

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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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

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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

Dated: 21 / 03 / 2023

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

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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
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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 2022 £	Suicide prevention research grant 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>
	-	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>
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 Number	2021 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

9 Unrestricted funds - General

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

	Balance at 1 July 2020 £	Movement in funds Incoming resources £	Resources expended £	Balance at 1 July 2021 £	Movement in funds 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

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.