

Annual Report 2024-25



Reg Charity Number CIO 1200587

Report Contents

Photos of What we did page

Service & outcomes page 4-7

Micro projects, pages 7-8 mates & muchies, volunteers

Networks, Organisational Systems pages 8-10

Future Work 11

Activities 2024-25



Mission Statement

We aim to remove the 'dis' from disability by providing participative and fun events for isolated and vulnerable disabled people. The participation in events provides an awareness of lifelong learning opportunities and social skills within an atmosphere of friendship.

Service delivery

Our work can be separated into 2 discrete areas: monthly meetings and small projects that can be integrated into our core delivery, for example, mates and munchies workshops.

Why we do what we do?

Our membership consists of 98% of individuals diagnosed with a variety of autistic spectrum disorders and most of them are ineligible for statutory support, because their condition is considered mild. However, for most this means their attention span, verbal dexterity and communication skills restricts them from employment or voluntary work, which is task based.

Owing to their situation shelter and food needs are met by family and relatives, but other relationship needs, which many of us take for granted, are difficult for them to establish owing to their detachment disorders. This presents itself as heightened anxiety and fear of strangers. Strangely, we have had individuals, who seem to have nothing in common, but over time they build the bonds necessary to establish a friendship, to the workers and volunteers, who recognise this, it is reward.

Our lead facilitator holds a consultation day in January each year to establish the main events each month. During the year a constant monitoring of events takes place and so we can introduce new activities quickly. We are also aware that most of our activities are subsidised but do require members to pay for their own food and refreshment. Therefore, there will be a limit on the number of events that we can provide and expect individuals to attend. We feel that 1 every week is the most efficient use of funds. Our online forum provides a meeting place from which individuals can talk about venue-based services and look forward to meeting each other at future activities. Below is a list of monthly activities & outcomes.

Inviting members to attend an activity and produce an object is a tangible reminder for them of what they can do and what our service provides to members – a fun, warm atmosphere, which is in itself a soft outcome, but nonetheless an important part of relationship building. Below is a list of monthly activities and outcomes.

Mid and End of Month Meetings & Outcome April 2024 – March 25

Throughout the year Kelly & Sue ran these meetings which proved very popular.

Month	Mid Month Activity	Outcomes	End of Month Activity	Outcomes
April	Nottingham Puppet Festival	Travel training, health exercise for health & wellbeing	Animal Pots	Reduce isolation, peer support, learn something new
May	Attenborough	Nature walk	Presentation by Richard of his trip to St Ives's in Cornwall	Learn about trips and excursions and prompt risk taking
June	D-day festival at Hemlock Happenings	Reduce isolation peer support	Making mosaics	Using the dexterity of fingers and thumbs in a calm atmosphere
July	Meadows 10 th Anniversary Fun Day	Chatting in the spring sunshine	Colouring canvas bags with ink blocks	This was an opportunity to learn a new craft
Aug	Nottingham arboretum	Health and Well being		A calm, relaxing workshop where individuals can think and talk about their week.
Sept	Kite Festival	Outdoor activity	Attenborough	Presentation on wildlife. Learning about migration patterns
Oct	Highfields in the autumn	Chatter and walking around the lake and looking at the trees	Halloween treat boxes	Craft activity
Nov	Stonebridge City Farm	Learning about animal care	Christmas craft	Making Cards
Dec.	Christmas market	Meeting up	No event	
Jan 2025	Wassailing at Arkwright Gardens	Welcoming in the spring	Pebble binding	Decorating washed pebbles with coloured threads
Feb.	Meadows Gardens in the spring sunshine	Health and well being	Origami flower pots	Folding card and decorating it with patterns
March	Nottingham Council House	Learning about our civic institutions	Easter Rabbits	Decorating origami shaped rabbits

Our mid and end of month activities form part of our core service delivery. Mid-month activities will involve a health and wellbeing theme, for example, trips to local nature reserves, boating lakes, museums & art galleries. End of month workshops are based on a therapeutic theme and aimed to soften the atmosphere and create a relaxed, fun atmosphere. These activities will form part of our Facebook page where we aim to provide a feedback loop to visitors to our page.

Micro Projects 2024-25

Following a feasibility study we have done a pilot project over 18 months. The goal of this project was to broaden members awareness of the world around them and to take an opportunity to involve themselves in it in small groups. We looked at bird feeding and mixed our own pots inviting members to place them in their gardens. We had a presentation in August 2024 on migration patterns and then in September 2025 on birds and rivers in the east midlands.



Attenborough August 2024

Mates & Munchies

In April/May 2025 we had an Art Exhibition at Nottingham Mechanics. This was the culmination of several months work on using oils and water colours to produce imprints.



Adam the manager and Bobby

Again, this project was about using our perception to spur our creativity and in this learn new ways of doing things.

Volunteers checks

Our volunteers are DBS checked by Notts County Council. We are lucky to have our 3 long-standing volunteer's Pip, Andrew and Paula. Andrew still monitors our WhatsApp group and provides support at our computer corner at monthly workshops.



Pip and Andrew

Work with existing networks

We continue to work with other existing networks in the Nottingham city area, these include both referring agencies and infrastructure.

As regards referring agencies we work with care homes, social services and support workers. In 2024-25 we had 3 new members and 2 enquiries.

Our infrastructure support agencies include Nottingham CVS, Rushcliffe CVS and Broxtowe CVS. Nottingham CVS are the most important as they provide advice and guidance on volunteer recruitment and policy development.

Organisational Systems

So that our services support and assist our members a management committee and 2 sub-committees operate smoothly behind our frontline service. We have operated the PQASSO quality assurance system since 2007. This enables us to channel our policies and procedures in a manner that addresses members' needs, for example, our volunteer policy identifies recruitment, training and staff support to meet members' activities and meetings. We work alongside a network of organisations both serving disabled people and supporting this particular sector.

Management Committee

This body reviews our position and sets longer term direction, for example, reviewing budgets and planning developments. We meet 6 times a year, so every 2 months and have representation of professional, parental and member interests. There is a recruitment process, so that these individuals are more aware of what we do and what our long-term objectives are. There are currently 2 members of the group representing membership interests.

Finance & Fundraising sub-committee

This operates our financial instruments like projected budgets and cash-flow to monitor income streams and expenditure. This group consists of our Treasurer and Co-ordinator, who meet each month to monitor cash-flow. This activity identifies immediate and on-going expenditure plus areas of income development. Income development will become increasingly important to small charities.

For a small organisation like ours trust funding has enabled us to subsidise members' services, but since 2008 this has slowly diminished. The financial gap that resulted has been partly filled by pockets of funding streams like sponsorship, members purchasing individual services, increased subscriptions and reducing expenditure. However as has been pointed out by infrastructure bodies like the local Community Voluntary Service financial reductions to frontline services reduce the effectiveness of those services to provide support to users.

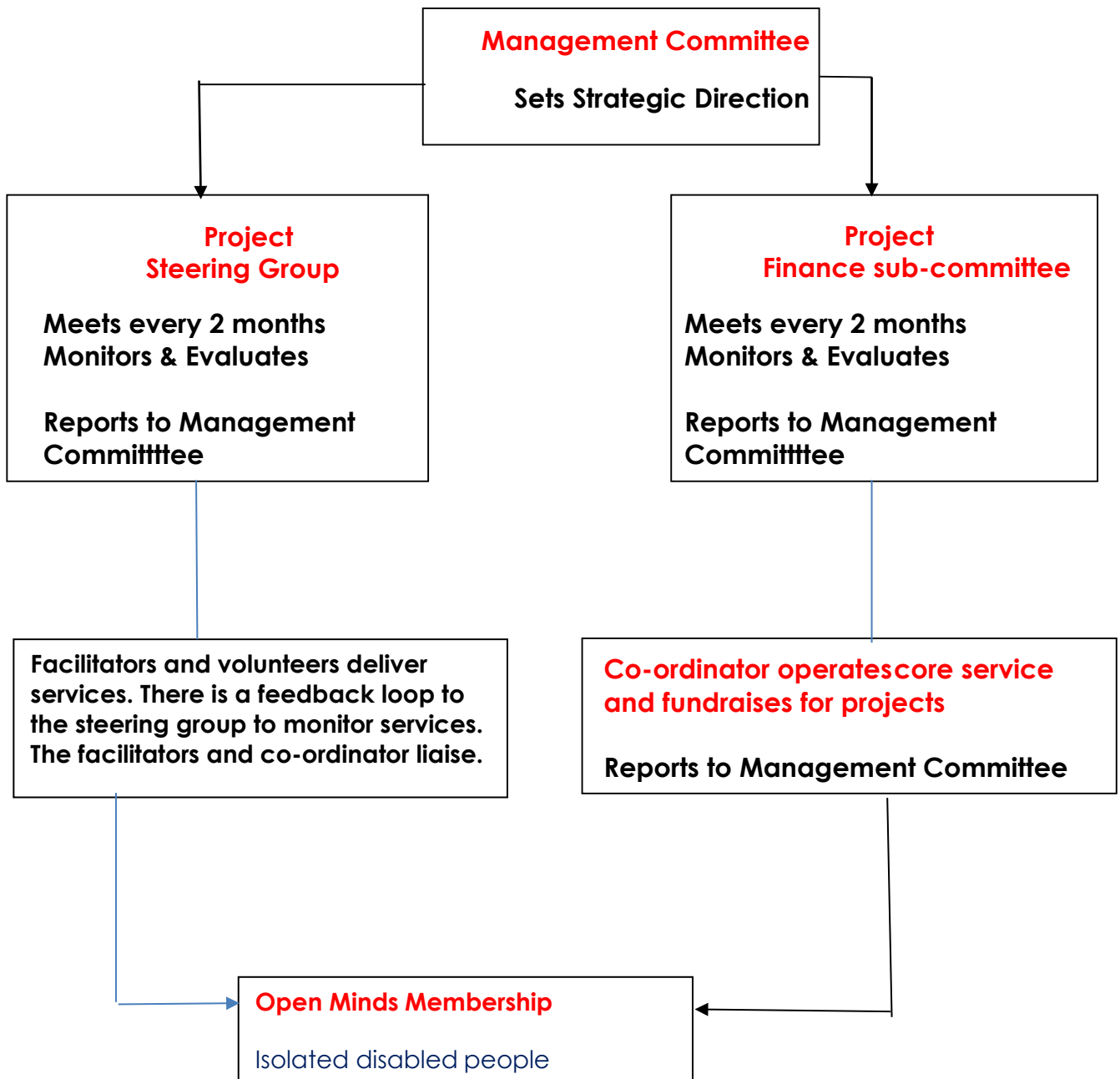
Project steering group sub-committee

The purpose of our steering group is to support and guide the work of our Development Workers so as to meet the needs of our members. In this process, our steering group reviews reports on our workers progress and provides guidance on external constraints. The group meets 6 times per year and is led by our Chairman, who is supported by our Co-ordinator. We have purposefully kept this group small to focus discussions and avoid straying into unproductive areas.

Evaluating work completed enables this group to unpack details of services delivered and ensure value for money through evaluating member's feedback. This means that quality of service and member's views are always part of the discussion and so funders money is wisely spent.

Organisational Chart

Structure & Systems



Future Developments

Each year we like to introduce a new project to refresh our delivery, so that we do not become complacent. In 2026, we are looking to build on an architecture and buildings project study delivered in June 2025. This will expand to include nature and heritage using local places and venues, for example, how the Grand Central Railway has been extended from Loughborough to Ruddington in Nottinghamshire.

The idea is to support our members engage with local amenities and to change perception and further curiosity, so that they may wish to go there by themselves. Our WhatsApp forum has become a key part of our feedback system and via this we can assess interest of our members.

Open Minds Nottingham
(Registered charity, number 1200587)
Financial statements
for the year ended 31 March 2025

Page	Contents
2 - 3	Trustees' annual report
4	Independent examiner's report
5	Receipts & payments account
6	Statement of assets & liabilities
7 - 8	Notes to the accounts

Open Minds Nottingham

Public benefit statement

Our members have low level mental health conditions and some prone to panic attacks and high anxiety therefore our charity provides activities that reduce the likelihood of using medical or social services. Our activities are heavily subsidised meaning that our members, who are on benefits, do not need to rely on further support to meet like-minded people.

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Summary of the main achievements during the period

This document covers 12 months from April 2024 until March 2025, so during that time we have run core services and two minor projects.

A consultation was held in January 2024 in which members wanted a more meaningful mid-week activity, so a book club on their experiences took place over the summer and autumn 2024.

We held an art painting workshop mid-week at Nottingham Mechanics in Autumn 2024 and started a bird watching project at the same time. This will involve visits to Attenborough nature reserve on a Saturday in the autumn and spring of 2024-25. In between these times there were weekend workshops on preparing bird feeding mix and hanging the feeders in members gardens. The aim of this bird watching project has been to provide members with an interest outside of our service activities, but which still involved meeting up. The range of birds identified were matched with those provided at our Autumn workshop. The steps accomplished in this project and how it has affected members will be evaluated using our online forum.

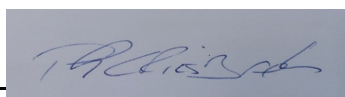
The charity's policy on reserves

The economic downturn has resulted in many organisations having reduced incomes. Ours has meant an £8,333 deficit which our treasurer had projected in March 2024. Fortunately, our reserves of £31,000 can absorb this sum.

Our reserve policy is 3 months winding up costs and redundancy, so we estimate this as £14,000. This would allow for £17,000 to be used as free reserves. Our deficit has been removed from that figure so we have approx. £8,500 remaining.

Signed on behalf of the charity's trustees:

Signed _____
Pip Griesbach, Trustee



Date 20.08.2025

**Independent examiner's report to the trustees of
Open Minds Nottingham
for the year ended 31 March 2025**

I report to the trustees on my examination of the accounts of Open Minds Nottingham (the charity) for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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

Signed  Date 22.08.25
John O'Brien MSc, FAIA, FCIE
Employee of Community Accounting Plus

Open Minds Nottingham
Receipts & payments account
for the year ended 31 March 2025

<i>18 months to 31/3/24</i>					2025
Total			Unrestricted	Restricted	Total
Funds		Note	Funds	Funds	Funds
£			£	£	£
	Receipts				
33907	Grants & donations	2	17650	-	17650
3218	Membership		1608	-	1608
1316	Bank interest		1242	-	1242
-	Sundry receipts		490	-	490
<u>57027</u>	Opening transfer		-	-	-
<u>95468</u>	Total receipts		20990	-	20990
	Payments				
3908	Activities, trips & refreshments		2671	-	2671
592	Equipment		163	-	163
845	Insurance		506	-	506
12015	Meetings & facilitator & expenses		7396	-	7396
-	Mobile phone		399	-	399
281	Payroll services		396	-	396
102	Printing & stationery		52	-	52
462	Publications & subscriptions		468	-	468
746	Rent & services		1157	-	1157
738	Telephone internet & postage		73	-	73
236	Travel & transport		15	-	15
29058	Wages NI & pensions		15331	-	15331
600	Legal & professional fees		696	-	696
980	Training & consultancy		-	-	-
3850	Website		-	-	-
<u>13</u>	Volunteer expenses		-	-	-
<u>54426</u>	Total payments		29323	-	29323
41042	Net receipts/(payments)		(8333)	-	(8333)
-	Cash funds at start of this period		39572	1470	41042
-	Transfers between funds		1470	(1470)	-
<u>41042</u>	Cash funds at end of this period		32709	-	32709

**Open Minds Nottingham
Statement of assets and liabilities
at 31 March 2025**

2024			2025
£	Cash assets	Note	£
<u>41042</u>	Bank accounts		32709
<u>41042</u>			32709
	Other monetary assets		
1408	Debtors	3	450
<u>330</u>	Prepayment - insurance		399
<u>1738</u>			849
	Assets retained for the charity's own use		
	General equipment.		
	Liabilities		
<u>(744)</u>	Creditors	4	(714)
<u>(744)</u>			(714)

These financial statements are accepted on behalf of the charity by:

Signed 

David Austin, Trustee

Date 14, July 2025

Open Minds Nottingham
Notes to the accounts
for the year ended 31 March 2025

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted £	Total £
The Hanley Trust	1000	1000
JN Derbyshire Trust	1000	1000
The Jones 1986 Charitable Trust	8000	8000
Arter Foundation	500	500
Forbes Foundation	1500	1500
The Lady Hind Trust	2500	2500
Anon	2000	2000
The Jean Cope Trust	1000	1000
Sundry donations	<u>150</u>	<u>150</u>
	<u>17650</u>	<u>17650</u>

3. Funds analysis

	Opening balance £	Receipts (Payments) £	£	Transfers £	Closing balance £
Restricted funds					
Bailey Thomas	<u>1470</u>	-	-	<u>(1470)</u>	<u>-</u>
	<u>1470</u>	-	-	<u>(1470)</u>	-
Unrestricted funds					
General fund	<u>39572</u>	<u>20990</u>	<u>(29323)</u>	<u>1470</u>	<u>32709</u>
	<u>39572</u>	<u>20990</u>	<u>(29323)</u>	<u>1470</u>	<u>32709</u>

The Bailey Thomas fund is towards the costs of supporting members to produce stories of learning disability, mental health problems and isolation, and the funding of an E book.

Open Minds Nottingham

4. Debtors

	£
HMRC Employment Allowance	425
Pension overpayment	<u>25</u>
	<u>450</u>

5. Creditors

	£
Legal & professional fees	<u>(714)</u>
	<u>(714)</u>

6. Trustees' remuneration

Trustees received no expenses, remuneration or benefits in this period.

7. Related party transactions

There were no related party transactions in this period.

8. Previous period comparison

The previous period's figures cover the period from 05/10/2022 to 31/03/2024.

9. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Debtors: These are amounts owed to the charity, but not received in the accounting period.

Prepayments: These are services that the charity has paid for in advance, but not used during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.