations, and obligations of the unincorporated charity were transferred to the incorporated entity.

Adjustments

No significant adjustments have been added in order to align the accounting policies.

Components of statement of financial activities

All the comparative figures from the 2023 accounts are in relation to the unincorporated charity as the incorporated charity did not trade.

All the figures included in the 2024 accounts are in relation to the incorporated charity as the unincorporated charity did not trade.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

2. ACCOUNTING POLICIES - continued

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 33% on reducing balance

Taxation

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

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

3. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	25,108	18,112
Grants	72,045	-
	<u>97,153</u>	<u>18,112</u>

Grants received, included in the above, are as follows:

	2024	2023
	£	£
Other grants	<u>72,045</u>	<u>-</u>

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

4. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	887	-
	<u>887</u>	<u>-</u>

5. INCOME FROM CHARITABLE ACTIVITIES

		2024	2023
	Activity	£	£
Activity income	Helping Hands	-	4,998
Activity income	Calm Cafe	106,296	105,684
Activity income	Mental Health Awareness	2,700	14,556
Activity income	Social Prescribing	484,387	353,579
Activity income	Counselling Income	6,445	6,040
Activity income	NEETS engagement	-	18,000
Activity income	Suicide prevention projects	25,000	30,750
Activity income	VSMH for 18-25	-	17,000
Activity income	Assist & Engage	-	66,000
Activity income	Together fund	-	2,387
Activity income	Time to talk	4,500	-
		<u>629,328</u>	<u>618,994</u>

6. RAISING FUNDS

Raising donations and legacies

	2024	2023
	£	£
Subscriptions	322	393
Support costs	10,539	-
	<u>10,861</u>	<u>393</u>

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 8) £	Totals £
Listening Services./Work It Out	-	13,246	13,246
Calm Cafe	20,739	43,689	64,428
Social Prescribing	-	367,955	367,955
Counselling Income	2,720	7,616	10,336
Suicide prevention projects	-	18,291	18,291
IAPT Support	-	8,714	8,714
Assist & Engage	-	8,003	8,003
Time to talk	577	-	577
Gardening group	729	-	729
	<u>24,765</u>	<u>467,514</u>	<u>492,279</u>

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

8. SUPPORT COSTS

	Management £	Finance £	Information technology £
Raising donations and legacies	10,539	-	-
Other resources expended	118,865	89	10,270
Listening Services./Work It Out	13,246	-	-
Calm Cafe	43,689	-	-
Social Prescribing	367,955	-	-
Counselling Income	7,616	-	-
Suicide prevention projects	18,291	-	-
IAPT Support	8,714	-	-
Assist & Engage	8,003	-	-
	<u>596,918</u>	<u>89</u>	<u>10,270</u>
		Governance	
	Other £	costs £	Totals £
Raising donations and legacies	-	-	10,539
Other resources expended	5,446	14,920	149,590
Listening Services./Work It Out	-	-	13,246
Calm Cafe	-	-	43,689
Social Prescribing	-	-	367,955
Counselling Income	-	-	7,616
Suicide prevention projects	-	-	18,291
IAPT Support	-	-	8,714
Assist & Engage	-	-	8,003
	<u>5,446</u>	<u>14,920</u>	<u>627,643</u>

9. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024 £	2023 £
Depreciation - owned assets	3,115	4,209
Hire of plant and machinery	<u>1,613</u>	<u>1,688</u>

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

11. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	574,940	616,427
Other pension costs	10,539	10,301
	<u>585,479</u>	<u>626,728</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Charity management	2	2
Calm Café	5	4
Helping Hands	-	1
Listening Service & Work It Out	2	1
Social Prescribing	19	17
Stay Mindful	-	2
Workplace Wellbeing	1	2
Suicide Bereavement	1	1
Impatient Discharge	-	2
Other	8	11
	<u>38</u>	<u>43</u>

No employees received emoluments in excess of £60,000.

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £
INCOME AND ENDOWMENTS FROM	
Donations and legacies	18,112
Charitable activities	
Helping Hands	4,998
Calm Cafe	105,684
Mental Health Awareness	14,556
Social Prescribing	353,579
Counselling Income	6,040
NEETS engagement	18,000
Suicide prevention projects	30,750
VSMH for 18-25	17,000
Assist & Engage	66,000

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

12. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £
Together fund	2,387
Total	637,106
 EXPENDITURE ON	
Raising funds	393
 Charitable activities	
Helping Hands	11,496
Listening Services./Work It Out	22,441
Calm Cafe	51,079
Social Prescribing	330,826
Counselling Income	6,785
Inpatient discharge	12,738
Homeless Outreach Services	17,680
Suicide prevention projects	19,074
Care leavers project	18,886
IAPT Support	24,227
Dual Diagnosis Cafe	10,486
Assist & Engage	7,805
 Other	 145,986
Total	679,902
 NET INCOME/(EXPENDITURE)	 (42,796)
Other recognised gains/(losses)	
Gains/(losses) on revaluation of fixed assets	(1)
 Net movement in funds	 (42,797)
 RECONCILIATION OF FUNDS	
Total funds brought forward	308,474
 TOTAL FUNDS CARRIED FORWARD	 265,677

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

13. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
At 1 April 2023 and 31 March 2024	20,410
DEPRECIATION	
At 1 April 2023	11,055
Charge for year	3,115
At 31 March 2024	14,170
NET BOOK VALUE	
At 31 March 2024	6,240
At 31 March 2023	9,355

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	64,568	96,214

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	9,355	11,577
Social security and other taxes	24,850	26,599
Other creditors	6,955	7,153
Accrued expenses	2,760	1,380
	43,920	46,709

16. MOVEMENT IN FUNDS

	At 1.4.23	Net movement in funds	At 31.3.24
	£	£	£
Unrestricted funds			
General fund	265,677	71,523	337,200
TOTAL FUNDS	265,677	71,523	337,200

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

16. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	727,368	(655,845)	71,523
TOTAL FUNDS	<u>727,368</u>	<u>(655,845)</u>	<u>71,523</u>

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	308,474	(42,797)	265,677
TOTAL FUNDS	<u>308,474</u>	<u>(42,797)</u>	<u>265,677</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	637,106	(679,902)	(1)	(42,797)
TOTAL FUNDS	<u>637,106</u>	<u>(679,902)</u>	<u>(1)</u>	<u>(42,797)</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	308,474	28,726	337,200
TOTAL FUNDS	<u>308,474</u>	<u>28,726</u>	<u>337,200</u>

TELFORD MIND

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2024

16. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
General fund	1,364,474	(1,335,747)	(1)	28,726
TOTAL FUNDS	<u>1,364,474</u>	<u>(1,335,747)</u>	<u>(1)</u>	<u>28,726</u>

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

TELFORD MIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	25,108	18,112
Grants	72,045	-
	97,153	18,112
Investment income		
Deposit account interest	887	-
Charitable activities		
Activity income	629,328	618,994
	727,368	637,106
Total incoming resources		
EXPENDITURE		
Raising donations and legacies		
Subscriptions	322	393
Charitable activities		
Wages	2,720	6,826
Rent and rates	20,739	13,245
Sundries	1,306	-
Summer ball event costs	-	150
	24,765	20,221
Other		
Computer equipment	3,115	4,208
Support costs		
Management		
Staff salaries	572,220	609,601
Staff pensions	10,539	10,301
Insurance	6,919	3,819
Training	7,240	-
	596,918	623,721
Finance		
Bank charges	89	1,535
Information technology		
Telephone	3,809	5,013
Carried forward	3,809	5,013

This page does not form part of the statutory financial statements

TELFORD MIND

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2024

	2024 £	2023 £
Information technology		
Brought forward	3,809	5,013
Computer software costs	6,461	7,028
	10,270	12,041
Other		
Photocopier rental	1,613	1,688
Postage and stationery	1,871	2,701
Advertising and marketing	1,962	-
	5,446	4,389
Other 3		
PAYE Interest	-	299
Governance costs		
Accountancy and legal fees	14,920	13,095
	655,845	679,902
Total resources expended		
Net income/(expenditure)	71,523	(42,796)

This page does not form part of the statutory financial statements