

MINDSTEP FOUNDATION

England & Wales · Charity number 1189951

Details

Status	Registered
Legal form	Charitable company
Company number	12043044
Registered	2020-06-15
Register	View on the Charity Commission register

Contact

Address	34-38 Stow Hill Newport NP20 1JE
Phone	01633261794
Email	info@mindstepfoundation.com
Website	https://mindstepfoundation.com/

Activities

Objects: THE PRESERVATION AND PROTECTION OF PHYSICAL AND MENTAL HEALTH THROUGH EDUCATION, COUNSELLING AND RESEARCH AND FINANCIAL ASSISTANCE TO THOSE WHO ARE UNABLE TO AFFORD COUNSELLING.

Activities: The charity operates from South Wales and it's objectives are the preservation and protection of physical and mental health through education, counselling and research and financial assistance to those who are unable to afford treatment.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Other Finance, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Children/young People, Other Defined Groups, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£59,807	£53,836	-	-
2024-06-30	£26,648	£56,285	-	-
2023-06-30	£70,056	£44,638	-	-
2022-06-30	£95,990	£47,424	-	-
2021-06-30	£51,513	£49,012	-	-

Trustees

Name	Role	Appointed
Georgia Davies		2019-06-11
Jasmine Davies		2019-06-11
TRACEY KATHLEEN DAVIES		2019-07-09

MINDSTEP FOUNDATION

England & Wales - Charity number 1189951

Accounts

Charity registration number 1189951 (England and Wales)



Company registration number 12043044

MINDSTEP FOUNDATION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025

MINDSTEP FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mrs T K Davies Miss G Davies Miss J Davies	
Country of incorporation	United Kingdom (England and Wales)	12043044
Charity registration	England and Wales	1189951
Registered office	Maxwell Chambers 34-38 Stow Hill Newport South Wales United Kingdom NP20 1JE	
Independent examiner	UHY Hacker Young Bradbury House Mission Court Newport Gwent United Kingdom NP20 2DW	

MINDSTEP FOUNDATION

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MINDSTEP FOUNDATION

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 30 JUNE 2025

The trustees present their annual report and financial statements for the year ended 30 June 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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

The charity's objects are the preservation and protection of physical and mental health through education, counselling and research and financial assistance to those who are unable to afford treatment.

In this year, the Mindstep Foundation has acted in accordance with its objectives, with income being used to fund postgraduate research into mental health and suicide prevention supervised by Professor Rory O'Connor at the University of Glasgow. The charity contributed £204,000 to the research from July 2019 until December 2024. In February 2025, the charity committed to further funding of £100,000 until December 2027.

The charity is in the process of training therapeutic counsellors who will be able to undertake subsidised counselling on behalf of the Mindstep Foundation. Two have already qualified with another two due to qualify in the next financial period. The charity has also committed to providing need financial assistance for a fifth trainee due to start in September 2025.

The charity provided Applied Suicide Intervention Skills Training to a domestic abuse charity during the period and has recently expanded its offering by qualifying a trainer in Suicide First Aid.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

During the year we have received donations of £59,807 (2024 - £24,848) which have primarily been used to fund suicide prevention research by the University of Glasgow, train two further individuals in Therapeutic Counselling and to deliver Applied Suicide Intervention Skills Training (ASIST) courses and expand the charity's training offering. The charity also invested in a Social Media Manager to help raise its online profile and expand fundraising potential.

Surplus funds held in reserves will be used to continue the charitable activities going forward.

Fundraising

Over the last financial year, the Mindstep Foundation has continued its charitable work, with the support of direct fundraising. Thanks to its membership with Sport for Charity, Mindstep has places at most major sporting events in the UK, and a few abroad, which has expanded our fundraising potential. We aim to encourage and engage our fundraisers in future activity through discounted registration fees, complimentary kit and support. Mindstep has also benefited from being a supported charity of several organisations including Convey Law, Signable UK, South West Business Finance, Zembl and the Conveyancing Foundation. We hope to continue to establish and maintain these relationships in order to widen the impact of the charity.

Our fundraising activities continue to be the main source of engagement with our supporters. In the financial period, over 30 individuals took part in fundraising activities ranging from skydives, charity golf days, Movember, kayak challenges to fun runs and marathons. This participation is in addition to the Mindstep Relay, held in March 2024, which raised over £10,000 for the charity and involved over 150 individuals from the UK and around the world. This was the charity's biggest fundraising event yet. We are continually grateful to all those who undertake significant challenges to fundraise for our charity.

MINDSTEP FOUNDATION

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

Suicide Prevention Research

During the Financial Period, the Mindstep Foundation was proud to support a substantial and diverse programme of suicide prevention research at the Suicidal Behaviour Research Laboratory at the University of Glasgow. Mindstep funding contributed to a large national cohort study of over 3,000 young adults showing that sexual minority young people experience significantly higher exposure to the self-injurious thoughts and behaviours of close others, and that this exposure accounts for a meaningful proportion of the elevated suicide risk observed in LGBT+ populations. The charity also supported intensive longitudinal research demonstrating that loneliness is a particularly powerful driver of suicidal ideation in individuals with low levels of personality functioning, alongside experimental evidence that reduced positive future thinking plays a causal role in the suicidal process, is sensitive to negative mood, and may represent a valuable clinical marker. Funding also supported an in-depth ambivalence study showed that the wish to live, and its interaction with the wish to die, is the strongest prospective predictor of suicidal desire, highlighting an important shift in how risk and recovery might be conceptualised in clinical practice. Mindstep also funded biological research that revealed heightened electrodermal reactivity in young people who self-harm, pointing to altered emotional and physiological regulation as a potential treatment target.

Looking ahead, we continue to fund a strong pipeline of next-phase research building directly on these findings. This includes a proof-of-concept study testing the Cold Face Test as a potential intervention to reduce acute suicidal distress via parasympathetic activation, alongside a major programme examining how anti-mattering and socially prescribed perfectionism interact with defeat, entrapment, and suicidal ideation. We are also supporting new work on negative affective forecasting, exploring how pessimistic predictions about future emotions may amplify suicide risk over time. Mindstep will support the 10th Early and Mid-Career Researchers' Forum on Suicide and Self-harm, strengthening international collaboration and research capacity.

The charity is committed to funding high-quality, clinically meaningful research with real potential to improve suicide prediction and prevention and have great trust in the research capabilities of the team at the University of Glasgow. Mindstep continues to foster this working relationship and during the period collaborated with the University on an article and video promoting the partnership, found here: www.gla.ac.uk/connect/supportus/givingtoglasgow/health-wellbeing/mindstep-foundation-sbrl

Counsellor Training

The charity has continued its counsellor training program, designed to tackle both the immediate and long-term barriers to accessing mental health support. By investing in the training and qualification of new counsellors, the charity not only expands the future workforce of skilled professionals but also ensures that people in need can access free or low-cost therapy. During their supervised training, and after qualification, these counsellors commit to providing 25 hours of free or subsidised counselling on behalf of Mindstep.

Two counsellors have now qualified and are due to begin providing subsidised counselling in the next financial year. A further two are still undertaking their training and the charity has committed to providing financial assistance to a further trainee who would otherwise be unable to undertake the course.

Training Courses

Mindstep has also continued to deliver ASIST training, a method which helps reduce suicidal feelings in those at risk - a cost-effective way to help address the problem of suicide. On average, workshop participants carry out at least one Suicide Intervention in the first six months after attending ASIST. In this financial year, they have delivered another workshop to teachers in a local school, as well as staff at a domestic abuse charity.

Mindstep also invested in the qualification of a Suicide First Aid trainer, expanding our offering to a more flexible 1-2 day course which can also be offered online – a commitment of the charity to provide people with the skills they need to assist those in suicidal crisis.

MINDSTEP FOUNDATION

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2025

Policy

Mindstep has also actively participated in the All Party Parliamentary Group (APPG) for suicide and self-harm prevention which aims to build discussion, debate and support for action on suicide and self-harm prevention within Parliament. During the period, the charity took part in discussions cumulating in the Inquiry Into Young People and Suicide Report which outlined fifteen recommendations for government to prevent young suicides, found [here](#). The Mindstep Foundation supported the establishment of Andy's Man Club Abergavenny back in 2022 and the group has since become a vital pillar of the community, providing peer to peer support to over twenty men every week.

Financial review

During the year, the charity's incoming resources amounted to £59,807 (2024 - £26,648) and resources expended amounted to £53,836 (2024 - £56,285) resulting in a surplus for the year of £5,971 (2024 - £29,637 deficit). As at 30 June 2025, the charity's reserves totalled £69,696 (2024 - £63,725) consisting wholly of unrestricted reserves.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at £5,000 (2024 - £5,000). The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Future developments

The charity will continue to support the mental health and suicide prevention research being undertaken at the University of Glasgow, with committed funding until December 2027.

Mindstep will continue delivering the ASIST and Suicide First Aid training to local organisations, helping the charity to deliver its objective to protect mental health through education. There is potential for the workshops to be an income source for the charity in the future.

Mindstep will continue to support the training of therapeutic counsellors, two of which are already qualified. During the next financial year, the Mindstep Foundation will be able to offer subsidised therapy.

The charity will explore ways to promote awareness around mental health and suicide prevention, through partnerships with other charities and supporting advocacy initiatives. The charity will also retain discretion to make small grants to mental health projects which further its charitable objectives.

Structure, governance and management

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.

The trustees have delegated the day-to-day management of Mindstep Foundation to Tracey Davies and Georgia Davies, Trustees.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr J L Davies (Resigned 1 February 2025)
Mrs T K Davies
Miss G Davies
Miss J Davies

MINDSTEP FOUNDATION

**TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2025**

Recruitment and appointment of trustees

Any person who is willing to act as a director, and is permitted by law to do so, may be appointed to be a director by ordinary resolution or by decision of the directors. No person who is not a member shall, in any circumstance, be eligible to hold office as a director. In order to become a member of the company, that person has to apply for membership in a form approved by the directors. Upon appointment, new trustees are given information and instruction on the responsibilities of a trustee.

Public Benefit

The Charity has complied with their duty under section 17(5) of the Charities Act 2011 to have due regard to guidance published by the Charity Commission on public benefit.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The Trustees report was approved by the Board of Trustees.

T K Davies

.....
Mrs T K Davies

Trustee

Dated: ..12../.03../2026

MINDSTEP FOUNDATION

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF MINDSTEP FOUNDATION**

I report to the trustees on my examination of the financial statements of Mindstep Foundation (the charity) for the year ended 30 June 2025.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

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

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 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements 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 financial statements 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 financial statements to be reached.

UHY Hacker Young.

UHY Hacker Young

Bradbury House
Mission Court
Newport
Gwent
NP20 2DW
United Kingdom

Date:
13 / 03 / 2026

MINDSTEP FOUNDATION

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 30 JUNE 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £
	Notes				
<u>Income from:</u>					
Donations and legacies	2	56,807	3,000	59,807	26,648
		<hr/>	<hr/>	<hr/>	<hr/>
<u>Expenditure on:</u>					
Charitable activities	3	50,836	3,000	53,836	56,285
		<hr/>	<hr/>	<hr/>	<hr/>
Net income/(expenditure) for the year/ Net movement in funds		5,971	-	5,971	(29,637)
Fund balances at 1 July 2024		63,725	-	63,725	93,362
		<hr/>	<hr/>	<hr/>	<hr/>
Fund balances at 30 June 2025		69,696	-	69,696	63,725
		<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the year.

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

MINDSTEP FOUNDATION

**BALANCE SHEET
AS AT 30 JUNE 2025**

		2025		2024	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	10		-		48
Current assets					
Debtors	11	681		8,223	
Cash at bank and in hand		69,015		55,454	
		<u>69,696</u>		<u>63,677</u>	
Net current assets			69,696		63,677
Total assets less current liabilities			<u>69,696</u>		<u>63,725</u>
The funds of the charity					
Unrestricted funds	13		69,696		63,725
			<u>69,696</u>		<u>63,725</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 June 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on 12 / 03 / 2026

T K Davies

.....
Mrs T K Davies
Trustee

Company registration number 12043044 (England and Wales)

MINDSTEP FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies

Charity information

Mindstep Foundation is a private company limited by guarantee incorporated in England and Wales. The registered office is Maxwell Chambers, 34-38 Stow Hill, Newport, South Wales, NP20 1JE, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Donated goods and services are recognised at the estimated value of the services and is recognised within incoming resources as a donation and an equivalent charge included within promotional costs.

1.5 Expenditure

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.

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2025**

1 Accounting policies

(Continued)

1.6 Tangible fixed assets

Tangible fixed assets are measured at cost, net of depreciation and any impairment losses.

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

Computers 20% on cost

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 ‘Basic Financial Instruments’ and Section 12 ‘Other Financial Instruments Issues’ of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity’s balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

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 are recognised in the profit and loss account in other administrative expenses.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2025	2025	2025	2024
	£	£	£	£
Donations and gifts	56,807	-	56,807	24,848
Donated goods and services	-	3,000	3,000	1,800
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2025**

3 Expenditure on charitable activities

	Charitable expenditure 2025 £	Charitable expenditure 2024 £
Direct costs		
Depreciation and impairment	48	48
Computer running	51	727
Training	11,620	6,195
Postage and stationery	10	74
Bank charges	591	763
Fundraising costs	968	805
Advertising	4,227	500
Travel	-	373
	<u>17,515</u>	<u>9,485</u>
Grant funding of activities (see note 4)	34,000	45,000
Share of support and governance costs (see note 5)		
Governance	2,321	1,800
	<u>53,836</u>	<u>56,285</u>
Analysis by fund		
Unrestricted funds	50,836	56,285
Restricted funds	3,000	-
	<u>53,836</u>	<u>56,285</u>

4 Grants payable

	Suicide prevention research grant 2025 £	Suicide prevention research grant 2024 £
Grants to institutions:		
University of Glasgow	34,000	45,000
	<u>34,000</u>	<u>45,000</u>

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2025**

4 Grants payable (Continued)

£34,000 (2024 - £40,000) was paid during the year to University of Glasgow to support Professor O'Connor's work into suicide within the Suicidal Behaviour Research Laboratory.

£0 (2024 - £2,500) was paid during the year to STEM4 to support teenage mental health. STEM4 promotes positive mental health in teenagers and those who support them, primarily digitally through their innovative education programme and pioneering mental health apps.

£0 (2024 - £2,500) was paid during the year to The William Templeton Foundation for Young People's Mental Health (YPMH). YPMH works to improve the lives of young people by facilitating innovative approaches to resolve mental health conditions

5 Support costs

	Support costs	Governance costs	2025	Support costs	Governance costs	2024
	£	£	£	£	£	£
Accountancy fees	-	2,321	2,321	-	1,800	1,800
	-----	-----	-----	-----	-----	-----
	-	2,321	2,321	-	1,800	1,800
	=====	=====	=====	=====	=====	=====
Analysed between Charitable activities	-	2,321	2,321	-	1,800	1,800
	=====	=====	=====	=====	=====	=====

Governance costs includes payments to the accountants of £2,321 for independent examination fees.

6 Net movement in funds **2025**
£ **2024**
£

The net movement in funds is stated after charging/(crediting):

Fees payable for the independent examination of the charity's financial statements	2,321	1,800
Depreciation of owned tangible fixed assets	48	48
	=====	=====

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2025	2024
	Number	Number
Total	-	-
	=====	=====

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2025**

8 Employees **(Continued)**

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

There was no remuneration of key management personnel during the year.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Tangible fixed assets

	Computers
	£
Cost	
At 1 July 2024	240
	<hr/>
At 30 June 2025	240
	<hr/>
Depreciation and impairment	
At 1 July 2024	192
Depreciation charged in the year	48
	<hr/>
At 30 June 2025	240
	<hr/>
Carrying amount	
At 30 June 2024	48
	<hr/> <hr/>

11 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Other debtors	681	8,223
	<hr/> <hr/>	<hr/> <hr/>

12 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 July 2024	Incoming resources	Resources expended	At 30 June 2025
	£	£	£	£
The Brothers Trust	-	3,000	(3,000)	-
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

MINDSTEP FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2025****13 Unrestricted funds**

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 July 2024	Incoming resources	Resources expended	At 30 June 2025
	£	£	£	£
General funds	63,725	56,807	(50,836)	69,696
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 July 2023	Incoming resources	Resources expended	At 30 June 2024
	£	£	£	£
General funds	93,362	26,648	(56,285)	63,725
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

14 Analysis of net assets between funds

	Unrestricted funds 2025
	£
At 30 June 2025:	
Current assets/(liabilities)	69,696
	<u> </u>
	69,696
	<u> </u>
	Unrestricted funds 2024
	£
At 30 June 2024:	
Tangible assets	48
Current assets/(liabilities)	63,677
	<u> </u>
	63,725
	<u> </u>

15 Commitments

Mindstep Foundation made a pledge to fund a £104,000 fellowship in suicide research at the University of Glasgow. As at 30 June 2025 this has been fully paid.

16 Related party transactions

There were no disclosable related party transactions during the year.

MINDSTEP FOUNDATION

England & Wales - Charity number 1189951

Accounts

Charity registration number 1189951 (England and Wales)



Company registration number 12043044

MINDSTEP FOUNDATION

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2024

MINDSTEP FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mrs T K Davies Miss G Davies Miss J Davies
Charity number (England and Wales)	1189951
Company number	12043044
Registered office	Maxwell Chambers 34-38 Stow Hill Newport South Wales United Kingdom NP20 1JE
Independent examiner	UHY Hacker Young Bradbury House Mission Court Newport Gwent United Kingdom NP20 2DW

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MINDSTEP FOUNDATION

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 30 JUNE 2024

The trustees present their annual report and financial statements for the year ended 30 June 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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

The charity's objects are the preservation and protection of physical and mental health through education, counselling and research and financial assistance to those who are unable to afford treatment.

In this year, the Mindstep Foundation has acted in accordance with its objectives, with income being used to fund postgraduate research into mental health and suicide prevention supervised by Professor Rory O'Connor at the University of Glasgow. The charity contributed £100,000 to the research from 01 July 2019 until 01 October 2021. In 2022, the Mindstep Foundation committed to raising a further £104,000 from September 2022 to December 2024.

The charity is in the process of training therapeutic counsellors who will be able to undertake subsidised counselling on behalf of the Mindstep Foundation. One qualified in September 2023 and 2 further are due to qualify in September 2024 and 2025 respectively.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

During the year we have received donations of £24,848 (2023 - £68,256) which have primarily been used to fund suicide prevention research by the University of Glasgow, train three individuals in Therapeutic Counselling and to deliver Applied Suicide Intervention Skills Training (ASIST) courses. Surplus funds held in reserves will be used to continue the charitable activities going forward.

Over the last financial year, the Mindstep Foundation has continued its charitable work, with the support of direct fundraising. Thanks to its membership with Sport for Charity, Mindstep has places at most major sporting events in the UK, and a few abroad, which has expanded our fundraising potential. We aim to encourage and engage our fundraisers in future activity through discounted registration fees, complimentary kit and support. Mindstep has also benefited from being a supported charity of several organisations including Signable UK and the Conveyancing Foundation. We have also sought collaborations with smaller charities on fundraising events to expand our base. We hope to continue to establish and maintain these relationships in order to widen the impact of the charity.

The Mindstep Foundation Fellowship at the University of Glasgow continues to deliver meaningful advancements in suicide research, demonstrating significant impact across nine funded projects over the past year. These projects address critical aspects of suicide risk, including the role of electrodermal activity in self-harm transitions, the relationship between physical pain sensitivity and suicidal ideation, and the effects of childhood trauma on long-term mental health outcomes. Interventions, such as the Cold Face Test, are exploring innovative ways to regulate stress responses in individuals at risk. Research on perfectionism, self-discrepancy, and personality traits is shedding light on complex psychological mechanisms underlying suicidal thoughts and behaviours. The Fellowship has contributed to published studies on COVID-19's impact on mental health and a systematic review of suicide risk in personality disorders. This research not only expands scientific understanding but holds promise for developing targeted interventions and informing public health strategies.

In June 2024, the Mindstep trustees visited the research team at the University of Glasgow. Mindstep have been recognised with an interview room named in memory of Max in the Clarice Pears Building and an engraving on the plinth of the Alma Mater sculpture which celebrates philanthropy at the University.

MINDSTEP FOUNDATION

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

The charity has also continued to undertake training of therapeutic counsellors, who have contracted to provide 25 hours of free or subsidised counselling on behalf of the Mindstep Foundation once qualified. This investment in training these individuals will allow the charity to expand its activity and provide counselling for those in need, specifically to those who are unable to afford private counselling sessions. In March 2023, the charity obtained grant funding from The Brothers Trust to train another individual starting September 2023 and the charity committed to training a further individual from September 2024.

Mindstep has also continued to deliver ASIST training, a method which helps reduce suicidal feelings in those at risk - a cost-effective way to help address the problem of suicide. On average, workshop participants carry out at least one Suicide Intervention in the first six months after attending ASIST. In this financial year, they have delivered another workshop to teachers in a local school, as well as staff at a local law firm.

Our fundraising activities continue to be the main source of engagement with our supporters. The Mindstep Relay, held in May 2024, raised over £10,000 for the charity and involved over 130 individuals from the UK and around the world. We are continually grateful to all those who undertake significant challenges to fundraise for our charity.

The Mindstep Foundation also supported Andy's Man Club in setting up a talking group for men in Abergavenny which continues to support the local community.

The charity previously established 'Mindstep Small Grants' to help other small charities to pursue aligned objectives. In this financial year, we supported STEM4 a charity that supports positive mental health in teenagers through digital apps. We also provided a small grant to the Foundation for Young People's Mental Health to support the publication of their report on 'Depression – it's not all in the mind', which looks at the social, psychological, and biological factors contributing to depression in young people and provides practical approaches for individuals, families, organisations, and policymakers to prevent and reduce the impact of depression.

This financial year, the charity also invested in a new Social Media Manager to promote the work of the charity and help raise its profile and fundraising potential.

Financial review

During the year, the charity's incoming resources amounted to £26,648 (2023 - £70,056) and resources expended amounted to £56,285 (2023 - £44,638) resulting in a deficit for the year of £29,637 (2023 - £25,418 surplus). As at 30 June 2024, the charity's reserves totalled £63,725 (2023 - £93,362) consisting wholly of unrestricted reserves.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at £5,000 (2023 - £5,000). The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Future developments

The charity will continue to support the mental health and suicide prevention research being undertaken at the University of Glasgow, with committed funding until December 2024. The charity is seeking to renew its commitment to the University of Glasgow in 2025.

Mindstep will continue delivering the ASIST workshops to local organisations, helping the charity to deliver its objective to protect mental health through education, with a further workshop planned in February 2025. There is potential for the workshops to be an income source for the charity in the future.

As part of the longer-term strategy, Mindstep will continue to support the training of four therapeutic counsellors, one of which is already qualified, and another will qualify in September 2024. The success of grant funding for the third applicant opens a potential avenue for continued financing of trainee counsellors. During the next financial year, the Mindstep Foundation will be able to offer subsidised therapy provided by our qualified counsellor.

MINDSTEP FOUNDATION

**TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2024**

The charity will explore ways to promote awareness around mental health and suicide prevention, through partnerships with other charities and supporting advocacy initiatives. The charity will also retain discretion to make small grants to mental health projects which further its charitable objectives.

Structure, governance and management

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.

The trustees have delegated the day-to-day management of Mindstep Foundation to Georgia Davies, a Trustee.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

- Mr J L Davies (Resigned 1 February 2025)
- Mrs T K Davies
- Miss G Davies
- Miss J Davies

Recruitment and appointment of trustees

Any person who is willing to act as a director, and is permitted by law to do so, may be appointed to be a director by ordinary resolution or by decision of the directors. No person who is not a member shall, in any circumstance, be eligible to hold office as a director. In order to become a member of the company, that person has to apply for membership in a form approved by the directors. Upon appointment, new trustees are given information and instruction on the responsibilities of a trustee.

Public Benefit

The Charity has complied with their duty under section 17(5) of the Charities Act 2011 to have due regard to guidance published by the Charity Commission on public benefit.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The Trustees report was approved by the Board of Trustees.

T K Davies

.....
Mrs T K Davies
Trustee
Dated: 03 / 03 / 2025

MINDSTEP FOUNDATION

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF MINDSTEP FOUNDATION**

I report to the trustees on my examination of the financial statements of Mindstep Foundation (the charity) for the year ended 30 June 2024.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law), you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006.

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

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 386 of the Companies Act 2006.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the Companies Act 2006 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination; or
- 4 the financial statements 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 financial statements 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 financial statements to be reached.

UHY Hacker Young

UHY Hacker Young

Bradbury House
Mission Court
Newport
Gwent
NP20 2DW
United Kingdom

Date:

05 / 03 / 2025

MINDSTEP FOUNDATION

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 30 JUNE 2024

	Notes	Unrestricted funds 2024 £	Unrestricted funds 2023 £
<u>Income from:</u>			
Donations and legacies	2	26,648	70,056
		<hr/>	<hr/>
<u>Expenditure on:</u>			
Charitable activities	3	56,285	44,638
		<hr/>	<hr/>
Net (expenditure)/income for the year/ Net movement in funds		(29,637)	25,418
Fund balances at 1 July 2023		93,362	67,944
		<hr/>	<hr/>
Fund balances at 30 June 2024		63,725	93,362
		<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the year.

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

MINDSTEP FOUNDATION

**BALANCE SHEET
AS AT 30 JUNE 2024**

	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	10		48		96
Current assets					
Debtors	11	8,223		7,826	
Cash at bank and in hand		55,454		85,440	
		<u>63,677</u>		<u>93,266</u>	
Net current assets			63,677		93,266
Total assets less current liabilities			<u>63,725</u>		<u>93,362</u>
The funds of the charity					
Unrestricted funds	12		63,725		93,362
			<u>63,725</u>		<u>93,362</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 June 2024.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the trustees on 03 / 03 / 2025

T K Davies

.....
Mrs T K Davies
Trustee

Company registration number 12043044 (England and Wales)

MINDSTEP FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2024

1 Accounting policies

Charity information

Mindstep Foundation is a private company limited by guarantee incorporated in England and Wales. The registered office is Maxwell Chambers, 34-38 Stow Hill, Newport, South Wales, NP20 1JE, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "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)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a statement of cash flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Donated goods and services are recognised at the estimated value of the services and is recognised within incoming resources as a donation and an equivalent charge included within promotional costs.

1.5 Expenditure

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.

MINDSTEP FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2024

1 Accounting policies

(Continued)

1.6 Tangible fixed assets

Tangible fixed assets are measured at cost, net of depreciation and any impairment losses.

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

Computers	20% on cost
-----------	-------------

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

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 are recognised in the profit and loss account in other administrative expenses.

2 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2024	2023
	£	£
Donations and gifts	24,848	68,256
Donated goods and services	1,800	1,800
	<u> </u>	<u> </u>

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2024**

3 Expenditure on charitable activities

	Charitable expenditure 2024 £	Charitable expenditure 2023 £
Direct costs		
Depreciation and impairment	48	48
Computer running	727	608
Training	6,195	7,865
Charitable donations	-	1,250
Postage and stationery	74	47
Bank charges	763	1,189
Fundraising costs	805	751
Advertising	500	1,080
Travel	373	-
	<u>9,485</u>	<u>12,838</u>
Grant funding of activities (see note 4)	45,000	30,000
Share of support and governance costs (see note 5)		
Governance	1,800	1,800
	<u>56,285</u>	<u>44,638</u>
	<u>56,285</u>	<u>44,638</u>
Analysis by fund		
Unrestricted funds	56,285	44,638
	<u>56,285</u>	<u>44,638</u>

4 Grants payable

	Suicide prevention research grant 2024 £	Suicide prevention research grant 2023 £
Grants to institutions:		
University of Glasgow	45,000	30,000
	<u>45,000</u>	<u>30,000</u>

£40,000 (2023 - £30,000) was paid during the year to University of Glasgow to support Professor O'Connor's work into suicide within the Suicidal Behaviour Research Laboratory. Mindstep Foundation has pledged to pay an additional £34,000, please refer to Note 11.

£2,500 (2023 - £0) was paid during the year to STEM4 to support teenage mental health. STEM4 promotes positive mental health in teenagers and those who support them, primarily digitally through their innovative education programme and pioneering mental health apps.

£2,500 (2023 - £0) was paid during the year to The William Templeton Foundation for Young People's Mental Health (YPMH). YPMH works to improve the lives of young people by facilitating innovative approaches to resolve mental health conditions

MINDSTEP FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2024****4 Grants payable (Continued)****5 Support costs**

	Support costs	Governance costs	2024	Support costs	Governance costs	2023
	£	£	£	£	£	£
Accountancy fees	-	1,800	1,800	-	1,800	1,800
	=====	=====	=====	=====	=====	=====
	-	1,800	1,800	-	1,800	1,800
	=====	=====	=====	=====	=====	=====
Analysed between Charitable activities	-	1,800	1,800	-	1,800	1,800
	=====	=====	=====	=====	=====	=====

Governance costs includes payments to the accountants of £1,800 for independent examination fees.

6 Net movement in funds

The net movement in funds is stated after charging/(crediting):

	2024	2023
	£	£
Fees payable for the independent examination of the charity's financial statements	1,800	1,800
Depreciation of owned tangible fixed assets	48	48
	=====	=====

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2024	2023
	Number	Number
Total	-	-
	=====	=====

There were no employees whose annual remuneration was more than £60,000.

Remuneration of key management personnel

There was no remuneration of key management personnel during the year.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2024**

10 Tangible fixed assets

	Computers £
Cost	
At 1 July 2023	240
At 30 June 2024	240
Depreciation and impairment	
At 1 July 2023	144
Depreciation charged in the year	48
At 30 June 2024	192
Carrying amount	
At 30 June 2024	48
At 30 June 2023	96

11 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Other debtors	8,223	7,587
Prepayments and accrued income	-	239
	8,223	7,826

12 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 July 2023 £	Incoming resources £	Resources expended £	At 30 June 2024 £
General funds	93,362	26,648	(56,285)	63,725
Previous year:				
	At 1 July 2022 £	Incoming resources £	Resources expended £	At 30 June 2023 £
General funds	67,944	70,056	(44,638)	93,362

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2024**

13 Commitments

Mindstep Foundation has made a pledge to fund a £104,000 fellowship in suicide research at the University of Glasgow. So far £70,000 has been paid up to 30 June 2024 with the balance to be paid in instalments ending December 2024.

14 Related party transactions

There were no disclosable related party transactions during the year.

MINDSTEP FOUNDATION

England & Wales - Charity number 1189951

Accounts

MINDSTEP FOUNDATION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2023

MINDSTEP FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J L Davies Mrs T K Davies Miss G Davies Miss J Davies
Charity number	1189951
Company number	12043044
Registered office	Maxwell Chambers 34-38 Stow Hill Newport South Wales United Kingdom NP20 1JE
Independent examiner	UHY Hacker Young Bradbury House Mission Court Newport Gwent United Kingdom NP20 2DW

MINDSTEP FOUNDATION

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Balance sheet	6
Notes to the financial statements	7 - 12

MINDSTEP FOUNDATION

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 30 JUNE 2023

The trustees present their annual report and financial statements for the year ended 30 June 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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

The charity's objects are the preservation and protection of physical and mental health through education, counselling and research and financial assistance to those who are unable to afford treatment.

In this period, the Mindstep Foundation has acted in accordance with its objectives, with income being used to fund postgraduate research into mental health and suicide prevention supervised by Professor Rory O'Connor at the University of Glasgow. The charity contributed £100,000 to the research from 01 July 2019 until 01 October 2021. In 2022, the Mindstep Foundation committed to raising a further £104,000 from September 2022 to December 2024.

The charity is in the process of training three therapeutic counsellors who will be able to undertake subsidised counselling on behalf of the Mindstep Foundation. One of which is due to qualify in September 2023.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

During the year we have received donations of £68,256 (2022 - £94,190) which have primarily been used to fund suicide prevention research by the University of Glasgow, train three individuals in Therapeutic Counselling and to deliver Applied Suicide Intervention Skills Training (ASIST) courses. Surplus funds held in reserves will be used to continue the charitable activities going forward.

Over the last financial period, the Mindstep Foundation has continued its charitable work, with the support of direct fundraising. Thanks to its membership with Sport for Charity, Mindstep now has places at most major sporting events in the UK, and a few abroad, which has expanded our fundraising potential. We aim to encourage and engage our fundraisers in future activity. Mindstep has also benefited from being a supported charity of several organisations including Kinetic Kitchen, LouneAid, a division of Lloyds Bank and the Conveyancing Foundation. We have also sought collaborations with smaller charities on fundraising events to expand our base. We hope to continue to establish and maintain these relationships in order to widen the impact of the charity.

The Mindstep Foundation has continued to fund research at the Suicidal Behaviour Research Laboratory at the University of Glasgow. The Mindstep Foundation Fellowship has supported research which has led to 5 recent publications which span the following: a. prioritising solutions to prevent premature mortality from mental illness and mental distress; b. understanding predictors of suicidal behaviour over 36 months in the context of the IMV model; c-e. understanding the medium-term impact of COVID-19 on mental health & suicide risk. There are also two new studies being supported by the Mindstep Foundation one perfectionism and associated suicide risk and another on testing the utility of the Cold Face Test on the stress response in suicidal individuals.

Last year, a significant development in the charity activities was the training of two individuals as therapeutic counsellors, who have contracted to provide 25 hours of free or subsidised counselling on behalf of the Mindstep Foundation once qualified. This investment in training these individuals will allow the charity to expand its activity and provide counselling for those in need, specifically to those who are unable to afford private counselling sessions. In March 2023, the charity obtained grant funding from The Brothers Trust to train another individual starting September 2023.

In the previous financial year, we trained two individuals to deliver Applied Suicide Intervention Skills Training (ASIST) on behalf of the charity. Studies show that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide. On average workshop participants carry out at least one Suicide Intervention in the first six months after attending ASIST. In this financial year, they have delivered another workshop to teachers and boarding staff in a local school.

MINDSTEP FOUNDATION

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2023

Our fundraising activities continue to be the main source of engagement with our supporters. The Mindstep Relay, held in May 2023, raised over £20,000 for the charity and involved over 120 individuals from the UK and around the world. We are continually grateful to all those who undertake significant challenges to fundraise for our charity.

The charity also undertook a number of activities to raise awareness of mental health and suicide prevention. Trustee, Tracey Davies, consulted on a short film directed by Harry Holland, which depicts a mother's relationship with her son following his suicide and the trustee attended the premiere in February 2023. The Mindstep Foundation also supported Andy's Man Club in setting up a talking group for men in Abergavenny which continues to support the local community.

The charity also established 'Mindstep Small Grants' to help other small charities to pursue aligned objectives. In February 2023, we supported the Lennox Children's Cancer Fund and their Early Intervention Mental Wellbeing Scheme (EIMS) which provides emotional support to children with cancer and their families from diagnosis. The £1,250 grant provided 10 free counselling hours and 3 Play, Sensory and Art Therapy Treasure Boxes.

Financial review

During the period the charity's incoming resources amounted to £70,056 (2022 - £95,990) and resources expended amounted to £44,638 (2022 - £47,424) resulting in a surplus for the year of £25,418 (2022 - £48,566). As at 30 June 2023 the charity's reserves totalled £93,362 (2022 - £67,944) consisting wholly of unrestricted reserves.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at £5,000 (2022 - £5,000). The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Future developments

The charity will continue to support the mental health and suicide prevention research being undertaken at the University of Glasgow, with committed funding until December 2024. Later this year, Mindstep will be commemorated with a named interview room within the new Clarice Pears Institute of Health and Wellbeing at the University, due to its contribution to the research.

Mindstep will continue delivering the ASIST workshops to local organisations, helping the charity to deliver its objective to protect mental health through education, with two further workshops planned for late 2023 and early 2024. There is potential for the workshops to be an income source for the charity in the future.

As part of the longer-term strategy, Mindstep will continue to support the training of three therapeutic counsellors, one of which will qualify in September 2023. The success of grant funding for the third applicant opens a potential avenue for continued financing of trainee counsellors. During the next financial year, the Mindstep Foundation will be able to offer subsidised therapy provided by our qualified counsellor.

Mindstep also plans to make larger grants to two charities in the mental health sector: STEM4 and the The William Templeton Foundation for Young People's Mental Health (YPMH). STEM4 promotes positive mental health in teenagers and those who support them, primarily digitally through their innovative education programme and pioneering mental health apps. YPMH works to improve the lives of young people by facilitating innovative approaches to resolve mental health conditions.

The charity will explore ways to promote awareness around mental health and suicide prevention, through partnerships with other charities and supporting advocacy initiatives. The charity will also retain discretion to make small grants to mental health projects which further its charitable objectives.

MINDSTEP FOUNDATION

**TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2023**

Structure, governance and management

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.

The trustees have delegated the day-to-day management of Mindstep Foundation to Georgia Davies, a Trustee.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr J L Davies

Mrs T K Davies

Miss G Davies

Miss J Davies

Recruitment and appointment of trustees

Any person who is willing to act as a director, and is permitted by law to do so, may be appointed to be a director by ordinary resolution or by decision of the directors. No person who is not a member shall in any circumstance be eligible to hold office as a director. In order to become a member of the company that person has to apply for membership in a form approved by the directors. Upon appointment, new trustees are given information and instruction on the responsibilities of a trustee.

Public Benefit

The Charity has complied with their duty under section 17(5) of the Charities Act 2011 to have due regard to guidance published by the Charity Commission on public benefit.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The Trustees report was approved by the Board of Trustees.

Tracey Davies

.....
Mrs T K Davies

Trustee

Dated: 03 / 02 / 2024

MINDSTEP FOUNDATION

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF MINDSTEP FOUNDATION**

I report to the trustees on my examination of the financial statements of Mindstep Foundation (the charity) for the year ended 30 June 2023.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.

UHY Hacker Young

UHY Hacker Young

Bradbury House
Mission Court
Newport
Gwent
NP20 2DW
United Kingdom

Dated: 14 / 02 / 2024

MINDSTEP FOUNDATION

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 30 JUNE 2023

		Unrestricted funds 2023 £	Unrestricted funds 2022 £
<u>Income from:</u>	Notes		
Donations and legacies	2	70,056	95,990
		<hr/>	<hr/>
<u>Expenditure on:</u>			
Charitable activities	3	44,638	47,424
		<hr/>	<hr/>
Net income for the year/ Net movement in funds		25,418	48,566
Fund balances at 1 July 2022		67,944	19,378
		<hr/>	<hr/>
Fund balances at 30 June 2023		93,362	67,944
		<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

MINDSTEP FOUNDATION

**BALANCE SHEET
AS AT 30 JUNE 2023**

		2023		2022	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	9		96		144
Current assets					
Debtors	10	7,826		5,331	
Cash at bank and in hand		85,440		62,469	
		<u>93,266</u>		<u>67,800</u>	
Net current assets			93,266		67,800
Total assets less current liabilities			<u>93,362</u>		<u>67,944</u>
Income funds					
Unrestricted funds			93,362		67,944
			<u>93,362</u>		<u>67,944</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 June 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 03 / 02 / 2024

Tracey Davies

.....
Mrs T K Davies
Trustee

Company registration number 12043044

MINDSTEP FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2023

1 Accounting policies

Charity information

Mindstep Foundation is a private company limited by guarantee incorporated in England and Wales. The registered office is Maxwell Chambers, 34-38 Stow Hill, Newport, South Wales, NP20 1JE, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Donated goods and services are recognised at the estimated value of the services and is recognised within incoming resources as a donation and an equivalent charge included within promotional costs.

1.5 Expenditure

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.

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2023**

1 Accounting policies **(Continued)**

1.6 Tangible fixed assets

Tangible fixed assets are measured at cost, net of depreciation and any impairment losses.

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

Computers 20% on cost

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

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 are recognised in the profit and loss account in other administrative expenses.

2 Donations and legacies

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
Donations and gifts	68,256	94,190
Donated goods and services	1,800	1,800
	<u>68,256</u>	<u>94,190</u>

MINDSTEP FOUNDATION**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2023****3 Charitable activities**

	Charitable expenditure 2023 £	Charitable expenditure 2022 £
Depreciation	48	48
Computer running	608	253
Training	7,865	1,120
Charitable donations	1,250	21,673
Postage and stationery	47	20
Bank charges	1,189	1,691
Sundry	-	69
Fundraising costs	751	-
Advertising	1,080	750
	<u>12,838</u>	<u>25,624</u>
Grant funding of activities (see note 4)	30,000	20,000
Share of governance costs (see note 5)	1,800	1,800
	<u>44,638</u>	<u>47,424</u>

4 Grants payable

	Suicide prevention research grant 2023 £	Suicide prevention research grant 2022 £
Grants to institutions:		
University of Glasgow	30,000	20,000
	<u>30,000</u>	<u>20,000</u>

£30,000 (2022 - £20,000) was paid during the year to University of Glasgow to support Professor O'Connor's work into suicide within the Suicidal Behaviour Research Laboratory. Mindstep Foundation has pledged to pay an additional £74,000, please refer to Note 11.

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2023**

5 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Accountancy fees	-	1,800	1,800	-	1,800	1,800
	<u>-</u>	<u>1,800</u>	<u>1,800</u>	<u>-</u>	<u>1,800</u>	<u>1,800</u>
	<u>-</u>	<u>1,800</u>	<u>1,800</u>	<u>-</u>	<u>1,800</u>	<u>1,800</u>
Analysed between Charitable activities	-	1,800	1,800	-	1,800	1,800
	<u>-</u>	<u>1,800</u>	<u>1,800</u>	<u>-</u>	<u>1,800</u>	<u>1,800</u>

Governance costs includes payments to the accountants of £1,800 for independent examination fees.

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

7 Employees

The average monthly number of employees during the year was:

	2023	2022
	Number	Number
Total	-	-
	<u>-</u>	<u>-</u>

There were no employees whose annual remuneration was more than £60,000.

8 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2023**

9 Tangible fixed assets

	Computers £
Cost	
At 1 July 2022	240
At 30 June 2023	240
Depreciation and impairment	
At 1 July 2022	96
Depreciation charged in the year	48
At 30 June 2023	144
Carrying amount	
At 30 June 2023	96
At 30 June 2022	144

10 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Other debtors	7,587	5,211
Prepayments and accrued income	239	120
	7,826	5,331

11 Unrestricted funds - General

These are unrestricted funds which are material to the charity's activities made up as follows:

	Movement in funds			Movement in funds			
	Balance at 1 July 2021 £	Incoming resources £	Resources expended £	Balance at 1 July 2022 £	Incoming resources £	Resources expended £	Balance at 30 June 2023 £
General Funds	19,378	95,990	(47,424)	67,944	70,056	(44,638)	93,362
	19,378	95,990	(47,424)	67,944	70,056	(44,638)	93,362

12 Commitments

Mindstep Foundation has made a pledge to fund a £104,000 fellowship in suicide research at the University of Glasgow which has been fully paid. £30,000 has been paid during the year with the balance to be paid in instalments ending December 2024.

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2023**

13 Related party transactions

There were no disclosable related party transactions during the year.

MINDSTEP FOUNDATION

England & Wales - Charity number 1189951

Accounts

Charity registration number 1189951

Company registration number 12043044 (England and Wales)

MINDSTEP FOUNDATION

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2022

MINDSTEP FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J L Davies Mrs T K Davies Miss G Davies Miss J Davies
Charity number	1189951
Company number	12043044
Registered office	Maxwell Chambers 34-38 Stow Hill Newport South Wales United Kingdom NP20 1JE
Independent examiner	UHY Hacker Young Lanyon House Mission Court Newport South Wales United Kingdom NP20 2DW

MINDSTEP FOUNDATION

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Statement of financial activities	5
Balance sheet	6
Notes to the financial statements	7 - 11

MINDSTEP FOUNDATION

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 30 JUNE 2022

The trustees present their annual report and financial statements for the year ended 30 June 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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

The charity's objects are the preservation and protection of physical and mental health through education, counselling and research and financial assistance to those who are unable to afford treatment.

In this period, the Mindstep Foundation has acted in accordance with its objectives, with income being used to fund postgraduate research into mental health and suicide prevention supervised by Professor Rory O'Connor at the University of Glasgow. The charity contributed £100,000 to the research from 01 July 2019 until 01 October 2021. In 2022, the Mindstep Foundation committed to raising a further £100,000 from October 2022 to October 2024.

The charity also funded a health and wellbeing centre at a local school to promote physical and mental health. It is in the process of training two therapeutic counsellors who will be able to undertake subsidised counselling on behalf of the Mindstep Foundation.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

During the year we have received donations of £94,190 (2021 - £49,473) which have primarily been used to fund suicide prevention research by the University of Glasgow, train two individuals in Therapeutic Counselling and to deliver ASIST courses, as well as establish a Health and Wellbeing Centre at a local school during the year. Surplus funds held in reserves will be used to continue the charitable activities going forward.

Over the last financial period, the Mindstep Foundation has continued its charitable work, with the support of significant direct fundraising. The charity now has places at most major sporting events in the UK, and a few abroad, which has expanded our fundraising potential. We aim to encourage and engage our fundraisers in future activity. Mindstep has also benefited from being a supported charity of several organisations including Fit Club Amersham, a division of Lloyds Bank and the Conveyancing Foundation. We hope to continue to establish and maintain these relationships in order to widen the impact of the charity.

The Mindstep Foundation has continued to fund research at the Suicidal Behaviour Research Laboratory at the University of Glasgow. The charity has continued funding research into suicide risk factors, as well as the affects of the pandemic and its subsequent lockdowns on the mental health of the UK population. In May 2022, the Duke and Duchess of Cambridge visited the University of Glasgow to discuss the mental health and suicide prevention research funded by the Mindstep Foundation.

A significant development in the charity activities is the training of two individuals as therapeutic counsellors, who have contracted to provide 25 hours of free or subsidised counselling on behalf of the Mindstep Foundation once qualified. This investment in training these individuals will allow the charity to expand its activity and provide counselling for those in need, specifically to those who are unable to afford private counselling sessions.

During the financial period, we trained two individuals to be able to deliver Applied Suicide Intervention Skills Training (ASIST) on behalf of the charity. Studies show that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide. On average workshop participants carry out at least one Suicide Intervention in the first six months after attending ASIST. The trainers have delivered two workshops since their qualification, to staff at a local school and to trainee counsellors wanting to expand their skillset. The workshops received excellent feedback from those who attended.

MINDSTEP FOUNDATION

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2022

With fundraising efforts from a walking group who trekked the Offa's Dyke Path, Mindstep supported the establishment of a Health and Wellbeing Centre at St Alban's High School in Pontypool. Feedback from Headteacher was that the centre was already having a positive impact on the wellbeing of staff and pupils.

The charity also undertook a number of activities to raise awareness of mental health and suicide prevention. Trustee, Tracey Davies, recently consulted on a short film directed by Harry Holland, which depicts a mother's relationship with her son following his suicide. The Mindstep Foundation also supported Andy's Man Club in setting up a talking group for men in Abergavenny. The club has been a great success with consistent numbers each Monday, demonstrating the need for support in the local area.

Mindstep also provided financial support for those who would otherwise be unable to access counselling services, by way of a restricted grant of £500 to the Amber Project in Cardiff which subsidises counselling for 16-25 years olds at risk.

Financial review

During the period the charity's incoming resources amounted to £95,990 (2021 - £55,313) and resources expended amounted to £47,424 (2021 - £52,812) resulting in a surplus for the year of £44,069 (2021 - £2,501). As at 30 June 2022 the charity's reserves totalled £67,944 (2021 - £19,378) consisting wholly of unrestricted reserves.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at £5,000 (2021 - £5,000). The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Future developments

The charity will continue to support the mental health and suicide prevention research being undertaken at the University of Glasgow, with committed funding until October 2024. In 2023, Mindstep will be commemorated with a named interview room within the new Clarice Pears Institute of Health and Wellbeing at the University, due to its contribution to the research.

Mindstep hope to continue delivering the ASIST workshops to local organisations, helping the charity to deliver its objective to protect mental health through education. There has been demand for the courses following their previous success. There is potential for the workshops to be an income source for the charity in the future.

As part of the longer-term strategy, Mindstep will continue to support the training of two therapeutic counsellors, one of which will qualify the following the financial year.

Mindstep have partnered with Andy's Man Club and are in the process of establishing a talking group for men in Cardiff, after the success of the club in Abergavenny. The clubs take place across the UK every Monday and have proven very effective in creating a safe environment to talk about issues and problems the men have faced or are currently facing. Mindstep will work with Andy's Man Club to source a venue, facilitators and to advertise the club.

The charity will explore ways to promote awareness around mental health and suicide prevention, through partnerships with other charities and supporting advocacy initiatives, such as the Baton of Hope, a suicide prevention campaign taking place in 2023. Mindstep will also be involved in the promotion of a short film, directed by Harry Holland, which will highlight the complexities of suicide. The charity will also produce a second series of The Mindstep Podcast, launched in 2021, to raise awareness of mental health and showcase different perspectives.

The charity will also retain discretion to make small grants to mental health projects which further its charitable objectives.

MINDSTEP FOUNDATION

**TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2022**

Structure, governance and management

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.

The trustees have delegated the day-to-day management of Mindstep Foundation to Georgia Davies, a Trustee.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr J L Davies

Mrs T K Davies

Miss G Davies

Miss J Davies

Recruitment and appointment of trustees

Any person who is willing to act as a director, and is permitted by law to do so, may be appointed to be a director by ordinary resolution or by decision of the directors. No person who is not a member shall in any circumstance be eligible to hold office as a director. In order to become a member of the company that person has to apply for membership in a form approved by the directors. Upon appointment, new trustees are given information and instruction on the responsibilities of a trustee.

Public Benefit

The Charity has complied with their duty under section 17(5) of the Charities Act 2011 to have due regard to guidance published by the Charity Commission on public benefit.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The Trustees report was approved by the Board of Trustees.

Tracey Davies

.....

Mrs T K Davies

Trustee 21 / 03 / 2023

Dated:

MINDSTEP FOUNDATION

**INDEPENDENT EXAMINER'S REPORT
TO THE TRUSTEES OF MINDSTEP FOUNDATION**

I report to the trustees on my examination of the financial statements of Mindstep Foundation (the charity) for the year ended 30 June 2022.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.

UHY Hacker Young

UHY Hacker Young

Lanyon House
Mission Court
Newport
South Wales
NP20 2DW
United Kingdom

21 / 03 / 2023
Dated:

MINDSTEP FOUNDATION

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 30 JUNE 2022**

		Unrestricted funds 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes				
<u>Income from:</u>					
Donations and legacies	2	95,990	51,513	3,800	55,313
		<hr/>	<hr/>	<hr/>	<hr/>
<u>Expenditure on:</u>					
Charitable activities	3	47,424	49,012	3,800	52,812
		<hr/>	<hr/>	<hr/>	<hr/>
Net income for the year/ Net movement in funds		48,566	2,501	-	2,501
Fund balances at 1 July 2021		19,378	16,877	-	16,877
		<hr/>	<hr/>	<hr/>	<hr/>
Fund balances at 30 June 2022		67,944	19,378	-	19,378
		<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

MINDSTEP FOUNDATION

**BALANCE SHEET
AS AT 30 JUNE 2022**

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	7		144		192
Current assets					
Debtors	8	5,331		4,634	
Cash at bank and in hand		62,469		14,552	
		<u>67,800</u>		<u>19,186</u>	
Net current assets			67,800		19,186
Total assets less current liabilities			<u>67,944</u>		<u>19,378</u>
Income funds					
Unrestricted funds			67,944		19,378
			<u>67,944</u>		<u>19,378</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 June 2022.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

21 / 03 / 2023

The financial statements were approved by the Trustees on

Tracey Davies

.....
Mrs T K Davies
Trustee

Company registration number 12043044

MINDSTEP FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2022

1 Accounting policies

Charity information

Mindstep Foundation is a private company limited by guarantee incorporated in England and Wales. The registered office is Maxwell Chambers, 34-38 Stow Hill, Newport, South Wales, NP20 1JE, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Donated goods and services are recognised at the estimated value of the services and is recognised within incoming resources as a donation and an equivalent charge included within promotional costs.

MINDSTEP FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2022

1 Accounting policies (Continued)

1.5 Expenditure

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.

1.6 Tangible fixed assets

Tangible fixed assets are measured at cost, net of depreciation and any impairment losses.

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

Computers 20% on cost

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

2 Donations and legacies

	Unrestricted funds	Unrestricted funds	Restricted funds	Total
	2022	2021	2021	2021
	£	£	£	£
Donations and gifts	94,190	49,473	-	49,473
Grants received	-	-	3,800	3,800
Donated goods and services	1,800	2,040	-	2,040
	<u>95,990</u>	<u>51,513</u>	<u>3,800</u>	<u>55,313</u>

3 Grants payable

	Suicide prevention research grant	Suicide prevention research grant
	2022	2021
	£	£
Grants to institutions:		
University of Glasgow	<u>20,000</u>	<u>40,000</u>

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2022**

3 Grants payable (Continued)

£20,000 was paid during the year to University of Glasgow to support Professor O'Connor's work into suicide within the Suicidal Behaviour Research Laboratory. Mindstep Foundation has pledged to pay £100,000 in total, please refer to Note 10.

4 Support costs

	Support costs	Governance costs	2022	Support costs	Governance costs	2021
	£	£	£	£	£	£
Accountancy fees	-	1,800	1,800	-	1,800	1,800
	<u>-</u>	<u>1,800</u>	<u>1,800</u>	<u>-</u>	<u>1,800</u>	<u>1,800</u>
	<u>-</u>	<u>1,800</u>	<u>1,800</u>	<u>-</u>	<u>1,800</u>	<u>1,800</u>
Analysed between						
Charitable activities	-	1,800	1,800	-	1,800	1,800
	<u>-</u>	<u>1,800</u>	<u>1,800</u>	<u>-</u>	<u>1,800</u>	<u>1,800</u>

Governance costs includes payments to the accountants of £1,800 for independent examination fees.

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

6 Employees

The average monthly number of employees during the year was:

	2022	2021
	Number	Number
Total	-	-
	<u>-</u>	<u>-</u>

There were no employees whose annual remuneration was more than £60,000.

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2022**

7 Tangible fixed assets

	Computers £
Cost	
At 1 July 2021	240
At 30 June 2022	240
Depreciation and impairment	
At 1 July 2021	48
Depreciation charged in the year	48
At 30 June 2022	96
Carrying amount	
At 30 June 2022	144
At 30 June 2021	192

8 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Other debtors	5,211	4,559
Prepayments and accrued income	120	75
	5,331	4,634
	5,331	4,634

9 Unrestricted funds - General

These are unrestricted funds which are material to the charity's activities made up as follows:

	Movement in funds			Movement in funds			
	Balance at 1 July 2020 £	Incoming resources £	Resources expended £	Balance at 1 July 2021 £	Incoming resources £	Resources expended £	Balance at 30 June 2022 £
General Funds	16,877	51,513	(49,012)	19,378	95,990	(47,424)	67,944
	16,877	51,513	(49,012)	19,378	95,990	(47,424)	67,944
	16,877	51,513	(49,012)	19,378	95,990	(47,424)	67,944

10 Commitments

Mindstep Foundation has made a pledge to fund a £100,000 fellowship in suicide research at the University of Glasgow which has been fully paid, £80,000 of this has been paid in the prior period, £20,000 has been paid during the year.

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2022**

11 Related party transactions

There were no disclosable related party transactions during the year.

MINDSTEP FOUNDATION

England & Wales - Charity number 1189951

Accounts

Charity Registration No. 1189951

Company Registration No. 12043044 (England and Wales)

MINDSTEP FOUNDATION

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2021

MINDSTEP FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J L Davies Mrs T K Davies Miss G Davies Miss J Davies
Charity number	1189951
Company number	12043044
Registered office	Maxwell Chambers 34-38 Stow Hill Newport South Wales United Kingdom NP20 1JE
Independent examiner	UHY Hacker Young Lanyon House Mission Court Newport South Wales United Kingdom NP20 2DW

MINDSTEP FOUNDATION

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MINDSTEP FOUNDATION

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 30 JUNE 2021

The trustees present their report and financial statements for the year ended 30 June 2021.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and "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

The charity's objects are the preservation and protection of physical and mental health through education, counselling and research and financial assistance to those who are unable to afford treatment.

In this period, the Mindstep Foundation has acted in accordance with its objectives, with income being used to fund postgraduate research into mental health and suicide prevention supervised by Professor Rory O'Connor at the University of Glasgow. The charity is obliged to contribute £100,000 to the research from 01 July 2019 until 01 October 2021. Following the final payment, the charity will seek to renew its agreement with the university and continue funding this vital research.

The charity will also seek to provide financial assistance to those unable to afford counselling and treatment.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

During the year we have received donations of £49,473 (2020 - £54,377) which have been used to fund suicide prevention research by the University of Glasgow, train individuals to deliver Applied Suicide Intervention Skills Training (ASIST) courses and to provide financial support to those unable to afford counselling or treatment.

Achieving registered charity status has been significant for the Mindstep Foundation in terms of income, by providing access to online fundraising platforms as well as grant funding, an income source that the charity intends to explore in this next period. The charity has also been able to raise its profile and has been chosen as the supported charity of a number of organisations, including Convey Law, the Newport Civil and Family Court Wellbeing Team and a division of Lloyds Bank. We hope to continue to establish and maintain these relationships in order to widen the impact of the charity.

The Covid-19 pandemic also affected the manner in which our suicide prevention research could be conducted at the University of Glasgow. As the national lockdown was enforced, face to face data collection was no longer possible and researchers were required to conduct their research via a series of online surveys. The data collected from the surveys have formed the 'Mental health and well-being during the COVID-19 pandemic: longitudinal analyses of adults in the UK COVID-19 Mental Health & Wellbeing study'. The study, which is the first publication from a large scale longitudinal research programme funded by the Mindstep Foundation, Samaritans and SAMH, is the most detailed examination to date of the mental health and wellbeing of the UK adult population during the COVID-19 pandemic. The charity is proud to be funding this important research, which could play a vital role in preserving mental health within the current and any future pandemics.

Two trustees attended an ASIST workshop in November 2020, and are now able to deliver suicide first-aid to those in immediate danger. Studies show that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide. On average workshop participants carry out at least one Suicide Intervention in the first six months after attending ASIST, some participants – depending on their role and exposure to those in need – carried out more than 20.

In line with the objectives, the Mindstep Podcast was released in March 2021 to improve awareness and education surrounding mental health. The podcast episodes received positive feedback from listeners, who commented that the discussions had caused them to reflect on their own mental health and better equipped them to help others.

The charity also provided financial support for those who would otherwise be unable to access counselling services. This has been achieved by way of a residential treatment programme for an individual in 2020.

MINDSTEP FOUNDATION

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 30 JUNE 2021

Financial review

During the period the charity's incoming resources amounted to £55,313 (2020 - £58,677) and resources expended amounted to £52,812 (2020 - £41,800) resulting in a surplus for the year of £2,501 (2020 - £16,877). These figures include equal reserved income and expenditure of £3,800. As at 30 June 2021 the charity's reserves totalled £19,378 (2020 - £16,877) consisting wholly of unrestricted reserves.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at £5,000. The trustees considers that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

The trustees have assessed the major risks to which the charity is exposed, and are satisfied that systems are in place to mitigate exposure to the major risks.

Future developments

The charity will continue to support the mental health and suicide prevention research being undertaken at the University of Glasgow and will provide financial assistance to those unable to afford counselling and treatment. The basis of next year's activities will include the ASIST sessions facilitated by our own trainers.

In July 2021, the charity will fund two individuals on a training course to be able to deliver ASIST within local schools, clubs and businesses, so that each organisation has someone able to assist a person at risk of suicide. Over this next period, this activity will form an important part of our objective to protect mental health through education.

Mindstep have partnered with Andy's Man Club and are in the process of establishing a talking group for men in Abergavenny. The clubs take place across the UK every Monday and have proven very effective in creating a safe environment to talk about issues and problems the men have faced or are currently facing. Mindstep will work with Andy's Man Club to source a venue, facilitators and to advertise the club.

Mindstep is also looking to support physical and mental health by partly funding a Health and Wellbeing Centre, 'The Sanctuary' at St Albans High School in Pontypool. The gym will provide support for the wellbeing of many hundreds of young people at St Alban's now and in the future.

The charity will continue to provide financial support for those who would otherwise be unable to access counselling services. This will be achieved by way of a restricted grant of £500 to the Amber Project in Cardiff which subsidises counselling for 16-25 years olds at risk.

Due to the COVID-19 pandemic the charity will raise funds with fundraisers undertaken virtually or with socially distanced practices.

Structure, governance and management

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.

The trustees have delegated the day-to-day management of Mindstep Foundation to Georgia Davies, a Trustee.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

Mr J L Davies

Mrs T K Davies

Miss G Davies

Miss J Davies

MINDSTEP FOUNDATION

**TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2021**

Recruitment and appointment of trustees

Any person who is willing to act as a director, and is permitted by law to do so, may be appointed to be a director by ordinary resolution or by decision of the directors. No person who is not a member shall in any circumstance be eligible to hold office as a director. In order to become a member of the company that person has to apply for membership in a form approved by the directors. Upon appointment, new trustees are given information and instruction on the responsibilities of a trustee.

Public Benefit

The Charity has complied with their duty under section 17(5) of the Charities Act 2011 to have due regard to guidance published by the Charity Commission on public benefit.

None of the trustees has any beneficial interest in the company. All of the trustees are members of the company and guarantee to contribute £1 in the event of a winding up.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

The Trustees report was approved by the Board of Trustees.



.....
Mrs T K Davies

Trustee

Dated: 22 / 03 / 2022

MINDSTEP FOUNDATION

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF MINDSTEP FOUNDATION

I report to the trustees on my examination of the financial statements of Mindstep Foundation (the charity) for the year ended 30 June 2021.

Responsibilities and basis of report

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

Having satisfied myself that the financial statements of the charity 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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 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 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements 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 financial statements 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 financial statements to be reached.

UHY Hacker Young

UHY Hacker Young

Lanyon House
Mission Court
Newport
South Wales
NP20 2DW
United Kingdom

Dated: 22/03/2022

MINDSTEP FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 30 JUNE 2021

		Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £	Unrestricted funds 2020 £
	Notes				
<u>Income from:</u>					
Donations and legacies	2	51,513	3,800	55,313	58,677
		_____	_____	_____	_____
<u>Expenditure on:</u>					
<u>Charitable activities</u>					
Suicide prevention research grant	3	47,212	3,800	51,012	40,000
Other expenditure	3	1,800	-	1,800	1,800
		_____	_____	_____	_____
Total charitable expenditure		49,012	3,800	52,812	41,800
		_____	_____	_____	_____
Net income for the year/ Net movement in funds		2,501	-	2,501	16,877
Fund balances at 1 July 2020		16,877	-	16,877	-
		_____	_____	_____	_____
Fund balances at 30 June 2021		19,378	-	19,378	16,877
		=====	=====	=====	=====

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

MINDSTEP FOUNDATION

**BALANCE SHEET
AS AT 30 JUNE 2021**

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	7		192		-
Current assets					
Debtors	8	4,634		2,256	
Cash at bank and in hand		14,552		14,621	
		<u>19,186</u>		<u>16,877</u>	
Net current assets			19,186		16,877
Total assets less current liabilities			<u>19,378</u>		<u>16,877</u>
Income funds					
Unrestricted funds			19,378		16,877
			<u>19,378</u>		<u>16,877</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 30 June 2021.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on ~~22/03/2022~~ 22/03/2022



.....
Mrs T K Davies
Trustee

Company Registration No. 12043044

MINDSTEP FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2021

1 Accounting policies

Charity information

Mindstep Foundation is a private company limited by guarantee incorporated in England and Wales. The registered office is Maxwell Chambers, 34-38 Stow Hill, Newport, South Wales, NP20 1JE, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Companies Act 2006 and "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 is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

The impact of Covid-19 measures since the national lockdown declared on 23 March 2020 has continued to have an impact on the charity after 30 June 2021. However, Mindstep Foundation observed an increase in donations in the latter half of 2020, as fundraisers adapted to the challenges of the pandemic by undertaking events virtually or with social distancing practices. Therefore, at the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

Reporting period

The accounts for the current period are for a length of 12 months from 1 July 2021 to 30 June 2021. The prior period is for a length of 12 months and 20 days from 11 June 2019 to 30 June 2020 and are therefore not entirely comparable.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Donated goods and services are recognised at the estimated value of the services and is recognised within incoming resources as a donation and an equivalent charge included within promotional costs.

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2021**

1 Accounting policies (Continued)

1.5 Expenditure

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.

1.6 Tangible fixed assets

Tangible fixed assets are measured at cost, net of depreciation and any impairment losses.

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

Computers 20% on cost

1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds
	2021	2021	2021	2020
	£	£	£	£
Donations and gifts	49,473	-	49,473	54,377
Grants received	-	3,800	3,800	2,500
Donated goods and services	2,040	-	2,040	1,800
	51,513	3,800	55,313	58,677
	51,513	3,800	55,313	58,677

3 Grants payable

	Suicide prevention research grant	Suicide prevention research grant
	2021	2020
	£	£
Grants to institutions:		
University of Glasgow	40,000	40,000
	40,000	40,000
	40,000	40,000

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2021**

3 Grants payable (Continued)

£40,000 was paid during the year to University of Glasgow to support Professor O'Connor's work into suicide within the Suicidal Behaviour Research Laboratory. Mindstep Foundation has pledged to pay £100,000 in total, please refer to Note 10.

4 Support costs

	Support costs	Governance costs	2021	Support costs	Governance costs	2020
	£	£	£	£	£	£
Accountancy fees	-	1,800	1,800	-	1,800	1,800
	<u>-</u>	<u>1,800</u>	<u>1,800</u>	<u>-</u>	<u>1,800</u>	<u>1,800</u>
	<u>-</u>	<u>1,800</u>	<u>1,800</u>	<u>-</u>	<u>1,800</u>	<u>1,800</u>
Analysed between						
Charitable activities	-	1,800	1,800	-	1,800	1,800
	<u>-</u>	<u>1,800</u>	<u>1,800</u>	<u>-</u>	<u>1,800</u>	<u>1,800</u>

Governance costs includes payments to the accountants of £1,800 for independent examination fees.

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

6 Employees

The average monthly number of employees during the year was:

	2021	2020
	Number	Number
Total	-	-
	<u>-</u>	<u>-</u>

MINDSTEP FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2021

7 Tangible fixed assets

	Computers £
Cost	
Additions	240
At 30 June 2021	<u>240</u>
Depreciation and impairment	
Depreciation charged in the year	48
At 30 June 2021	<u>48</u>
Carrying amount	
At 30 June 2021	<u><u>192</u></u>

8 Debtors

	2021 £	2020 £
Amounts falling due within one year:		
Other debtors	4,559	2,076
Prepayments and accrued income	75	180
	<u>4,634</u>	<u>2,256</u>

9 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds		Movement in funds		
	Incoming resources £	Balance at 1 July 2020 £	Incoming resources £	Resources expended £	Balance at 30 June 2021 £
The Brothers Trust	-	-	3,800	(3,800)	-

10 Unrestricted funds - General

These are unrestricted funds which are material to the charity's activities made up as follows:

	Movement in funds			Movement in funds		
	Incoming resources £	Resources expended £	Balance at 1 July 2020 £	Incoming resources £	Resources expended £	Balance at 30 June 2021 £
General Funds	58,677	(41,800)	16,877	51,513	(49,012)	19,378

MINDSTEP FOUNDATION

**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 JUNE 2021**

11 Commitments

Mindstep Foundation has made a pledge to fund a £100,000 fellowship in suicide research at the University of Glasgow, £40,000 of this has been paid in the prior period, £40,000 has been paid during the current year and £20,000 has been pledged for the next 12 months

12 Related party transactions

There were no disclosable related party transactions during the year.