

Report of the Trustees and
Unaudited Financial Statements for the Period 1 May 2020 to 5 April 2021
for
Minds for Men Wellness for Women

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Minds for Men Wellness for Women

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for the Period 1 May 2020 to 5 April 2021

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Minds for Men Wellness for Women

Report of the Trustees **for the Period 1 May 2020 to 5 April 2021**

The trustees present their report with the financial statements of the charity for the period 1 May 2020 to 5 April 2021. 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Our charity operates to relieve social anxiety and alleviate mental health pressures through providing activities that are inclusive and engaging.

We aim to, through our various scheduled activities and ad-hoc events, encourage men and women to participate as a group. We allow anyone over the age of 18 who needs us, into our support groups, regardless of financial circumstances, race, religion, sexual orientation or educational level.

We adapt our activities to be inclusive and in line with the consensus of services users. They are community-centric and are focused on enabling those who would not normally participate in such activities to get involved. Through open and guided conversations within our support groups, we devise planned activities that encourage participation.

Our key objectives for the year are to:

- listen to our service users and plan activities to suit their wellbeing;
- encourage others to participate in our activities;
- provide structured support which is consistent and inclusive;
- provide one to one counselling to those who need it and may be unable to access it for varying reasons.

Review of Activities and Achievements

We have completed 32 planned well-being walks to varying destinations which have all been coastal or woodland based. Our support groups ran through the pandemic allowing 11 to 16 people to meet twice a week in safe controlled conditions.

We delivered over 1000 food parcels from our food bank to vulnerable people in our community, assisted with CV preparation and interview preparation for 30 people, assisted in the re-housing of 2 individuals from violent relationships and issued 50+ fuel poverty vouchers.

Our community shop was open for 6 months to provide low cost and free food to local residents.

FINANCIAL REVIEW

Principal funding sources

The principal source of income is through donations and fundraising.

Several grants were received for varying projects from the following donors:

County Durham Community Foundation

Tees Valley Community Foundation

The William Leech Charity

Sir James Knott Trust

Provincial Grand Lodge of Durham

FUTURE PLANS

Our plans are to continue as we have with our regular activities but also add a mobile support hub after we have completed the conversion process of a minibus.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1189254

Minds for Men Wellness for Women

Report of the Trustees
for the Period 1 May 2020 to 5 April 2021

Principal address

The Annexe
Wharton Terrace
Hartlepool
TS24 8NS

Trustees

Mr M Connelly (appointed 14/7/2022)
K Thorpe-Aspinall (appointed 31/3/2022)
Mr M Day (appointed 31/3/2022)
J Phillips (appointed 31/3/2022)
D Morrison (appointed 25/10/2021)
Mr C Fisher (appointed 12/10/2021)
E Birch (appointed 12/9/2021)
Mr I Doherty Trustee (appointed 6/6/2020)

Independent Examiner

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

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

.....
Mr M Connelly - Trustee

**Independent Examiner's Report to the Trustees of
Minds for Men Wellness for Women**

Independent examiner's report to the trustees of Minds for Men Wellness for Women

I report to the charity trustees on my examination of the accounts of Minds for Men Wellness for Women (the Trust) for the period 1 May 2020 to 5 April 2021.

Responsibilities and basis of report

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
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.

L Dickson
Institute of Chartered Accountants in England and Wales
JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Date:

Minds for Men Wellness for Women

Statement of Financial Activities
for the Period 1 May 2020 to 5 April 2021

	Notes	Unrestricted fund £
INCOME AND ENDOWMENTS FROM		
Donations and legacies		17,379
Other trading activities	2	694
Total		<u>18,073</u>
EXPENDITURE ON		
Charitable activities		
Core charitable		14,756
NET INCOME		<u>3,317</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>3,317</u></u>

The notes form part of these financial statements

Minds for Men Wellness for Women

Balance Sheet
5 April 2021

	Notes	Unrestricted fund £
FIXED ASSETS		
Tangible assets	4	2,114
CURRENT ASSETS		
Stocks	5	739
Debtors	6	963
Cash at bank		1
		<hr/> 1,703
CREDITORS		
Amounts falling due within one year	7	(500)
NET CURRENT ASSETS		<hr/> 1,203
TOTAL ASSETS LESS CURRENT LIABILITIES		<hr/> 3,317
NET ASSETS		<hr/> 3,317
FUNDS	8	
Unrestricted funds		<hr/> 3,317
TOTAL FUNDS		<hr/> 3,317

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

.....
Mr M Connelly - Trustee

.....
K Thorpe-Aspinall - Trustee

The notes form part of these financial statements

Notes to the Financial Statements
for the Period 1 May 2020 to 5 April 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, 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 Charities Act 2011. 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.

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.

Fixtures and fittings - 20% on reducing balance

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

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

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

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

2. OTHER TRADING ACTIVITIES

Fundraising events	£
	694
	<hr/>

Minds for Men Wellness for Women

Notes to the Financial Statements - continued
for the Period 1 May 2020 to 5 April 2021

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 5 April 2021.

Trustees' expenses

There were no trustees' expenses paid for the period ended 5 April 2021.

4. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
COST	
Additions	2,642
	<hr/>
DEPRECIATION	
Charge for year	528
	<hr/>
NET BOOK VALUE	
At 5 April 2021	2,114
	<hr/> <hr/>

5. STOCKS

	£
Stocks	739
	<hr/> <hr/>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Other debtors	41
Prepayments	922
	<hr/>
	963
	<hr/> <hr/>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Other creditors	500
	<hr/> <hr/>

8. MOVEMENT IN FUNDS

	Net movement in funds £	At 5/4/21 £
Unrestricted funds		
General fund	3,317	3,317
	<hr/>	<hr/>
TOTAL FUNDS	3,317	3,317
	<hr/> <hr/>	<hr/> <hr/>

Minds for Men Wellness for Women

Notes to the Financial Statements - continued
for the Period 1 May 2020 to 5 April 2021

8. 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	18,073	(14,756)	3,317
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>18,073</u>	<u>(14,756)</u>	<u>3,317</u>

9. RELATED PARTY DISCLOSURES

Charitable costs of £153.41 were reimbursed to trustees during the period.

Goods and services to the value of £555.90 were donated by trustees to the charity.

Minds for Men Wellness for Women

Detailed Statement of Financial Activities
for the Period 1 May 2020 to 5 April 2021

£

INCOME AND ENDOWMENTS

Donations and legacies

Donations	4,874
Grants	12,505
	<hr/>
	17,379

Other trading activities

Fundraising events	694
	<hr/>

Total incoming resources	18,073
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EXPENDITURE

Charitable activities

Postage, stationery and advertising	272
Sundries	1,338
Motor and travel expenses	2,624
Repairs and maintenance	1,845
Staff training	596
Uniform costs	1,675
Event and activity costs	3,341
Donations, outreach and support	1,202
Community shop stock	738
Depreciation of tangible fixed assets	528
	<hr/>
	14,159

Support costs

Finance

Bank charges	11
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Governance costs

Accountancy fees	500
Insurance	86
	<hr/>
	586

Total resources expended	14,756
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Net income	<u><u>3,317</u></u>
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This page does not form part of the statutory financial statements